

An Ayurvedic Management of Artava Kshaya: A Case Study

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Date of Submission: 01-05-2025

Date of Acceptance: 10-05-2025

ABSTRACT

In this universe only females have been vested with the power of creation next to the Almighty God. This is why Women are considered as reflection of the God in this world. There are many physiological changes are seen in the each stage of her life, especially in reproductive stage. Changes in physical and mental wellbeing profoundly affect menstrual cycle. In the present era, the Life style and food habit, increased stress, strain and restlessness, this expanded the sprade of menstrual disorders. Among all the menstrual disorder, Artavakshaya is a common menstrual disorder. Ratio of Menstrual disorder is raising in gynecological practice which precursor of infertility and other problems. Hence Nashtapushpantakarasa and Krishnatilakwatha are selected for the case study which are agnya, pitta vardhaka and vata kaphashamaka.

Keywords:

Artavakshaya, oligomenorrhea, Nashtapushpantakarasa, Krishnatilakwatha.

I. INTRODUCTION

Woman undoubtedly is the ultimate source of human progeny. As human life is constantly influenced by the rhythmic phenomenon, the female menstrual cycle involves dramatic monthly hormonal changes affecting a woman's emotional and physical state.

Most of the menstrual disorders have been described under the heading of ashtaartavadushti, asrigdara, artavakshaya in our classics.

Artavakshaya is not explained as a disease. Moreover, it is a symptom in some diseases. Acharya susruta explains artavakshaya lakshana¹ under Dosha dhatu mala kshaya

vriddhivignanam. It can be compared with "Hypomenorrhoea"² and "Oligomenorrhoea"³ in modern science to some extent on the basis of its signs and symptoms.

CASEREPORT

A 20 year old unmarried woman who is a student visited the OPD of Prasooti Tantra and StreeRoga, Major S.D. Singh P.G. Ayurvedic Medical College and Hospital, Farrukhabad, on 30th November 2024 with the complaints of delayed menses with scanty menstrual flow since 2 months. Scanty P/V bleeding on 1st day and spotting on 2nd day and lower abdominal pain on 1st day of menstruation, which is spasmodic in nature on since 2 months.

Past history:

No H/O DM/HTN/Thyroid dysfunction or any other medical or surgical history.

Family history:

No history of similar problem in any of the family members.

Personal History:

Diet–Vegetarian.

Appetite- Good

Bowel-Once/day.

Micturition-4-5times/day 2-3times/Night.

Sleep – Sound sleep

Menstrual & Obstetric history:

Age of Menarche-12yrs

Menstrual cycle-2days/ 50-55days since 2months

1pad/day No clots

Pain abdomen on 1st day

L.M.P – 15/10/2017

ASHTASTHANA PAREEKSHA

Nadi-78bpm

Mootra-4-5times/day 2-3times/Night. Mala - Once a day.

Jihwa- AliptaShabda-Avishesha

Sparsha-Anushnasheeta Druk - Avishesha

Aakruti –Madhyama

DASHAVIDHAPAREEKSHA

Prakruti – Vata-Kapha

Vikruti- Madhyama

Sara - Madhyama

Samhanana-Madhyama

Pramana-Dhairgya–150cmsDehabhara-68kg

Satmya - Madhyama

Satva-Madhyama

Aahara Shakti- Madhyama

AbhyavaharanaShakti – Madhyama

JaranaShakti-Madhyama

Vyayama Shakti – Madhyama

Vaya-Youvana

Generalexamination

Built -Moderate

Nourishment-Moderate

Temperature–97.6 °F

Respiratoryrate-22/min

Pulserate–72bpm

B.P-116/74mmofhg

Height–155cms

Weight-65Kg

Tongue:Uncoated

Systemicexamination

CVS: S1 S2 Normal.

CNS:Welloriented,conscious.

RS: normal vesicular breathing, no added sounds.

P/A: Soft, Non tender.

INVESTIGATIONS-30/11/24

Hb – 10.8mg/dl

USG- Abdominal Pelvis- Impression-No sonographical abnormality detected.

Intervention

Nashtapushpantakarasa 1TID after food

Krishna Tila Kwatha 15ml BD after food with 15ml water.

Medicines wer eadministered for 3 Months.

II. OBSERVATION AND RESULTS

Table1: Changes in signs and symptoms before and after treatment

Signsand symptoms	Beforetreatment	Completion of 1 st menstrual cycle after treatment	Completion of 2 nd menstrual cycle after treatment	Completion of 3 rd menstrual cycle after treatment
Interval between two cycles	50–55 Days L.M.P 17/10/2024	50-55Days –L.M.P – 12/12/2024	30-35Days L.M.P – 14/1/2025	28-30Days L.M.P – 12/2/2025
Duration of bleeding	2 days	4 days	5 days	5 days
No of pads used per day	1pad/day	2pads/day	3-4pads/day	3-4pads/ day
Yonivedana	Severe lower abdominal pain on 1 st day	Lowerabdomen pain on 1 st and 2 nd day	Lower abdomen pain on 1 st day	Lower abdomen pain on 1 st day

III. DISCUSSION

Artavakshaya occurs due to vitiation of Vata and Kapha doshas. In this condition the yathochithakaleartavaadarshana, alpata, yonivedana, irregular and scanty menstrual flow will occur due to Srotoavarodha. In this condition, especially with the help of Pittavardhaka (Agnaya) Dravyas, shodhana of Artavavaha Srotas, removes Srotoavarodha and brings up the normal menstrual flow. Nashtapushpantaka rasa⁴ and Krishna Tila Kwatha⁵ selected to evaluate their efficacy in the management of Artavakshaya.

The drug nashtapushpantaka rasa is a herbo-mineral preparation it contains ingredients like Daruharidra, Kuṣṭha, Bruhati, Rasna, Danti, Kakamachi, Kapikacchu, Talisapatra, Vetasa, Tamra, Ṭankaṇa, Loha, Vanga, and Abhrakabhasma, which are uṣṇavirya, kapha-vatashamakawhich helps for sampraptivighatana of artavakshaya. Drugs like kakamachi, talisapatra, vetasa, vamshalochana, danti, kusthaand bruhati are agnideepakaand helps in improving agni, which in

turn improves rasadhatu and helps for increasing quantity of artava. Drugs like tamra, tankana, rajata, loha, vanga, abhraka, kustha, vamshalochana, madhukaand kapikacchuare having artavajanana karma. Rajata⁶and tamra⁷having lekhanaproperties act on clearing avaranaand reducing picchilaand kledagunaof kapha, which arethe main components of samprapti. Due to ushnnaviryaaand agneyatwaproperties of all drugs clears the srotoavarodha and increases the blood circulation in the yoni and garbhasaya, be- cause of this there will be formation of healthy endometrium. Because of increased circulation the uterus gets proper nutrition and becomes healthier and thus the menstrual cycles becomes regularized, there will be increase in quantity of artavaas well as duration of bleeding also increases.

Krishna Tila⁸contains madhura rasa, guru, snigdha, ushnnavirya and madhuravipaka. It also has snehana, vedanasthapana, sandhaniya and artavajanana properties. Krishna tilahaving madhurarasa and vipaka. Madhurarasanourishes and gives strength to rasa dhatu and mamsa dhatu. It increases secretions and decreases degeneration of endometrium. Madhura rasa contains carbohydrates in abundance and less protein, which is very important constituent of endometrium. Balyaand rasayana karma of krishnatilaincrease the rasa dhatu which is directly responsible for 'artavautpatti'. Due to its ushnaveeryait removes the srotorodha and increases the secretionof endometri- al glands (improvement of proliferative stage).

IV. CONCLUSION

Artavakshaya is not directly explained as a disease in our classics but has been described under upadhatukshaya very systematically and as a symptom of artavavikar in many classics. In Ayurvedic classical texts, treatment is mentioned to keep the doshas in equilibrium. It can be achieved by Samsodhana and Samshamana (in form of Agneyadravyas). Hence for the present study shamanaline of treatment was selected as the medicines are easily available, palatable and cost effective. Nashtapushpantaka rasa and Krishna Tila Kwatha were found to be very effective. Early diagnosis and timely treatment can cure the condition and prevent complication like infertility.

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