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Vasti Treatment in the Management of Menstrual Disorders

Kaumadi Karunagoda*, Shilpa Donga**, L.P. Dei***

Abstract

Vasti treatment is mentioned as the best treatment for menstrual disorders of women in Ayurvedic literature. This study was designed to find out the clinical effect of Vasti treatment in the management of some menstrual disorders including Hypomenorrhoea, Oligomenorrhoea and Dysmenorrhoea. Total 40 patients were selected for the study, 08 were Oligomenorrhoeic, 13 Hypomenorrhoeic and 35 were complane of Dysmenorrhoea. They were randomly divided in to two groups and treated with Dashamoola oil Matra Vast and Tila taila Matra Vasti, 60 ml per day continue 07 days for two consecutive menstrual cycles. The effect of the therapy was assessed by specially made grading system.

In cases of Hypomenorrhoea, significant and highly significant results were shown for Dashamoola and Tila taila group. Among 08 Oligomenorrhoeic patients Dashamoola oil receive group shows insignificant results but 73% relief and Tila taila group were significant. In the case of dysmenorrhoea all the groups show highly significant result. By these findings it had being noticed Vasti treatment shows encouraging results on tested menstrual disorders.

Key works : Matra Vasti; Oligomenorrhoea; Hypomenorrhoea; Dysmenorrhoea.

Introduction

Disorders of menstruation is one of the common gynecological complain among young women. Menstrual disorders may affect the life of adolescents and young adult women, and may sometimes cause serious problems. A study carried out in year 2007 at Turkey has shown the prevalence of menstrual irregularity, and dysmenorrhea were 31.2%, and 89.5%, respectively among university students[1].

Recent studies shows increase prevalence towards Ayurvedic treatments on menstrual

complains. In Ayurveda system also contains effective reliable treatments for the menstrual disorders. Among them Vasti plays very important role. The ancient Ayurvedic text also provides direct references of Vasti treatment on menstrual diseases and its superiority compare to the other treatments. Several clinical studies have being carried out on this regards and have shown remarcable results too.

This work compile some of the results obtain from researches done on Vasti treatment in the management of some menstrual disorders including Hypomenorrhoea, Oligomenorrhoea and Dysmenorrhoea . By that it is aimed to provide evidence based data for the physicians who deal with such problem. Also attempt was taken to discuss its probable mode of action on menstrual disorders with the help of available modern and Ayurveda literature.

Methodology

Selection of patients

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Total 40 Patients were complaining of irregular menstruation, scanty and pain in menstruation was selected for the present study. An elaborative case taking Performa was specially designed for the purpose of incorporating all aspects of the conditions on Ayurvedic and Modern parlance. Patients of age group between 15-25 years, coming with chief complaint suffering from more than 3 cycles with scanty or average amount of menses. Patients below 15 years and above 25 years, patients with chronic illness, patients with intrauterine contraceptive devices, patients with menorrhagia or any uterine pathology - fibroid, adenomyosis, endometriosis etc were excluded from the study.

Investigations

Routine haematological & urinary examinations were done before and after treatment. Sonography for uterine and adnexal study was done for exclude pathological cases.

Method of Administration of Matra Basti

The patient was asked to take light meal, neither too Snigdha nor too Ruksha and not more than 3/4th of the usual quantity. Before administration of Basti, Abhyanga with Bala Taila was done on the region of Kati and Udara Pradesha. Thereafter, Nadi Sweda was performed.

After this Purvakarma, the patient was advised to take left lateral position with left lower extremity straight and right lower extremity flexed on knee and hip joint. The patient was asked to keep his left hand below the head. 60 ml of luke warmed Taila was taken in enema syringe. Rubber catheter oleated with Bala Taila was attached to enema syringe. After removing the air from enema syringe, rubber catheter was administered into the anus of the patient up to the length of 4 inches. The patient was asked to take deep breath while introducing the catheter and drug. The total Taila was not administered in

order to avoid entrance of Vayu into the Pakvashaya which may produce pain.

After the administration of Basti patient was advised to lie in supine position and patient's buttocks were gently tapped and legs were raised few times so as to raise the waist. All these were done to prevent the fluid flow out too soon. After sometime patient was advised to get up from the table and take rest in their bed. Basti Pratyagamana Kala was also recorded.

Posology

Two oils were use for Vasti treatment half of the patients receive Dashamoola oil Vasti and the rest Tila taila Vasti. Dose 60 ml per day continue 07 days for two consecutive menstrual cycle given in mid cycle in morning hours.

Criteria of assessment

The effect of the therapy was assessed considering to the overall improvement in signs and symptoms by specially made grading system.

Follow up

After stopping the administration of the drugs under trial, patients were advised to report weekly for follow up study, which was carried out for 2 month.

Results

Discussion

Total 13 patients were reported with Hypomenorrhoea, significant and highly

Table 1: Effect of Matra Vasti on Hypomenorrhoea (n =13)

Oil used	Mean		%of relief	S.D.	S.E.	t	P
	B.T.	A.T.					
Dashamoola oil	1.33	1.16	46.66 %	0.753	0.31	3.796	<0.05
Sesame oil	2.00	0.50	75%	0.756	0.27	5.612	<0.001

Table 2: Effect of Sesame oil Matra Vasti on Oligomenorrhoea (n = 08)

Symptom	Mean		% of relief	S.D.	S.E.	t	P
	B.T.	A.T.					
Dashamoola oil	2.2	0.6	72.73%	0.547	0.24	6.532	<0.01
Sesame oil	2.00	0.40	80%	1.140	0.51	3.14	<0.05

Table 3: Effect of Dashamoola Taila Matra Vasti on Primary Dysmenorrhoea (n= 18)

	No of pt.	Mean		% of relief	S.D.	S.E.	t	P
		B.T.	A.T.					
Severity of pain	18	2.23	0.67	70%	0.922	0.22	7.159	<0.001
Duration of pain	18	2.00	0.83	63.89%	0.826	0.19	6.559	<0.001

Table 4: Effect of Sesame oil Matra Vasti on Primary Dysmenorrhoea (n= 17)

	No of pt.	Mean		% of relief	S.D.	S.E.	t	P
		B.T.	A.T.					
Severity of pain	17	2.12	0.76	63.89%	0.606	0.15	9.200	<0.001
Duration of pain	17	2.00	0.58	70.58%	0.939	0.23	6.196	<0.001

significant results were shown for Dashamoola taila and Tila taila matra vasti (Table 01). Among 08 Oligomenorrhic patients Dashamoola oil receive group shows insignificant results but 73% relief (Table 01) and Tila taila group results were significant (Table 02). When considering the oligomenorrhoea Dashamoola group 72.73% and Sesame oil group 80% relief were found. In the case of dysmenorrhoea irrespective of the oil use all the group shows highly significant result (Table 3&4). By these findings it had being noticed Vasti treatment shows encouraging results on three different menstrual disorders. When considering the Ayurvedic concepts of menstrual disorders and Vasti treatment it is well prove this clinical findings.

According to the Ayurveda Hypomenorrhoea, Oligomenorrhoea and Dysmenorrhoea (gynecological disorders) do not occur without vitiation of Vata thus it has being told first of all Vata should be normalized, and only then treatment for other doshas should be done. (B.P./chi./70/35)[2]

Importance of Basti treatment on menstrual disorders

There are several aspects to discuss how Basti treatment works on menstrual disorders.

According to Acharya Charaka Vata plays key role in all types of Yoni roga. It has mention a woman never suffer from gynecological diseases (Yoni Roga) except as a result of affliction by the aggravated Vayu. There fore first the aggravated Vayu should be alleviated, and only there after therapies should be administered for the alleviation of other Doshas (Ch./ chi./ 30/115-116)[3]. Apart from that menstrual disorders are Pakvashayagata vyadhi and Pakvashaya is the seat for Vata (Su./su./21/06)[4]. Pain is the main feature of the disease Dysmenorrhoea, and it has mentioned in Susruta Samhita without Vata there cannot be pain (Su./su./17/08)iv. These factors show the strong relationship between Vata Dosha and menstrual disorders.

There is no medicine upon oil for the treatment of Vata Dosha.(Ch./chi. /28/181)[5] for this study Vasti has being selected as a route of administration of this medicine (oil). Basti has being mentioned as one of the best therapeutic procedure for alleviation of Vata Dosha (Ch./su./25/40)[6]. Again Basti can be consider as a closest path to reach Pakvashaya than other treatment procedures.

Matra-Basti

Matra Basti is a type of Sneha Basti i.e. Anuvasana Basti, described in the classics. It is termed so, because the dose of Sneha used in is very less as compared to the dose of Sneha Basti. (Ch./si./4/52-53[7]; A.H./su./19/67[8]; Su./chi./35/18[9]) According to Acharya Vagbhata, the Matra Basti is the type of a Basti in which the dose of Sneha is equal to Hrasva Matra of Snehapana. (A.H./su. / 19/68-69[viii]) According to Charaka, Matra Basti is recommended for daily use in persons emaciated by over work, over exertion, load lifting, way-faring, and riding or indulgence in women, in debilitated persons as well as in those afflicted with Vata disorder. (Ch./si./4/52-54)[vii]. In Ashtanga Samgraha it has indicated for Stri.

Mode of action of Basti on Kashtartava

Mode of action of Matra Basti is defined in Ayurvedic classics very well. Acharyas have explained its mode of action on Ayurvedic principles of Dosha & dosha-Dushya Sammurchhana. Mode of action of Matra Basti is also possible to define on the basis of the modern accepted theories. There are three theories, which are being tried to explain the mode of action of Basti. These are - i) absorption through gastrointestinal system, ii) stimulation of enteric nervous system (ENS) & iii) system biology.

The Basti drug are absorbed from the intestines through the rich blood supply of rectum and acts on all over the body. From capillaries and lymphatics of intestines, it will reach to systemic circulation and then will act on all the bodily organs. This theory is same as the theory given by Acharya Sushruta[10], where he defines how Basti acts on whole the body after reaching in the gastrointestinal tract. Acharya Sushruta says that the Virya of Basti administered through the Basti reaches the whole body through the channels (Srothas) as the active principles in the water when poured at the root of the tree reaches the whole plant.[11] Acharya Charaka has also described the similar view to modern theory

of absorption to explain the action of Basti[12]. As tree irrigated in its root level attains nourishment for whole tree, In the same way, Basti drugs given through rectum (Rich of blood vessels, lymphatics & nerves) nourishes all the limbs & organs of the body. Whole body is composed of Srotamsi, the channels (micro and macro) from where things can (metabolites) travel. Srotamsi can be correlated with all the biological channels (Blood vessels, lymphatics, capillaries etc.), pores, paracellular spaces, intercellular spaces etc. these are not restricted to organs, systems, cells, but also to the nucleus of the cells.(Concept of system biology)[13]

Thus, Basti Dravya normalizes the function of Vata by pacifying it after reaching all over the body. Its contents act through their different chemical constituents to restore the normal menstrual physiology and thus, relieve pain during menstruation.

Action of Basti on Vata aggravation can also be explained on the basis of action of Basti on neuro-humoral pathways, as most of the physiological actions of Vata include the neuro-humoral functions. On the neuro-humoral system of body, Basti acts by stimulating CNS through ENS[14]; by restoring the physiology at molecular level and it can also act on the inflammatory substances like prostaglandins & vasopressin etc. by its various contents (after their absorption) which have anti-inflammatory property. It has been found that endogenous opioids which are generated in pituitary, hypothalamus as well as in peripheral tissues including GIT (Gastro intestinal Tract) specially Endorphins[15] play role in regulating the secretion of pituitary hormones; Vasopressin, Oxytocin etc. Thus, it normalizes the neuro-transmitters, hormonal & neural pathways and relieves all the symptoms complex emerged as a result of neuro-humoral imbalances in the patients of dysmenorrhoea. Medicinal property of oil reach to the CNS through ENS and normalize the functions of hypothalamo-pituitary-ovarian axis, causes normalizes hormonal levels.

Apart from that therapeutic action of Basti can be affect on Kashtartava by following

mechanisms; improves overall nutrition status of body, improves intestinal health and absorption, nourishing the system, increasing the immunity, by detoxifying the system, by action of active principle of drug it breaks the pathology. The newer approach of system biology getting popular in modern science is very much similar to holistic approach of Ayurveda. It believes that human body does not act on reductionist approach, rather it acts in holistic way. All the systems are interrelated on molecular level, and the change at molecular level on one system will affect whole the body. This theory is same as the Ayurvedic theory of Tridoshas. Dosha acts on all the organs simultaneously and its functional disturbance will influence all bodily functions. Thus, Basti will act not only the pain, but the entire whole the clinical picture of Kashtartava (physical & mental symptoms) of body by normalizing the functions of Vata.

Conclusion

Vasti treatment can be considered as an effective line of management for tested menstrual disorders including Hypomenorrhoea, Oligomenorrhoea and Dysmenorrhoea. Out of several hypotheses its exact mode of action on breaking the pathology of menstrual disorders is to be studied in future.

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