



**A Clinical Evaluation of *Chaturbeeja churna* in comparison to Individual Effects of
Kalajaji and *Yavani beeja churna* in Management of Menstrual Cramp Pain
Associated with *Kashtartava* [Primary Dysmenorrhoea]**

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ABSTRACT

Ayurveda considers health as a pre-requisite for leading a happy life. The word *Kasta* means painful and *Artava* means menstruation. Painful menstruation (Dysmenorrhoea) makes to suffer a lot in women and adolescent girls. *Kashtartava* broadly covers all the problems and ailments that a woman may suffer from pain during menstruation. Dysmenorrhoea is the most common gynaecological complaints in young women who present to clinician's with complaining of pain during menstruation that interferes with daily activities. Its prevalence is estimated at 25% of women and up to 90% of adolescents. In the present study, *Kashtartava* is related with Primary dysmenorrhea. As per the classical *Ayurvedic* texts, the herbs of *Chaturbeeja* viz, *Methika* (*Trigonella foenum-graecum* linn.), *Chandrasura* (*Lepidium sativum* linn.), *Kalajaji* (*Nigella sativa* linn.) and *Yavani* (*Trachyspermum ammi* linn.) have been reported to possess properties like *Garbhasaya shodhaka*, *vatahara*, *shoolaghna*, and *dhatu poshaka* which can be inferred for their beneficial effects in management of *kashtartava*. On this, a clinical study in the management of *kashtartava* by *Chaturbeeja*, *Yavani* and *Kalajaji* powders had been conducted to the subjects with Primary dysmenorrhoea, for a period of 15 days, starting from 5 days prior to menstruation for 3 consecutive cycles. 60 subjects participated in the study and had made 3 groups of 20 subjects in each. Results were assessed by subjective, objective criteria and statistically analysed. At the end of the study the three trial groups had shown significant action in relieving the symptoms of Primary dysmenorrhoea. Among the three groups, subjects under *kalajaji* group showed better result in improvement in the daily routine activities and reduction in pain.

Key words: *Kashtartava*, Primary dysmenorrhoea, *Kalajaji*, *Yavani*, *Chaturbeeja*