A ROLE OF KARANJA BEEJADI CHURNA IN KASHTARTAVA (PRIMARY DYSMENORRHOEA) : A CASE REPORT

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ABSTRACT

Primary Dysmenorrhea is one of the common gynaecological problems in women life which affects her daily routine activities during or around menstruation. Worldwide it ranges from 15.08-89.5% with higher prevalence rates reported in adolescent population. In Ayurvedic Literature, Kashtartava is mentioned as a symptom as well as synonym of Udavartini Yonivyapada. In present study we consider Kashtartava as a Primary Dysmenorrhea, as both condition having same characteristics & presentation. The treatment usually advocated for Primary Dysmenorrhea in modern medicine does not provide long lasting solution and beside may lead to serious adverse effects. Therefore we selected a Ayurvedic regimen - Karanjbeejadi Churna in the female patient of age 17 years with complaint of abdominal pain during menses and muscle cramps in leg with nausea and vomiting. After giving Karanjbeejadi Churna for 7 days during menstrual period for consecutive 3 cycles, significant Improvement was noted with reduction in symptoms complex. Every ingredient of this preparation is ushna veeryatmak & shows analgesic effect as it acts on Vata dosha i.e. Vatashamak property. After taking patient’s 3 month follow up, it was observed that, there was 50% relief in symptoms associated with Kashtartava (Primary Dysmenorrhea) without producing any adverse effects.

Keywords: Primary Dysmenorrhea, Kashtartva, Karanjbeejadi Churna, Case report.

INTRODUCTION : Menstrual period is a natural phenomenon which occurs throughout the reproductive years of every woman. Most of the female experience certain degree of pain and distress during their menstruation period often called Dysmenorrhea. Dysmenorrhea is a painful / cramping sensation in the lower abdomen which may also radiate to back and thighs. It is often accompanied by other biological symptoms including Dizziness, Fatigue, sweating, backache, headache, nausea, vomiting and diarrhoea, all occurring just before or during the menstruation. Dysmenorrhea is most common gynaecological complaint among adolescent and adult female and causes significant discomfort and anxiety for the women as well as her family. Dysmenorrhea in some years following menarche is usually primary, but the secondary results from reproductive system disorders characteristically occur many years after menarche.

Primary dysmenorrhea is defined recurrent menstrual pain in the absence of clinically identifiable cause it affects up to 50% of post pubescent females. The pathology of uterine pain in primary dysmenorrhea is still not established. There are many theories regarding the patho-physiology of the condition with the prostaglandin theory being the one that is most generally accepted.

As per Ayurvedic literature, Kashtartava is a symptom as well as synonym of Udavartini Yonivyapada. It occurs during menstrual period and
characterised by painful menses due to obstruction created by Vata which relieved after menses\(^{4}\). The word Kashtartava, self gives an idea of difficulty experienced by women during a menstruation. Due to same characteristics & presentation, Kashtartava can be considered as the Dysmenorrhea of the modern medicine. For the present study we only considered Kashtartava as a primary dysmenorrhea. The treatment usually advocated for Dysmenorrhea in modern medicine i.e. Analgesics, antispasmodic and/or oral contraceptive pills does not provide long lasting solution and beside may lead to serious adverse effects. Kashtartava especially when it manifests as primary dysmenorrhea is a Vata dominant condition as per Ayurvedic literature. A drug - Karanjbeejadi churna an ayurvedic herbal formulation that was selected for the study to find out its role in a 17 years old office worker lady having symptom complex of Kashtartava (Primary dysmenorrhea). Karanjbeejadi churna is a good Vatashamak drug according to the classical Ayurvedic text. As per the properties of every ingredient used for the preparation of this drug & properties as a whole drug, it has been proved effective to reduce pre & intramenstrual pain along with other associated symptoms without producing any adverse effects.

**CASE PRESENTATION:** 17 year old office worker female presented in Streeroga OPD of S.S.Ayurved Hospital, Nashik (OPD NO. 9561) with the complaints of intermenstrual severe abdominal pain, scanty blood flow, muscle cramps in legs, nausea and vomiting. 
- Patient reported her above mentioned complaints began since her menarche i.e. from last 3 years when she was 14 year old.
- Every month during menstruation she felt severe abdominal pain and scanty blood flow associated with nausea & giddiness.
- Patient did not have any own / family medicinal or surgical history.
- To relie these above mentioned complaints, she tried different homemade remedies and symptomatic allopathic medicines during menstruation every month but it has not proved effective. Because of these long lasting & consistent complaints, she came in our hospital.
- Ashtavidha Parikshan:
  1. Nadi – 92/min (Sarpagati, Regular & Rythmic)
  2. Mala - SamyakaPravritti
  3. Mutra – SamyakaPravritti
  4. Jivha – Sam
  5. Shabda - Spashta
  6. Sparsh – Ruksa & Ishit ushna
  7. Druk - Samyak, Shwetabh netra
  8. Akruti - Madhyam

Physical per abdomen Examination reveals mild tenderness at hypo-gastric region.
- No any uterine pathology like Adenomyosis and Endometriosis related to Secondary Dysmenorrhea observed in Abdominal Ultrasonography. Routine blood investigations reveals normal findings.

**MANAGEMENT:**
- We have used an Ayurvedic herbal formulation - Karanjbeejadi churna by oral route for 7 days (during Menstrual period) for three consecutive cycles.
- Written consent of patient was taken prior to start investigations & treatment as well as before publication of this case report.
MATERIAL AND METHODS:

Drug – Karanjbeejadi churna

Ingredients:
1. Karanj
2. Shuddha hingu
3. Saurchala lavna
4. Shunti

We have collected medicinal parts (Prayojyanga) of all above ingredients in same quantity (Samabhaga) as follows:
Karanj - beej churna, Shudhha Hingu - Niryas, Saurchala lavan (salt), Shunti – Kanda and Churna (powder) was prepared as per standard method mentioned in Sharandhar Samhita.

• Instruments: following instruments were used to prepare Churna (powder)
  - Single pan electronic digital balance
  - Grinder
  - Cotton cloth or 100 no. mesh

Dose: Karanjbeejadi Churna - 5gm BD with Koshnajala (Warm water) orally for 7 days (during Menstrual period) for 3 consecutive cycles.

ASSESSMENT CRITERIA:

As per Verbal multidimensional scoring system for assessment of Dysmenorrhea:

• Pain (dysmenorrhea)
  1) Severity of pain -
  0: Menstruation is not painful and daily activity is unaffected. No analgesic required
  1: Menstruation is painful and daily activity is rarely affected. Analgesic rarely required.
  2: Menstruation is painful and daily activity is moderately affected. Analgesic drug is needed.
  3: Menstruation is so painful, the patient is unable to do even the routine work, and has to take analgesics but without much relief.

2) Duration of Pain
  0- No pain during menstruation
  1- Pain persists for less than 12 hrs
  2- Pain persists for 12-24hrs
  3- Pain persist for more than 24 hrs

• Investigations Done:
  - CBC
  - Ultrasonography (Abdomen & Pelvis)

OBSERVATION AND RESULTS:

• OBSERVATION: After giving Karanjbeejadi Churna with Koshnajala to the patient of Kashtartava (Primary Dysmenorrhea) for 7 days during Menstrual period for 3 consecutive cycles it is observed that,
  - Severity and duration of abdominal pain significantly reduced.
  - Patient has not affected her daily activities due to abdominal pain & other symptoms.
  - She has not required to take analgesic drug during menstruation.

• RESULTS

As per the Verbal multidimensional scoring system for assessment of Dysmenorrhea:

• The Score for severity of pain before treatment was 3 and after treatment, it was reduce to 1.
• The score for duration of pain during menses before treatment was 2 and after treatment, it was becomes 1.

DISCUSSION: Initially patient of Kashtartava (Primary Dysmenorrhea) was suffering from severe abdominal pain during menstruation with associated symptoms like muscle cramps in legs, nausea and vomiting which affects her routine activities. The treatment usually advocated for Dysmenorrhea in modern medicine i.e. Analgesics, antispasmodic and/or oral contraceptive pills does not provide long lasting solution and beside
may lead to serious adverse effects. After review of Ayurvedic literature, it is observed that, Kashtratva is occurs due to vitiated Apan vayu and spasm of uterine muscle.

Kashtartava Samprapti:
Hetusevan ↔ Dhathukshay ↔ Vatprakopa ↔ Vatavimargagaman

Kashtartava ↔ Garbhakshay Sthansanshraya

- Dosha - Vata Pradhan tridosha
- Vata - Apan and Vyana Vayu
- Dushya - Ras and Raktaghatva
- Updhatu - Aartava
- Srotodushti - Sanga and Vimargagmna

The drug selected for the treatment of above said condition was Karanjbeejadi Churna which contain dravyas like Karanj, Sunti, Hinga, and Saurchala lavan, that all are ushnnaviryatam. Therefore they acts on digestive system & useful in complain like indigestion, nausea and vomiting. Karanj act as Yonidoshahara i.e. Detoxifies vaginal diseases & useful in uterine disorder. Hingu used to improve appetite and Shoolaprasmanam. Whereas Saurchala lavana acts Vibhandhashak. Karanjbeejadi Churna possess Ushna, Sukshma, Vibhandhashka, Sara, Vatanulomak, Yonidoshara properties. Ushna and Sara properties of churna helps to balance the Vitiated Vata dosha. Koshnajala is used as a anupana dravya which is also act as a Vatanulomak and it gives relief from spasmodic pain. Combination of all drug acts as good Vatashamak and Agnidipak, So proved effective on symptoms of Kashtartava (Primary dysmenorrhea).

After taking above said treatment for 7 days during Menstrual period for 3 consecutive menstrual cycles, the symptoms of Kashtartava (Primary dysmenorrhea) were markedly reduced and patient could do her routine work without taking analgesics.

CONCLUSION: This study confirms the effective role of Karanjbeejadi churna in the management of Kashtartava (Primary Dysmenorrhoea) to reduce the pre & intra menstrual pain along with other associated symptoms without producing any adverse effect.

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