

**Ayurvedic management through diet in primary dysmenorrhea-A review.****Supriya Chikhalekar^{*1}, Ramesh M. Bansode²**

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***Corresponding author:** Email id: supriyachikhalekar@gmail.com ; Mob.: 9403079791**ABSTRACT**

Dysmenorrhea is the most common gynecological problem among females and it is defined as cramping pain in the lower abdomen occurring just before or during menstruation. Despite the high prevalence, dysmenorrhea is often poorly treated, and even disregarded, by health professionals, pain researchers, and the women themselves, who may accept it as a normal part of the menstrual cycle. This problem occurs because of luxurious life, lack of physical exercise, oily ,spicy and salty constituents of food. Due to laziness, eating and time pass habits females do not take care of their personal hygiene. This subject is chosen because females are suffered by this problem commonly and it's enough to disturb the daily work ,in this subject I explained that what diet must be taken in this menstrual phase to avoid other complications.

Keywords- primary dysmenorrhea, menstrual cycle.

Introduction-

The word *Ayurveda* is composed of two words of *Sanskrit* ayur (life) & veda

(knowledge). *Vata, pitta, kapha* are the three *doshas* in our body, when any of the *doshas* become imbalanced ,*Ayurveda* will suggest specific lifestyle & nutritional guidelines to assist the individual in reducing the *doshas* that has become excessive and we also suggest certain herbal supplements to reduce vitiated *doshas* ,that is *shaman chikitsa*. According to the definition given by *Ashtanghridayam* Unlike in *shodhanchikitsa*, shaman doesn't try to eliminate vitiated *doshas* from the system. *Shaman* tries to put the *doshic* state in balanced by medication. *Apan vayu* is one of the type of *vata* told by *Charak* in *sutrasthan*. The main *sthanas* of *apan vayu* are *shroni, basti, mendhra, uru*(thies).The *karmas* of *apan vayu* are

elimination of *shukra, aartav, shakrut, mutra, garbha* .In females, every month bleeding occurs through vagina called as 'Raja' or 'Artava'.²⁰ This cycle starts in females at the age of 12 yrs and ends by the age of 50 yrs. ²¹ *Garbhashaya* is the sthana of *artava*.Bleeding/menstrual phase extends from the 1st to 4th/5th day of the cycle.The females which are from higher



society live very luxuries life. There is lack of physical exercise .They are having servants for each work, They spent their time in reading magazines, attending parties and movies. In food they use oily, spicy and salty constituents. Due to laziness, eating and timepass habits they do not take care of their personal hygiene. In the females from poor and middle class families work hard and they do not take proper diet ,the essential proteins, vitamins and minerals due to these digestion of food is not proper. This is unable to form proper *prinana* of *rasadhātu*. Unless and until there is proper formation of *rasadhātu* , the depending *dhatu's* like *rakta*, *mans*, *meda* and *upadhatus* like *stanya* and *raja* are also improper. If *Rasadhātu* formed from *aahararas* is not proper then the depending *dhatu*s are also not proper.

Aim-

Ayurvedic management through diet in primary dysmenorrhea-A review

Objective-

- 1) What is primary dysmenorrhea ?
- 2) How to manage primary dysmenorrhea through diet ?

MATERIAL & METHOD:

For this study *Ayurvedic* literature collected from classical text of *Ayurved*.

Conceptual study-

The menstrual cycle is thought to go with the ebbs and waves of the lunar cycle, as the moon represents flow, the feminine. The lunar cycle is approximately 29.5 days, coinciding with the average length of the menstrual cycle for most

ovulating women. The healthiest flow, one that is most in tune with the lunar phases, will **start on a new moon** with ovulation occurring around the time of the full moon. When the moon is full, it is at its peak energy, pulling the egg from its home in the ovary.

Dysmenorrhea is the medical term for pain with menstruation. There are two types of dysmenorrhea: "primary" and "secondary". It is under the title of *udavarta Yonivyapad* in *Ayurveda*.

Primary dysmenorrhea is common menstrual cramps that are recurrent (come back) and are not due to other diseases. Pain usually begins 1 or 2 days before, or when menstrual bleeding starts, and is felt in the lower abdomen, back, or thighs. Pain can range from mild to severe, can typically last 12 to 72 hours, and can be accompanied by nausea-and-vomiting, fatigue, and even **diarrhoea**. Common menstrual cramps usually become less painful as a woman ages and may stop entirely if the woman has a baby. The menstrual flow is a byproduct, after all, of the most basic tissues of the body. After we ingest our breakfast, this food undergoes transformation through the seven tissue layers of the body. The first is plasma, then blood, which is then followed by the muscle and fat tissues. After these four layers comes the bony tissue, nervous system, and, lastly, the reproductive tissues. The actual menstrual flow is considered to be a byproduct of the first layer, *rasa dhātu*, or the plasma. Plasma is a vehicle for nourishment. It carries hormones, vitamins, minerals, water—all sources of nourishment. When this layer is healthy and flows freely, so too do all of these nutrients as well as wastes so that



they may leave the body with ease. The second layer, *rakta dhatu*, or the layer of blood, also is part of the menstrual flow, releasing excess *pitta*.

Conventional treatments include non-steroidal anti-inflammatory drugs (NSAIDs) and oral contraceptive pills (OCPs), which both reduce myometrial activity (contractions of the uterus). A suggested alternative approach is dietary supplements. (1)

1) *Characteristics of a Vata-Vitiated Flow*

As *vata* percolates through the blood vessels and into the uterus, its cold qualities along with dry and rough bring a sense of tightening. Blood vessels constrict. Dryness depletes all bodily tissues and can eventually lead to emaciation, which is a known cause of cessation of menstrual flow. The process begins with a decrease in the plasma and blood tissues, decreasing nourishment to and thinning out the lining of the uterus, thereby decreasing overall flow and discharge of the menstrual flow. And, as a general rule, wherever there is discomfort, there is some form of vitiation or blockage of the free flow of *vata*. So it happens that most *vata*-vitiated cycles are accompanied by discomfort. As the flow of blood is slowed and even obstructed, fresh blood is mixed in with some old blood as it exits the system, giving a darkened color of the menstrual flow. As you think about the qualities of *vata* (light, mobile, cold, dry, rough, subtle, clear), the types of *vata* menstrual qualities become obvious. Also think about the home of *vata*—the pelvis and thighs—because the imbalances will often arise in those areas.



Diet and lifestyle. Start with the basics. Eat *warm*, mushy foods cooked in warm spices and plenty of ghee, especially if your menstrual cycle seems to be decreasing in flow or appears to be more dry. all, avoid caffeine. Slow down and bring awareness to every moment.

2) *Characteristics of a Pitta-Vitiated Flow*

Pitta is characteristically hot and sharp. It brings heat and fluidity and a spreading nature to the blood, such that it flows with ease—sometimes too much ease. *Pitta* loves to reside in the blood, and in excess, it will seek to be released through this avenue. Hence *pitta* menstrual cycles are often heavy. With the heat so too comes irritation in the body, which can provoke swelling. Such is the case with tender, swollen breasts that many women will experience during the premenstrual period.

Diet and lifestyle. Bring calmness and softness to life, without the ambition, competition, and anger that is so common with our *pitta* dominated society. Avoid spicy and oily foods. Be careful, however, not to aggravate *vata* in the process.

3) *Characteristics of a Kapha-Vitiated Flow*

Stagnation, arising from its heaviness, dullness, stickiness and coolness, poses difficulty to those with a *kapha* imbalance. As stagnation grows, obstruction and blockages of the system occur, particularly in the *rasa dhatu* at first, as this is a very comfortable

home for *kapha*. This gives rise to the sensation of bloating, puffiness, and swelling that so many women dread during their premenstrual and menstrual period. Further, the stronger the blockage, the more the tissue is likely to go into a mode of overgrowth. As more blood vessels grow to supply this growth, the *kapha* cycle is more likely to experience a heavier flow than the *vata* cycle.

Through the day, keep warm and dry. Stimulate *agni* with spices such

as ginger, cinnamon, cardamom, and black pepper. Wake up early with the sun and avoid daytime napping (2).

- 4) Oleation with *trivrutta sneha* (*ghrit, oil, fat*), sudation, use of meat soup of *gramya, anup, aaudak animals, basti* of milk medicated with *dashmul* and its oral use. (3)
- 5) Except *vatiki, aticharana* etc. all the *vatika yonirogas* including *udavarta*, all the measures capable of suppressing the *vata* should be done, poultice made with pestled barley, wheat, *kinva, kushtha, satapushpa, srayahwa, priyangu, bal a, aakhukarni* should be applied locally. (4)
- 6) Use of meat soup of aquatic animals, sudation, with milk, paste of *dashmul* and *trivrutta* is beneficial. (5)
- 7) *Ashoka*. *Ashoka* is the queen of herbs for the female reproductive system, as a uterine tonic and

aiding in heavy bleeding and discomfort. Literally meaning, “remover of sorrow,” this herb will aid in physical as well as psychological pain.

Astringent taste also aids in removing excess tissue and wastes and helps tone the uterus, aiding in heavy cycles.

- 8) *Shatavari*. *Shatavari* has been translated as the “women who has a hundred husbands.” This herb is very building, is pitta reducing, and has a particular affinity to the female reproductive tract and urinary system. As such, it is seen as an adaptogen during times of stress and over taxation of the body.
- 9) *Ashwagandha*. While this herb is more known for its benefits in men, it is also used traditionally as a great tonic and adaptogen for the nervous system, including the adrenals. This, along with its building properties, make it a go-to herb for emaciation and burn-out, which can cause a scanty, *vata* flow.
- 10) *Anantamul*. The Ayurvedic classics texts love *anantamul* as a pitta pacifier in the blood, making it a great blood cleanser, and in the genitourinary tract. It acts as a cleanser, in addition to being a nourisher.
- 11) *Aloe vera*. In Sanskrit, this herb is called *kumari*, meaning “young maiden.” *Aloe vera* is widely respected as being highly supportive of a woman’s reproductive system. In such a



way, the classic Ayurvedic texts have referred to this herb repeatedly for gynecological disturbances. Aloe is cooling and very cleansing to the urine, blood, and plasma. It removes stagnation and blockages and acts as a tonic. It is often used in conjunction with other herbs as a vehicle to the reproductive system. Aloe vera can be found in Women's Support tablets.

- 12) *Manjistha*. Foremost, manjistha is an excellent blood cleanser, removing pitta, while also building the blood gently. As it cleanses the blood, it also is able to remove stagnation and constriction within the reproductive tract. Manjistha is one of the main ingredients in Blood Cleanse tablets.
- 13) *Triphala*. Triphala is most known for its ability to aid in elimination of wastes, particularly from the gastrointestinal tract, and removing toxins from the body. In addition, it is a great rejuvenative.
- 14) *Tulsi*. Tulsi is not only warming and nourishing to the lungs and prana, but it is a builder and nourisher of the rasa dhatu, making it a beautiful herb for nourishment for flow.
- 15) Interventions included different herbal medicines cinnamon (*Cinnamomum zeylanicum*, *C. verum*), dill (*Anethum graveolens*), fennel (*Foeniculum vulgare*), fenugreek (*Trigonella foenum-graecum*), ginger (*Zingiber officinale*), guava (*Psidium guajava*).

- 16) Asafetida (Hing) is another natural remedy for painful menses. Fry Asafetida in a little ghee and take this paste thrice daily.(6)

Discussion

So many women suffer from menstrual imbalances, leaning on a limited number of tools. And given that it is such a huge part of our life, coming monthly, it can be frustrating, burdensome, and even debilitating. Not only does Ayurveda provide alternative solutions that really work at the root level, but it also gives the opportunity to reshift our chemistry before more difficult conditions arise by being able to use our menstrual cycle as barometer of what lies within us. *Ayurveda* also blesses us with the outlook that this is ultimately a cleanse. And by viewing it as such, we can work with our body towards greater health, instead of running against its natural work.

Conclusion-

Females are suffered by this problem commonly, its enough to disturb the daily work. There is lack of physical exercise and having servants for each work, females from higher society spent their time in reading magazines, attending parties and movies. In food they use oily, spicy and salty constituents. Due to laziness, eating and time pass habits they do not take care of

their personal hygiene. In the females from poor and middle class families work hard and they do not take proper diet, the essential proteins, vitamins and minerals due to these digestion of food is not proper. Therefore females suffered by this problem and complications occurred by



this. Due to proper diet and exercise this is prevented.

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