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**“The Role Of Dashmool Kwath And Trivrutt Taila Yoga Basti In Kashtartava (Dysmenorrhoea)” - A Case Study**

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**Guide & HOD**

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**Introduction:-**

Today's modern life is becoming stressful. The way of working lifestyle is affecting women's comfort and losing her health. Women is facing many problems as she is not following codes of healthy living i.e. *Dinacharya* and *Rutucharya*.

Menstruation is a natural event as a part of normal process of reproductive life in females. Due to sedentary life style and lack of exercise, *Kashatartava* (Dysmenorrhoea) is becoming arising problem.

In Modern science, for the treatment of Dysmenorrhoea<sup>3</sup> Analgesic, Antispasmodics are prescribed which is not good for health for longer use. During Menstruation, women experience gastrointestinal upset which is increased by Analgesics, Anti-inflammatory drug and produces headache, drowsiness, etc.

In Ayurveda, *Kashatartava*<sup>2</sup> has being described under *Yoni vyapad* .i.e. one of it is *Udavarta Yoni vyapad*. According to ayurvedic text, there are many other disease in which *kashtartava* is considered and described as symptom.

वेगोदावर्तनाद्योनिमुदावर्तयते निलः ।  
सा रुगार्ता रजः कृच्छ्रेणोदावृतं विमुचति ॥  
आर्तवे सा विमुक्ते तु तत्क्षणं लभते सुखं ।  
रजसो गमनादूर्ध्वं देयो उदवर्तिनी बुधैः ॥

च.सं.चि.३०/२५,२६

**Artava** is defined as substance which flows out from *apatyamarga* without pain, burning at specific period of time.

*Apanavayu* and *Vyanavayu* is mainly responsible for *ArtavaUtpatti*.

**Kashatartava** is nothing but painful *artavadarshan* (Menstruation).

**Aim:-**To study the efficacy of *DashmoolKwath*<sup>4</sup> and *Trivruttataila*<sup>5</sup> *Yoga Basti* in the management of *Kashatartava*.

**Objectives:-**

1. To carry out comprehensive study of *Kashatartava*.
2. To study symptomatic relief of *Kashatartava* by *Dashmoolkwath* and *Trivruttaila Yoga Basti* Therapy.

**Type Of Study:-** Observational single case design without control group.

**Selection Criteria :-**

**1) Inclusion Criteria-**

Patient of Reproductive age group (age 16 to 40 yrs) having symptoms of *Kashatartava*.

**2) Exclusion Criteria-**

Patient having Heart Disease, Diabetes, Hypertension, Thyroid Disorder is excluded.

**Materials And Method:-**

**Study Centre-** C.S.M.S.S.Ayurved Hospital, Aurangabad.

**Study Details-**

Name of Patient - XXX

Reg. No. - 10397

Date of 1<sup>st</sup> visit - 18/4/2016

Age - 32 years

Gender - Female

Religion - Hindu

Occupation - Housewife

Diet - Veg-Nonveg.

**Chief complaints -**

1. *Saruka, Sashoola Raja krichchha.* Since 6 months

2. *Manda ruja (yoni pradeshi).* Since 6 months

3. *Adho-Udarshool.* Since 6 months

**Married life -** 10 years

**Menstrual History-** Regular (28-30 days), Moderate (2-3 pads/day), Painful ++++

**Obstetrics History-** G2P2L2A0D0

**Brief History -**

32 years old patient having married life 10 years having 1 male and 1 female child complaining of Painful Menstruation (*Raja sashoola, saruka, manda ruja*)<sup>1</sup> since 6 months. Pain in abdomen during menses<sup>3</sup>. She had taken Allopathic treatment for the same at private hospital but she had not got result so she came to C.S.M.S.S. Ayurveda Hospital Aurangabad for management.

**General Examination-**

1. Obesity +

**Ashtavidha Parikshan-**

1. Nadi = 88/min, madhyama bala, niyameet.
2. Mala = Grathit malapravrutti.
3. Mutra = Samayaka.
4. Jivha = Saam.
5. Shabdha = Avishesha.
6. Sparsha = Anusha.
7. Druka = Alpashwetata
8. Akruti = Sthul.

**Udar parikshan** = Udarasthambha, Aanaha, Agnimandya, Aruchi, Udarshool.

**Local Examination-**

P/S = Vag & Cx healthy, No Discharge.

P/V= Ut. Anteverted, normal size, B/L fornices free.

**Srotas Parikshan Dushita Srotas are-**

- 1) Rasa vaha - Aruchi
- 2) Anna vaha - Agnimandya
- 3) Artava vaha - Saruka, Sashool Raja pravrutti, Raja Krichchhata.

**Diagnosis-** Kashtartava (Primary Dysmenorrhoea).

**Drug Review:-**

दशमूलपयोबस्तिशोधोदावर्तानिलर्तिषु I

त्रैवृतेनानुवास्या च बस्तिशोत्तर देया II

च.सं.चि.३०/१११.

**A) Selection of drug:-**

1) Dashmool Kwath

1. Bilva
2. Agnimantha
3. Shyonak
4. Patala
5. Gambhari
6. Shalaparni
7. Prishniparni
8. Kantakari
9. Bhuhati
10. Gokshur

2) Trivruut Taila

1. Trivrutt
2. Tila taila

**B)Preparation of drug:-**

- 1) *Dashmool kwath* is prepared according to *Acharya Sharangdhar*<sup>4</sup>.
- 2) *Trivrutt taila* is prepared according to *Acharya Sharangdhar*<sup>5</sup>.

**C) Yoga Basti:-**

Yoga Basti is composed of 5 Anuvasan Basti & 3 Niruha Basti on alternate days for 8 days.

Sr. No.	Day	Karma	Drug	Dose
1.	1	Anuvasan Basti	Trivrutt Taila	120ml
2.	2	Niruha Basti	Dashmool Kwath	960ml
3.	3	Anuvasan Basti	Trivrutt Taila	120ml
4.	4	Niruha Basti	Dashmool Kwath	960ml
5.	5	Anuvasan Basti	Trivrutt Taila	120ml
6.	6	Niruha Basti	Dashmool Kwath	960ml
7.	7	Anuvasan Basti	Trivrutt Taila	120ml
8.	8	Anuvasan Basti	Trivrutt Taila	120ml

**Observation :-**

In the first visit Patient was having complaints of *Kashtartava* i.e. *Sashool*, *Saruka Raja pravrutti*, *Yoni vedana*, *Adho udarshool*. Patient was given *Yoga Basti* for 8 days after menses for 3 consecutive menstrual cycles. In every cycle, after *Yoga basti* there was progressive decrease in symptoms. Finally, patient was symptom free. Hence, *Yoga Basti* found useful in *Kashtartava*.

**Discussion:-**

- 1) In *Ayurveda*, *Kashtartava* occurs due to vitiation of *vata* i.e. mainly *apana vayu* and *vyana vayu* dusthithus first of all *vata* should be normalized and then treatment of other *dosha* is to be done.
- 2) As said by *Acharyas*, *Basti chikitsa* is *pradhan chikitsa* in *Vata vyadhi* hence, *Dashmool Kwath* is used as *Niruha Basti* purpose in *Kashtartava*.
- 3) For *Avrita apana vayu*, treatment should be *Agnideepka*, *Grahi*, *Vata anulomana* and *Pakvashaya shuddhikara* hence, *Trivrutt Taila* is used as *Anuvasan Basti* in *Kashtartava*.

**Conclusion:-**

- 1) In *Ayurveda* Primary *Dysmenorrhoea* is due to *Doshas* imbalance. So to hamper this *Dosha* appropriate diet, herbal supplements, exercise, *aahar vihar*, etc is necessary.
- 2) One of the *shodhan chikitsa* in *Panchkarma* for *Vata pradhan vyadhis* is *Basti chikitsa*. One among them is *Yoga Basti* which is used in *Kashtartava*.
- 3) With the help of *Yoga basti* all symptoms of *Kashtartava* are relieved i.e. *Saruka*, *Sashoola*, *Raja krichchha*, *Manda ruja*..
- 4) Hence, *Yoga Basti* of *Dashmool Kwatha* and *Trivrutta Taila* plays a significant role in *Kashtartava* to relieve symptoms.

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