

A clinical study on *Kashtartava* (Primary dysmenorrhoea) and its management with *Matra Vasti*

Karunagoda K^{1*}, Shukla K², Donga S³, Tanna C⁴ and Dei LP³

Dysmenorrhoea is the most common gynecological problem faced by women during their adolescence which causes significant discomfort and anxiety for the woman as well as family. A systematic review of studies in developing countries has revealed that about 25-50% of adult women and about 75% of adolescents experience pain during menstruation. For this study 40 patients between the age group of 15 to 25 years suffering from primary dysmenorrhoea were registered for the study and 35 patients completed the course of treatment. Patients were randomly divided in two groups. For group A, *Dashamoola taila matra basti* was selected and group B, *Tila taila matra basti* was selected for the *vatashamaka*, *yonishula prashaman* and *shothahara* properties of the drugs. The dose was 60 ml and duration was 7 days for two consecutive cycles. Results were assessed on the basis of specially prepared grading system for pain, *alpartava*, *yatochitkaladarshana*, *praseka*, *chardhi*, *vibandha*, *shrama*, *vankshana*, *kati*, *janushula*, *shiroshula*, *swedadhikya* and *tamodarshana*. The results obtained were highly significant and almost equivalent in both the groups. Total effect of therapy was 38.89% in group A and 35.39% in group B got complete remission while marked improvement was there in 50% in group A & 47.65% in group B. There was a marked difference in recurrence of symptoms observed in follow up period of 2 months, as it was more in group B. The study suggests that *Matra basti* can be established as a reliable treatment for relieving the feature complex of primary dysmenorrhoea after some more research works.

Key words: *Kashtartava*, Primary dysmenorrhoea, *Matra basti*, *Dashamoola taila*, *Tila taila*

1. Department of Prasutitantra Kaumarabrithya, IIM, University of Colombo, Sri Lanka. e-mail: kaumadik@gmail.com.
2. Pratapgarh, UP, India.
3. S. R. P. T. Dept., I. P. G. T. & R. A. GAU, Jamnagar, India.
4. Jeevan Deep Hospital, Jamnagar, India.