Management of Kashtartava by Various Life Style Modifications

Payal Sharma¹*, Alok Kumar Asthana¹, Monika Asthana²

¹Department of Kriya Sharir, Ch. Brahm Prakash Ayurveda Charak Sansthan, Khera Dabar, New Delhi, India.
²Department of Kaya Chikitsa, State Ayurvedic College and Hospital, Lucknow, Uttar Pradesh, India.

*Corresponding Author: Email: anupayal809@gmail.com

Abstract

Painful menstruation or Dysmenorrhoea is a leading problem nowadays. Sometimes this pain reaches to maximum level and it becomes intolerable. In those cases, females suffer a lot. This condition is so alarming that females are taking analgesics and going to work and in severe cases even those medicines don't work and they have to miss their office or class for this problem. The major causes are poor lifestyle and unhealthy diet. So we must do certain lifestyle modifications to minimise the disease up to some extent. This article will explain about kashtartava and various lifestyle modifications we can do in our life to minimise the disease.

Keywords: Kashtartava, Dysmenorrhoea, Menstruation.

Introduction

Women empowerment has become the buzzword today with women working alongside men in all spheres. They profess an independent outlook, whether they are living inside their home or working outside. They have received a beautiful gift from God in terms of giving birth to new life. So here comes the concept of menstrual cycle. It is a series of changes that each female goes through every month.

It starts from early teen years and ends till the menopause at the age of around 50. So menstruation is a blessing in disguise. But in some cases it can be very painful and intolerable. Painful menstruation of sufficient magnitude so as to incapacitate day-to-day activities is known as dysmenorrhoea.

In Ayurveda it is known as Kashtartava. According to modern science there are two types of dysmenorrhoea, one is primary and other one is secondary. Primary dysmenorrhoea is one which is without any pelvic pathology whereas in secondary dysmenorrhoea the cause is pelvic pathology. In this study we are mainly concern with primary dysmenorrhoea as it is a physiological entity. In today's era this is a major problem and a huge topic of concern. This article will focus mainly on understanding kashtartava (dysmenorrhoea) and various lifestyle modifications (pathya and apathya) which can be done so that the problem can be minimised.

Kashtartava

The word kashtartava is formed by two words kashta and artava. Kashta means painful, difficult; and artava is a substance that flows out of the body at a particular period or specific time. It can also be defined as Kashtenamuchyatiitikashtartava, a condition where skash the pravrutti of artava takes place.

In ayurvedic classics kashtartava has not been described as a separate disease. Instead, it has been considered a lakshana of various yonivyapada like vatajayonivyapada, sanipatikiyonivyapada, pariplutayoniyyapad, udavartinioniyapad,antarmukhiyonivyapa da, suchimukhiyonivyapada, mahayonivyapada, vatajartavadushti, khsinaartavadushti, asrikdar. Almost all Àcharyas have described regarding this symptom but all references are scattered in description of different Rogas.
In Charak Samhita
- Saruka-VātalaYoniyāpada [1]
- Sashoola-SannipatikaYoniyāpada [2]
- Sarati- Paripluta and MahayoniVyapada [3]
- Rajah Krichchha- UdāvartaYoniyāpada [4]
- Saruja- VatajaAsrigdara[5]
- Manda Rujakarma- KaphajaAsrigdara [6]

In Shushruta Samhita
- Rajah Krichchha- UdāvartaYoniyāpada[7]
- Vedanā- ĀrtavaDushti [8]

In Asthang Sangraha
- Rajah Krichchha- UdāvartaYoniyāpada [9]
- Sarujam- VatajaĀrtavaDushti [10]

In Ashtang Hridaya
- Sarujam- VatajaĀrtavaDushti [12]

In MadhavaNidana [13], Bhavaprakasha [14]
Rajah Krichchha- UdāvartaYoniyāpada

Nidan (Causes)
Ayurveda has one main basic principle of treatment i.e. Nidan Parivarjan. So, it is essential to know the Nidan of Kashtartava. As kashtartava is described as symptoms of various Yonivyapads, So SamanyaNidana of Yonivyapada and Artava Dushtican be considered as Samanya Nidana of Kashtartva[15]. In this article as we are mainly focusing on Pathya and Apathya. So here are various causes mainly related to female's lifestyle [16]:

- Mithyachara: It includes both mithyaahara (abnormal diet) and mithyavihar (abnormal mode of life) both.
- Abnormal Diet: Abnormality in diet refers to excessive, mal or inadequate diet along with non congenial, unwholesome, unhygienic and incompatible food.
- Over eating may cause various gynaecological disorders by producing over body weight, obesity and diabetes etc.
- Inadequate or mal intake may cause nutritional deficiency like weakness and emaciation resulting into arajaska or lohitaksaya etc. The diet influences do have and dushy as of body, main causes of all the disorders.

Dysmenorrhoea
Painful menstruation of sufficient magnitude so as to incapacitate day-to-day activities is known as dysmenorrhoea. There are two types of dysmenorrhoea- primary or spasmodic dysmenorrhoea and secondary or congestive dysmenorrhoea.

Primary Dysmenorrhea
Pain during menstruation without any pelvic pathology is known as primary dysmenorrhea [17].

Causes of Primary Dysmenorrhea [18]
- It is considered to be due to high endometrial prostaglandin F2α production which is potent myometrial stimulant and vasoconstrictor.
- Psychological and behaviour factors may be responsible.
- Lower consumption of fish, eggs and fruits are believed to increase the incidence of dysmenorrhoea but the association is not clearly established [19].

Symptoms [20]
- Pain begins a few hours or just after the onset of menstrual period and may last up to 48-72 hrs.
- Suprapubic cramping, lumbosacral backache, pain radiating down to anterior aspect of thigh.
- Colicky in nature.

Signs
- Normal vital signs.
- No abdominal tenderness.
- Normal pelvic organs.

Diagnosis
Rule out underlying pelvic disease first. Haemoglobin, ESR, and urine examination to be done. Do an ultrasound to exclude any pelvic pathology.

Treatment Modalities
In this section we will mainly focus on various aahar, vihar and certain yoga as an as we can perform to minimise the pain of primary dysmenorrhoea.

Pathya [21] (congenial diet)
The women afflicted from kashtartava should use diet according to predominance of dosha.
Female should always drink juice of lasuna in the morning and diet having abundance of milk and meatsoup. She should take diet made up with barley. Describing the utility of lasunakalpa, Acharya Kashyap [22] says that the lasunarasarayana is just like nectar. Daily use by the women prevents laxity of breasts, protects beauty, progeny, energy and longevity, increase future, and retains youth. The women remain purified even after excessive use of lasuna; they do not suffer from menstrual disorders and diseases of sacral region, pelvis and other body parts. They never become infertile or bad looking.

According to a Study Menstrual Pain can be Reduced by Increasing following the Diet Especially Around the time of Your Cycle [23]

- Healthy fats: omega 3 fatty acids decrease pain and inflammation associated with menstrual cycles and it can be obtained by eating cold water fish like salmon, sardines, walnuts, green leafy vegetables and even eggs.
- Magnesium: It helps to relax the uterine muscles which are the main cause of menstrual pain. Foods like cashews, soya beans, spinach, almond and halibut have large amount of magnesium in them.
- Vitamin B: Eat more lean pork, fish, dried beans, peas, and fortified cereals help to reduce menstrual pain.
- Vitamin E: It improves menstrual pain via its anti – inflammatory actions and will help balance your hormones and menstrual flow. Foods which are high in Vitamin E include almonds, sunflower seeds, spinach, broccoli, fortified cereals and juices.

Apathya [24] (Non-Congenial Diet)

Manda (scum of boiled rice) is contraindicated to the women suffering from above mentionedyoniyyapadas.

Yoga Asanas [25]

In a study conducted previously following gas an as have shown significant relief in stress and pain of primary dysmenorrhoea. Navasana, Matsyasana, Dhanurasana, Vajrasana, Paschimotanasan, Ustrasana, Ardhamatsyendrasana, Salabhasana, Bhujangasana, Sarvangasana, Uttanapadasana, Padmasana and Suryanamaskara. One should perform these as an as daily for 40 minutes. Meditation should be practised everyday for 10 minutes.

Nidan Parivarjan

The above mention nidan (causes) should be avoided to minimise the pain of menstruation.

Discussion

In 21st century when women are considered as equal as men, there is an urgent need for the study giving information about Dysmenorrhoea from ayurveda as well as from modern science. Kashtartava or Dysmenorrhoea is itself an alarming situation and its management should be done by lifestyle modifications in terms of various aahadravy as to be taken and vihar to be followed duringkashtartava because analgesics and OCs have very severe side effects and in some cases they are not even effective.

Conclusion

Dysmenorrhoea is the major gynaecological problem which our youth is facing nowadays. The main cause behind it is the bad food habits and lifestyle of today’s generation. This article explains about Dysmenorrhoea (modern and ayurvedic both aspects), explaining various pathya and yoga as an as which can be performed. After this the line of management will be easier and we can easily prescribe various aahara (various food items) and vihar (lifestyle) which will be helpful to prevent the pain during menstruation.

References


