Multimodal Ayurvedic management of *Kashtartava* (Dysmenorrhoea):

A Case series

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Abstract-

Ayurveda considers women most precious because of their key role in continuing progeny. The diseases affecting the *Yoni* (female genital tract) and their therapeutics have been illustrated under the heading of *Yonivyapad* (diseases of female genital system). *Artava* (menstruation) when associated with unbearable pain is termed as *Kashtartava*. Vitiated *Vata Dosha* is the main causative factor of any kind of gynecological disorders. The process of menstruation is mainly under the control of *Apana Vata*. The treatment of this vitiating *Vata* remains main objective for treatment of *Kashtartava* (dysmenorrhoea). Along with internal medication, local soothing of pain is

also important in general treatment of *Vata Dosha*. Thus, a treatment protocol was developed considering these aspects for management of patients suffering with *Kashtartava* (dysmenorrhoea). The protocol consisted of internal administration of *Hinguvachadi Churna* and local treatment of *Tila Taila Yoni Parisheka* (Vaginal douche). In the present case series, three eligible patients were explained the purpose and possible effect of multimodal treatment of *Hinguvachadi Churna* & *Tila Taila Yoni Parisheka*. Treatment was prescribed to the patients those who were willing for it. Patient outcomes were also noted and analysed. It was observed that multimodal treatment of *Hinguvachadi Churna* and *Tila*

Taila Yoni Parisheka was effective in the cases where it was used.

Keywords- menstrual pain, *Tila Taila*, *Hinguvachadi Churna*, *Vata Dosha*

Introduction-

The menstrual cycle represents overall health of female reproductive system. If the physiology of menstruation is disturbed, it can cause various ailments and great discomfort to the females. Menstruation when associated with pain is termed as dysmenorrhea.¹ Sometimes, the magnitude of this pain renders the women unable to even carry out their daily routine. Also, it is the commonest of all gynecological complaints.

Ayurveda considers women most precious because of their key role in continuing progeny.² The diseases affecting the *Yoni* (female genital tract) and their therapeutics have been illustrated under the heading of *Yonivyapad* (diseases of female genital system). *Artava* (menstruation) when associated with unbearable pain is termed as *Kashtartava*. '*Kashtartava*', as a separate disease is not described in Ayurveda classics. It is described as a symptom in many female genital tract disorders such as, *Vatala Yonivyapad*, *Paripluta Yonivyapad*, *Udavarta Yonivyapad*, *Mahayoni Yonivyapad* and *Vataja Artava dushti*.

Vitiated *Vata Dosha* is the main causative factor of any kind of gynecological disorders.³ The process of menstruation is mainly under the control of *Apana Vata*. The treatment of this vitiated *Vata* remains main objective for treatment of *Kashtartava* (dysmenorrhoea). Along with internal medication, local soothing of pain is also important in general treatment of *Vata Dosha*. Thus, a treatment protocol was developed considering these aspects for management of patients suffering with *Kashtartava* (dysmenorrhoea). The protocol consisted of internal administration of *Hinguvachadi Churna*⁴ and local treatment of *Tila Taila Yoni Parisheka* (Vaginal douche)

Materials & Methods-

The patients presented with cardinal symptom *Kashtartava* (dysmenorrhoea) i.e. painful menstruation, were examined and a clinical diagnosis was made. Only married patients with primary dysmenorrhoea were considered for this case series. The demographic profile, associated gynaecological symptoms such as pain in lower abdomen, backache, duration of menstrual flow was noted. Other symptoms such as, nausea, vomiting, fatigue, diarrhoea, head ache and constipation were also noted.

The eligible patients were explained the purpose and possible effect of multimodal treatment of *Hinguvachadi Churna & Tila Taila Yoni Parisheka*. Treatment was prescribed to the patients those who were willing for it. Patient outcomes were also noted and analysed.

As explained earlier, whole process of menstruation is under the premise of *Vata Dosha*, especially *Apana Vata*. The general causes of vitiation of *Vata Dosha* are *Dhatukshaya* (emaciation of body tissues) and/or *Margavarodha* (Obstruction of its path).⁵ In case of *Kashtartava*, predominantly latter reason is crucial i.e. obstruction of *Vata* by *Artava*. Also, in many instances, other signs of vitiation of *Apana Vayu* such as bloating, indigestion, constipation etc. are observed. Hence, *Hinguvachadi Churna* from *Gulma Adhikara* of *Ashtanga Hridaya* was chosen for this case series. (Table 1) *Snehana* in the form of *Yoni Parisheka* (Vaginal douche) has been advocated in treatment of *Vataja Yoni Dushti*.⁶ Again, pain is cardinally attributed to *Vata* vitiation. Thus, for local soothing and facilitation of proper *Gati* (direction) of *Apana Vayu*, *Tila Taila Parisheka* was advocated.

Table 1- Composition of *Hinguvachadi*

Churna (For 10 gm)

Sr. No.	Sanskrit Name	Botanical Name	Qty.
1	<i>Hingu</i>	<i>Ferula asafoetida</i>	0.435 g
2	<i>Vacha</i>	<i>Acorus calamus</i>	0.435 g
3	<i>Vijaya</i>	<i>Terminalia chebula</i>	0.435 g
4	<i>Pasugandha</i>	<i>Gynandropsis gynandra</i>	0.435 g
5	<i>Dadima</i>	<i>Punica granatum</i>	0.435 g
6	<i>Dipyaka</i>	<i>Trachispermum roxburghianum</i>	0.435 g
7	<i>Dhanyaka</i>	<i>Coriandrum sativum</i>	0.435 g
8	<i>Patha</i>	<i>Cyclea peltata</i>	0.435 g
9	<i>Pushkara moola</i>	<i>Inula racemosa</i>	0.435 g
10	<i>Shathi</i>	<i>Kaempferia galanga</i>	0.435 g
11	<i>Hapusha</i>	<i>Juniperus communis</i>	0.435 g
12	<i>Agni</i>	<i>Plumbago zeylanica</i>	0.435 g
13	<i>Sarjikshara</i>	Potassium carbonate	0.435 g
14	<i>Yavakshara</i>	Sodium carbonate	0.435 g
15	<i>Saindhava</i>	Sodium chloride	0.435 g
16	<i>Vida Lavana</i>	Potassium chloride	0.435 g
17	<i>Sunthi</i>	<i>Zingiber</i>	0.435 g

		<i>officinale</i>	
18	<i>Maricha</i>	<i>Piper nigrum</i>	0.435 g
19	<i>Pippali</i>	<i>Piper longum</i>	0.435 g
20	<i>Ajaji</i>	<i>Cuminum cyminum</i>	0.435 g
21	<i>Chavya</i>	<i>Piper brachystachyum</i>	0.435 g
22	<i>Tintidika</i>	<i>Tamarindus indica</i>	0.435 g
23	<i>Vetasamla</i>	<i>Garcinia pedunculata</i>	0.435 g

Thus, *Hinguvachadi Churna* 5 gm in *Apana Kala* (before both meals) with warm water, was prescribed for 30 days. Patients were asked to attend OPD in their *Rutukala* for 8 days duration (i.e. from 5th day of menstrual cycle to 12th day of menstrual cycle) for *Tila Taila Parisheka*. The treatment was continued for 1 complete menstrual cycle with follow up after cessation of next menstrual phase.

Case 1-

A 33-year-old married female had complaint of pain in abdomen and thigh region during menses. She also experienced constipation and nausea during such pain. Her menstrual cycle was also irregular. She was prescribed the multimodal treatment regime for a complete menstrual cycle. On follow up, she informed of no nausea during menstruation.

Her pain was also reduced.

Case 2-

A 41-year-old married female presented with painful menstruation. She was unable to perform her routine activities due to this backache and abdominal pain. Frequently, she experienced indigestion and fatigue along with these symptoms. She received the multimodal regime. On follow up, all her complaints were reduced.

Case 3-

A 20-years-old married female presented with dysmenorrhea along with irregular and scanty menses. She received the multimodal regime. On follow up, she informed that her menstruation period was increased to three days and pain was reduced.

The assessment of pain and other symptoms of these three cases is summarized in Table 2.

Results-

The pain in abdomen, backache as well as pain in thigh region were measured on Visual Analogue Scale (VAS) before and after treatment. The Other symptoms such as nausea, vomiting, indigestion, constipation, fatigue and irregularity of menstrual cycle was measured in binary scale depending on whether it was present or absent. These were also measured before and after treatment. (Table 2) Also, the percentage improvement

in VAS scale, suggesting lessening of pain was presented in table 3.

Table 2- Signs and symptoms of dysmenorrhea- Before and After Treatment

Signs & Symptoms		Patient no. 1	Patient no. 2	Patient no. 3
Pain in abdomen (VAS)	BT	7	8	6
	AT	6	7	5
Backache (VAS)	BT	6	5	5
	AT	5	5	4
Pain in thigh region (VAS)	BT	6	4	5
	AT	5	3	4
Nausea (VAS)	BT	1	0	0
	AT	0	0	0

Vomiting (Yes-1, No-0)	BT	0	0	0
	AT	0	0	0
Indigestion (Yes-1, No-0)	BT	0	1	0
	AT	0	0	0
Constipation (Yes-1, No-0)	BT	1	0	0
	AT	0	0	0
Fatigue (Yes-1, No-0)	BT	0	1	0
	AT	0	0	0
Irregularity of menstrual cycle (Yes-1, No-0)	BT	1	0	1
	AT	0	0	0

Table 3- percentage improvement in VAS for pain in different regions

Signs & Symptoms	% Improvement in Patient number 1	% Improvement in Patient number 2	% Improvement in Patient number 3
Pain in abdomen	85.71 %	87.5 %	83.33 %
Backache	85.33 %	100 %	80 %
Pain in thigh region	85.33 %	75 %	80 %

Discussion-

Today's stressful modern life style, food habits, frequent interventions of female genital tract affects the uterine environment, which leads to higher incidence of dysmenorrhea. The present study confirmed that multimodal treatment of *Hinguvachadi Churna* and *Tila Taila Yoni Parisheka* was effective in the cases where it was used.

Kashtartava (dysmenorrhea) is mainly attributed to vitiated *Vata Dosha* due to gripping pain as its characteristic feature. It

was observed that, incidence of dysmenorrhea was seen in young as well as middle age females. Pain in abdomen, lower back and thigh region were conspicuously seen in them.

The multimodal treatment of *Hinguvachadi Churna* and *Tila Taila Parisheka* was well-complied by all three cases. No adverse effects were observed in them. The sensation of relief due to *Parisheka* was mentioned by them. The foremost ingredient of *Hinguvachadi Churna*, i.e. *Hingu* has been

mentioned in many other formulations specifically designed for females such as *Rajapravartini Vati*. It is also mentioned to cure obstruction of *Vata* and diseases caused due to it such as *Gulma*. The other ingredients such as *Trikatu*, *Kshara*, *Lavana*, *Chitraka* etc. have *Ushna Veerya* (hot potency) and can work similarly to remove obstruction of *Vata Dosha*.

Tila Taila has been mentioned as best remedy of vitiated *Vata Dosha*.⁷ *Parisheka* is a specific treatment modality mentioned for local relief that can work in many ways. The pleasingly hot *Tila Taila* soothes pain and provide much relief. *Parisheka* also provides mild form of *Swedana*, which is a significant basic treatment of *Vata Dosha*. Many studies have revealed importance of *Tila Taila* in management of *Vata Roga* and *Yoniroga*.⁸

Apart from pain relief, it was observed that, this treatment also provided good relief in other associated symptoms such as nausea, constipation etc.

The present study was an effort to generate baseline information about probable efficacy of multimodal treatment of *Hinguvachadi Churna* and *Tila Taila Yoni Parisheka*. It would be beneficial if such study is carried out in a large sample size sufficient to generate statistical evidences.

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