

# “Role of Hingvadi churna in Kashtartava w.s.r Primary Dysmenorrhoea”- A Review of Literature

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## Abstract:

Dysmenorrhoea is defined as painful menstruation so as to incapacitate day to day activities. A systematic review of studies in developing countries performed by Harlow and Campbell has revealed that about 25-50% of adult women and about 75% of adolescents experience pain during menstruation. It is a randomized comparative clinical trial with 30 patients fulfilling the inclusion criteria were selected for the trial. It has been seen in gynecological practice that patient with *udavartini yonivyapad* may be associated with the primary dysmenorrhoea. *Charaka* says that due to movement of flatus etc. natural urges in reverse direction, the aggravated vayu (apan vayu) moving in reverse direction fills yoni (uterus). This yoni (uterus) seized with pain, initially throws or pushes the raja (menstrual blood) upwards, then discharge it with great difficulty. The lady feels relief immediately following discharge of menstrual blood. Since in this condition the raja moves upwards or in reverse direction, hence, it is termed as *udavartini*.

**Keywords:** *Kashtartava*, Primary dysmenorrhoea, *Hingvadi Churna*.

## Introduction:

Dysmenorrhoea is the most common gynaecological problem faced by women during their adolescence which causes significant discomfort & anxiety for the woman as well as family. Dysmenorrhoea 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. Thereby, it may accentuate the emotional distress brought on by the pain<sup>[1]</sup>.

Not less than 50% of women are said to experience some discomfort in relation to menstruation, and 5-10% of girls in their late teens and early twenties are incapacitated for several hours each month. Estimates vary widely because of difference in the criteria of dysmenorrhoea and because most investigations concern only one section of the community. The incidence of dysmenorrhoea is affected by social status, occupation and age, so groups of school girls, college students, factory workers, and women members of armed forces each provide different statistics.<sup>[2]</sup>

In Ayurveda dysmenorrhoea is not described as a separate disease entity. It can be because women were not suffering much from this problem those days because of pin pointed *Ritucharya* & *Rajasvalacharya*. Though word *Kashtartava* is not separately described as a disease in *Ayurvedic* classics there are many other diseases in which *Kashtartava* is considered and is described as a symptom. Hence, this study is particular about the description regarding *Kashtartava* on the basis of scattered classical references.

## **MATERIAL AND METHODS:**

In order to determine in current body of scientific evidence supporting the therapeutic effect of *Hingvadi churna* in case of *Kashtartava* (*Udavartini yonivyapad*), the author performed thorough literature search focused on the ratification of the available peer reviewed literature that provide scientific evidence for the benefits of *Hingvadi churna* in human subjects.

## **REVIEW:**

It has been seen in gynecological practice that patient with *Kashtartava* (*udavartini yonivyapad*) may be associated with the primary dysmenorrhoea. *Charaka* says that due to movement of flatus etc. natural urges in reverse direction, the aggravated *vayu* (*apan vayu*) moving in reverse direction fills *yoni* (uterus). This *yoni* (uterus) seized with pain, initially throws or pushes the *raja* (menstrual blood) upwards, then discharge it with great difficulty. The lady feels relief immediately following discharge of menstrual blood. Since in this condition the *raja* moves upwards or in reverse direction, hence, it is termed as *udavartini*<sup>3</sup>. *Susruta* giving very short description says that besides painful, frothy, menstruation, there are other pains of *vata* (body ache, general malaise etc.)<sup>4</sup>.

## **DRUG REVIEW**<sup>5-20</sup>:

*Hingvadi churna* is explained in *Chakradutta* written by *Shri Chakrapani Dutt* with Commentarie *Bhavarth-Sandipani* by *Shri Jagdishwar Prasad Tripathi*,

**TABLE 1: Ingredients of *Hingvadi Churna*:**

S. No.	Ingredient	Scientific name	Part used	Proportion
1.	<i>Hingu</i>	<i>Ferula narthex</i> Boiss.	<i>Niryas</i>	<i>One Part</i>
2.	<i>Dry Ginger</i>	<i>Zingiber officinale</i> Rosc.	<i>Kanda</i>	<i>One Part</i>
3.	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	<i>Phala</i>	<i>One Part</i>
4.	<i>Pippali</i>	<i>Piper longum</i> Linn.	<i>Phala</i>	<i>One Part</i>
5.	<i>Kustha</i>	<i>Saussurea lappa</i> C.B. Clarke	<i>Mula</i>	<i>One Part</i>
6.	<i>Yavaksara</i>	<i>Potasii carbonas</i>	-	<i>One Part</i>
7.	<i>Saindhava</i>	<i>Sodii chloridum</i>	-	<i>One Part</i>

**Table 2: Morphological Details of Drugs of *Hingvadi Churna*:**

S. No.	Drug	Botanical name	Family	English name	Gana	Synonyms
1	<i>Hingu</i>	Ferula Northax	Umbelliferae	Asafoetida	<i>Dipaniya</i> <i>Katuskandha</i> <i>Sanjnasthapana</i> <i>Svashara(Ch)</i> <i>Pippalyadi</i> <i>Usakadi(Su)</i> <i>Pippalyadi(As)</i>	<i>Jatuka</i> , <i>Sahasravedhi</i> <i>Ugaragandha</i> <i>Agudhagandha</i> <i>Jarana</i> <b>Hindi-Hing</b>
2	<i>Sunthi</i>	<i>Zingiber officinale</i> Rosc.	Scitaminae	Ginger	<i>Trptighna</i> <i>Arsoghna</i> <i>Trsnanigrahana</i> <i>Dipaniya(Ch)</i> <i>Pippalyadi</i> <i>Trikatu(Su, Va</i>	<i>Nagara</i> <i>Visva</i> <i>Bhesaja</i> <i>Katubhadra</i> <i>Mahousdha</i> <b>Hindi- Sonth</b>
3	<i>Marica</i>	Piper Nigrum	Piperaceae	Black Pepper	<i>Dipaniya</i> <i>Sirovirecana</i> <i>Sulaprasamana</i> <i>Krmighna(Ch)</i>	<i>Usana</i> <i>Krisna</i> <i>Dhankari</i> <b>Hindi-</b>

					<i>Pippalyadi</i> <i>Trayusana (Su)</i>	<i>Kali Mirchi</i>
<b>4</b>	<i>Pippali</i>	<i>Piper Longum</i>	Piperaceae	Roots Of Long Pepper	<i>Sulaprasamana</i> <i>Dipaniya (Ch)</i> <i>Pippalyadi(Su)</i>	<i>Granthikam</i> <i>Usanam</i> <i>Catakasirah</i> <i>Mula</i> <i>Kanamula</i> <i>Magadha</i> <b>Hindi-</b> <i>Pippalimul</i>
<b>5</b>	<i>Kustha</i>	<i>Saussurea lappa C.B. Clarke</i>	Asteraceae	Kuth, Costus, Kut root		<i>Kushtha,</i> <i>Vapya,</i> <i>Paribhavya,</i> <i>Ruk, Pakala,</i> <i>Kuth, Kur,</i> <i>Kot, Kust, Kut,</i> <i>Pachak,</i> <i>Pokharmul.</i>
<b>6</b>	<i>Yava Kshara</i>	Alkali preparation of Hordeum Vulgare (Barli)	<i>Ksharvarga</i>	Pearl Ash or Carbonate of potash	<i>Haritakyadi</i> <i>Varga</i> <i>Kshara-Dvaya</i> <i>Kshara Traya</i> <i>Kshara Ashtaka</i>	<i>Yava Kshara</i> <i>Yavaj</i> <i>Paakya,</i> <i>Yavagraja</i> <i>Yavashuka</i> <i>Shukraja</i>
<b>7</b>	<i>Saindhava Lavana</i>	<i>Pancha Lavana</i>	Rock Salt	Chloride Of Sodium	<i>Lavana Varga</i> <i>Deepaniyatma</i> <i>Panchalavana</i>	<i>Sindhu Lavana</i> <i>Sindhutha,</i> <i>Sindhudeshja</i> <i>Shiva</i>

**Table 3: Properties of The Drugs of *Hingvadi Churna*:**

S. No .	Drug	Rasa	Guna	Viryा	Vipaka	Doshaghnata
1	<i>Hingu</i>	<i>Katu</i>	<i>Laghu</i> , <i>Snigdha</i> <i>Taiksna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphahara</i> <i>Vatahara</i>
2.	<i>Sunthi</i>	<i>Katu</i>	<i>Guru</i> <i>Ruksa</i> <i>Tiksna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavatahara</i> <i>Lekhana</i> <i>Visaghna</i>
3.	<i>Marica</i>	<i>Katu</i>	<i>Laghu</i> <i>Tiksna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
4.	<i>Pippali</i>	<i>Katu</i>	<i>Laghu</i> <i>Tiksna</i> <i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatakapahara</i>
5	<i>Kustha</i>	<i>Tikta</i> , <i>Katu</i> , <i>Madhura</i>	<i>Laghu</i> , <i>Ruksha</i> , <i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatasha</i> <i>maka</i>
6.	<i>Yava Kshara</i>	<i>Katu</i>	<i>Tikshna</i> <i>Laghu</i> <i>Ruksha</i> <i>Sookshma</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>
7.	<i>Saindhava</i> <i>Lavana</i>	<i>Lavana</i>	<i>Laghu</i> <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshashama</i> <i>ka</i>

**Table 4: Chemical composition and action of Drugs of *Hingvadi Churna*:**

<b>S. No.</b>	<b>Drug</b>	<b>Plant description</b>	<b>Chemical composition</b>	<b>Pharmacological activity</b>	<b>Action</b>
<b>1.</b>	<i>Hingu</i>	A Small Plant Growing Up to 10ft in Height	A-Pinene Phellandrene Seabutyl Propenyl Disulfide Ferocolicin	<b>Antispasmodic</b> Antipyretic Anti-Inflammatory	<i>Kapha-Vatahara</i> <i>Artavajanana</i> <i>Shulahara</i> <i>Dipana</i> <i>Pachana</i> <i>Vataanulomana</i> <i>Rucikaraka</i> <i>Udarasulahara</i> <i>Jwaraghana</i> <i>Mutrajanana</i>
<b>2.</b>	<i>Sunthi</i>	An Erect Perennial Herb	Curcumene Bourbornene Borneal Citral Zingiberol Giagerenone Vit. B&C Etc	Anti-Inflammatory Anti-Microbial <b>Anti-Oxidant</b> Anti-Diarrhoeal <b>Anti-Spasmodic</b>	<i>Dipana</i> <i>Bhedana</i> <i>Vatanulomana</i> <i>Jvarghna</i> <i>Vedhnasthapana</i> <i>Sothahara</i>
<b>3.</b>	<i>Marica</i>	A Branching And Climbing Perennial Shrub.	Piperene Piperolein Feruperine Citronellol Ascorbic Acid Carotene Pipecolic Acid	Anti-Fungal Antibacterial	<i>Kapha-Vatahara</i> <i>Dipana</i> <i>Pachana</i>
<b>4.</b>	<i>Pippali</i>	An Aromatic Slender Climber	Piperene Pipercede Piperine Essential Oil Piperlactum A And B Piperlongumine Pipernonaline	<b>Antispasmodic</b> Anti-Inflammatory Antiasthamatic	<i>Vatakaphahara</i> <i>Rasayana</i> <i>Dipana</i> <i>Vrusya</i>

5.	<i>Kustha</i>	Erect, robust, perennial herb, 25-180 cm high.	Taraxasterol, taraxasterylacetate (leaves); saussurine, alantolactone, aplo taxene, costunolide, $\beta$ -cyclocostunolide, dihydrocostuslactone	Anticytotoxic, diuretic, antibacterial, hypolipidaemic, antiseptic, insect repellent, insecticidal, hypotensive, spasmolytic, bronchodilator, antiulcer, antimicotic, antiinflammatory, immunostimulant.	<i>Daurgandhyanashana, Jantughna, Vedanasthapana, Varnya, Kushthaghna, Avasudaka, Aksheepashamaka, Vatahara, Deepana, Pachana, Anulomana, Shoolaprashamana, Raktashodhaka, Kaphaghna, Kaphanissaraka, Shwasahara, Shukrashodhana, Vrishya, Garbhashayottejaka, Rakshoghna, Artavajanana, Stanyajanana, Mootrala, Swedajanana, Jwaraghna, Vajikara, Rasayana, Uttejaka, Udveshthananirodhi, Vranaropaka, Krishakaraka, Vranashodhaka.</i>
6.	<i>Yava Kshara</i>	Carbonate of potash		<i>Shothahara</i> <i>Vatakaphahara</i>	<i>Lekhana</i> <i>Bhedana</i> <i>Ksharana</i> <i>Pachana</i> <i>Dipana</i>
7.	<i>Saindhava Lavana</i>	Hard white red stony pieces	Sodium Chloride (Nacl) Sodium Bicarbonate	<i>Shothahara</i> <i>Vibandagna</i> <i>Vranadoshahara</i>	<i>Agni dipana</i> <i>Pachana</i> <i>Ruchya</i>

		(Nahco3) Magnesium Chloride Calcium chloride Calcium Sulphate Insoluble Matter		Netriya Hridya Vrishya
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## DISCUSSION<sup>6-20</sup>:

*Kashtartava* a is due to upward movement of *Raja* caused by vitiated *Vayu* which causes the improper drainage of menstrual flow due to deficient polarity of uterus. *Kashtartava* is a *Vata Pradhana Vyadhi* where *Gati* of *Vata* is affected specially *Apama Vata* got affected. In case there is *Avarana* to the *Marga* of *Vata* by vitiated *Kapha* or *Pitta Dosha* again *Dosha Anulomana* is the treatment indicated in *Astanga Hridaya*, *Vata Vyadhi Chikitsa Adhyaya*.

“.....*amlalavanoshnaadyairahara....anulomayet.*” For the purpose of *Anulomana*, *Mrudu*, *Ushana*, *Deepana*, *Pachana*, *Shulghana* *Bheshaja* has been advocated. As we know that in *Kashtartava* pain is the main feature so we selected *Hingwadi Churna* which is a less explored yoga indicated in *Yonivyapad* mainly pacifying *Rajahshool* It is explained in *Chakradutta* written by *Shri Chakrapani Dutt* with Commentarie *Bhavarth-Sandipani* by *Shri Jagdishwar Prasad Tripathi*.

### Probable mode of action of *Hingwadi Churna*:

Drugs of *Hingvadi Churna* have predominantly *Tikta*, *Katu*, *Kashaya* And *Amla Rasa*. *Tikta Rasa* has *Agni Vardhaka*, *Ruchya* and *Mukha Shodhaka* properties, so it increases appetite and improves digestion. *Kashaya Rasa* has the property of *Asravishodhana* (*Raktadushtihara*). *Amla Rasa* of *Matulung*, has properties like *Agnideeptikrut*, *Pachana* and *Rochana* which improves digestion, increases appetite. Its *Hridya* property reduces nausea and vomiting. *Amla Rasa* also has the property of *Muda Vata Anulomana* (*Mudam- Ananulomagam*, *Vata Mutra Purishaanaam Anulomanam.*) *Katu Rasa*, *Usna Virya* and *Katu Vipaka* of *Yavakshar* increases appetite and improves digestion which brings about *Srotoshodhana*.

*Laghu* and *Ruksha* gunas of the drugs of pacify *Kapha* vitiation if any. *Sara*, *Ushna*, *Tikshna* and *Sookshma* properties of the drugs in the formulation remove *Avarana* (*Kapha*) and thus allow normal movement of *Apama Vata*. *Hingvadi Churna* mostly contains drugs having *Ushna Virya* which pacifies vitiated *Vata*. Most of the drugs in the yoga have *Katu Madhura Vipaka* which also pacifies vitiated *Vata*. *Vata Anulomana*, *Shulahara*, *Shothahara*, *Srotovishodhana* properties of drugs of *Hingvadi churna* facilitates normal flow of *Vata* i.e. *Anuloma Gati* of *Apanavata*.

## Discussion on active principles of ingredients:

- *Hingu* having antispasmodic, laxative, sedative activity.
- Ferula Asafoetida linn, if used as hot water extract of the dried roots and gum is taken orally and its having an anti-spasmodic, analgesic activity.
- $\alpha$ -pinene,azulene , $\beta$ pinene, ferulic acid, luteolin, umbelliferone are the chemical constituents of Ferula Asafoetida have anti-inflammatory activity.
- Chemical constituents of Ferula Asafoetida as azulene, ferulic acid , luteolin, umbeliferone having anti-spasmodic action.
- *Pippali* has a marked anti-inflammatory activity of a decoction of *P.longum* fruits has been reported using carrageenan induced rat oedema.

## CONCLUSION:

*Kashtartava (Udavartini yonivyapad)* can be correlated with Primary dysmenorrhea. *Hingvadi churna* may be beneficial in primary dysmenorrhea. *Hingvadi churna* can be recommended safely for the management of *Kashtartava* (Primary dysmenorrhea).

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