

Dashmoola Ksheerapaka -An Ayurvedic Instant Pain Reliever in Primary Dysmenorrhoea- A Case Study.

Dr Punam Balasaheb Bhore¹ (PG Scholar)

Dr Pranali N. Dandekar² (Associate Professor)

Department of Prasutitantra & Streerog Y.M.T. Ayurvedic Medical College and Hospital Kharghar, Navi Mumbai, Maharashtra, India.

Date Of Submission: 05-06-2021

Date Of Acceptance: 20-06-2021

ABSTRACT

Dysmenorrhoea means painful menstruation restricting patients daily activity. Dysmenorrhoea is the leading cause of recurrent short term school absence in adolescent girls and a common problem in women of reproductive age. Uses of modern medicines like anti-inflammatory, antispasmodic drugs, hormonal therapy are still unsatisfactory in giving relief and may cause side-effects.

Primary Dysmenorrhoea can be correlated with Udavarta Yonivyapada. Classics of Ayurveda have mentioned Udavarta Yonivyapada in twenty types of Yoniroga. Udavarta Yonivyapada means vikruta ApanVayu causes upward direction of raja leading to painful menstruation. Vata being the main causative factor for this condition. DashmoolaKsheerapaka is proven useful drug to alleviate Vata Dosha. Their each individual drug possesses the specific properties like vatahara, vatanuloman which is effective in the treatment of Udavarta Yonivyapada.

KEYWORDS: Primary Dysmenorrhoea, Udavarta Yonivyapada, DashmoolaKsheerapaka.

I. INTRODUCTION

Menstruation is a natural event as a part of normal physiological process of reproductive life in females. Dysmenorrhoea means cramping pain accompanying menstruation. Due to today's sedentary lifestyle and lack of exercise, Dysmenorrhoea is burning issue throughout the world which causes discomfort for women's daily ensuing day to day activities.

The Primary Dysmenorrhoea is one where there is no identifiable pelvic pathology. In primary dysmenorrhoea, the pain sensation arises in the uterus and related to muscle contraction. Overactive sympathetic nervous control of muscle lead to hypertonus of the circular fibres of the isthmus and irregular contraction of remaining muscle fibres of

uterus. The menstrual blood normally going downwards is pushed upward due to spasm of isthmus and internal os. The pain begins a few hours before the process of menstruation gets started. The pain is spasmodic and felt mainly in the hypogastrium.

The Primary Dysmenorrhoea is compared to Udavarta Yonivyapada in ayurvedic perspective. Cardinal sign of Udavartini Yonivyapada is "Artave sa vimukte tu tatksanam labhate sukham". Acharya Charaka has stated that Udavarta Yonivyapada can't occur without presence of Vata. Irregular contraction of all the myometrial muscle fibres have been explained as "all around movement of vayu" in Madhukosha commentary. In "Vatashonit Adhyaya" of Charakasamhita acharya Charaka has clearly stated Dashmoola Siddha Ksheera is instant pain reliever formula for Vataj Shoola (दशमूलश्रुतंक्षीरंसदयः शूलनिवारणम्).

Dashmool and ksheera reduces vikruta Vata Dosha. Qualities of Ksheera like Madhura, Snigdha and sheeta & Quality of Dashmoola which is Vatahar, Vatanuloman synergistically acts on the nervous system may be the factor responsible for its long-lasting effect in treating Dysmenorrhoea. As per Charaka Samhita Dashmoolaksheerapaka is found to be effective as an instant pain reliever in Udavarta Yonivyapada.

II. AIM OF THE STUDY

To study the effectiveness of DashmoolaKsheerapaka in Udavarta Yonivyapada with special reference to Primary Dysmenorrhoea.

III. OBJECTIVES

1. To study the effect of DashmoolaKsheerapaka in Udavarta Yonivyapada (Primary Dysmenorrhoea).

2.To propose Ayurvedic instant pain reliver regimen for Udavarta Yonivyapada. (Primary Dysmenorrhoea)

IV. MATERIALS AND METHODS

1.For all the proceduressvarious ayurvedic text are referred.

2.Literary information about the study has compiled from ayurvedic texts.

DashmoolaKsheerapaka is prepared according to Sharangadhara Samhita.

A 20 years old female patient came into the OPD of Prasutitantra and Streerog OPD YMT ayurvedic medical college and hospital on dated 1/02/2020 with the complaints of

-Pain in lower abdomen during menses

-Backache

-Diarrhoea during menses

-Unable to perform routine work

-Needs to take analgesic due to unbearable pain

-Duration of pain persists for more than 12 hrs per day for more than 2-3 days

-Above complaints since from 4 years.

V. CASE STUDY

Table 1: General Data

Age	Marital status	occupation	Social class	Address	Registration date
20yrs	Unmarried	Student	Middle	Taloja	1/02/2020

Table 2: Personal History

Diet	Mix
Appetite	Normal
Micturation	Normal
Bowel	Normal
Addiction	Nil

Family History

No any family history.

Menstrual History

Menarche at the age of 15 years

LMP

25/01/2020

Present Menstrual History

Regular, moderate (2-3 fully soaked pad/day), painful

Duration of menses

4 days

Interval between two cycles

28 days

Physical examination

General Examination

BP-120/80 mm of hg

80/min

Height-150cm Weight-49kg

Temperature-Afeb Respiration rate-20/min.

Pulse-

System Examination

CVS- Heart sound (S1S2):normal

RS-chest B/L clear, air entry adequate.

Per Abdomen

Soft, NT

Investigations

USG(Pelvis) dated on 1/2/2020 - No significant sonographic abnormality seen.

DOSE OF DRUG

DashmoolaKsheerapaka 48ml twice a day (before food) for 7 days before menstruation for 3 consecutive cycles.

MODE OF ADMINISTRATION

Orally

VI. OBSERVATION AND RESULT

Symtoms like pain in abdomen, backache, diarrhoea during menses were observed.

With 3 months of regular treatment i.e. oral medication therapy patient has got instant relief.Pain during menstruation is reduced significantly. She can do her routine work without any stress and doesn't require analgesics also.

VII. DISCUSSION

In Udavarta Yonivyapada due to movement of flatus in reverse direction, the aggravated vayu moving in reverse direction fills uterus. This uterus seized with pain, initially pushes

the raja upwards, then discharges it with great difficulty. This disorder does not occur without vitiation of Vata, thus first of all Vata should be normalized. Here, in this case also same principle of treatment is used. Dashmoolaksheerapaka acts as a Vatashamana due to their rasa guna and karma.

Mode of Action

Vata (responsible for pain)

↓

Udavartini Yonivyapada - Vikruti of Apana Vayu.

↓

Dashmoola and ksheera (Vatanuloman, Vatahar)

Madhur Ras and Vipaka, Guru, Snigdha Guna

↓

Reduces Laghu, Ruksha guna of vayu

↓ Ushna Veerya of Dashmoola

Reduces Sheeta Guna of Vayu

Dashmoola Ksheerapaka (Madhur Ras and Vipaka)

↓

Provides strength to the Uterus

Relives Muscle Spasm

↓

Reduces Pain

Dashmoola Ksheerapaka gives strength to the weak uterine muscles and reduces uterine myometrial hyperactivity giving an instant pain relief in Dysmenorrhoea.

VIII. CONCLUSION

Dysmenorrhoea is the most common gynaecological problem faced by women during their adult life. Most of the females are uncomfortable and shy to share this problem with their family members and doctors and this is the way they suffer themselves by tolerating such pain so not only as a subject but as a need of society, the subject is needed to be studied in detail.

It is need of the time to treat women with an effective remedy having minimal or no side effect and maintain their healthy reproductive phase and to improve the quality of life. Hence trial of Dashmoolaksheerapaka is effective in the treatment of Udavarta Yonivyapada.

REFERENCES

- [1]. D. C. Dutta textbook of gynaecology, 7th edition, jaypee publication.
- [2]. Agnivesa (2005) charak Samhita edited by Yadavaji Trikamji, Chaukhambhasurabharatiprakashan Varanasi.
- [3]. Dravyagunavignan Prof PV sharma (1998) Chaukhambhabharti academy, Varanasi.
- [4]. Ayurvedic prasutitantra Evum Streerog Prof Premvati Tiwari, Chaukhambhaorientalis.
- [5]. Sharangdhara Samhita, ChaukhambhaPrakashan, Reprint 2012.