



HINGUVADI CHURNA IN THE MANAGEMENT OF KASHTARTAVA : A CASE REPORT

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ABSTRACT Women in present era are mostly into productive work. Any discomfort in their lives may hinder in the growth of her progress. Primary dysmenorrhea is the condition where she suffers from periodic spasmodic pain during her menstruation. Ayurveda has described different terminology for this condition, be it Kashtartava or Udavartini yonivyapad or Udavarta yonivyapad. In present study, Hinguvadi churna which is a medication mentioned in Bhaisjya Ratnawali in Shoolachikitsa adhyaya is taken. Hinguvadi churna effectively helps in managing the condition of Kashtartava which does not have any pelvic pathology.

KEYWORDS : painful menstruation, hinguvadichurna, Kashtartava

Introduction :

Kashtartava is painful menstruation according to ayurveda. The 'Kashta' word may mean different diseases related to pain. But the one that is more synonymous is 'Krichha', which is also found as a synonym in Amarkosha for Kashta. As we know that, "Saphenilam Udavarta Rajah Krichhane munchati" is described in Udavarta Yonivyapad by Acharya Sushruta. The condition where artava sheds with great difficulty. In today's era it is need of hour to find out an effective as well as convenient measure with the help of Ayurveda to manage the ailment. In modern, use of different analgesics, antispasmodics, OCPs, NSAIDs etc. are effective only for a short term period along with medicinal side effects worth noting. Hence, a treatment protocol to effectively cure the symptoms for a long term duration is needed. Properly understanding of the disease and speculating its treatment modality, Hinguvadi Churna preparation from Bhaisajya Ratnawali is selected to evaluate its efficacy in management of Kashtartava.

AIMS AND OBJECTIVE:

To analyse the concept of Kashtartava in relation to Primary dysmenorrhoea.

To assess the efficacy of Hinguvadi Churna in management of Kashtartava.

MATERIAL AND METHOD:

1. Literary source: Literary study will be carried out by analysis from classical ayurvedic texts Brihatrayee and Laghutreyee, Bhaisajya Ratnawali and also modern texts books, along with previously published papers and websites.

2. Drug source: The drug will be prepared in Government Ayurvedic College, State Ayurvedic Pharmacy, Guwahati, Assam and its phytochemical and physicochemical study will be done in Drug Testing Laboratory of GACH, Guwahati.

Case report:

A girl of 18 years residing in Jalukbari, Kamrup (M), Assam came to OPD of Prasuti Tantra and Stree Roga department of Government Ayurvedic College Hospital, Jalukbari, Assam

Study Details: 1. Name of Patient- ABC 2. Registration no. -XXX/21 3. Date of visit- 10/9/2021 4. Age- 18 years 5. Gender- Female 6. Religion- Hindu 7. Occupation- Student

Chief complaints: 1. Painful menstruation since 6 months 2. Pain stays for upto 4th days of menstruation History of present illness: The lady of 18 years came with the complaint of painful menstruation since 6 months. Her cramping pain occurs in first day of menstruation and stays for about third day. She further gave the history of pain in thighs during her menstruation.

Scale of pain used: Visual analog scale and Verbal analog scale.

Menstrual history: Age of menarche: 11 years, LMP: 28/8/2021, Menstrual history : Duration= 5-6 days, Interval= 28-30 days, Amount= Average (3-4 pads/day), Cycle regularity= Regular, Dysmenorrhea= Present.

Marital status- Unmarried, Obstetric history: Nothing significant, Family history: Nothing significant

Personal history: Diet: Nonvegetarian; Appetite: Normal; Sleep: Normal; Bowel: Normal; Micturition: Normal; Addiction: None General Examination: 1. Height- 158cm 2. Weight- 58 kg 3. B.P- 110/70 mmHg

4. Pulse rate: 89/min 5. Built: Average built and nourished

6. Pallor/Cyanosis/Icterus/Oedema/Dehydration – Absent.

Systemic Examination:

1. CVS- S1, S2 heard 2. CNS-Conscious, well-oriented. 3. RS- B/L chest clear

Local Examination:

P/A Examination: No any tenderness

INVESTIGATIONS: Haemoglobin: 10.8 g/dl, Blood group and Rh type: B Positive, TC : 8100/cumm, Random Blood Sugar (RBS): 98 mg/dl, TSH screening: 2.36 µIU/ml, Platelet count: 1.6 lakhs/cumm Sonography : (11/9/2021) Pelvic organ within normal limit, R. O. = 2.8*2*1.5cm, L. O. = 3*2.5*1.4cm

Treatment:

Hinguvadi churna 3g in divided dose with lukewarm water twice daily for 14 days (7 days before menstruation and 7 days during menstruation) for 3 cycles.

Results: The patient got relief from her periodic pain to great extent

Visual analog scale:

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Verbal analog scale:

Symptoms	1st visit (Before Treatment)	2nd visit	3rd visit (After treatment)
Intensity of Pain	Grade 2: Menstruation is painful and daily activities affected, medication needed	Grade 1: Menstruation is painful and daily activities unaffected. No analgesics needed.	Grade 1: Menstruation is painful and daily activities unaffected. No analgesics needed
Duration of Pain	Upto fourth day of menstruation	Upto fourth day of menstruation	Only a few hours occasionally during menstruation

In her 3rd visit she informed that only a few hours she had pain during menstruation that too on first day only and her daily activities were not affected. It can be inferred that there is remission of 80% of the symptoms.

FINAL ASSESSMENT: Moderate improvement : reduction in intensity and duration of pain.

DISCUSSION:

Kashtartava is a synonym of the word 'Krichraartava'. The word 'Krichraartava' is used as one of the symptom of Udavartini Yonivyapad. Kashtartava occurs due to vitiation of Apan Vayu that cause cramping pain, difficulty in menstrual flow which can also be said as Udavartini yonivyapad. Hinguvadi churna mentioned in Bhaisjya Ratnawali in Shoolachikitsa adhaya has properties like vata anulomana, deepan, pachan, shoola prasamana thus correcting pratiloman gati of vata and works in Kashtartava. Ingredients of Hinguvadi Churna has Ushna viryas and properties like Singdha, Tikсна guna of Hingu, Laghu, Snigdha, Tikсна guna and madhura vipaka of Pippali. Similarly, madhura vipaka of Sunthi and haritaki , guru, ruksa, tikсна guna of Sunthi etc. It has karma like deepan, pachana, vata-sleshmahara, vedana sthapaka, lekhaniya, pramathi, sothahara, bhedaniya, anulomaniya, rasayan, prabhava of Atisa or Prativisha is visahara, sulahara and helps in alleviating apanavayu.

CONCLUSION:

Hinguvadi Churna by its properties of shoola prasamana, deepan-pachan and vata anuloman helps in alleviating the apanvayu which is involved in Kashtartava. As Acharya Charaka mentioned that the drugs with above said properties helps to alleviate avrita apan vayu. Further more research work has to be carried out in order to unleash the effectiveness of Hinguvadi churna for the benefit of mankind as a whole. A treatment protocol to effectively cure the symptoms for a long term duration is needed.

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