

To study the efficacy of Dashmool Ksheer Basti in the management of Kashtartav W.S.R to Dysmenorrhoea

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Abstract

Only healthy woman will be able to produce healthy generation but due to gynaecological disorders this aim fails which leads to various problems of women health.

Kashtartav is one of them. According to Ayurveda this is seen as a symptom of many diseases like Yonivyapad etc. And according to modern Science it can be correlated with Dysmenorrhoea. It has main symptom as painful menstruation. Which affect daily work. It is often found in stressful working class women. Majority of cases of dysmenorrhoea fall in group of primary dysmenorrhoea.

Charkacharya has mentioned that among Tridosha main cause of pain is Vatadosha. And particularly Basti is the main Chikitsa of Vatadosha. It is also said that Basti is Ardha Chikitsa in Ayurveda treatment.

Dashmool and Ksheer both has Vata Shamak effect. Therefore Basti of these Dravyas were selected. Which is safer and also cost effective treatment.

For this study inclusion criteria was diagnosed patient of primary dysmenorrhoea. These patient were selected as per symptoms and investigations done as per needed. Basti was given for 8 days as a Yoga Basti after 5th day of menstruation or cessation of menstruation. And follow up taken for 3 consecutive menstrual cycle.

Dashmool Ksheer Basti is significantly effective treatment for Kashtartav with no apperent complication.

Key Words- Kashtartav, Dysmenorrhoea, Dashmool, Ksheer Basti

Introduction-

Pain is the biggest problem since beginning of the mankind. The word disease itself means painful situation.

According to Ayurveda Vata is responsible for pain Dysmenorrhea is a medical condition characterized by severe uterine pain during menstruation. It is diagnosed when the pain is so severe as to limit normal activities or require medication.

Dysmenorrhea shows features of different kinds of pain including sharp, throbbing, dull, nauseating, burning, shooting. Usually subsides as menstruation tapers off.

Dysmenorrhea is a common symptoms in various Yonivyapad that affects approximately 50 % of menstruating women, affecting their daily routines.

So to maintain their health, utmost care and effective treatment is needed.

In Ayurveda, Basti is considered as Paramaushadha for management of Vata. It is the

treatment modality indicated in all types of Yonivyapad. Dashmool is best Vatakaphahara and when processed with Ksheera, it acts best on Tridosha. Considering above factors this study is being selected.

Aim:-

To study the efficacy of Dashmool Ksheer Basti in the management of Kashtartav w.s.r to Dysmenorrhoea.

Objectives-

- To study concept of dysmenorrhea and Basti.
- To assess the efficacy of Dashmool Ksheera Basti in Dysmenorrhea.

Review Of Literature-

Vedic periods and all Acharyas has mentioned about menstruation and its physiology. Also had explained various causes of Dysmenorrhea and its treatment.

Ayurvedic Concept:-

Ayurveda has explained Shuddha Artava Lakshana ie. Varna, Gandha, Matra, Swaroop, etc.

Also has mentioned different terminologies used to describe pain eg. Raja krichcha, sashoola, Saarti, Saruja etc. with reference to Yonivyapadie. Udavartini Yonivyapad, Vatala Yonivyapad, Paripluta Yonivyapad, Artava Dushti, Asrugdara-Vataj, Kaphaja.

Nidan- Yonivyapad, Mithya Ahara, Mithya Vihara etc.

Samprapti-

Modern Concept-

Dysmenorrhea means painful menstruation.

Classification:-

Primary Dysmenorrhea- Pain during menstrual cycle in the absence of other diseases

Secondary Dysmenorrhea- Pain associated with other disorders like endometriosis etc.

Material and Methods:-

Minimum 30 patients suffering from Dysmenorrhea were selected from OPD and IPD.

Selected patients divided into 2 groups, Group A-15 patients given Dashmool Ksheera Basti. Group B-15 patients given chandraprabha Vati orally.

Duration of both treatment was for one month and follow up were taken for next 3 consecutive menstrual cycle.

Inclusion Criteria:-

- Patients between the ages of 14-45 years.
- Patients suffering from painful menstruation
- Primary dysmenorrhea

Exclusion Criteria:-

1. IUCD
2. Asherman's syndrome
3. Patients with anaemia (Hb % <=8 %)
4. Patients with systemic disorders like diabetes, tuberculosis etc.
5. Surgical, Malignant conditions

Intervention:-

1. Group A- Anuvasan Basti with dashmool Taila 60 ml after food and Dashmool Ksheera Niruha Basti 500 ml in empty stomach administered for course of 8 days (Yoga Basti)
2. Group B- Chandra Prabha Vati is taken 400 mg 2 TID with Ushna jala, Before food.

Assessment criteria;-

Parameters	Grade-0	Grade-1	Grade-2
Shoola during aartavakala	Alpa	Madhyama	Teevra
Artava associated with daha	Alpa	Madhyama	Teevra
Duration of artavakala	3-7 days	<2 or 7-12 days	Only spotting or > 12 days
Duration between Artavakala	21-35 days	<21 or >35 days	Irregular
Consistency of Artava	Alpa	Madhyama	Teevra
Dourbalya, Shrama	Not associated with these	Sometimes associated	Every time associated

Observations and Results:-

Distribution of patients according to age-

Age (years)	Group A		Group B		Total	
16-20	1	6.66%	0	0%	1	3.33%
21-25	2	13.33%	13	86.66%	15	50%
26-30	5	33.33%	2	13.33%	7	23.33%
31-35	3	20%	0	0%	3	10%
36-40	3	20%	0	0%	3	10%
41-45	1	6.66%	0	0%	1	3.33%

Distribution of patients according to marital status-

	Group A		Group B		Total	
Married	12	80%	2	13.33%	14	46.66%
unmarried	3	20%	13	86.66%	16	53.33%

Distribution of patients according to location of pain-

	Group A		Group B		Total	
Lower abdomen	15	100%	15	100%	30	100%
Bachache	9	60%	5	33.33%	14	46.66%
Radiating to thigh	3	20%	4	26.66%	7	23.33%

Distribution of patients according to Shool during Artava kal-

	Group A		Group B		Total	
Teevra	11	73.33%	7	46.66%	18	80%
Madhyama	4	26.66%	8	53.33%	12	40%
Alpa	0	0%	0	0%	0	0%

Distribution of patients according to Artava associated with Daha-

	Group A		Group B		Total	
Teevra	0	0%	0	0%	0	0%
Madhyama	0	0%	2	13.33%	2	6.66%
alpa	15	100%	13	86.66%	28	93.33%

Distribution of patients according to Consistency of Artava-

	Group A		Group B		Total	
Teevra	0	0%	0	0%	0	0%
Madhyama	8	53.33%	4	26.66%	12	40%
alpa	7	46.66%	11	73.33%	18	60%

Distribution of patients according to intermenstrual period-

	Group A		Group B		Total	
One month	1	73.33%	1	73.33%	2	73.33%
Cyclically less or more	1	6.66%	4	26.66%	5	16.66%
irregular	3	20%	0	0%	3	10%

Distribution of patients according to duration of menstruation in days-

	Group A		Group B		Total	
3-7 days	12	80%	12	80%	24	80%
<2 days	0	0%	1	6.66%	1	3.33%
7-12 days	3	20%	2	13.33%	5	16.66%
Only spotting or >12 days	0	0%	0	0%	0	0%

Distribution of patients according to associated with Dorbalya, Shrama-

	Group A		Group B		Total	
Everytime associated	5	33.33%	1	6.66%	6	20%
Sometimes associated	6	40%	1	73.33%	7	56.66%
Not associated	4	26.66%	3	20%	7	23.33%

Results:-

Group A

parameter	Mean of BT	Mean of AT		
		AT1	AT2	AT3
Shoola during artava kala	1.73	1.1333	0.8667	0.7333
Consistency of artava	0.5333	0.2000	0.3333	0.3333
Inter menstrual period	0.4000	0.1333	0.1333	0.1333
Duration of artava	0.2000	0.1333	0.0667	0.0667
Dorbalya, Shrama	1.000	0.3333	0.3333	0.2667

Group B

parameter	Mean of BT	Mean of AT		
		AT1	AT2	AT3
Shoola during artava kala	1.4667	1.000	0.8667	1.1333
Consistency of artava	0.2667	0.1333	0.2000	0.2000
Inter menstrual period	0.2667	0.2667	0.2667	0.2667
Duration of artava	0.2000	0.2000	0.1333	0.2000
Dorbalya, Shrama	0.9333	0.6000	0.6000	0.5333

Effect of therapy:-

- Effects of treatment on shoola during artavakala
The change was found to be statistically significant in the both groups.
Shoola is due to Vata. Basti is considered as param aushadha for the management of Vata. Dashmool ksheera is the best Vatapittahara and ksheera is itself has property of Udavartahara.
- Effects of treatment on consistency of Artava
The change was found to be statistically significant in the trial group.

Dashmool has property of Kaphahara. Lavana and Madhu also have that property which help to reduce Pichhilita of Artava.

- Effects of treatment on intermenstrual period
The change was found to be statistically not significant in trial group. As the sample size was small the effect could not be seen
- Effects of treatment on duration of Artava
In trial group, the change was found to be statistically not significant.
In control group, the change that occurred with treatment is not great enough to exclude the possibility that difference is due to chance.
- Effects of treatment on dorbalya, Shrama
The change was found to be statistically not significant in trial group.
In control group difference was significant.
As chandraprabha Vati is a Rasayana drug, it helps to relieve Dorbalya, Shrama. Where as Dashmool Ksheerabasti have less retention time so rasayana effect could not be seen.

Conclusion:-

- Dysmenorrhea means painful menstruation is a symptom associated with many gynaecological pathologies.
- In the classics of Ayurveda, Painful menstruation finds its role as a symptom of Udavarta Yonivyapad as well as associated with Vataja Yonivyapad, Vataja Artava dushti.
- Therefore this study was selected.
- Vata is responsible for pain and Basti is considered as Paramashadha for management of Vata.
- Dashmool is best Vatakaphahara and when processed with Ksheera, it acts best on Tridosha.
- By clinical trial of 30 patients, group A with 15 patients given dashmool Ksheerabasti has shown better result in reducing Artava kalaja shoola, picchilatha of artava. Group B with 15 patients given Chandraprabhavati has shown better result in reducing Dorbalya. Both groups did not show any effect in Intermenstrual period, duration of aartava.

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