

## AN AYURVEDIC AND MODERN VIEW OF GYNAECOLOGICAL DISORDER DYSMENORRHOEA (KASHTARTAVA)

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Published online: May, 2018

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### ABSTRACT

Classics of *Ayurveda* have described most of the Gynaecological Problems as *Yoni Vyapat*. Some of the menstrual disorders such as *Asrigdara* (Menorrhagea), etc. have been described individually. Although to get thorough knowledge regarding menstrual disorders; the understanding of *Yoni Vyapat* (Gynaecological disorders) concept is necessary. *Ayurveda* Classics have described twenty kinds of *Yoni Vyapat* (Gynaecological disorders). By Reviewing concerned quotes from Classics, it reveals that *Udavarta Yoni Vyapat* (Dysmenorrhoea) is caused by vitiated *vata dosha*. Classically described *Udavarta Yoni Vyapat* (Dysmenorrhoea) matches with the all types of Dysmenorrhoea. In present day life women are effectively facing challenges encountered by Stressful life resulting in *Mithya Aahar Vihar* over exertion and malnutrition. This may direct to *Vikruti* in *Rituchakra* leading to various *Vyadhi* allied to Menstruation. *Ayurveda* recommends *Ritucharya* and *Dincharya*, diet modulation and Yoga in the form of *Aasanas*, *Pranayama* and Meditation on a regular basis so as to alleviate Dysmenorrhoea effectively.

**Keywords:** *Udavarta Yoni Vyapat*; Gynaecological Disorders; Dysmenorrhoea; *Ayurveda*.

### INTRODUCTION

Today stress is becoming an inescapable part of modern life. In the incessant quest for material comforts, a woman has been losing her health. The basic reason why women are reeling under myriad problems is because she has not been following the codes of healthy living. She has disregarded the codes for the bodily health as well as healthy mind also. Menstruation is a natural event as a part of the normal

process of reproductive life in females. Due to today's sedentary lifestyle and lack of exercise, Dysmenorrhoea is becoming today's burning problem throughout the world which causes discomfort for women's' ensuing day to day activities and may result in missing work or school, inability to participate in sports or other activities. A systematic review of studies in developing countries performed by Har-

low and Campbell (2002) has revealed that about 25-50% of adult women and about 75% of adolescents experience pain during menstruation, with 05-20% reporting severe Dysmenorrhoea or Pain.

Menstruation is frequently accompanied by minor physical and nervous disturbances. It is estimated that only 20% of women are completely free from discomfort or upset. Fifty per cent of women less than 30 years of age experience an ache, pain in lower abdomen, pelvis or back before or during Menstruation. Dysmenorrhoea means cramping pain accompanying menstruation.

*Udavartini Yoni Vyapad* is one of the 20 types of *Yoni Vyapad* which are described by our classics. *Charak, Sushrut, Astanga Sangraha* mentioned it as *Vatik Yoni Vyapad*.<sup>1</sup>

**Definition of Artava<sup>2</sup>:** A substance of the body which flows out at the specific period of time is called as *Artava*. *Apana Vayu* and *Vyana Vayu* is mainly responsible for *Artava Utpatti*.

**Kashtartava:** (Dysmenorrhea) is not separately described as a disease. But there are many diseases in which *Kashtartava* is considered and described as a Symptom. .

**Nirukti<sup>3,4</sup>:** The term *Kashtartava* is made of Two words- *Kashta* and *Artava*

**Kashta:** painful, difficult, troublesome, ill, forced, wrong, unnatural, a bad state of Thing.

**Artava:** Belonging to reasons, period of time, Menstruation. *Kashtena* - with great difficulty.

**Modern View:**

**Dysmenorrhoea<sup>5</sup>**

*Udavarta Yoni Vyapat* (Gynaecological disorders) is analogues with Dysmenorrhoea disorder from Modern texts.

**Classification:** -1) Primary 2) Secondary

**Primary Dysmenorrhoea:-** is the Pain associated to ovulation cycles, without Demonstrable lesions that affect the reproductive organs. Primary Dysmenorrhea is related to myometrial contractions induced by Prostaglandins originating in secretory endometrium, which result in Uterine Ischemia and Pain.

**Secondary Dysmenorrhoea:-** is the Pain associated with ovulatory cycles caused by a Demonstrable Pathology.

In terms of Hormones, Medical science proposes that Primary Dysmenorrhoea is caused by Excess production of Prostaglandins (hormones like chemicals that regulate uterine contractions) following a decline in progesterone levels. Excess estrogen, which boosts fluid and salt Retention, can worsen the situation. At least 10 percent of young women have symptoms that are so severe, that they cannot participate in Normal Activities. Besides lower Abdomen pain, cramp may also experience backache, pinching, and pain sensations in the inner thighs and mood swings.

**Etymology<sup>6</sup>**

The word Dysmenorrhoea has a Greek origin. Dismenoreah; Dis: Prefix meaning Difficult, Painful; men: Month; rein: To flow.

Thus, Dysmenorrhoea – means Painful or Difficult Menses.

**Differential diagnosis:**

A) The most important differential diagnosis of primary Dysmenorrhoea is secondary Dysmenorrhoea.

**Secondary Dysmenorrhoea**

- 1) Adenomyosis
- 2) Uterine myoma
- 3) Endometriosis
- 4) Endometrial polyps
- 5) Obstructive malformations of the Genital tract

**B).Sudden onset of Dysmenorrhoea**

- 1) Pelvic Inflammatory disease
- 2) Unrecognised Ectopic Pregnancy
- 3) Spontaneous Abortion

**C).Other cause of Pain**

- 1) Chronic Pelvic Inflammatory Disease
- 2) Pelvic adhesions
- 3) Irritable bowel syndrome
- 4) Inflammatory bowel disease
- 5) Interstitial cystitis

**Symptoms of Dysmenorrhoea**

Spasmodic menstrual pain

- Vomiting
- Diarrhoea or constipation
- Headache
- Dizziness

### **Mechanism of Pain Production in the Dysmenorrhoea<sup>13</sup>**

Both parietal and visceral afferent pain may be transmitted from the uterus. The lower abdominal cramping pains of Dysmenorrhoea are mediated through sympathetic afferents and hence may be referred to appropriate segments.

#### **Samprapti (pathogenesis)<sup>7</sup>:**

When *Vata dosha* aggravating diet and behavior is followed by woman then *Vata dosha* is aggravated which created obstruction in functioning of *Vata Dosha*. It vitiates *Rasa Dhatu* and *Artavavaha srotasa* (Reproductive system). *Apana vata* moves in upward direction influences menstrual Bleeding by causing Pain. According to association of *Dosha* three types can be observed, viz. *Vata-pitta-kaphaja* (congestive Dysmenorrhoea), *Vata-kaphaja* (Membranous dysmenorrhoea) and *Vataja* (spasmodic dysmenorrhoea).

**Sampraptighataka Dosha:-** *Vatapradhan Tridosha Vata:- as Anubandhita dosha Dhatu:-Rasa, Rakta, Artava Upadhatu:- Artava Agni:- Jatharagni, Rasagni, Raktagni Strotasa:- Rasa, Rakta and Artavavahastrotasa Strotodushti:- Sanga and Vimargagamana Udbhavasthana:- Ampakvashaya Rogamarga:- Abyantara Sthana Samshraya:- Garbhashaya Vyaktisthana:- Garbhashaya*

#### **Bheda (types):**

1. *Vataja* (Spasmodic Dysmenorrhoea)
2. *Vata-kaphaja* (Membranous Dysmenorrhoea)
3. *Vata-Pitta-kaphaja* (Congestive Dysmenorrhoea)

#### **Chikitsa sutra (General line of Management):<sup>12</sup>**

Disorders of *Yoni* never take place without vitiation of *Vata*, hence first *Vata* should be regularized then Management for other *Dosha* should be done

**Ayurvedic Treatment:** Our Ancient *Acharayas* has mentioned Several Classical Ayurvedic Formulations for the cure of Dysmenorrhoea. *Ayurvedic herbal, classical* time tested medicines cures by es-

- Disorientation
- Hypersensitivity to sound, Light, smell and touch,
- Fainting and Fatigue.

establishing the equilibrium of *Tridosha (vatta, Pitta, kapha)* and *Saptadhatus*. In Treatment of Dysmenorrhoea balancing of *Vata* is most important. The treatment Modalities includes *Panchakarma*, external therapies, internal medication, and activities advice of food and lifestyle changes.

#### **Panchkarma-**

- *Sneha karma* (Oleation) with *Traivrita sneha*.
- *Swedan*
- *Karma* (Hot fomentation).
- Oral use of *Dashamoola ksheera*.
- *Anuvasana basti* (oil enema), *Uttar basti* (Intra uterine oil instillation) with *Traivrita Sneha*.
- *Swedan* with Milk.
- Intake of *sneha* in oral form.

*Sneha* is in the form of *Anuvasan* and *Uttarbasti*. *Anuvasan basti* (Oil enema) is beneficial in normalizing the flow and direction of *Apana Vayu (vata)*. A series of oil and decoction enema are administered to patients, due to which there is a significant reduction in pain and discomfort. Therapy including massage is used to relieve any obstructions in the passage, relieve any spasm, facilitate free movement of *vata* in the Proper direction, and enhance a proper menstrual flow. *Uttar basti* is a procedure where in medicines are administered inside uterus. This helps in removal of blockages of channels (which provides nutrition to uterus) also it helps to give more nutrition (*Poshan*) to the *Garbhashay* (Uterus) Beneficial therapy:

- *Basti*
- *Uttar basti*
- *Virechan*
- *Picchu*
- ❖ A Sympathetic approach to the patient including consideration of Psychological and Behavioral elements will help in a positive outcome.

- ❖ Unfavorable environmental factors, malnutrition, General ill health and any errors in the patient's mode of life should be corrected.
- ❖ Regular Physical activity is to be encouraged.
- ❖ In the majority of cases nothing is more important than the general advice, reassurance and empirical relief of pain are necessary.
- ❖ As mentioned earlier, a proper diet is very important for maintaining a healthy menstrual cycle
- ❖ *Yogasanas*, meditation, regular exercises help in maintaining weight. Walking for half an hour daily for 5 days is sufficient to maintain weight.
- ❖ Some Simple *Yogasanas* to relieve Menstrual Cramps.

#### ***Yogasanas useful in Dysmenorrhoea*<sup>8-10</sup>**

***Eka Pada Raja Kapotasana***:-It Stretches the entire lower part of the body, stimulates the abdominal organs and relieves the body from menstrual discomfort.

***Matsyasana***:-It also stretches and stimulates the belly muscles. It is also known to relieve menstrual pain.

***Janu Shirsasana***:- Massages the abdominal organs, thus give relief from menstrual cramps.

***Dhanurasana***:-It strengthens abdominal muscles and stimulates the reproductive organs. It alleviates menstrual discomfort and constipation.

***Bhujangasana***:-It stretches and tones the abdomen, relieving the body from Dysmenorrhoea. It also reduces Fatigue and Stress.

***Ustrasana***:-It helps the body to get rid of Lower back Ache and menstrual discomfort.

***Utthita Trikonasana***:- It improves the flexibility of the spine, alleviates backache, reduces discomfort during Menstruation.

***Virbhadrasana***:- It relieves backache, strengthens back muscle, relieves menstrual pain and reduces heavy menstruation.

***Supta virasana***:- Stretches the abdomen back and waist, reduces menstrual pain.

#### **DISCUSSION:<sup>11</sup>**

*Charaka* has described that due to movement of flatus, etc. Natural urges in reverse direction, the aggravated *Apana* type of *Vata dosha* moving in reverse direction fills *Yoni* (Uterus). This *Yoni* seized with pain, initially pushes raja (Menstrual blood) upwards, and then discharges it with great difficulty. The lady feels relief immediately following discharge of menstrual blood. Since in this condition raja moves upwards or in reverse direction, hence, it is termed as *Udavartini*. *Sushruta* has explained this topic briefly, by concluding that besides Painful, Frothy Menstruation, there are other pains of *Vata* such as Body Ache, General Malaise, etc. *Yoga-Ratnakara* has quoted that the discharge of frothy menstrual blood with difficulty and associated with *kapha dosha*.

#### **CONCLUSION**

Classically described *Udavarta Yoni Vyapat* matches with the all types of Dysmenorrhoea. *Charaka* has described that the Pain symptom is immediately relieved after discharge of menstrual blood in *Udavarta Yoni Vyapat* which resembles to Spasmodic or true Dysmenorrhoea. Discharge of clotted blood, matches with special form of Spasmodic Dysmenorrhoea characterized with expulsion of big clots of blood. *Yoga-Ratnakara* has mentioned association of *kapha Dosha* which can be compared with another form of membranous Dysmenorrhoea.

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**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Gaurav Gaur et al: An Ayurvedic And Modern View Of Gynaecological Disorder Dysmenorrhoea (Kashtartava). International Ayurvedic Medical Journal {online} 2018 {cited May, 2018}  
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