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RESEARCH ARTICLE

MANAGEMENT OF KASHTARTAVA WITH SPECIAL REFERENCE TO UDAVARTA YONIVYAPADA- A CONCEPTUAL STUDY

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Abstract

Kashtartava (dysmenorrhoea) has a huge impact on day to day activities of a female and may cause inability to get out of the bed. In ayurveda, this disease can be correlated with udavartayonivyapad. Its foremost symptom is severe pain during and/or before initiation of menstrual cycle. Basically the causative factor is disbalanced Apanavata in the body. Acharya Charak says that due to movement of flatus etc. natural urges in reverse direction, the aggravated vayu moving in reverse direction fills yoni (uterus). This yoni seized with pain, initially throws or pushes the raja (menstrual blood) upwards, then discharges it out of body with great difficulty. The female feels relief immediately following discharge of menstrual blood. Since in this condition, the raja moves upwards or in reverse direction, hence it is termed as –“Udavartini”. It can be placed under a type of vata jyonivyapad. Its management basically includes vata pacifying medications and therapies (vata anulomak dravyas) such as ushna, guru and snigdha Aushadhis.

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Introduction:-

Kashtartava is not mentioned anywhere in Ayurveda as a specific disease, but is mentioned as a symptom. As per Acharya Charaka, any symptom of a disease can itself be termed as a disease. The word Kashtartava can be elaborated as “Kashtenamuchyatiitikashtartava”, that is, the condition where menstrual blood is released out with great difficulty and severe pain is called as “Kashtartava”. Apanavayu and Vyanavayu work together to produce kashtartava. One of the functions of Apanavayu is normal painless menstruation, so painful menstruation can be considered as Apanavayudushti. Vyanavayu performs contraction and relaxation of the uterus and other associated organs. The problem of dysmenorrhoea is on a rise these days because of sedentary lifestyle, stress, and intake of junk foods. In Ayurveda, it is said that excessive usage of Lavana, ushna, katu, tikshna ahara, day sleep (diva swapna), chinta, and vegadharana (controlling natural urges) are nidanas for yonivyapadas. In this article, an attempt is made to analyze Ayurvedic management for Kashtartava.

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Aims and Objective:-

- 1.To under kashtartava W.S.R to Udavartayonivyapad.
- 2.To explore the treatment protocol mentioned in ayurveda in management of Udavartiniyonivyapad.

Causes of UdavartiniYonivyapada:-

Margavarodha:-

Apanavayu is responsible for menstrual flow.Apanavata can get obstructed due to the blockage of passage itself (anatomical) or due to certain causes which diminish the working ability of Apanavayu as described in Avrutavata.Apanaavrutakapha causes pain.

Dhatukshaya:-

This causes pain in two ways:-

A.Dhatukshaya leads to heenasatva of the lady,due to which pain threshold is lowered and she feels for even a slight disorder.

B.Dhatukshaya can lead to vatavruddhi especially its ruksha and kharaguna and this in turn produces pain.

Lakshanas(Symptoms)of UdavartiniYonivyapada:-

- 1) Rajahkrichrata: - Painful release of menstrual blood.
- 2) Artavavimuktasukham: - Immediate relief after the release of blood.
- 3) Phenilata: - Frothy menstrual blood.
- 4) Kaphasamsrishtaartava: - Discharge of kapha along with the menstrual blood.
- 5) Baddhaartava: - Release of clotted blood.

Chikitsa:-

1. Vata is responsible for all yoni rogas, especially of udavartini. In Ayurveda, different treatment protocols are described for the treatment of Vatarogas. Among them, Basti is the best treatment procedure for vata.
2. Internal and external use of ghrita, taila, and vasa for oleation of body.
3. Fomentation with vatashamak drugs also.
4. Uttarbasti with milk processed with dashmoola (using ksheerapaka vidhi).
5. Giving anuvasana and uttarbasti using ghrita, taila, and vasa (three forms of sneha).
6. Upanaha made of pastled Barley, Wheat, Kinva, Kushtha, Shatapushpa, Priyangu, Bala.
7. Shamana aushadhis like Rajah Pravartini Vati, Punarnava Mandoor, Kasisadi Vati, Jeerakadi Modaka, Hinguvachadi Churna, Kumaryasava, Maharasnadikashaya, Chitrak Granthyadi Kashayam, Sapthasarakashaya, Sukumarakashaya, Dashamoola Kashayam, Varanadi Kashayam, Kankayan Vati, Phalaghrita, etc.

Various Other Treatments:-

1. Lifestyle changes: - Exercise regularly;ensure sound sleep of at least 6-8 hours, Avoid smoking and alcohol.
2. Yoga: - Yoga postures can help to increase pain threshold of body.It provides strength and stability.Asanas like Matsyasana,Dhanurasana, Bhujangasana,Ustrasana,Gomukhasana and Vajrasana have a pain relieving effect.

Discussion:-

Kashtartava is a common gynaecological condition seen in day-to-day OPDs. In extreme cases, it affects day-to-day activities of women. Nearly 50% of the adult female population suffers from various degrees of pain abdomen during menstruation. In Ayurveda, great importance has been given to quality, quantity, consistency, smell, frequency, and duration of artava, which is described under shuddha artava lakshanas. Sedentary lifestyle, travelling, eating apathya ahara leads to vataprakopa. Acharya Charaka says that if this condition is not treated, it may lead to infertility, gulma, pradara, arshas, and other vata-associated disorders. In all gynaecological disorders, after proper snehana and swedana, vamanadi shodhana therapies should be given based on the severity of the disease. The pathya ahara-vihara will play an important role in case of Udavartini yonivyapad. Manda is not advised for one who is suffering from Yoni rogas.

Conclusion:-

Ayurveda has various remedies for treating kashtartava completely.Basti is mentioned as the best treatment for dysmenorrhoea.Following proper pathya and apathyaahara-vihara,menstrual hygiene, lifestyle modification and taking medication on the specified time regularly will cure the condition in no time.

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