



An Ayurvedic Perspective on Pre Menstrual Syndrome

Author: Preeti Choudhary¹

Co Authors: Naresh Jain²

^{1,2}Department of Kayachikitsa, Govt. Auto. Dhanwantari Ayurvedic Medical & Hospital, Ujjain, M.P., India

ABSTRACT

Pre menstrual syndrome is a Psycho-neuro-endocrine disorder of unknown etiology also described as Pre Menstrual Tension or PMT. The exact cause is not known but some hypothesis in modern medical science are postulated. Symptoms of the PMS is seen few days prior to menstruation. It may be related to childbirth or a disturbing life event. Up to 80% of women of child-bearing age report having some symptoms prior to menstruation. These PMS is more frequently encountered in middle aged women 30-45years. Also as per the *Ayurveda* science there is no specific reference of PMS. *Artava-chakra* or *Ritu chakra* is classified in three *kala* due to its specific pattern of *Dosha* dominance as *Ritukala*, *Ritu-vyateetkala* & *Rajakala*. The symptoms of PMS can be referred as *Ritu-vyateetkala* As well as symptoms of *Pitta-avritta-vyana vayu* in *Ayurvedic* concept. *Pitta-avritta Vyana vaayu* can be managed by the line of treatment of *Avarana*.

Key Words: *PMS, Ritu-vyateetkala, Pittavritta vyana vayu, Ayurvedic treatment*

INTRODUCTION

Menstrual cycle is a very essential part of every woman's life in her reproductive age. Every woman face many problems not only physically but also psychologically during cycle. Pre Menstrual Syndrome is one of them. Pre menstrual syndrome also called PMS. PMS is a psycho-neuro-endocrine disorder of unknown etiology also described as Pre Menstrual Tension or PMT. There is a cyclic appearance of a large number of symptoms during the last 7-10 days of the menstrual cycle and spontaneously resolves after menses. PMS is more frequently encountered in middle aged women 30-45years¹.

It should fulfill the following criteria ;

1. Not related to any organic lesion.
2. Regularly occurs during the luteal phase of each ovulatory menstrual cycle.
3. Symptoms must be severe enough to disturb the life style of the woman or she requires medical help.
4. Symptoms free period during rest of the cycle.

When these symptoms disrupt daily functioning they are grouped under the name of Pre Menstrual Dysphoric Disorder or PMDD².

As per the *Ayurveda* science there is no specific reference of PMS so it is difficult to give a *Ayurvedic* term for PMS. It can be correlated with various entities which having similarities of the symptoms of PMS.



According to *Acharya Charaka* If a physician is not able to give name a particular disease, he (or she) should not feel ashamed on that account because it is not always possible to name all types of diseases in definite terms .When aggravated, one and same *dosha* may cause manifold diseases depending upon the various etiological factors & sites of manifestation³.

MATERIALS AND METHODS

Ayurvedic and Modern literature from *Samhitas* and texts books as well as websites, research papers related to PMS.

PATHOPHYSIOLOGY: The exact cause is not known but some hypothesis in modern medical science are postulated;

(A) Estrogen excess or progesterone deficiency in the luteal phase⁴.

(B) Increased carbohydrate intolerance in the luteal phase⁵.

(C) Pyridoxine deficiency which plays a role on estrogen synthesis and also in dopamine & serotonin production⁶.

(D) Increased production of Vasopressin, Aldosterone, Prolactin & systemic Prostaglandins adversely affecting renal function and contributing to fluid retention and bloating⁷.

(F) Fluctuations in opiate peptide concentrations affecting Endorphin levels⁸.

(G) Psychological and Psychosocial factors may be involved to produce behavioral changes⁹.

However, biochemical estimations do not bear these out. Hence, at present it is not yet clear whether PMS is an abnormal response to normal hormonal function or a result of hormonal abnormalities¹⁰.

EPIDEMIOLOGY:

Up to 80% of women of child-bearing age report having some symptoms prior to menstruation. These symptoms qualify as PMS in 20 to 30% of women and in 3 – 8% are severe¹¹.

SYMPTOMATOLOGY¹²: It may be related to childbirth or a disturbing life event. There are no abnormal pelvic findings excepting features of pelvic congestion.

Table 1 Symptoms related to PMS

S.no.	Criteria	Symptoms
1.	Pain	Headache Breast pain Abdominal cramps Body ache Muscle stiffness Backache
2.	Water retention	Abdominal bloating Wt. gain Breast tenderness Swelling of the extremities
3.	Neuropsychiatric changes	Irritability Depression Mood swings Anxiety Tearfulness Forgetfulness Restlessness Loneliness Confusion Low judgement
4.	Autonomic changes	Dizziness Faintness Nausea Vomiting Hot flushes Insomnia



DIAGNOSIS: Diagnosis depends on history and careful questioning¹³.

AN AYURVEDIC VIEW: In Ayurveda; Artava-chakra or Ritu chakra is classified in three Kala

Table 2 Dosha dominancy during three kala¹⁴:

Phase	Dosha sanchaya	Dosha Prakopa	Dosha Prashamana
Ritu-kala	Pitta	Kapha	Vata
Ritu-vyateetkala	Vata	Pitta	Kapha
Rajakala	Kapha	Vata	Pitta

Symptoms of the PMS is seen few days prior to menstruation which can be referred as Ritu-vyateetkala in Ayurvedic concept.

Ritu-vyateetkala – After ovulation or ritukala the artava becomes aagneya and increases the basal body temperature by 0.8⁰ to 1.0⁰ F. due to thermogenic effect of Progesterone hormone of secretory phase or governed by Pitta remains in Prakupita awastha¹⁵.

SAMPRAPTI ¹⁶:

Pitta- vardhaka nidana sevana in Ritu-vyateetkala



Exponentially raise Pitta in quantitatively



Excessive vitiated pitta blocks the path of Vata specially Vyan vayu



Leading to manifestations of Pitta-avritta-vyan vayu



Symptoms of Pitta-avritta-vyana vayu

Acharya Charaka has been mentioned the symptoms of Pitta-avritta-vyana vayu¹⁷ ;

- Sarvanga daaha
- Klama

due to its specific pattern of Dosha dominancy as Ritukala , Ritu-vyateetkala & Rajakala.

- Gaatra vikshepa sanga
- Santapa
- Vedana

Table 3 Correlation between the symptoms of PMS & Pitta-avritta-vyana vayu¹⁸ :-

Pitta-avritta-vyana vayu	PMS
Sarvanga daaha	Hot flushes
Klama	Exhaustion, Tiredness without any work
Gaatra vikshepa sanga	Rare chances
Santapa -Deha, Indriya, Manas	Raised temperature of body ,Mood & Psychological changes , Anxiety etc.
Vedana	Abdominal cramps, Breast pain & other body aches.

TREATMENT

Pitta-avritta Vyana vayu can be managed by the line of treatment of Avarana. The first line of treatment is Nidana parivarjan ; avoiding Pitta-vardhaka ahara & vihara specially in Ritu-vyateetkala. According to Acharya Charaka ; in the case of Vata is covering by Pitta one should apply remedies alleviating Pitta which are not antagonist of Vata¹⁹.

The aim of the management of Avarana is Srotoshuddhi & Vata-anulomana along with different medications & Panch-karma therapy also . So in the condition of Pitta-avritta vyana vayu ; removing of pitta is mandatory.



Table 4 The treatment of the *Pitta-avritta vyana vayu* ;

Sr.no.	Medicines	Dose	Anupana
01.	Castor oil	15-20ml	Mix with 50ml of lukewarm milk – HS
02.	<i>Godanti Bhasma</i> <i>Giloy Sattva</i> <i>Praval Pishti</i>	250mg 250mg 125mg	Mix of three <i>aushadhi</i> , after that take with honey/milk cream ; BD ; empty stomach
03.	<i>Avipattikar Churna</i>	03grams	Roasted with <i>Goghrita</i> BD ;Before meal
04.	<i>Brahmi Vati</i>	2 X 500mg	With Normal water ; BD
05.	<i>Ashwagandharishta</i>	20– 40ml	With equal amount of water – BD After Meal

Pathya : Godugdha , Goghrita, Green leafy Vegetables , Sproute ceerals , Fruits ; *Draksha* , *Kharjoor*, *Yoga* ; *Pranayaam* , *Bhramri* , *Sheetali* etc.

Apathya : *Amla rasa* (sour), over consumption of Salt, Tea, Coffee, *Teekshna*, Spicy, *Pitta-vardhaka ahara*, Heavy meals, *Diwaswapna*, *Ratrijagrana* ,Sleep just after meal.

DISCUSSION

Castor oil mixed with lukewarm milk can be performed in the condition of *Bahudosh*²⁰. Castor oil has *Madhura rasa & Madhura vipaka* and quality to removing *doshas* of lower part of the body by its *Srotovishodhnam* , *Yonivishodhnam* properties²¹.

Godanti Bhasma is *Sheet virya*, *Balya*²² , *Shirah-shoola nashaka*²³ and can be used in *Daaha*, excessive thrust & *Santapa* (hot flushes)²⁴.

Praval Pishti is *Madhura rasa* , *Sheeta virya & Daha-shamaka* . It is the best & unique formulation for *Paittika vikara* by its alleviation of *Ushna* , *Teekshna* & Acidic nature of *Pitta* .It is a natural Calcium source also raise up strength to Brain & Nerves²⁵.

Giloy Sattva is *Balya* , antipyretic and having properties to alleviate *Pitta* & burning sensation²⁶.

Avipattikar Churna is a good appetizer & laxative . It is very effective in *Paittika vikara*²⁷.

Brahmi vati having *Medhya & Buddhi-vardhaka* properties. It is useful in Insomnia & all types of psycho-neurological disorders²⁸.

Ashwagandharishta is *Medhya* and relieve mental exhaustion . It is also useful in Palpitation , Restlessness & Headache²⁹.

CONCLUSION

Pre menstrual syndrome is a psycho-neuro-endocrine disorder of unknown etiology .It can be correlated with *Ritu-vyateetkala* along with the condition of *Pitta-avritta vyana vayu* in *Ayurveda* science. PMS can be treated by the *Ayurvedic* line of treatment of *Avarana* . Alleviation of *Pitta & Vata-anulomana* is the best way to resolve symptoms like hot flushes , body ache etc. to follow along *Pathya-Apathya Ahara-Vihara*.



REFERENCES

1. Hiralal Konar. DC Dutta's Textbook of Gynecology.7th ed. Jaypee Brothers Medical Publishers (P) Ltd : 2016 ; P.182.
2. Hiralal Konar. DC Dutta's Textbook of Gynecology.7th ed. Jaypee Brothers Medical Publishers (P) Ltd : 2016 ; P.182.
3. R.K.Sharma &Vaidya Bhagwan Dash. Agnivesa's Caraka Samhita , Text with English Translation & Critical Exposition Based on (CAKRAPANI DATTA'S AYURVEDA DIPKIA) . Vol. I. Varanasi : Chowkhamba Sanskrit Series Office ; 2002 ; P. 345.
4. VG Padubidri , SN Daftary . Howkins & Bourne Shaw's Textbook of GYNAECOLOGY. 15th ed. Elsevier , a division of Reed Elsevier India Private Limited : 2013 ; P.296.
5. VG Padubidri , SN Daftary . Howkins & Bourne Shaw's Textbook of GYNAECOLOGY. 15th ed. Elsevier , a division of Reed Elsevier India Private Limited : 2013 ; P.296.
6. VG Padubidri , SN Daftary . Howkins & Bourne Shaw's Textbook of GYNAECOLOGY. 15th ed. Elsevier , a division of Reed Elsevier India Private Limited : 2013 ; P.296.
7. VG Padubidri , SN Daftary . Howkins & Bourne Shaw's Textbook of GYNAECOLOGY. 15th ed. Elsevier , a division of Reed Elsevier India Private Limited : 2013 ; P.296 – 297.
8. VG Padubidri , SN Daftary . Howkins & Bourne Shaw's Textbook of GYNAECOLOGY. 15th ed. Elsevier , a division of Reed Elsevier India Private Limited : 2013 ; P.297.
9. Hiralal Konar. DC Dutta's Textbook of Gynecology.7th ed. Jaypee Brothers Medical Publishers (P) Ltd : 2016 ; P.182.
10. VG Padubidri , SN Daftary . Howkins & Bourne Shaw's Textbook of GYNAECOLOGY. 15th ed. Elsevier , a division of Reed Elsevier India Private Limited : 2013 ; P.297.
11. en.m.wikipedia.org
12. Hiralal Konar. DC Dutta's Textbook of Gynecology.7th ed. Jaypee Brothers Medical Publishers (P) Ltd : 2016 ; P.182.
13. VG Padubidri , SN Daftary . Howkins & Bourne Shaw's Textbook of GYNAECOLOGY. 15th ed. Elsevier , a division of Reed Elsevier India Private Limited : 2013 ; P.297.
14. Proff. (Km.) Premvati Tewari . Ayurvediya Prasuti tantra evam Stri Roga . Part I , 2nd ed.:1999, Reprint : 2011 , Varanasi ; Chaukhambha Orientalia : P.78.
15. Proff. (Km.) Premvati Tewari . Ayurvediya Prasuti tantra evam Stri Roga . Part I , 2nd ed.:1999, Reprint : 2011 , Varanasi ; Chaukhambha Orientalia : P.78.
16. Proff. (Km.) Premvati Tewari . Ayurvediya Prasuti tantra evam Stri Roga . Part I , 2nd ed.:1999, Reprint : 2011 , Varanasi ; Chaukhambha Orientalia : P.78.
17. Acharya Vidyadhar Shukla, Prof.Ravi Dutt Tripathi. Caraka Samhita of Agnivesa edited with Vaidyamanorama hindi commentary. Vol. II. Delhi : Chaukhambha Sanskrit Pratishtan ; 2012 ; P.721.
18. Bharti Sharma, Shubham Sharma. AYURVEDIC CONCEPT OF PREMENSTRUAL SYNDROME WITH



SPECIAL REFERANCE TO PITTAVRITTA VYANA VAYU. International Journal of Ayurveda and Pharma Research.2017;5(6):96-100.

19. Acharya Vidyadhar Shukla, Prof.Ravi Dutt Tripathi. Caraka Samhita of Agnivesa edited with Vaidyamanorama hindi commentary. Vol. II. Delhi: Chaukhambha Sanskrit Pratishthan ; 2012 ; P.723.

20. Acharya Vidyadhar Shukla, Prof.Ravi Dutt Tripathi. Caraka Samhita of Agnivesa edited with Vaidyamanorama hindi commentary. Vol. II. Delhi: Chaukhambha Sanskrit Pratishthan ; 2012 ; P.741.

21. Dr.Anant Ram Sharma, Acharya Priya Vrat Sharma. SUSHRUTA SAMHITA of Maharsi Sushruta. Sushrutavimarshini Hindi Commentary .Vol I. Varanasi; Chaukhambha Surbharati Prakashan. Reprint ed.2012 : p.369.

22. Shastrina P.Kashinath. Rasatarangini of Sadanand sharma edited with Prasadni commentary of Ayurvedacharya Shrihariduttashastrina and Rasavigyan hindi commentary of Ayurvedacharya P.Dharmanandshastrina. 11th ed. 1979. Delhi: Motilal banarasidas ; Reprint 2014.p.284.

23. Dr.Damodar Joshi, Dr.G.Prabhakara Rao. Rasamritam of Vd.Jadavji Trikranjji Acharya. Varanasi:Chaukhambha Sanskrit Bhawan ; 1st ed. (with English Translation) : 1998.p.121.

24. Ayurved-Saarsamgrah. Allahabad. Shri Vaiddhnath Ayurved Bhawan LTD; 2011; P.118-119.

25. Ayurved-Saarsamgrah. Allahabad. Shri

Vaiddhnath Ayurved Bhawan LTD; 2011; P.140.

26. Acharya Siddhinandan Mishra. Abhinav Bhaishajyakalpna-vigyan. 2011; Varanasi. Chaukhambha Surbharti Prakashan ; p.176.

27. Ayurved-Saarsamgrah. Allahabad. Shri Vaiddhnath Ayurved Bhawan LTD; 2011; P.661.

28. Ayurved-Saarsamgrah. Allahabad. Shri Vaiddhnath Ayurved Bhawan LTD; 2011; P.526.

29. Ayurved-Saarsamgrah. Allahabad. Shri Vaiddhnath Ayurved Bhawan LTD; 2011; P.722.