

### Evaluation of the efficacy of selected Ayurvedic modalities in the management of Dysmenorrhoea

Pushpakumari WLAR<sup>1\*</sup>

Dysmenorrhoea is a menstrual condition characterized by severe and frequent menstrual cramps and pain associated with menstruation. In Ayurvedic texts, the terms have *Kashtartava* or *Kruchechartava* are also for dysmenorrhoea. *Kashtartava* may be classified as *margavarodha* and *dhatukshaya*. *Margavarodaha* is obstruction either physiological or anatomical. The *dhatukshaya* may cause *vatavrudhi* especially of its *ruksha* and *kshara* characteristics. This *rukshata* and *ksharata* is responsible for producing pain. The Dysmenorrhea symptoms may include are cramping in the lower abdominal pain back pain, pain radiation down the legs, vomiting, headache, etc.. Primary cramps, affects up to 90% of all women. Painful menstruation effects approximately 50% menstruating women and about 10% of women who; have this type of dysmenorrhea cannot work, attend school, or participate their normal activities. In modern system of the medical management cannot be maintain adequately in such instant myomectomy or hysterectomy etc.. Surgical treatment is usually advised. The present clinical studies to assess the efficacy of the selected ayurvedic modalities of dysmenorrhoea. Sixty (60) patients were randomly selected as per inclusion criteria from OPD of Gampaha Wickramarachchi Ayurveda Teaching Hospital, Streeroga Clinic, Yakkala. Patients were divided into two groups as A & B. Each group was consisted with 30 patients. Both groups were administrated, the general classical management. The selected patients for group B were treated under the selected modalities. Data was evaluated by using SPSS statistical package. The results showed that selected Ayurvedic modalities more effective (80%) for dysmenorrhoea.

**Key words:** Dysmenorrhoea, *Kashtartava*

1. Department of Streeroga and Kaumarabruthya, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala, Sri Lanka.