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

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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 lifestyle and lack of exercise, Kashatartava (Dysmenorrhea) is becoming arising problem.

In Modern science, for the treatment of Dysmenorrhea³ 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 symptoms are same as Kashtartava

शहनाम्यकुतियांनिषांचा सांप्रकृतिता।

Suśa. 9/43

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

आत्रववेण्यः तत्योमेलं गर्भाशयं: आत्रववाहिन्यङ्कोऽधमत्यः।

तत्र विद्यायाऽ वत्थ्यत्वं मैथुनासिस्थित्यमातीत्वनाशश्च॥

Suśa. 9/12

वेगोदवर्तनांधोनियुद्यात्वं निल।

साहृत्ता रजः कृष्णेऽवश्यात् विकृतिः॥

आत्मद सा चिस्तु तत्क्षणं लभते सुखं।

रजसो गमनादूर्ध्वे देयो ऊढ़वतिनिय बुधये:॥

Ch. S. Ch. 30/27, 26.

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 (Dysmenorrhea).
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:**

<table>
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<th>Name of Patient</th>
<th>XXX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reg. No.</td>
<td>3587</td>
</tr>
<tr>
<td>Date of 1st visit</td>
<td>15/2/2017</td>
</tr>
<tr>
<td>Age</td>
<td>22 years</td>
</tr>
<tr>
<td>Gender</td>
<td>Female</td>
</tr>
<tr>
<td>Religion</td>
<td>Hindu</td>
</tr>
<tr>
<td>Occupation</td>
<td>Student</td>
</tr>
<tr>
<td>Diet</td>
<td>Veg-Nonveg.</td>
</tr>
</tbody>
</table>

**Chief complaints**
1. Sashoo lara pravritti 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 sashoo lara Rajapravriti, Adhodar shool, manda ruja and Kati shool) 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. Weight- 42
2. BMI- 24
Ashtavidha Parikshan-
1. Nadi = 84/min, madhyama bala, niyameet.
2. Mala = Grathit malapravritti.
4. Jivha = Saam.
5. Shabdha = Avisheha.
7. Druka = Alpashwetata
8. Akruti = 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 Dysmenorrhea).

Drug Review:-

A) Selection of drug:-
1) Dashmool Kwath
2) Tila Tail

B) Preparation of drug:-
1) Dashmool kwath is prepared according to Acharya Sharangdhar⁴.
2) Tila Tail
### Observation:

In the first visit, the patient was having complaints of Kashtartava i.e. Sashool, Sakasta Raja pravrutti, Yoni vedana, Adho udarshu. The patient was given Yoga Basti for 7 days before menses for 3 consecutive menstrual cycles. In every cycle, after Yoga basti, there was a progressive decrease in symptoms. Finally, the 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 vata ghan 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.

### Reference: