

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

¹Suvarna R. Borste.

²Bhushan B. Mogal

¹Assistant Professor, Dept. of Prasutitantra & Streeroga, SSAM&H, Nashik

²Assistant Professor, Dept. of Agadatantra, A.S.S.Ayurved College, Nashik

ABSTRACT

Primary Dysmenorrhoea 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 Dysmenorrhoea, as both condition having same characteristics & presentation. The treatment usually advocated for Primary Dysmenorrhoea 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 Dysmenorrhoea) without producing any adverse effects.

Keywords: Primary Dysmenorrhoea, *Kashtartava*, *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 Dysmenorrhoea¹. Dysmenorrhoea 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. Dysmenorrhoea is most common gynaecological complaint among adolescent and adult female and causes significant discomfort and anxiety for the women as well as her family.

Dysmenorrhoea in some years following menarche is usually primary, but the secondary results from reproductive system disorders characteristically occur many years after menarche.

Primary dysmenorrhoea is defined recurrent menstrual pain in the absence of clinically identifiable cause it affects up to 50% of post pubescent females.² The pathology of uterine pain in primary dysmenorrhoea 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.³

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 menses⁴. 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 dysmenorrhoea. The treatment usually advocated for Dysmenorrhoea 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 dysmenorrhoea 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 dysmenorrhoea). *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 relive 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 & Rythamic)

2. *Mala* - *SamyakaPravritti*

3. *Mutra* – *SamyakaPravritti*

4. *Jivha* – *Sam*

5. *Shabda* - *Spashta*

6. *Sparsh* – *Ruksha & Ishat 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 Dysmenorrhoea 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 – Karanjabeejadi churna⁵

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*.⁶

• **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 Dysmenorrhea⁷

• **Pain (dysmenorrhoea)**

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 Dysmenorrhoea) 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 Dysmenorrhoea) 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 Dysmenorrhoea 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, *Kashtartava* is occurs due to

Kashtartava Samprapti :

Hetusevan ⇨ *Dhatukshay* ⇨ *Vatprakopa* ⇨ *Vatavimargagaman*

Kashtartava ⇐ *Garbhakshay Sthansanshraya*

- *Dosha* - *Vata Pradhan tridosha*
- *Vata* - *Apan and Vyana Vayu*
- *Dushya* - *Ras and Raktadhatva*
- *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 *ushnaviryatamk* . Therefore they acts on digestive system & useful in complains like indigestion, nausea and vomiting. *Karanj* act as *Yonidoshahara* i.e. Detoxifies vaginal diseases & useful in uterine disorder. *Hingu* used to improve appetite and *Shoolaprashmanam*. Whereas *Saurchala lavana* acts *Vibhandhnashak*. *Karanjbeejadi Churna* possess *Ushna, Sukshma, Vibhandhashka, Sara, Vatanulomak, Yonidoshhara* 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 dysmenorrhoea).

After taking above said treatment for 7 days during Menstrual period for 3 consecutive menstrual cycles, the symptoms of *Kashtartava* (Primary dysmenorrhoea) were markedly reduced

vitiated *Apan vayu* and spasm of uterine muscle.

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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Corresponding Author:

Dr. Suvarna R. Borste, Assistant Professor,
Dept. of Prasutitantra & Streeroga,
SSAM&H, Nashik

Email:suvarnaborste@gmail.com

Source of support: Nil Conflict of interest:
None Declared

Cite this Article as : [suvarna R, Borste et al : A Role of Karanja Beejadi Churna in Kashtartava(Primary Dysmenorrhoea) : A Case Report] www.ijaar.in : IJAAR VOLUME IV ISSUE IX JUL -AUG 2020 Page No:972-976