

## AYURVEDIC MANAGEMENT OF DYSMENORRHEA

Malika Choudhary<sup>1</sup>, Rashmi Sharma<sup>2</sup><sup>1</sup>PG Scholar, <sup>2</sup>Associate Professor

PG Department of Prasuti Tantra Evam Stri Roga,

Dr. Sarvepalli Radhakrishnan Ayurveda University, Jodhpur, Rajasthan, India

Corresponding Author: [mallikamahala7@gmail.com](mailto:mallikamahala7@gmail.com)<https://doi.org/10.46607/iamj0410042022>

(Published Online: April 2022)

Open Access

© International Ayurvedic Medical Journal, India

Article Received: 21/02//2022 - Peer Reviewed: 06/03/2022 - Accepted for Publication: 07/03/2022



## ABSTRACT

Dysmenorrhea is one of the most common reasons for young women's absence from school or job. Due to *Mithya Ahar*, *Vihar*, overwork, and malnutrition, *Vikruti* in the "*Rituchakra*" might cause various *Vyadhi* related to menstruation. One of these illnesses is dysmenorrhea or period cramps. In India, about 40-50 percent of women suffer from dysmenorrhea. This illness is more common in teenage girls. Women suffering from menstrual cramps will find relief through awareness, care, and easy home treatments. Dysmenorrhea is also called *Kashtartava* in Ayurveda, which has the main symptoms of pain in the lower abdomen radiating to the limbs in the first 3 days of menses causing nausea, vomiting, dizziness, and leg cramps. In menstrual disorders caused by *Vata Dosha*, it is necessary to use the precise treatment suggested for suppressing that particular *Dosha*. Recipes for *Yoni Rogas* and *Uttar Basti*, for example, should be employed after taking into account the vitiated *Dosha*. Changes in dietary patterns should be avoided, such as eating too much *Vata*-inducing food (*Vatala Ahara*). Constipation can be caused by eating too much junk food and other things that promote constipation.

**Keywords:** *Kashtartava*, *Mithya Ahara*, *Rutuchakra*, *Vyadhi*, *Yoni Rogas*, *Yoga*, *Uttar Basti*.

## INTRODUCTION

Ayurveda The science of life excels at determining aetiology and prescribing appropriate treatments. Stress has become an unavoidable aspect of everyday

life. A woman's health has been deteriorating as a result of her insatiable need for material things. The main reason why women are suffering from a slew of

issues is that they have failed to follow the rules of healthy living. She has neglected the norms for both physical and mental well-being. Menstruation is a natural occurrence that occurs as part of a woman's reproductive life. Dysmenorrhoea is becoming a worldwide problem as a result of today's sedentary lifestyle and lack of exercise, causing discomfort for women's everyday activities and maybe result in missed work or school, inability to participate in sports or other activities. Harlow and Campbell (2002) conducted a systematic assessment of studies in underdeveloped countries and found that 25-50 percent of adult women and 75 percent of adolescents experience discomfort during menstruation, with 05-20 percent reporting severe dysmenorrhoea or pain [1]. There are no addictive, analgesic, antispasmodics prescribed for the treatment of dysmenorrhoea because they are harmful to one's health if used for a long time. Many women suffer from gastrointestinal problems during menstruation, which is exacerbated by analgesics and anti-inflammatory medicines, which also cause headaches, dizziness, sleepiness, and impaired vision.

**Kashtartava** (dysmenorrhoea) is not defined as a separate ailment in Ayurvedic classics since women did not suffer from this problem as much in that age due to pinpointed by *Ritucharya & Rajasvalacharya*.

**Kashtartava** is considered and listed as a symptom of many other ailments according to Ayurvedic texts. As a result, this research is unique. As a result, this research focuses on the description of **Kashtartava** based on scattered classical references.

**'Aartva'**

**Aartva** is a bodily substance that flows out at a predetermined time interval [2]. **Aartva** is a material that flows out of *Apatya marga* without causing discomfort, burning, or sliminess [3]. **Aartva Utpatti** is primarily attributed to *Apana Vayu* and *Vyana Vayu* [4].

**Kashtartava.**

**Kashtartava** (dysmenorrhoea) is not classified as a separate disease. However, **Kashtartava** is viewed and defined as a symptom in a variety of disorders.

**Nirukti**

**Kashtartava** is a combination of two words: **Kashta** and **Aartva**.

**Kashta**: A terrible state of things, painful, difficult, problematic, ill, forced, incorrect, unnatural.

**Aartva**: Belonging to a reason, a period, or menstruation.

**Kashtena** - with a lot of effort [5].

Thus, the word **Kashtartava** can be expressed as "**Kashtenamuchyatiiti kashtartava**" i.e., the condition where **Aartva** is shaded with great difficulty and pain is termed as "**Kashtartava**".

**Table 1: Sampraptighataka**

<i>Dosha</i>	<i>Vata Pradhana Tridosha</i>
<i>Vata</i>	<i>Vyana, Apana</i>
<i>Pitta</i>	<i>Ranjaka, Pachaka</i>
<i>Kapha</i>	as <i>Anubandhita Dosa</i>
<i>Dhatu</i>	<i>Rasa, Rakta, Artava</i>
<i>Upadhatu</i>	<i>Artva</i>
<i>Agni</i>	<i>Jatharagni, Rasagni, Raktagni</i>
<i>Strotas</i>	<i>Rasa, Rakta and Artavavaha Srotasa</i>
<i>Srotodushiti</i>	<i>Sanga and Vimargagamana</i>
<i>Udbhavasthan</i>	<i>Amapakvashaya</i>
<i>Rogamarg</i>	<i>Abyantara</i>
<i>SthanaSamshraya</i>	<i>Garbhashaya</i>
<i>VyaktiSthana</i>	<i>Garbhashaya</i>

According to *Acharya Charaka* [6], no gynecological disease may develop without the presence of exacerbated *Vata*. Although other *Doshas* may be

present as *Anubandhi* to *Vata*, *Vata* is the primary cause. So, pain is caused by *Vata Dosh* vitiation alone or in combination with other doshas.

### Modern Aspect- Dysmenorrhoea-

Dysmenorrhoea is a prevalent ailment among young women who are in menstruation. It is characterized as menstruation pains that are severe enough to fully disable the affected woman in all aspects of her everyday life. Dysmenorrhoea is a painful cramp that feels like childbirth. Lower abdominal pain that sometimes extends to the upper abdomen, waist, and thighs, Nausea, vomiting, diarrhoea, headaches, and dizziness are common systemic symptoms.<sup>[11]</sup> It can also contribute to female infertility. There are two types of this disease: Primary and secondary. Primary- where no accompanying pelvic pathology is found, and secondary - where pelvic pathology is demonstrated.<sup>[7]</sup>

#### Treatment -

1. These illnesses (gynaecological disorders) do not exist without *Vata* vitiation, hence *Vata* should be normalized first, followed by treatment for the other *Doshas*.
2. After the proper operation and sudation, emesis, and other gynaecologic disorders, all five purifying measures should be used. Other medicines should be given only when the *Doshas* have been properly cleansed through the upper and lower passageways. These cleansing procedures, such as emesis, treat gynaecologic illnesses in the same way that they treat diseases of other systems.
3. Menstrual abnormalities induced by *Vata Dosh*a should be treated with the specific medicine suggested for suppressing that, *Dosh*a. Recipes for *Yoni Rogas* and *Uttar Basti*, for example, should be employed after taking into account the vitiated *Dosh*a.<sup>[8]</sup>
4. For menstrual disorders caused by *Vata*, unctuous, hot, sour, and salty foods should be used. For *Pitta* purification, use sweet, cold, and astringent things; for *Kapha* purification, use hot, dry, and astringent items.
5. *Agnideepaka*, *Grahi*, *Vat*, *Anulomana*, and *Pakvashaya Shuddhikara* should be used to treat *Avrita Apana Vayu*.<sup>[9]</sup>

### Lifestyle changes

- Regular exercise, such as a morning walk or running, should be done at least three times per week.
- Make sure you get at least 6-8 hours of restful sleep.
- Avoid smoking and consuming alcoholic beverages.
- Caffeine consumption should be reduced.
- Rest, avoid heavy weightlifting, travel, intense work, and strain are all things to avoid.

### Diet

- Consume nutritious, hot, and fresh foods. Eat 5-6 little meals throughout the day.
- Fresh fruits, such as plums, black grapes, apples, pomegranates, and green vegetables, are recommended. Use ginger in your cooking regularly.
- On and around menstruation, avoid excessive fat, sugar, spicy foods, fried foods, fermented foods, and non-vegetarian foods.
- Take calcium, magnesium, vitamin E, B6, and B1 pills.

### Yoga

- Yoga activities can aid in the reduction and prevention of the severity of a variety of disorders, with a focus on women's health and providing strength, stability, and suppleness.
- *Yogasana* is the most convenient, drug-free, and cost-effective way. Various forms of *Asanas* have been discussed in Yoga. *Ustrasana*, *Bhadrasana*, *Balasan*, *Janu Sirsasana*, *Gomukhasana*, *Vajrasana* are among the poses that relieve pain.

### Ayurvedic Treatment:

According to Ayurveda, the *vata dosha* is in charge of menstruation. This symptom is caused by a *vata dosha* imbalance or aggravation. In this sickness, the medication that reduces *vata* has excellent results. Treatments like *Uttar Basti*, *Anuvasana*, and *Matra Basti* are *Panchakarma* treatments that especially target *Vata* dysregulation in menstrual issues. *Garbhashaya Balya Aushadhi* will also help to alleviate the symptoms that come with it.

**Table 2: Samshamana Ausadhi-**

S.No.	Kwatha	Dashmoola Kwatha
1.	Vati	Vijayadi Vati, Kumarika Vati, and Raja Pravartini Vati, Ajmodadi vatak
2.	Asava	Kumaryasava
3.	Arishta	Dashmoolarishta and Ashokarishta
4.	Churna	Shatpushpa Churna, Ashwagandha Churna, and Hingwadi Churna.

*Samsodhna - Matra Basti- Dashmoola Taila, Lahsunadi Taila, Shatpushpa Tail*

## DISCUSSION

The acronym Primary Dysmenorrhea is generally understood around the world to refer to menstrual troubles, and the abbreviation is regularly used in casual and conversational settings, regardless of medical rigor. The syndrome is rarely referred to without abbreviation in these circumstances, and the reference's intentions are frequently broader than the clinical definition. The misery continues indefinitely. Here are many herbs that are directly or indirectly indicated in the menstrual condition, especially *Kashtartava* (Dysmenorrhea). Primary Dysmenorrhea is widely understood in the world to refer to difficulties associated with menses, and the abbreviation is used frequently even in casual and conversational settings, without regard to medical rigor. In these contexts, the syndrome is rarely referred to without abbreviation, and the intentions of the reference are frequently broader than the clinical definition. The herbal (Ayurvedic) remedies which are useful in dysmenorrhea having the nourishment property and *Vatashamaka* property, so there is mainly role of *Vata* that causes cramps and remedy are *Vatashamaka*.

## CONCLUSION

Primary Dysmenorrhea is viewed by Ayurveda as a *Doshic* imbalance that can be influenced by a balanced lifestyle, which includes dosha-appropriate nutrition, herbal supplements, exercise, routine, yoga, meditation, and nourishing inputs through all five senses.

## REFERENCES

1. Rao KA. Textbook of Gynaecology. Vol. II Elsevier, a division of Reed Elsevier India Pvt. Limited, India, 2008, 37.
2. Srikantha Murthy KB. Astanga Hrdayam, Krishnadas Academy, Varanasi, 2001, 357.
3. Sharma RK, Dash B, Charaka Samhita, Chowkhamba Sanskrit Series Office, Varanasi 2003; 5:185.
4. Sharma PV, Sushruta Samhita. Chaukhambha Visvabharati, Varanasi 2000; 1.2:6.
5. Williams MA. A Sanskrit English Dictionary, Bharatiya Granth Niketan, New Delhi, 2007, 266.
6. Sharma RK, Dash B, Charaka Samhita, Chowkhamba Sanskrit Series Office, Varanasi 2001; 5:158.
7. <https://pubmed.ncbi.nlm.nih.gov/29484863/>
8. Srikanthamurthy KB, Ashtanga Hrdayam. Krishnadas Academy, Varanasi 2001; 1.1:361
9. Sharma RK, Dash B, Charaka Samhita. Chowkhamba Sanskrit Series Office, Varanasi 2004; 5:84.
10. Beckman CR. Obstetrics and Gynaecology. 4th ed. Lippincott Williams and Wilkins, Philadelphia 2004, 234.
11. Drife J, Magowan B. Clinical Obstetrics and Gynecology. 4th ed. Edinburgh Sounder, London, 2004, 203-215.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: *Malika Choudhary & Rashmi Sharma: Ayurvedic Management Of Dysmenorrhea*. International Ayurvedic Medical Journal {online} 2022 {cited April 2022} Available from: [http://www.iamj.in/posts/images/upload/880\\_883.pdf](http://www.iamj.in/posts/images/upload/880_883.pdf)