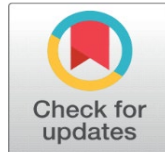
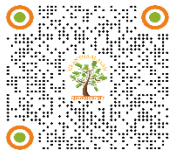


AN AYURVEDIC PERSPECTIVE OF DYSMENORRHOEA WSR TO KASHTARTAV

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ABSTRACT

Due to sedentary lifestyle, improper diet and lack of exercise women facing many health problems. Dysmenorrhoea is one of the biggest health issues. In simple words dysmenorrhoea can define as a painful menstruation (Fawells cramp, labour like pain in lower abdomen). In Ayurvedic samhita, there is description of *kashtartav*. We can correlate that with Dysmenorrhoea.

In this review study, we described Dysmenorrhoea with special references to *kashtartav*. We collect all references from all available texts, *samhitas*, internet links and previous thesis and Research papers.

Keywords: Dysmenorrhoea, *Kashtartav*, Review

1. INTRODUCTION

In present era, due to fast food, fast lifestyle, lack of exercise and stressful life, women are facing various *vyadhi* allied to menstruation.

Dysmenorrhoea is one of the burning health issue of women's health. Dysmenorrhoea is painful periods or menstrual cramps or pain during menstruation. [Dysmenorrhoea \(2022\)](#) One of the review studies revealed that about 25-30% adult women and 75% of adolescences experiences symptoms of pain during menstruation. Out of that 05-20% reporting severe Dysmenorrhoea. [Rao \(2008\)](#)

Dysmenorrhoea is term derived from Greek words. Dys mean difficulty or painful, men mean monthly and orrhoea mean flow or discharge. [Sonika \(2021\)](#)

2. CAUSES OF DYSMENORRHOEA

Dysmenorrhoea can occur with or without any underlying problem. Its common in women who having irregular or heavy periods or early menarche, adenomyosis, cyst, or uterine fivers are causes of Dysmenorrhoea. [Menstrual Cycle \(2022\)](#)

Primary Dysmenorrhoea occurs without any underlying causes. Due to excess secretion of prostaglandin painful menstrual cramps occurs which called as primary Dysmenorrhoea.

Secondary Dysmenorrhoea occurs due to any underlying causes. This causes include uterine fibroids, PCOD, IUD, cancers, endometriosis.

3. SIGNS AND SYMPTOMS OF DYSMENORRHOEA

Pain in lower abdomen is main symptom of Dysmenorrhoea. Other symptom are headache, diarrhoea, nausea, vomiting, fainting, backache. [Oasynde and Mehulic \(2014\)](#)

4. DIFFERENTIAL DIAGNOSIS OF DYSMENORRHOEA [MENSTRUAL CYCLE \(2022\)](#)

- **Primary Dysmenorrhoea:** In this Dysmenorrhoea pain or cramps occurs before or during menses. This pain remains up to 2-3 days. Site of pain is mostly supra pubic area, but pain can be radiating towards lower back also.
- **Endometriosis:** In Endometriosis deep dyspareunia, dysuria, subfertility are symptoms found along with pelvic pain. Retroverted uterus, adnexal masses, utero-sacral nodularity reduced, urine mobility are major findings seen in rectovaginal examination.
- **Leiomyomata:** cyclic pain in pelvic region with menorrhagia are common symptoms of leiomyomata.
- **Pelvic inflammatory disease (PID):** mostly found in sexually active women. Lower abdominal pain, motion tenderness in cervical part, tenderness in uterus with pyrexia are common symptoms of PID.

5. MANAGEMENT OF DYSMENORRHOEA

- Guidance to teen age girls regarding menstruation.
- Advice for exercise.
- Treatment of constipation, anaemia, underlying causes.

6. AYURVEDIC VIEW OF DYSMENORRHOEA

In Ayurveda dysmenorrhea can compare with *kashtartav*. The word *kashtartava* is made from *kashtana* + *artava*. *Kashtana* mean with great difficulty [Williams \(2007\)](#) and *artava* mean substance of women's body which monthly flow out from her body. [Garde \(2009\)](#)

7. SAMPRATIGATAKA OF DYSMENORRHEA

Dosha – Vata Pradhan Tridosha.

Dhatu – Rasa, Rakata, Artava.

Upadhatu – Artava

Agni – Jatahragni, Rasagni, Raktagni.

Srotus – Rasa, Rakata, artavavaha.

Srotodushti – Sanga, and vimargagamana.

Rogmarga- Abahanter.

Stan-sansrya- Garbahshaya.

8. COMPARISON OF KASHTARTAV WITH DYSMENORRHEA WITH HELP OF MECHANISM OF PAIN

- The obstructive theory: in many cases due to stenosis of internal O.S acute bend in uterus occurs which causes obstruction to menstrual flow, resulting into irregular, spasmodic, painful menstruation. As per Ayurveda it's called as *margavarodha*.
- The hypoplasia theory: in some cases, uterus not developed and remain pre_pubertal state. Due to that cervix unable to expel menstrual flow. Pressure of collected blood gives pain. According to Ayurveda it's called as *alpa mansa dhatu*.
- In some cases, menstrual flow get clotted, due to that menstrual flow not easily expel out and causes pain. As per Ayurveda its causes due to *kapha* and it's called as *badha arthva*.
- In some cases, degenerative changes occurs at nerve supply of uterus. As per Ayurveda its causes due to *vyana vata*.

9. AYURVEDIC MANAGEMENT OF DYSMENORRHEA BAKSHI (2019)

Vata is main dosha, which are responsible for pain symptoms. Treatment of vata is important in *kashtartav*. *Basti* is main treatment for this. *Uttrrbasti*, *anuvasna*, *matrabasti* are advised under this treatment. *Garbahshaya balaya aushadhi* and *rasayana* can be given to patient. *Snehana* and *swedana*, *abahnataer snehana* give good relief in *kashtartav*.

Bhadrasana, *ushtrasana*, *gomukhasna*, *bajrasana* are asana suggested to patients.

10. CONCLUSION

Now a day's Dysmenorrhea are burning health issue of women's health. Ayurveda can cure disease without side-effects, so there are hopes from whole world towards Ayurveda. Ayurveda routine, exercise, asana give great beneficiary effect in *kashtartav* (dysmenorrhea). So, its attempt of Review on dysmenorrhea WSR to *kashtartav*.

CONFLICT OF INTERESTS

None.

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