

Review Article

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A REVIEW STUDY ON *KASHTARTAVA* W.S.R. TO DYSMENORRHEA

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Abstract –

Dysmenorrhea is one of the most common reasons for non-attendance at school or work among young women. Due to *Mithya Ahar, Vihar*, over exertion & malnutrition this may lead to *Vikruti* in “*Rutuchakra*” leading to various *Vyadhi* allied to menstruation. Dysmenorrhea or menstrual cramps is one among such disorders. About 40-50% Ladies suffer from dysmenorrhea in India. Women who have menstrual cramps will find consolation in awareness, care, and easy home treatments. Dysmenorrhea is also called as *Kashtartava* in *Ayurveda*, which has 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*, the specific treatment prescribed for suppressing that particular *Dosha*, should be used. Recipes prescribed for *Yoni Rogas* and *Uttarbasti* etc. should also be used after giving due consideration to the vitiated *Doshā*. The changes in dietary habits such as too much *Vata* causing food (*Vathala Ahara*) should be avoided. Too much of junk food and such foods which cause constipation should be avoided.

Keywords – *Ayurveda, Vata Dosha, Kashtartava, Yoga, Dysmenorrhea.*

Introduction-

Ayurveda the science of life has greatness in studying pathogenesis and selection of remedy accordingly. 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 ignored the codes for both mental and physical well-being.

The dysmenorrheal condition is found all throughout the world, according to numerous published papers. Dysmenorrhea is one of the pathological conditions which is generally ignored by patients and practically unresolved completely by physicians (except some pathology). According to a survey, an average of 68% girls has dysmenorrhea and alarming one in eight girls reported absenteeism at college/school because of menstrual symptoms.

In the treatment of dysmenorrhea, non-addictive, analgesic, antispasmodics are prescribed which are not good for health for longer use. In **Ayurvedic** classics **Kashtartava** (dysmenorrhea) is not described as a separate disease because women were not suffering much from this problem in that era because of pin pointed **Ritucharya & Rajasvalacharya**. Analgesics and anti-inflammatory medications exacerbate the gastrointestinal distress that many women suffer during their periods. These medications also cause headaches, lightheadedness, sleepiness, and blurred vision. According to **Ayurvedic** text there are many other diseases in which **Kashtartava** is considered and is described as a symptom.

Artava: -

A substance of the body which flows out at the specific period of time is called as **Artava**. A substance which flows out from **Apatya marga** without pain, burning and sliminess is known as **Artava**. **Apana Vayu** and **Vyana Vayu** is mainly responsible for **Artava Utpatti**.

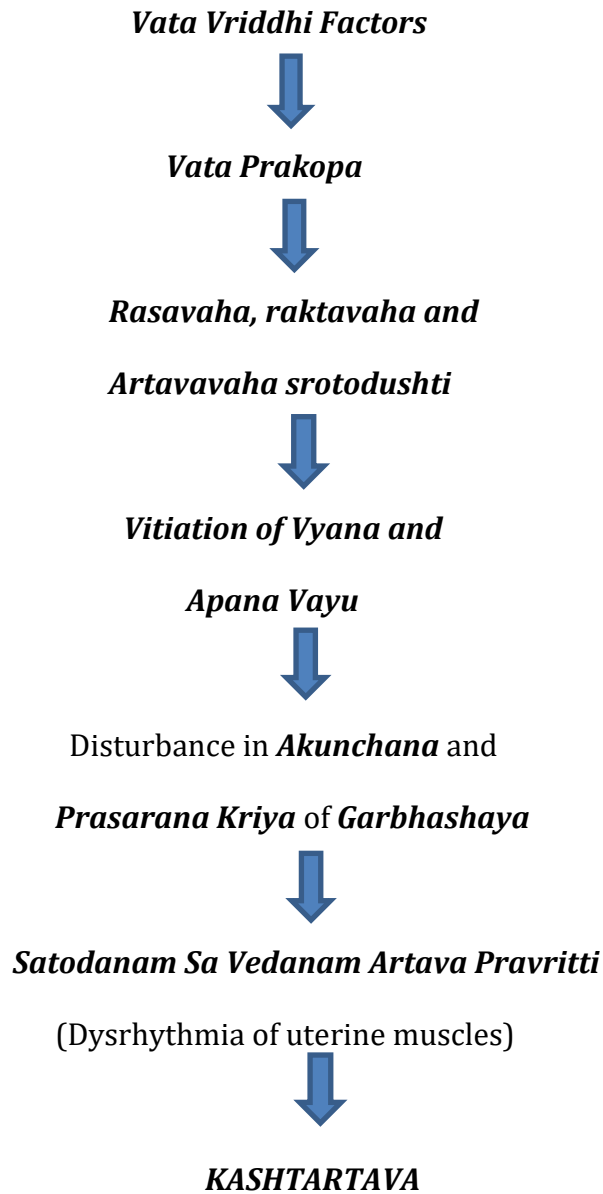
Nirukti : -

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.

Samprapti Ghataka: -



<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>	<i>as AnubandhitaDosa</i>
<i>Dhatu</i>	<i>Rasa, Rakta, Artava</i>
<i>Updhatu</i>	<i>Artava</i>
<i>Agni</i>	<i>Jatharagni, Rasagni, Raktagni</i>

<i>Srotas</i>	<i>Rasa, Rakta and Artavavaha Srotasa</i>
<i>Srotodushti</i>	<i>Sanga and Vimargagamana</i>
<i>Udbhavasthana</i>	<i>Amapakvashaya</i>
<i>Rogamarga</i>	<i>Abyantara</i>
<i>Sthanasamshraya</i>	<i>Garbhashaya</i>
<i>Vyaktisthana</i>	<i>Garbhashaya</i>

Ayurvedic concept of pain related to **Kashtartava**: -

Acharya Charaka has mentioned none of the gynecological diseases can be arise without affliction of aggravated **Vata**. **Vata** is the main responsible factor, though other **Doshas** only be present as **Anubandhi** to it. So, pain is produced due to vitiation of only **Vata Dosha** or in combination with other **Doshas**.

Modern review

Dysmenorrhea

The term dysmenorrhea refers to painful menstruation. Dysmenorrhea is a cramp labor-like pain in the lower abdomen that radiates to upper abdomen, waist and thighs and is sometimes accompanied by systemic symptoms like nausea, headache, diarrhea, vomiting and dizziness.

There are two types of Dysmenorrhea-

1. Primary
2. Secondary

Treatment: -

1. These disorders (gynecological disorders) do not occur without vitiation of **Vata**, thus first of all **Vata** should be normalized, and only then treatment for other **Doshas** should be done.
2. In all these gynecologic disorders, after proper oleation and sudation, emesis etc. all five purifying measures should be used. Only after proper cleansing of **Doshas** through upper and lower passages, other medicines should be given. These emesis etc.

cleansing measures cure gynecologic disorders in the same way as they cure the diseases of other systems.

3. **Life-style changes:** -

Exercise regularly like morning walk or jogging -minimum thrice a week

Ensure sound sleep of at least 6-8 hours

Avoid smoking and alcohol

Reduce caffeine

take rest

avoid heavy weight lifting, journey, heavy strenuous work, tension.

4. **Diet:** -

Eat healthy, warm and fresh foods

Eat 5-6 small meals

Have fresh fruits like plums, dark grapes, apples, pomegranates, green vegetables.

Regularly use ginger in food preparations

Avoid high fat, sugar, spicy food, fried food, fermented food, non-veg on and around menstruation.

Take supplements like calcium, magnesium, vitamin E, B6, B12.

5. **Yoga:** -

Yoga poses are seen to be the most practical, drug-free and affordable approach. Yoga activities can help in reducing and preventing the severity of many ailments that specifically encourage women's health and give strength, stability, and suppleness. In Yoga, various types of Asanas have been mentioned. Among them **Ushtrasana, Bhadrasana, Balasan, Janu sirsasan, Gomukhasana, and Vajrasana** have a pain-relieving effect.

Ayurvedic Treatment:

Our Ancient **Acharayas** has mentioned several classical **Ayurvedic** formulations for the cure of dysmenorrhea. **Ayurvedic** herbal, classical time-tested medicines cures by establishing the equilibrium of **Tridosha (Vata, Pitta, Kapha)** and **Saptadhatus**. Balancing of **Vata** is most

important in Treatment of Dysmenorrhea. The treatment Modalities includes **Panchakarma** (like **Uttarbasti**, **Anuvasana** or **Matra Basti**), external therapies, internal medication, and activities advice of food and lifestyle changes. **Garbhashaya Balya Aushadhi** will also reduce associated symptoms.

1. *Sanshmana Ausadhi* -

- (i) *Kwatha – Dashmoola Kwatha.*
- (ii) *Vati – Raja Pravartini Vati, Vijayadi Vati, Kumarika Vati.*
- (iii) *Asava – Kumaryasav.*
- (iv) *Arisht – Dashmoolarisht, Ashokarisht.*
- (v) *Churna – Ashwagandha Churna, Shatpushpa Churna, Hingwadi Churna.*

2. *Samsodhna* -

- (i) *Basti - Dashmoola Taila, Lashunadi Taila, Shatpushpa Tail Matra Basti.*

Discussion-

Here are many herbs that are directly or indirectly indicated in the menstrual condition, especially **Kashtartava** (Dysmenorrhea). In these contexts, the syndrome is rarely referred to without abbreviation, and the intensions of the reference are frequently broader than the clinical

definition. Worldwide, the term "primary dysmenorrhea" is commonly used to describe menstrual issues and it is often used even in informal and conversational contexts without considering its medical validity. 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 –

Ayurveda sees Primary Dysmenorrhea as a **Doshic** imbalance that can potentially be impacted through balanced living that is characterized by **Dosha** appropriate diet, herbal supplements, exercise, routine, **yoga**, meditation, as well as nourishing inputs through all five senses.

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