

An Ayurvedic Management of Artava Kshaya: A Case Study

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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 theeach 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, Artavakshayais 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 agenyas, pitta vardhakaand vatakaphashamaka.

Keywords:

Artavakshaya, oligomenorrhoea, 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, artavakshayain our classics.

Artavakshayais not explained as a disease. Moreover, it is a symptom in some diseases. Acharya susruta explains artavakshaya lakshana¹under Dosha dhatu mala kshaya

vriddhivignanam. It can be compared with "Hypomenorrhoea²" and "Oligomenorrhoea³" 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 scantymenstrual flow since 2 months. Scanty P/V bleeding on 1st day andspottingon2nddayand lowerabdominal 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 inany of the family members.

Personal History:

Diet–Vegetarian.

Appetite- Good

Bowel-Once/day.

Micturition-4-5times/day2-3times/Night.

Sleep – Sound sleep

Menstrual & Obstetric history:

AgeofMenarche-12yrs

Menstrualcycle-2days/ 50-55daysince2months

1pad/day No clots

Painabdomenon1stday

L.M.P – 15/10/2017

ASHTASTHANA PAREEKSHA

Nadi-78bpm
 Mootra-4-5times/day2-3times/Night. Mala - Once a day.
 Jihwa- AlipaShabda-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–97.6⁰F
 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
Noofpadsused perday	1pad/day	2pads/day	3-4pads/day	3-4pads/ day
Yonivedana	Severe lower abdomen painon1 st day	Lowerabdomen pain on1 st and2 nd day	Lower abdomen painon 1 st day	Lower abdomen painon 1 st day

III. DISCUSSION

Artavakshayaoccurs 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 (Agneya) Dravyas, shodhana of Artavavaha Srotas, removes Srotoavarodha and brings up the normal menstrual flow. Nashtapushpantaka rasa⁴and Krishna Tila Kwatha⁵selectedtoevaluatetheirefficacyinthemanag

ement 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 uṣṇaviryā, kaphavataśamakawhich helps for sampraptivighatana of artavakshaya. Drugs like kakamachi, talisapatra, vetasa, vamshalochana, danti, kusthaand bruhatiare agnideepakaand helps in improving agni, which in

turn improves rasadhātu and helps for increasing quantity of artava. Drugs like tamra, tankana, rajata, loha, vanga, abhraka, kustha, vamshalochana, madhuka and kapikacchu are having artavajanana karma. Rajata⁶ and tamra⁷ having lekhanaproperties act on clearing avarana and reducing picchila and kledaguna of kapha, which are the main components of samprapti. Due to ushnaviryā and agneyatwā properties of all drugs clears the srotāvarodha and increases the blood circulation in the yoni and garbhasaya, because 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 become regularized, there will be increase in quantity of artava as well as duration of bleeding also increases.

Krishna Tila⁸ contains madhura rasa, guru, snigdha guna, ushnaviryā and madhuravipaka. It also has snehana, vedanasthapana, sandhaniya and artavajanana properties. Krishna tila having madhurarasa and vipaka. Madhurarasa nourishes and gives strength to rasa dhātu and mamsa dhātu. It increases secretions and decreases degeneration of endometrium. Madhura rasa contains carbohydrates in abundance and less protein, which is very important constituent of endometrium. Balya and rasayana karma of krishna tila increase the rasa dhātu which is directly responsible for 'artavautpatti'. Due to its ushnaveeryait removes the srotāvarodha and increases the secretion of endometrial 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 doṣhas 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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