

1 **MANAGEMENT OF KASHTARTAVA WITH SPECIAL REFERENCE TO**  
2 **UDAVARTA YONIVYAPADA-CONCEPTUAL STUDY.**

3

4 **ABSTRACT**

5 Kashtartava (dysmenorrhoea) has a huge impact on day to day activities of a female and may  
6 cause inability to get out of the bed. In ayurveda, this disease can be correlated with udavarta  
7 yonivyapad. Its foremost symptom is severe pain during and/or before initiation of menstrual  
8 cycle. Basically the causative factor is disbalanced Apana vata in the body. Acharya Charak says  
9 that due to movement of flatus etc. natural urges in reverse direction, the aggravated vayu moving  
10 in reverse direction fills yoni (uterus). This yoni seized with pain, initially throws or pushes the  
11 raja (menstrual blood) up wards, then discharges it out of body with great difficulty. The female  
12 feels relief immediately following discharge of menstrual blood. Since in this condition, the raja  
13 moves upwards or in reverse direction, hence it is termed as -"Udavartini". It can be placed under  
14 a type of vata yonivyapad. Its management basically includes vata pacifying medications and  
15 therapies (vata anulomak dravyas) such as ushna, guru and anigdha aushadhis.

16

17 **KEYWORDS**

18 Kashtartava, udavartini yonivyapada, dysmenorrhoea, vataj yonivyapada.

19

20 **INTRODUCTION**

21 Kashtartava is not mentioned anywhere in Ayurveda as a specific disease, but is mentioned as  
22 a symptom. As per Acharya Charaka, any symptom of a disease can itself be termed as a  
23 disease. The word Kashtartava can be elaborated as "Kashtena muchyati iti kashtartava" that is,  
24 the condition where menstrual blood is released out with great difficulty and severe pain is called  
25 as -"Kashtartava".

26 Apana vayu and Vyana vayu work together to produce artava. One of the functions of  
27 Apanavayu is normal painless menstruation, so painful menstruation can be considered as  
28 Apanavayudushti. Vyana vayu performs contraction and relaxation of uterus and other associated  
29 organs.

30 The problem of dysmenorrhoea is on a rise these days because of sedentary lifestyle, stress  
31 and intake of junk foods. In ayurveda it is said that excessive usage of blavana, ushna, katu, tikshna  
32 ahara, day sleep (diva swapa), chinta and vegadharana (controlling natural urges) as nidanas for  
33 yonivyapadas. In this article, an attempt is made to analyze ayurvedic management for kastartava.

34

### 35 **AIMS AND OBJECTIVE**

36 1. To understand kashtartava W.S.R to Udavarta yonivyapad.

37 2. To explore the treatment protocol mentioned in ayurveda in management of Udavartini  
38 yonivyapad.

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### 40 **CAUSES OF UDAVARTINI YONIVYAPADA**

#### 41 1) **Margavarodha**

42 Apana vayu is responsible for menstrual flow. Apana vata can get obstructed due to the blockage  
43 of passage itself (anatomical) or due to certain causes which diminish the working ability of  
44 Apana vayu as described in Avrutta vata. Apanaavruta kapha causes pain.

#### 45 2. **Dhatukshaya**

46 **This causes pain in two ways.**

47 A. Dhatu kshaya leads to heena satva of the lady, due to which pain threshold is lowered and  
48 she feels for even a slight disorder.

49 B. Dhatukshaya can lead to vata vrudhhi especially its ruksha and khara guna and this in turn  
50 produces pain.

51

### 52 **LAKSHANAS (Symptoms) of UDAVARTINI YONIVYAPADA**

53 1) Rajahkrichrata-painful release of menstrual blood.

54 2) Artava vimuktasukham-immediate relief after the release of blood.

55 3) Phenilata-frothy menstrual blood.

56 4) Kaphasamsrishta artava-discharge of kapha along with the menstrual blood.

57 5) Baddhaartava-release of clotted blood.

58

### 59 **CHIKITSA**

60 1.Vata is responsible for all yoni rogas especially of udavartini.In Ayurveda,different treatment  
61 protocols are described for the treatment of Vata rogas.Among them,Basti is the best treatment  
62 procedure for vata.

63 2.Internal and external use of ghrita,taila and vasa for oleation of body.

64 3.Fomentation with vatashamak drugs. alo

65 4.Uttarbasti with milk processed with dashmoola (using ksheerapaka vidhi).

66 5.Giving anuvasana and uttarbasti using ghrita,taila and vasa(three forms of sneha).

67 6.Upanaha made of pastled barley,wheat,kinva,kushtha,shatapushpa,priyangu,bala.

68 7.Shamana aushadhis like Rajah pravartini vati,Kasisadi vati,Jeerakadi modaka,Hinguvachadi  
69 churna,Kumaryasava,Maharasnadi kashaya,Sapthasara kashaya,Sukumara kashaya,Phala ghrita  
70 etc.

71

## 72 **Various Other Treatments-**

73 Lifestyle changes:Exercise regularly,ensure sound sleep of at least 6-8 hours.Avoid smoking and  
74 alcohol.

75 Yoga:yoga postures can help to increase pain threshold of body.It provides strength and  
76 stability.Asanas like Matsyasana,Dhanurasana,Bhujangasana,Ustrasana,Gomukhasana and  
77 Vajrasana have a pain relieving effect.

78

## 79 **DISCUSSION**

80 Kashtartava is a common gynaecological condition seen in day to day OPD's.In extreme cases,it  
81 affects day-to-day activities of women.Nearly 50% of the adult female population suffers from  
82 various degrees of pain abdomen during menstruation.In Ayurveda,great importance hasbeen  
83 given to quality,quantity,consistency,smell,frequency and duration of artava which is described  
84 under shuddha artava lakshanas.Sedentary lifestyle,travelling,eating apathya ahara leads to vata  
85 prakopa.Charaka says that if this condition is not treated,it may lead to  
86 infertility,gulma,pradara,arshas and other vata associated disorders.In all gynaecological  
87 disorders,after proper snehana and swedana,vamanadi shodhana therapies shouldbe given based  
88 on the severity of the disease.The pathya ahara-vihara will play an important role in case of  
89 Udavartini yonivyapad.Manda is not advised for one who is suffering from Yoni rogas.

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91 **CONCLUSION**

92 Ayurveda has various remedies for treating kashtartava completely. Basti is mentioned as the  
93 best treatment for dysmenorrhoea. Following proper pathya and apathya ahara-vihara, menstrual  
94 hygiene, lifestyle modification and taking medication on the specified time regularly will cure  
95 the condition in no time.

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