



The Effect of Dashmoolkshirpak with Yogic Practises on Kashtartava W.S.R.to Primary Dysmenorrhoea

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Abstract : Many females during the menstruation feel pain in their abdomen. In view of modern science the pain is called dysmenorrhoea or Kashtartava as called in Ayurveda. This disease is most common in females undergoing menstruation up to 30 years of age .Fast changes in lifestyle lead to Kashtartava. The recommended treatment on the disease is suggested by taking the modern medicines which are mostly painkiller and hormone treatment. Sometimes the treatment is followed by the appearance of many side effects. But with the treatment in Ayurveda such side effects are minimized. So the study of the disease was undertaken to treat 10 females as patients of K.C.Ajmera Ayurved Hospital Dhule of OPD of Prasuti and Stri Rog department. The patients were given 80 ml of Dashmoolkshirpak in empty stomach once a day in the morning for two months continuously. The patients were advised to perform the Yogasana excluding the period of menstruation. Acharya Charaka described Dashmoolsidhya Godugdhyha in the management of Udavartini Yonivyapad. The symptoms were assessed before and after treatment. The symptoms were graded and statistically analyzed by paired 't' test .The study showed more significant results in female patients treated with Ayurvedic approach along with Yogic practices.

IndexTerms - Dashmool Kshirpak, Yogik Practices.

I. INTRODUCTION

Ayurveda is a science dealing with life. It emphasizes that the prevention is better than cure.[1] Diet and lifestyle both helps to promote preventive strategies so that age related diseases can be prevented and good quality of life can be maintained for a long time .In order that the females can keep their health sound it is essential to have their menstruation regular and painless. In Ayurveda pain during menstruation is known as Kashtartava

Dysmenorrhoea is more painful if menstruation of sufficient magnitude is observed which result in incapacitate of day to day activities. It is observed that the incidence of primary dysmenorrhoea is about 5-10 percent. [2] It is high in adolescent females. [3] Dysmenorrhoea is mostly common in females with age group up to 30 years of age.

The dominance of Kashtartava is due to the causes of fast change in lifestyle. At present due to moderate lifestyle and time bound hectic schedules along with physical and mental stress, intake of faulty dietary habits, lackness in following the daily and seasonal regimen with lazy life and hereditary genetic defects are also causes of Kashtartava.

Kashtartava is mostly related to Vataj Yonivyapad, Udavartini Yonivyapad and Rajodushti. Acharya Charaka describes on the basis of observed symptoms as how to find immediate relief from the pain during discharge of blood during menstruation. The aggravated Vayu moving in reverse direction fills up the Yoni called uterus and throws

Raja (menstrual blood) in upward direction then discharges it with great difficulty. Afterwards the female feels relief immediately following discharge of menstrual blood. [4]

In this condition Raja moves upwards or in reverse direction hence it is called as Udavartini Yonivyapad. Sustruta has given very short description stating that besides painful frothy menstruation there are other pains of Vata like body ache.[5] In Madhukosha it is commented that all movements of Vayu is said to be cause of pain.[6] In Vataj Rajodushti the symptoms are blackish red discharge of blood with pain during menstruation. In Vataj Yonivyapad due to Vitiated Vata the menstruation appears with sound is painful, frothy, thin and dry. [7]

As per modern sciences the cause of dysmenorrhoea is due to narrowing of the cervical canal which offers difficulty for blood flow and strong uterine contraction, all these results in menstruation pain. [8]

II. AIMS AND OBJECTIVES:

- (1) To reduce pain during menstrual period.
- (2) To treat Kashtartava by Dashmoolkshirpak with diet and Yogic Practices.
- (3) To search for cheap and effective treatment with procedure free from side effects.

All 10 females from age 18 to 30 years were having menstrual pain but with no pelvic disorder and they were shorted out on the basis of inclusion and exclusion criteria.

III. INCLUSION CRITERIA:

- (1) Female patients aged 18 to 19 years.
- (2) Female patients having no pelvic pathological disorder.
- (3) Patients with complaints of primary dysmenorrhoea (pain is due to menstruation).
- (4) Patients are suffering for more than 2 cycles with average menstrual bleeding.

IV. EXCLUSIVE CRITERIA:

- (1) Pregnancy
- (2) Pelvic inflammatory disease
- (3) DUB (dysfunctional uterine bleeding)
- (4) Patients with gynecological complications like huge fibroid ovarian cyst.

V. DISCONTINUATION CRITERIA:

- (1) Patients are not willing to continue.
- (2) Aggravation of lower abdomen pain during menstruation.

VI. MATERIALS AND METHOD

10 numbers of female patients from Prasuti Tantra and Shri rog OPD of Smt. K.C. Ajmera Ayurved Hospital Dhule were given 80ml Dashmoolkshirpak in empty stomach for 2 months. The follow up is after every one month. Dashmool is a well known Ayurvedic drug for treatment of disease. It contains 5 bigger roots and 5 small roots. Five small roots are Shalparni, Pushniparni, Kankari, Brihati, Gokharu along with five large roots of Bilva, Gambhari, Patala, Shyonak and Agnimanth are taken. [9] The root cause of all Yonivyapad is vitiated Vata. The treatment used for Kashtartava is Vatshamak and Vedanashamak. Dashmul is best Vatshamak drug mentioned in Ayurvedic Samhitas.

The patients were given 80ml of Dashmoolkshirpak in empty stomach once a day in the morning Ksheer means milk and Kshirpak Vidhi is boiling of Dashmool and Godugdhy is advised in treatment of Udavartini Yonivyapad. [10]

10 grams of Dashmool root powder is taken in a steel pot and 80ml of cow milk is added and mixed. Then the level of mixture of 320ml of water is added. The mixture is simmered until the sufficient evaporation of water then half to one tablespoon of sugar is added. 80ml Dashmoolkshirpak is given to female patients. [11]

The patients were also advised Yogasana for 50 minutes daily for 2 months excluding the period of menstruation. The Asnas which were suggested to patients are as follows.

- Sharirsanchalan Kriya -10 minutes
- Ardhahalasan - 20 Minutes
- Bhujangasan - 20 Minutes
- Shalabhasan - 20 Minutes
- Anulom Vilom Pranayam - 20 Minutes
- Suksha Pranayam- 20 Minutes
- Bhamari Pranayam - 20 Minutes
- Dhyan-10 minutes

VII. CRITERIA FOR ASSESSMENTS:

Following experiment was carried out and symptoms of Kashtartava were studied before and after the treatment and performing Yogic Practices.

VIII. MODE OF ACTION OF DASHMOOLKSHIRPAK

Dashmool is the combination of ten roots as the compound to treat Vata Dosha. Abdominal pain is cardinal symptoms in Kashtartava. Pain does not arise in the absence of Vata so Dashmool can relieve pain by pacifying vitiated Vata Dosha. It works as analgesic action. It provides strength to the uterus and improves its functioning. The Dashmool special properties like Vedanasthapan, Vatahara, Shool Prashman, Dhatuposhan, Balya, Rasayana properties showed good results in Kashtartava. [12] Cow milk which is used for Dashmoolkshirpak acts as Rasayana and Jivaniy Dravya. [13]

IX. EFFECT OF YOGASANA ON KASHTARTAVA:

Yogasana are ancient yogic practices which help to improve body functions. Asanas when scientifically developed, slow rhythmic movements of various joints and muscles of the body.

In Patanjali Yog Sutra the essence state of Asana are mentioned. "Sthirsukham Asanam" creates joy and stability in life. [14] It should be pain free. Sukha means easy Sthira means balanced. [15]

Asanas which are advised to patients help to improve strength of abdominal and thigh muscles. It also helps to improve tone of ligaments of uterus. It increases the flow of oxygenated blood to uterus. Asanas create pressure on abdomen so it improves the blood circulation of abdominal muscles.

Tension and anxiety during adolescent lead to dysmenorrhoea. Deep breathing exercise and Dhyan help to reduce tension and anxiety. [16]

X. RESULTS

Statistical Analysis of the changes in symptoms before and after treatment

SN	Symptoms	BT	AT	%Relief	SD	SE	't'	'P'	Significant
1	Adhodaroshool (n=10)	2.5	1.5	60	0.66	0.20	5	<0.001	HS
2	Katishool (n=10)	2.4	0.4	83.33	0.88	0.27	7.14	<0.001	HS
3	Sarvangshool (n=8)	2.37	0.3	84.20	0.75	0.26	7.69	<0.001	HS
4	Pindikodvestan (n=9)	2.66	0.6	75	0.70	0.23	8.57	<0.001	HS
5	Malavstambh (n=5)	2.4	1	58.33	0.70	0.31	6.45	<0.001	HS
6	Bhrama (n=7)	2.66	0.83	68.75	0.57	0.21	9.52	<0.001	HS

HS-Highly significant

Statistical analysis reveals that 60%, 83.33%, 84.20%, 75%, 58.33 and 68.75% reductions were observed in respect of the symptoms Adhodaroshool, Katishool, Sarvangshool Pindikodweshtan, Malavstambh and Brama. All these are statistically highly significant P<0.001.

XI. DISCUSSION

Hetu of Ahitkar Ahar Vihar creates Vatvrudhi. So this disease is mostly common in females. Today girls experience menarche at early stage due to pollution, change in lifestyle and communication media like T.V. and internet. It can cause increase hormone level. Menstrual pain can affect their routine work. Sometimes women may wish to postpone their cycle due to pain by taking hormonal treatment. So intake of Dashmoolkshirpak and yogic practices are easy and are essential even for females in these days.

XII. CONCLUSION

It was found that Dashmoolkshirpak and Yogic practices help to reduce abdominal pain and other symptoms during menstruation.

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