



Role of *Rajah-Pravartani-Vati* in *Kashtartava* w.s.r Primary Dysmenorrhoea - A Review

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ABSTRACT

Dysmenorrhoea is defined as painful menstruation so as to incapacitate day to day activities. A systematic review of studies in developing countries performed by Harlow and Campbell has revealed that about 25-50% of adult women and about 75% of adolescents experience pain during menstruation. Not less than 50% of women are said to experience some discomfort in relation to menstruation, and 5-10% of girls in their late teens and early twenties are incapacitated for several hours each month. Estimates vary widely because of difference in the criteria of dysmenorrhoea and because most investigations concern only one section of the community. The incidence of dysmenorrhoea is affected by social status, occupation and age, so groups of school girls, college students, factory workers, and women members of armed forces each provide different statistics. It has been seen in gynecological practice that patient with *udavertini yonivyapad* may be associated with the primary dysmenorrhoea. *Charaka* says that due to movement of flatus etc. natural urges in reverse direction, the aggravated *vayu* (*apan vayu*) moving in reverse direction fills *yonis* (uterus). This *yonis* (uterus) seized with pain, initially throws or pushes the *raja* (menstrual blood) upwards, then discharge it with great difficulty. The lady feels relief immediately following discharge of menstrual blood. Since in this condition the *raja* moves upwards or in reverse direction, hence, it is termed as *udavartini*.

Key Words: *Kashtartava*, *Primary dysmenorrhoea*, *Rajah-Pravartani-Vati*

INTRODUCTION

Dysmenorrhoea is defined as painful menstruation so as to incapacitate day to day activities¹. Dysmenorrhoea is the most common gynaecological problem faced by women during their adolescence which causes significant discomfort & anxiety for the woman as well as family. Dysmenorrhoea itself is not life threatening, but is found to have a profound impact on the daily activities and may result in missing work or school, inability to participate in sports or other activities. Thereby, it may

accentuate the emotional distress brought on by the pain². Not less than 50% of women are said to experience some discomfort in relation to menstruation, and 5-10% of girls in their late teens and early twenties are incapacitated for several hours each month. Estimates vary widely because of difference in the criteria of dysmenorrhoea and because most investigations concern only one section of the community. The incidence of dysmenorrhoea is affected by social status, occupation and age, so groups of school girls, college students, factory workers, and women



members of armed forces each provide different statistics³. In *Ayurveda* dysmenorrhoea is not described as a separate disease entity. It can be because women were not from this problem those days because of pin pointed *Ritucharya* & *Rajasvalacharya*. Though word *Kashtartava* is not separately described as a disease in *Ayurvedic* classics there are many other diseases in which *Kashtartava* is considered and is described as a symptom. Hence, this study is particular about the description regarding *Kashtartava* on the basis of scattered classical references.

MATERIALS AND METHODS

In order to determine in current body of scientific evidence supporting the therapeutic effect of *Rajah-Pravartani-Vati* in case of *Kashtartava* (*Udavartini yonivyapad*), the author performed thorough literature search focused on the ratification of the available peer reviewed literature that provide scientific evidence for the benefits of *Rajah-Pravartani-Vati* in human subjects.

REVIEW

It has been seen in gynecological practice that patient with *Kashtartava* (*udavartini yonivyapad*) may be associated with the primary dysmenorrhoea. According to *Charaka*, due to *Vegavarodha* (natural urges), the *Apana Vayu* is aggravated and moves in reverse direction and fills the entire *Yoni*. This *Yoni* (uterus) seized with pain, initially throws or pushes the *raja* (menstrual blood) upwards, then discharge it with great difficulty. The lady feels relief immediately following discharge of menstrual blood. Since in this condition the *raja* moves upwards or in reverse direction, hence, it is termed as *udavartini*⁴. *Susruta* giving very short description says that besides painful, frothy, menstruation, there are other pains of *vata* (body ache, general malaise etc.)⁵.

DRUG REVIEW ⁶⁻²⁰

Rajahpravartini Vati is explained in *Bhaishajya Ratnavali* written by *Shri Govind Das Sen* with *Commenterie Siddhiprada* by *Prof. Siddhinandan Mishra* (Table 1-3).

Table 1 Morphological Details of Drugs of *RajahpravartiniVati*⁶⁻²⁰

S. No.	Drug	Botanical /Scientific Name	Family	English Name	Gana / Varga	Synonyms
1.	Kumari	Aloe Vera	Liliaceae	Indian Aloe	<i>Guduchyadi</i> <i>Oushadhi</i> <i>Parpatadi</i> <i>Lashunadi</i> <i>Shatapushpadi</i> <i>Varga</i>	<i>Kanya</i> <i>Mandala</i> <i>Grihakumarika</i> <i>Ghritakumari</i> <i>Ghrihakanya</i> <i>Dirghapatra</i> <i>Vipulasrava</i>
2.	Kasisa	Ferrous Sulphate FeSO ₄ . 7H ₂ O	--	Green Vitriol	<i>Uparasa</i> <i>Dhatuvarga</i> <i>Upadhatu Varga</i> <i>Ushakadi Gana (Su)</i>	<i>Kechara, Khaga</i> <i>Dhatu Kaseesa</i> <i>Kamsaka</i> <i>Dantaranjanam</i>
3.	Hingu	Ferula Asafoetida	Umbelliferae	Asafoetida Devil's Dong	<i>Dipaneeya,</i> <i>Sanjnasthapana</i> <i>Aharopayogi Varga</i>	<i>Jatuka,</i> <i>Ramatha</i> <i>Uragandhi</i>



				<i>Katu Skandha (Cha)</i> <i>Pippalyadi</i> <i>UshakadiShaka</i> <i>Varga(Su)</i>	<i>Jantughna</i> <i>Sahasravedhi</i> <i>Jarana Bhutari</i> <i>Balhvika</i> <i>Ugravirya</i>
4.	Tankana	Sodium Pyroborate	Borax	<i>Kshar varga</i> <i>Shatapushpadi</i> <i>Dhatu Varga</i> <i>Pippalyadi Varga</i> <i>Uparasa</i> <i>Shodhana</i>	<i>Tanka</i> <i>Dravi</i> <i>Lohashudhikari</i> <i>Soubhagya</i> <i>Rangada</i> <i>Rangakshaara</i>

Table 2 Properties of the Drugs of *RajahpravartiniVati*⁶⁻²⁰

S. No.	DRUG	RASA	GUNA	VIRYA	VIPAKA	DOSHAGNATA
1.	Kumari	<i>Tikta,</i> <i>Madhura</i>	<i>Guru</i> <i>Pichila</i> <i>Sara</i> <i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
2.	Kasisa	<i>Amla,</i> <i>Tikta,</i> <i>Kashaya,</i>	<i>Guru</i> <i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatakaphahara</i>
3.	Hingu	<i>Katu</i>	<i>Laghu</i> <i>Tikshna</i> <i>Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphahara</i> <i>Pittavardhaka</i>
4.	Tankana	<i>Katu</i>	<i>Teekshna</i> <i>Laghu,</i> <i>Sara</i> <i>Rooksha</i>	<i>Ushna</i>	<i>Amla</i>	<i>Kaphavatahara</i> <i>Pittavardhaka</i>
5.	Kanyasara	<i>Katu</i>	<i>Laghu</i> <i>Ruksha</i> <i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i> <i>Pittavardhaka</i>

Table 3 Chemical Composition and Action of Drugs of *RajahpravartiniVati*⁶⁻²⁰

S. No.	Drug	Chemical Composition	Action	Pharmacological Action
1.	<i>Kumari</i>	Aloein Barbaloin Aloesin β-sitosterol Carboxy peptides	<i>Shothahara</i> <i>Vedanasthapana</i> <i>Artavajanana</i> <i>Garbhashaya</i> <i>Uttejaka</i> <i>Vranaropana</i>	Emmenagogue uterine stimulant
2.	<i>Kasisa</i>	Sulphate of iron	<i>Balya Raktasanjanana</i> <i>Rajapravartaka</i>	Astringent Tonic Hematinic
3.	<i>Ramatha</i> (<i>Hingu</i>)	A- pinene Luteolin Ferulic acid organic disulphide umbelliferon- A saresinotannol etc.	<i>Anulomana</i> <i>Shulahara</i> <i>Streepushpajanana</i> <i>Balya</i>	Anti-spasmodic Nervine stimulant Emmenagogue Diuretic
4.	<i>Tankana</i>	Na ₂ B ₄ O ₇ 10H ₂ O	<i>Artavapravartaka</i> <i>Mudhagarbha pravartana</i> <i>Agnidipaka</i> <i>Balya</i> <i>Anulomana</i> <i>Garbhashaya sankochaka</i> <i>garbhashaya shodhaka</i>	Emmenagogue Astringent Antiseptic Local sedative

DISCUSSION⁷⁻²⁰

All Acharyas have considered that without *Vayu*,



there cannot be any pain. There must be *Vata* vitiation. *Kashtartava* is a *Vata Pradhana Vyadhi*. Here, *Apana* and *Vyana Vayu* is specially involved which may be aggravated due to indulgence in *Vata Prakopaka Ahara-Vihara* and *Vegavarodha* and thus becomes a vicious cycle. In case there is *Avarana* to the *Marga* of *Vata* by vitiated *Kapha* or *Pitta Dosha* again *Dosha Anulomana* is the treatment indicated in *Astanga Hridaya, Vata Vyadhi Chikitsa Adhyaya*.

“*amlalavanoshnaadyairaahara...anulomayet.*” For the purpose of *Anulomana*, *Mrudu, Ushana, Deepana, Pachana, Shulghana Bhesaja* has been advocated.

Mode of action of *RajahPravirtiniVati*:

It is effective in *Artavavikaras*. *Hingu, Kumari, Tankana and Kasis* are the main ingredients of *Rajah PravirtiniVati*. *Hingu (Ferula asafoetida Linn)* has *Shoolahar a* (colic pain reliever) and *Vatanulomana* (facilitator of downward movement of *Vata*) property which helps in normalising the function of *Apanvata*, which is main causative factor of *Kashtartava*. *Hingu (Ferula Asafoetida Linn)* has *Shoolahara* (colic pain reliever) and *Vatanulomana* (facilitator of downward movement of *Vata*) property which helps in normalising the function of *Apanvata*, *Yavakshara* has properties such as *Deepana, Pachana, Srotoshodhana*. *Kumari (Aloe barbadensis Mill.)* has a characteristic bitter taste and is used mainly as purgative, improves digestion; the cathartic properties of aloes are attributed to the presence of a mixture of glycosides called ‘aloin’, *Kumari* also contains

beta-sitosterol and has the anti-prostaglandin activity. Cathartic property of this relieves the obstruction in the pathways of *Vayu*, and thereby relieves spasm. *Hingu, Tankana, Kasis* are *Artavajanana* drugs. *Kasis* helps in *Rakta Dhatu Vriddhi*, which improves the uterine blood circulation (reduced blood circulation is a cause for dysmenorrhoea.) *Balya* (strength promoting) (*Kumari, Hingu, Tankana, Kasis*) *Rasayana (Kumari)* drugs give strength to uterine musculature for easy expulsion of *Raja*. *Tankana* is *Garbhashaya sankochaka* (improves the tonicity of uterine muscle) drug helps in normal harmonization during contraction.

CONCLUSION

Kashtartava (Udavartini yonivyapad) can be correlated with Primary dysmenorrhoea. *Rajah Pravirtini Vati* may be beneficial in primary dysmenorrhea. *Rajah Pravirtini Vati* can be recommended safely for the management of *Kashtartava* (Primary dysmenorrhea).



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