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A review of *kashtartav* and primary dysmenorrhoea from different classical text.

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Abstract:

Dysmenorrhoea is most common menstrual symptoms among adolescent girls and young women. Dysmenorrhoea may be thought of as either primary or secondary. It is defined as cramping in the lower abdomen occurring just before or during menstruation. This problem occurs because of luxurious life, lack of physical exercise, oily spicy salty food. Pain is the main feature of Kashtartava. In modern medicine is treated by non-steroidal anti-inflammatory drugs, antispasmodic, oral contraceptive pills etc. long term use of this cause causes side effect. so safe potent effective remedy form Ayurveda for its management. Pain is kashtartava related

with vat dosha. Trivritta sneh is vata shamak. According to charak in kashtartava vata dosha get pratilom gati. Matra basti is the main line of treatment for vataj Vyadhi. So use of Trivritta sneh Matra basti is beneficial and safe above condition.

Keyword: *Kashtartava, Matra basti, vata dosha, Dysmenorrhoea .*

Introduction: Tridoshas that is vata, pitta, kapha creates balance and health an imbalance, which might be an excess (vridhhi) or deficiency (kshay) manifest as sign or symptom of diseases. Apan is one of the five type of vata dosha. it is located in the Shroni, basti and Uru. It attains to

the function such as Nishkraman of Shukra, Aartav Mutra and Garbha. One of the function of vata that is Aartav Nishkraman karma.[1] Kashtartava is defined as cramping pain lower abdomen occurring just before and during menstruation. This problem occurs because of luxurious life lack of physical exercise etc. all cases' of kashtartava vata prakop is main cause, the treatment should be directed to treat the vata dosha and eradication of cause. Matra basti is one of the type of basti it can be administrated to any individual at any time and small contity without any Pathay and Apathy. So Matra basti is main line of treatment for vataj Vyadhi.

Aims and Objects:

To study kashtartava (Primary dysmenorrhea), from Ayurveda and modern point of view.

Materials and Methods:

For this study Ayurvedic literature collected from classical text of Ayurveda and modern.

Sampraptighataka Vata- Vyana, Apana Pitta – Ranjaka, Pachaka Kapha- as Anubandhita Dosa Dhatu- Rasa, Rakta, Artava Upadhatu- Artava Agni- Jatharagni, Rasagni, Raktagni Srotasa- Rasa, Rakta and Artavavaha Srotasa Srotodushti- Sanga and

Vimargagamana Udbhavasthana- Amapakvashaya Rogamarga- Abyantara SthanaSamshtaya- Garbhashaya VyaktiSthana- Garbhashaya **Modern review-**

Dysmenorrhea- The term dysmenorrhea refers to painful menstruation. Dysmenorrhea is a cramp labor-like pain in the lower abdomen that radiates to upper abdomen, waist and thighs and is sometimes accompanied by systemic symptoms like nausea, vomiting, diarrhea, headache and dizziness.

Types of dysmenorrhea:

There are two types of Dysmenorrhea.

Primary dysmenorrhoea-

Primary dysmenorrhoea is the pain associated to ovulation.

Secondary dysmenorrhoea-

Secondary dysmenorrhoea is the pain associated with ovulatory cycles caused by a demonstrable pathology.

Differential diagnosis

Endometriosis ,Adenomyosis , Uterine myoma , Endometrial polyps, Obstructive malformations of the genital tract,Chronic pelvic inflammatory disease, Pelvic adhesions Irritable bowel syndrome, Inflammatory bowel disease, Interstitial cystitis, Pelvic inflammatory disease, Unrecognized ectopic pregnancy Spontaneous abortion.

Treatment as Per Ayurvedic Classics

According to Ayurveda menstruation is guarded by vata dosha. Derangement or aggravation of vata dosha gives rise to this symptom. The treatment, which alleviates vata, gives excellent results in this disease. Panchakarma treatments like Uttarbasti, anuvasa or matrabasti are the treatments which will specifically target derangement of vata in menstrual problems. Garbhashaya balya aushadhi will also reduce associated symptoms.

With above mesurs Ensure sound sleep of at least 6-8 hours. Avoid smoking and alcohol. Do regular yoga. In yogasana Ushtrasana, Bhadrasana, Gomukhasana, and Vajrasana have a pain relieving effect.

Eat healthy, warm and fresh foods. Eat 5-6 small meals. Have fresh fruits like plums, dark grapes, apples etc. Take supplements like calcium, magnesium, vitamin E, B, B12.

Discussion:

Culturally, the abbreviation Primary Dysmenorrhea is widely understood in the

world to refer to difficulties associated with menses, and the abbreviation is used frequently even in casual and conversational settings, without regard to medical rigor. In these contexts, the syndrome is rarely referred to without abbreviation, and the intensions of the reference are frequently broader than the clinical definition.

Conclusion:

Ayurveda views Primary Dysmenorrhea as a doshic imbalance that can potentially be impacted through balanced living that is characterized by dosha appropriate diet, herbal supplements, exercise, routine, yoga, meditation.

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