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# A clinical study to evaluate the effect of *Dashamoola Trivrit Taila Paana* in *Kashtartava* w.s.r. *Dysmenorrhoea*

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## ABSTRACT

Dysmenorrhoea means difficult menstruation but the term is used to mean painful menstruation, but a more practical definition includes cases of painful menstruation of sufficient magnitude so as to incapacitate day to day activities.<sup>[1]</sup> *Kashtartava* is *Pratyama Laxana* of various *Yonivyapads* like - *Vatala*, *Paripluta*, *Udavartini*, *Mahayoni*, *Antarmukhi*, *Sukimukki* and also in *Vataja Artava Dhushti*, *Khsina Artava Dhushti*, *Asrgdara* that affects approximately 50% of menstruating women. It is common reason for losing time at school or work or for visiting the family doctor. Pain is the biggest problem since the beginning of mankind. Morbid *Vata Dosha* especially *Apana Vata* is causative factor of *Kashtartava*. Drugs which have *Vatahara Artava Doshahara* properties are beneficial. Considering the morbidity and the complications that are caused by *Kashtartava*, combination of above herbal preparation has been tried here. Here, in this study *Dashmoola Trivrit Taila* having property of *Shula Prashamana Vatanulomana* and *Vatashamaka* is indicated in the form of *Paana*.

**Key words:** *Kashtartava*, *Dysmenorrhoea*, *Dashamoola Trivrit Taila Paana*, *Ushnajala*, *Anupana*.

## INTRODUCTION

Today stress is becoming an inescapable part of modern life. Menstruation is a natural event as a part of the normal process of reproductive life in females. Due to today's sedentary life style and lack of exercise, dysmenorrhoea is becoming today's burning problem throughout the world which causes discomfort for women's daily ensuing day to day activities and may result in missing work or school, inability to participate in sports or other activities.

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The word *Kashtartava* itself gives an idea of the difficulty experience during menstruation. *Kashtartava* can be taken to be the same as the dysmenorrhoea of modern science

In this scenario rather than hormonal treatment from contemporary science Ayurvedic herbo-mineral, nonhormonal, non-toxic preparations are proved effective in dysmenorrhoea. *Vatashamaka* drugs according to the classic texts. *Dashamoola Trivrit Taila* has been advocated for the treatment of *Udavarta Yonivyapada*,<sup>[2]</sup> which is one of the main disease conditions included under the term *Kashtartava*. *Tila Taila* (sesame oil) is the best drug for the treatment of *Vataja* condition and also has properties of *Yoni Shula Prashamna* and *Garbhashaya Vishodhana*.

## OBJECTIVES OF THE STUDY

1. To study and understand *Kashtartava* in detail with Ayurvedic and modern references.
2. To evaluate the effect of *Dashamoola Trivrit Taila Paana* in *Kashtartava*.

## MATERIALS AND METHODS

### Sources of data

Patients were randomly selected from the OPD of Prasooti Tantra and Stree Roga Department, RPK Ayurvedic Hospital, Ilkal. Clinical signs and symptoms were given suitable scores based on pre and post data gathered through pre-designed research clinical proforma. The result will be analyzed statistically using Student 't' test.

**a) Study Design:** Patients will be selected by simple random sampling method.

**b) Sample Size:** 30 patients

### c) Diagnostic criteria

1. Patient complaining of pain before one or two days of menstruation or with onset of menstruation and lasting for 1 to 2 days or throughout menstruation.
2. Pain in lower abdomen and supra pubic region, pain may radiate to the back and medial aspect of thighs.
3. Some time associated with nausea, vomiting, fatigue, diarrhoea, headache and constipation.

### Preparation of medicine

The 11 ingredients of dried *Dashamoola* (*Bilva*, *Agnimantha*, *Shyonaka*, *Patala*, *Gambhari*, *Shalaparni*, *Prishniparni*, *Gokshura*, *Kantakari*, *Brihati*, *Trivrit*) were collected. Equal amounts of the 11 ingredients were taken and made into *Yavakuta* (crude powder) form. This was soaked in water overnight and on the next day *Kwatha* was prepared. This *Kwatha* along with *Kalka* of *Dashamoola Trivrit* was added in *Tila Taila* and *Sneha* was prepared as per the standard protocol.

### Selection of patients

Patient of *Kashartava* (dysmenorrhoea) fulfilling the criteria of diagnosis were selected in the present study. Based on preset inclusion and exclusion criteria, patients were distributed in one groups.

### Inclusion Criteria

1. Patients with age group 14 to 40 years.

2. Patients with painful menstruation for at least two consecutive cycles.
3. Both Primary and Secondary dysmenorrhoea.

### Exclusion Criteria

1. Congenital anomalies leading to dysmenorrhoea.
2. Patients with other systemic disorders like diabetes and hypertension.
3. Complicated cases of Endometriosis, adenomyosis, uterine fibroid, endometrial polyp and other medical, surgical, neurological, orthopaedic conditions simulating dysmenorrhoea.
4. Women with intra uterine contraceptive device

### Assessment Criteria

Assessment will be done based on subjective parameters.

### Subjective Parameters

Pain (duration, nature and site)

### VAS for grading

#### Grade 0: None

- Menstruation is not painful
- Daily activity is unaffected

#### Grade 1: Mild pain (+) (Alpa shula)

- Pain limited to lower abdomen
- Routine work will not be affected

#### Grade 2: Moderate pain (++) (Madhyama shula)

- Pain in lower abdomen
- Backache
- Pain in thigh region
- Moderately routine work will be affected
- Tenderness in lower abdomen

#### Grade 3: Severe pain (+++) (Tivra)

- Severe pain in thigh region
- Routine work will be affected

- Tenderness in lower abdomen

### Procedures

*Dashamoola Trivrit Taila Paana*

**Dose:** 12ml BD Before Food (Pragbhakta).

**Anupana:** Ushna jala

**Treatment duration:** From 5<sup>th</sup> day of menstruation, for 25 days.

**Follow up period:** First menstrual cycle after the treatment and the next menstrual cycle.

Pain was assessed through VAS scale

### RESULT

Thirty patients diagnosed clinically as having dysmenorrhoea adhering to the inclusion and exclusion criteria mentioned earlier in the methodology were studied.

**Table 1: Pain- Assessment of patients before and after treatment**

Pain	Before Treatment	After Treatment	% difference
0	0 (0%)	24 (80%)	80.0%
1	0 (0%)	5 (16.7%)	16.7%
2	13 (43.3%)	1 (3.3%)	-40.0%
3	17 (56.7%)	0 (0%)	-56.7%
Total	30 (100%)	30 (100%)	-

**P<0.001\*\*, Significant, Paired Proportion test, 96.7% Improvement**

### DISCUSSION

Women's health is the primary factor to be considered for wellbeing of family, society and culture. *Kashtartava* i.e. dysmenorrhoea is one of such condition it is painful menstruation or menstrual cramps. *Kashtartava* is one of the prominent symptom seen in *Udavarta Yonivyapad* which is *Vata - Pradhan*. *Apana Vayu* involves the downward and

outward flow of energy from the body. *Apana Vayu* governs the outward flow of energy on the breath with digestive elimination, menstruation and reproductive. Due to vitiation of *Apana Vata* causes obstruction or upward movement of *vayu* causes pain during menstruation called *Kashtartava*. Hence, there is a need to find a safe and long-lasting treatment for the condition. *Kashtartava*, especially when it manifests as dysmenorrhoea, is a *Vata*-dominant condition. The drugs like *Ashoka Arista*, *Chandraprabha Vati*, *Raja Pravartini Vati*, *Vijayadi Vati* and *Matra Basti* with *Shatavari Grita*, *Dhanvantradi Taila* etc.

So, here an attempt made to reduce the *Kashtartava* (dysmenorrhoea) without side effect with *Dashmoola Trivrit Taila Pana* as a trail drug in this clinical work.

### Concept of Dosha in Kashtartava

*Kashtartava* is compared to dysmenorrhoea, the main *Dosha* involved in this is vitiated *Vata* mainly *Apanavayu*.

### Karma of Apanavayu

*Apana Vayu* involves the downward and outward flow of energy from the body. *Apanavayu* governs the outward flow of energy on the breath with digestive elimination, menstruation and reproductive. Due to vitiation of *Apana Vata* causes obstruction or upward movement of *Vayu* causes pain during menstruation called *Kashtartava*. (Cha Chi 28/10)

### Probable mode of action of Dashmoola Trivrit Taila

According to the concept of *Viryasamkranti* (transformation of potency) described by *Acharya Charaka*, the potency of *Dashmoola Trivrit* is already transferred in *Dashmoola Trivrit Kwatha*, and the potency of *Dashmoola Trivrit* in the *Kalka* form, on processing with oil, further causes the *Viryasamkranti* into the *Taila*. Thus the *Taila* carries the whole potency of the drug in it. *Madhura*, *Tikta*, *Kashaya Rasa*, *Guru*, *Snighda Guna*, *Ushna Veerya*, *Madhura*, *Katu*, *Vipaka*, and *Tridoshanashaka Karma* of *Dashmoola Trivrit Taila* acts on *Kashtartava* by its *Dravya*, *Guna* and *Prabhava*. It has being proven that

*Dashamoola Trivrit* has antiinflammatory, analgesic and antipyretic actions.

## CONCLUSION

*Kashtartava* is not explained separately but it is the symptom of many *Yoni Vyapadas* like *Vatala*, *Paripluta*, *Udavartini*, *Mahayoni*, *Antarmukhi*, *Sukimukki* and also in *Vataja Artava Dhushti*, *Khsina Artava Dhushuti*, *Asrgdara*. *Vata* is the main cause of *Kashtartava*. It is similar to dysmenorrhoea in modern. *Sneha Paan* is the line of treatment for *Vata Dosha* and is found to be effective in relieving symptoms of *Kashtartava*. On the basis of observations obtained after the completion of study, it can be concluded that *Dasamoola Trivri Taila Paana* is effective in relieving the whole symptom complex of *Kashtartava*. *Dashmoola Trivrit Taila Paana* having property of *Shula Prashamana*, *Vatanulomana* and *Vatashamaka* is indicated in the form of *Paana* which shown good result reducing the intensity of pain, nature of pain, over all it reduced pain during menstruation.

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