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Case Study

A CASE STUDY ON KSHAYA ARTAVA

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ABSTRACT-

Ayurveda is the science of life. In *Ayurveda*, through different treatment modalities of *Ayurveda*, one can maintain the healthy status of body and prevent the disease occurrence and cures the diseases in natural way. In the modern world, the life style, food habit and just for unnecessary desires have increased stress, strain and restlessness which have resultantly increased menstrual disorders. *Artavadusti* is very important among gynaecological problems. Ratio of menstrual disorder is rising in gynaecological practice which is precursor of infertility and other problems, so it requires more attention. Menstrual disorder affect on mental state of women. Many Menstrual disorder i.e oligomenorrhoea, hypomenorrhoea require counselling with appropriate treatment. There is an altered physiology in the H-P-O-U axis.¹ Hence *Venuparvadi Kwatha* is selected for the case study which is *Agneya, Pitta Vardhaka* and *Vata Kapha Shamaka*.

Key words- Vata kapha syamaka, artava, H-P-O-U axis

Introduction:

God has blessed the woman with most valuable gift of motherhood. Woman have been placed on extreme worship place because woman is origin of the progeny. That's why woman is regarded as the whole universe. In *Ayurveda*, the word "Artava" has two types i.e. "Antahpushpa" (Ovum) and "Bahirpushpa" (Artava). These two types are inter related. As far as present work is concerned, the word "Artava" has been restricted to "Bahirpushpa" i.e. menstrual blood only. On reviewing our *Ayurvedic* classics we found that "Artava Kshaya" is not explained as a disease in any texts where as it has been described very systematically as a symptom of so many gynaecological disorders in many classics.¹ When we compare the disease *Artava Kshaya* with the modern medical science Hypomenorrhoea and Oligomenorrhoea can be compare to some extent on the basis of its signs & symptoms.

Aims and Objectives:

- To understand the delayed and scanty menstruation in perspective of Ayurveda.
- To assess the efficacy of Ayurvedic medicine in Artava Kshaya.

Material and methods:

Informed written consent was taken from the patient in her own language and case was recorded as per case performa.

Case Report

A 24 years old unmarried girl who is a student visited the OPD of *Prasuti Tantra & Stri Roga*, National Institute of Ayurveda, Jaipur on 28/11/2018 with the complaints of delayed menses with scanty flow since 6 months. Pregnancy was excluded by UPT. Her sonography report was normal.

History of present illness:

According to patient she was asymptomatic before 6 months She had regular periods with normal flow. from 6 months back to now her interval between cycle increases and amount of flow decreases gradually. Patient had history of taking oral hormonal pills for induction of menses 3 months back for 5 days, but she didn't get her cycle since then, later she came

to NIA OPD for further management.

Past history: No H/O

DM/HTN/Thyroid dysfunction or any

other medical or surgical history

Family history: No history of similar problem any of the family members.

Amount of Flow- Scanty (Day 1st- 1 pad, Day 2nd- only spotting) Intensity of Flow-1 pad/cycle

Pain –Moderate

Menstrual history:

Present

menstrual

history Age of

Menarche – 14

years LMP -

27/10/2018

Duration of Flow-1 to 2 days Interval -60 to 90 days

Past Menstrual History

Duration of Flow-4-5 days

Interval-28-30 days Amount of Flow-Moderate

Intensity of Flow-6-7 pads/cycle Pain-mild

Personal History:

Appetite - normal

Sleep-Sound sleep (Also Day sleep for 1-2 hrs) Bowel-

Constipated (1 time in 2-3 days)

Bladder- 5-6 times/ day

The patient belongs to middle socio-economic class with mixed dietary habit with regular use of *Madhura* and *katu rasa Pradhana Ahara*, having junk food (*Virudhhahara*) like Pizza, burger Manchurian, chocolates, chips, deep fried.

Vihara shows sedentary habits, No practice of

Ashtavidha Pareeksha

Nadi – 78/min (*Gati- Madhyama*) *Mal -Picchila*

Mutra - *Samyak*

Jivha – *Prakrita, Ras Grahana-Samanya Shabda - Spashta*

Sparsh – *Aadra,Snigdha Druk - Samanya*

Akruti - *Sthool* (Height-152cm,Weight-72kgs, BMI-31.1)

Dashavidha Pareeksha:

Prakruti – Vata-Kapha Vikruti - Madhyama
Sara - Madhyama Samhanana – Madhyama
Pramana - Madhyama Satmya - Madhyama
Satva- Madhyama
Aahara Shakti - Abhyavaharana Shakti –
Jarana Shakti - Madhyama
Vyayama Shakti – Madhyama Vaya -
Youvana

General examination:

Built - Moderate Nourishment - Moderate
Temperature – 98.F Respiratory rate -
22/min Pulse rate – 78 bpm
B.P - 110/70 mm of hg Height – 152 cms
Weight - 72 Kg Tongue : Uncoated

Systemic Examination:

CVS: S1 S2 Normal.
CNS: Well oriented, conscious.
RS: Air entry
bilateral
equalnormal
vesicular
breathing, no
added
sounds. P/A:
Soft, Non

tender.

Investigations - 26/11/18 Hb – 11.6
gm/dl

RBS-98 mg/dl

USG- Abdominal Pelvis- Impression- No
sonographical abnormality detected

Intervention:

*Venuparvadi Kwatha*² 40 ml BD
(*Kwatha* prepared by 20 gms of
kwatha churna with *Guda* as
Prakshepa) before meal
started from 7 days before due
date of menses and continued
for 60 days/2 consecutive
Menstrual cycle.

Ahara Vihara advised:

In take of more green
vegetables, plenty of water,
regular Surya Namaskara,
Kapalabhati, brisk exercise.
Avoid non vegetarian, deep fried,
sweets, chocolates, other junk foods.

Result:

SUBJECTIVE PARAMETERS	Before Treatment	Follow UP	Follow UP	After Treatment	Follow UP
Duration of Menstrual cycle	LMP- 27/10/18 8 1-2 days	LMP- 11/12/18 2-3 days	LMP- 12/1/19 3-4 days	LMP- 9/2/19 4-5 days	LMP- 8/3/19 4-5 days
Interval between Two cycle	60-90 days	46 days	33 days	29 days	28 days
Amount of Flow per day	Scanty	Scanty	Moderate	Moderate	Moderate

Total pads per cycle	1 pad/cycle	3 pads/cycle	4-5pads/cycle	6-7 pads/cycle	6-7 pads/cycle
Pain during Menses	Moderate	Moderate	Mild	Mild	Mild

Discussion:

Artavakshaya occurs due to vitiation of *Vata* and *Kapha Doshas*. In this condition the *Yathochitakale Artava Adarshana*, *Alpata* and *Yoni Vedana* will occur due to *Srotoavarodha*. In this condition, specially with the help of *Pittavardhaka (Agneya) Dravyas*, *Shodhana* of *Artavavaha Srotas*, removes *Srotoavarodha* and brings up the normal menstrual flow. *Venuparvadi Kwatha* selected to evaluate their efficacy in the management of *Artavakshaya*. There are Three ingredients in this formulation one part *Venu Parva* (*Bambusa arundinacea* Willd), two part *Soya seed*³ (*Anethum sowa* Kurz) and *Guda* as *Prakshepa*. *Artavapravritti* mainly regulates by *Vata*, here drugs having *Madhura Rasa* and *Vipaka* which is '*Vata Shamaka*'. Due to *Ushna Virya* inhibits the *Sheeta Guna* of *Vatadosha*. *Artava* is '*Agneya*' that's why influence of *pitta* on '*Artava Utpatti*' is acceptable. ⁴*Ushna Virya*, *Katu Rasa*, *Tikshna Guna* are *Pitta Vriddhikara*. *Artavajanna Karma* of *Venu* and *Shatpushpa* also promotes the action of *Pitta*. *Artava kshaya* also depends upon vitiation of *Kapha*. In '*Artava kshaya*' *Pichhila Guna* and *Kledaka Dosha* of *Kapha* increased. *Ushna Virya* and *Ruksha Guna* decreases *Pichhila Guna* of *Kapha*. As, we know the *Artavajanana karma*, this *karma* of the drug has direct effect on *Artava*. By this *karma* the menstruation takes place at regular intervals with

regular normal duration. *Artava* is *Updhatu* of *Rasa* and some *Acharyas* consider as *Updhatu* of *Rakta*. Efficacy of drug is depends upon how it works on *Rasa and Rakta*. *Venu* having *Madhura Rasa* and *Vipaka*, *Madhura Rasa* nourishes and gives strength to *Rasa Dhatu* and *Mamsa Dhatu*. which is directly responsible for '*Artavautpatti*'. Due to property of *Katu Rasa* and *Ruksha, Tikshna Guna*, it remove the obstruction in *Srotas* by *Lekhana karma*, it acts through extra vascularising the uterine musculature, along with it cures the *Upalepa* produced by *Kapha* in the *Artavavaha Srotas* and dilate the passage. *Kapha Vilayan* occurs in this way they help in *Srotoshodhana*. As obstruction is cleared, free flow of *Artava* occurs into lumen. It has *Deepana, Pachana, Anulomana* and *Krimighna* properties so, it is used in *Aruchi, Agnimandhya, Ajeerna, Udarshoola, Krimi* etc. *Pachana* means *Shamana* of the *Doshas*. In case of *Artava kshaya* the obstruction in *Srotas* is due to *Kaphavritta Vata*. *Shatpushpa Churna* possess *Deepana & Pachana karma* due to *Ushna Virya* and it lead to *Agnivardhana* so in this way it act on *Agnimandya and Ajeerna*. *Agnivardhana* i.e. *Jatharagni, Dhatavagni* increase the production of *Rasa Dhatu* which effect on *Artava Updhatu*

Conclusion:

Artavakshaya is not directly explained as a disease in our classics but has been described under *upadhatu kshaya* very systematically and as a symptom of *Artava Vikaras* 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 *Agneya Dravyas*). Hence for the present study *Shamana* line of treatment was selected as the medicines are easily available, palatable and cost effective. *Venuparvadi Kwatha* was found to be very effective. Early diagnosis and timely treatment can cure the condition and prevent complication like infertility.

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² *Siddha bhaishajya manimala stri Roga chikitsaadhyaya* 7 pg no 341

³ Kashyapa Samhita. 7th ed. Varanasi: Chowkhamba Sanskrit Pratisthana; 1994. Vidyotini Hindi Commentary; p. 184

⁴ Mishra BS, editor. Varanasi: Chaukhamba Sanskrit Sansthana; 1969. Bahvaprakash Samhita Purva Adhyaya 3/206 with Vidyatini Hindi comm; p. 63