

MANAGEMENT OF *KASHTARTAVA* (DYSMENORRHEA) THROUGH AYURVEDA PROTOCOL- A SINGLE CASE STUDY

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ABSTRACT

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Dysmenorrhea 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 and it may accentuate the emotional distress brought on by the pain.^[1] Acharya Charaka has mentioned that Yoniroga can't occur without vitiation of Vata.^[2] Again pain is the main feature of Kashtartava, so it has strong relation with Vata. In classical text it is explained that due to Vega Dharana of Vata, Mutra and Purisha, the Apana Vata gets vitiated and it becomes Udhravagami i.e. normal Anulomaka Gati of Apana Vayu changes to Pratiloma Gati and this vitiated Vata lifts the Yoni upward and causes obstruction to flow of Raja and Raja comes out with great difficulty with severe Shoola.^[3] Several herbs are described in Ayurvedic literature for management of kashtartav. There is a need to solve this emerging problem. A case report of 22-year-old female, presented with chief complaint of painful menses suffering from primary dysmenorrhea more than 3 cycles without the involvement of any secondary disease.

KEYWORDS: *Kashtartava*, Menstruation, Dysmenorrhoea, Udhravagami.