A clinical study on Kashtartava (Primary dysmenorrhoea) and its management with Matra Vaśti

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Dysmenorrhoea is the most common gynaecological problem faced by women during their adolescence which causes significant discomfort and anxiety for the woman as well as family. A systematic review of studies in developing countries has revealed that about 25-50% of adult women and about 75% of adolescents experience pain during menstruation. For this study 40 patients between the age group of 15 to 25 years suffering from primary dysmenorrheoa were registered for the study and 35 patients completed the course of treatment. Patients were randomly divided in two groups. For group A, Dashamoola taila matra basti was selected and group B, Tila taila matra basti was selected for the vatashamaka, yonishula prashaman and shothahara properties of the drugs. The dose was 60 ml and duration was 7 days for two consecutive cycles. Results were assessed on the basis of specially prepared grading system for pain, alpartava, yatochikaladarshana, praseka, chardhi, vibandha, shrana, vankshana, kati, jamushula, shirashula, swedadhiyak and tamodarshana. The results obtained were highly significant and almost equivalent in both the groups. Total effect of therapy was 38.89% in group A and 35.39% in group B got complete remission while marked improvement was there in 50% in group A & 47.65% in group B. There was a marked difference in recurrence of symptoms observed in follow up period of 2 months, as it was more in group B. The study suggests that Matra basti can be established as a reliable treatment for relieving the feature complex of primary dysmenorrhoea after some more research works.

Keywords: Kashtartava, Primary dysmenorrhoea, Matra basti, Deshamoola taila, Tila taila

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