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Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 9158387437

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

**A Clinical Study of Dashmool Bharad Kwath and Tila Taila Yoga Basti
in Kashtartava (Dysmenorrhoea) - A Case Study**

Dr. Pallavi Ashok Chandanshiv

Assistant Professor at

Prasuti Tantra Stree Rog Dept.,

C.S.M.S.S. Ayurved Mahavidyalaya,

Kanchanwadi, Aurangabad.

Email ID: drpallavichandanshiv@gmail.com

Introduction:-

Now a day lifestyle is becoming very stressful. Stress is one of the cause which is related to the hormonal imbalance. Women are facing so many problems like PCOD, Dysmenorrhea as she is not following Dinacharya and Rutucharya.

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

In Modern science, for the treatment of Dysmenorrhoea³ is Analgesic, Antispasmodics are prescribed which is not good for health for longer use. During Menstruation, women experience gastrointestinal upset in ayurveda it known as Agnimandya. Analgesics and Anti-inflammatory drug and produces hyper acidity, headache, drowsiness, etc
In Ayurveda, Kashatartava² has being described as symptom not a disease. In Udavarta Yoni vyapad syptoms are same as Kashatartava

शङ्खनाभ्याकृतिर्योनिस्त्रावर्ता सा प्रकतिर्ता।

सु.शा.५/४३

Garbhashya is like hollow shankha nabhyakriti and trayavarta yoni it means reproductive system is made up of 3 avarta.

आर्तववहे व्दे, तयोर्मूलं गर्भाशयः आर्तववाहिन्यश्च धमन्यः।

तत्र विद्धाया वन्ध्यात्वं मैथुनासहिष्णुत्वमार्तवनाशश्च॥

सु.सं.शा.९/१२

वेगोदावर्तनाद्योनिमुदावर्तयते निलः।

सा रुगार्ता रजः कृच्छ्रेणोदावृत्तं विमुचति ॥

आर्तवे सा विमुक्ते तु तत्क्षणं लभते सुखं।

रजसो गमनादूर्ध्वं देयो उदवर्तिनी बुधैः ॥

च.सं.चि.३०/२५,२६.

Artava means, which flows out from apatyamarga, for specific period. Apana vayu and Vyana vayu is mainly responsible for Artava Utpatti. Kashatartava is nothing but painful artavadarshan (Menstruation). Shool is mainly due to vikruti of Apana vayu and Vyana vayu. To regress shool vatahar drugs should be used. Dashamool and Til tail act as vatghna so I selected **Dashmool Bharad Kwath and Tila Taila Yoga Basti In Kashtartava (Dysmenorrhoea).**

त्रयः कटिकपालेषु।

सु.सं.शा.५/२६

श्रोण्यां पञ्च तेषां गुदभग्नितम्बेषु चत्वारि त्रिकसंश्रितम्।

सु.सं.शा.५/१९

Stree Shroni is made up of 5 bones and it is situated in pelvis cavity means kati stana. Mula stana of vat is kati and basti. For this Basti is selected. Anus having rich blood supply and high absorption rate in short period. So Yoga basti of vattaghna Dravya is more effective than oral drugs.

Objectives:-

1. To carry out comprehensive study of Kashatartava.
2. To study symptomatic relief of Kashatartava Dashmool Bharad Kwath and Tila Taila Yoga Basti Therapy.

Type Of Study:-

Observational single case design without control group.

Materials And Method:-

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

Study Details-

Name of Patient	- XXX
Reg. No.	- 3587
Date of 1st visit	- 15/2/2017
Age	- 22 years
Gender	- Female
Religion	- Hindu
Occupation	- Student
Diet	- Veg-Nonveg.

Chief complaints -

1. Sashoola raja pravrutti Since 6 months
2. Manda ruja (yoni pradeshi). Since 6 months
3. Adho-Udarshool. Since 6 months
4. kati shool during M.C. Since 6 months

Married life - Unmarried

Menstrual History- Regular (28 days), Moderate (3-4 pads/day), Painful +++++

Brief History -

22 years old patient complaining of Painful Menstruation (Raja sashoola Rajapravrutti, Adhodar shool, manda ruja and Kati shool) since 6 months. Pain in abdomen during menses³. 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. Weight- 42
2. BMI- 24

Ashtavidha Parikshan-

1. Nadi = 84/min, madhyama bala, niyameet.
2. Mala = Grathit malapravrutti.
3. Mutra = Samayaka.
4. Jivha = Saam.
5. Shabdha = Avishesha.
6. Sparsha = Anusha.
7. Druka = Alpashwetata
8. Akrti = Sthul.

Udar parikshan = Udarasthambha, Aanaha, Udarshool

Local Examination-

P/S = Not Done (Unmarried)

P/V= Not Done (Unmarried)

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:-

दशमूलपयोबस्तिश्वोदावर्तानिलर्तिषु |

- 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) Tila Tail

B) Preparation of drug:-

- 1) Dashmool kwath is prepared according to Acharya Sharangdhar⁴.
- 2) Tila Tail

SR. NO.	DAY	KARMA	DRUG	DOSE
1.	1	Anuvasan Basti	Tila Taila	120ml
2.	2	Niruha Basti	Dashmool Kwath	960ml
3.	3	Anuvasan Basti	Tila Taila	120ml
4.	4	Niruha Basti	Dashmool Kwath	960ml
5.	5	Anuvasan Basti	Tila Taila	120ml
6.	6	Niruha Basti	Dashmool kwath	960ml
7.	7	Anuvasan Basti	Tila Taila	120ml

Observation:-

In the first visit Patient was having complaints of Kashtartava i.e. Sashool, Sakasta Raja pravrutti, Yoni vedana, Adho udarshul. Patient was given Yoga Basti for 7 days before 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 dusti of apana vayu and vyana vayu mainly thus first of all vataghan drugs should be given.
- 2) As said by Acharyas, Basti chikitsa is pradhan chikitsa in Vata vyadhi hence, Dashmool Kwath is used for Niruha Basti and Tila tail for anuvasana Basti.
- 3) Mul stana of vat is kati and basti. For this Basti is selected. Anus having rich blood supply and high absorption rate in short period. So Yoga basti of vattaghna Dravya is more effective than oral drugs.

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