

2. KAṢṬĀRTAVA (DYSMENORRHOEA)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kāśisa Bhasma (ferrous sulphate)	Bhasma	250 mg BD	Triphalā kwātha	Rm. 3/158
2.	Kārpāsa kwātha (Gossypia herbaceum/Carpus luteum)	Kwātha	30 BD	Water	B. P. Yonirogā dhikāra
3.	Kumārī Ghanasāra (Aloe barbadensis)	Rasakriya	500 mg BD	Warm water	B. P.

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Kumāryāsava	Āsava	20 ml	With equal	S.S.Ma.

			BD	Qty. of water after mealy	K.10/18-27
2.	Jīrakādyariṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B. R. Sūtikā roga Cikitsā
3.	Rajaḥpravartanī vaṭī	Vaṭī	250 mg BD	Tila kwātha, kulattha kwātha	B. R. Strīroga Cikitsā
4.	Naṣṭapuṣpāntaka rasa	Vaṭī	250 mg BD	Tila kwātha mixed with guḍa	B. R. Yoniroga Cikitsā
5.	Phalakalyāṇaka Ghr̥ta	Ghr̥ta	10 gm BD	Luke warm Milk, sitā	B. R.
6..	Saptasāra Kaṣāya	Kwātha	30 ml BD	Water	S.Y.Pr. P.

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley	
Others	Garlic, milk, meat juice, oil, long pepper, lauha bhasma, abhayāriṣṭa, balātaila	Maṇḍa, diets and life style causing aggravation of Vāta doṣa
Life style	Uction, sudation, therapeutic enema (vasti)	-

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.