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

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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, Kashtartava (Dysmenorrhoea) is becoming arising problem.

In Modern science, for the treatment of Dysmenorrhoea 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, Kashtartava 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.

Aim:–To study the efficacy of DashmoolKwath and Trivrutttaila Yoga Basti in the management of Kashtartava.

Objectives:-
1. To carry out comprehensive study of Kashtartava.
2. To study symptomatic relief of Kashtartava by Dashmoolkwath and Trivrutttaila 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 1st 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) since 6 months. Pain in abdomen during menses. 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.
  4. Jivha = Saam.
  5. Shabdha = Avishesha.
  7. Druka = Alpashwetata
  8. Akruti = Stul.

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- Kashtarva (Primary Dysmenorrhoea).

Drug Review:-

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. Trivruut
     2. Tila taila
B) Preparation of drug:
1) Dashmool kwath is prepared according to Acharya Sharangdhar⁴.
2) Trivrutt taila is prepared according to Acharya Sharangdhar⁵.

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

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<tr>
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<td>Niruha Basti</td>
<td>Dashmool Kwath</td>
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<td>6.</td>
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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 apna vayu and vyana vayu dustithus 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 apna vayu, treatment should be Agnideepka, Grahi, Vata anuloma 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 Kwath and Trivrutta Taila plays a significant role in Kashtartava to relieve symptoms.
Reference:


