

A CASE STUDY ON ARTAVA KSHAYA

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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 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, *Artava kshaya* is a common menstrual disorder. Ratio of Menstrual disorder is raising in gynecological practice which precursor of infertility and other problems. Hence *Nashtapushpantaka rasa* and *Krishna tila kwatha* are selected for the case study which are *agenya*, *pitta vardhaka* and *vata kapha shamaka*.

Keywords: *Artava kshaya*, oligomenorrhea, *Nashtapushpantaka rasa*, *Krishna tila kwatha*.

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 *ashta artava dushti*, *asrigdara*, *artavakshaya* in our classics.

Artava kshaya is not explained as a disease. Moreover, it is a symptom in some diseases. *Acharya susruta* explains *artava kshaya lakshana*¹ under *Dosha dhatu mala kshaya vriddhi vignanam*. It can be compared with "Hypomenorrhoea²" and "Oligomenorrhoea³" in modern science to some extent on the basis of its signs and symptoms.

CASE REPORT

A 20 year old unmarried woman who is a student visited the OPD of Prasooti Tantra and Stree Roga, SKAMCH & RC, on 28th November 2017 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 – Non vegetarian.

Appetite- Good

Bowel- Once /day.

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

Sleep – Sound sleep

Menstrual & Obstetric history

Age of Menarche- 12 yrs

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

1 pad / day

No clots

Pain abdomen on 1st day

L.M.P – 15/10/2017

ASHTA STHANA PAREEKSHA

Nadi -78 bpm

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

Mala - Once a day.

Jihwa- Alipta

Shabda - Avisesha

Sparsha - Anushna sheeta

Druk - Avishesha

Aakruti – Madhyama

DASHAVIDHA PAREEKSHA

Prakruti – Vata-Kapha

Vikruti - Madhyama

Sara - Madhyama

Samhanana - Madhyama

Pramana - Dhairgya – 150 cms Dehabhara - 68 kg

Satmya - Madhyama

Satva- Madhyama

Aahara Shakti - Abhyavaharana Shakti -

Madhyama

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 – 150 cms

➤ Weight - 68 Kg

➤ Tongue : Uncoated

Systemic examination

CVS: S1 S2 Normal.

CNS: Well oriented, conscious.

RS: normal vesicular breathing, no added sounds.

P/A: Soft, Non tender.

INVESTIGATIONS - 28/11/17

Hb – 9.9 mg/dl

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

Intervention

- *Nashtapushpantaka rasa* 1 TID after food
- *Krishna Tila Kwatha* 15ml BD after food with 15ml water.

Medicines were administered for 3 Months.

OBSERVATION AND RESULTS

Table 1: Changes in signs and symptoms before and after treatment

Signs and symptoms	Before treatment	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 – 15/10/2017	50- 55 Days L.M.P – 10/12/2017	30-35 Days L.M.P – 12/1/2017	28-30 Days L.M.P – 10/2/2017
Duration of bleeding	2 days	4 days	5 days	5 days
No of pad used per day	1pad / day	2 pads / day	3-4 pads / day	3-4 pads / day
<i>Yoni vedana</i>	Severe lower abdomen pain on 1 st day	Lower abdomen pain on 1 st and 2 nd day	Lower abdomen pain on 1 st day	Lower abdomen pain on 1 st day

DISCUSSION

Artavakshaya occurs due to vitiation of *Vata* and *Kapha doshas*. In this condition the *yathochithakale artava adarshana*, *alpata*, *yoni vedana*, 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 rasa*⁴ and *Krishna Tila Kwatha*⁵ 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 *Abhraka bhasma*, which are *uṣhṇa virya*, *kapha-vata shamaka* which helps for *samprapti vighatana* of *artava kṣhaya*. Drugs like *kakamachi*, *talisapatra*, *vetasa*, *vamshalochana*, *danti*, *kustha* and *bruhati* are *agni deepaka* and helps in improving *agni*, which in turn improves *rasa dhatu* and helps for increasing quantity of *artava*. Drugs like *tamra*, *tankana*, *rajata*, *loha*, *vanga*, *abhraka*, *kustha*, *vamshalochana*, *madhuka* and *kapikacchu* are having *artavajanana karma*. *Rajata*⁶ and *tamra*⁷ having *lekhana* properties act on clearing *avarana* and reducing *picchila* and *kleda guna* of *kapha*, which are the main components of *samprapti*. Due to *ushna virya* and *agnyatwa* properties of all drugs clears the *sroto avarodha* 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 becomes regularized, there will be increase in quantity of *artava* as well as duration of bleeding also increases.

*Krishna Tila*⁸ contains *madhura rasa*, *guru*, *snigdha guna*, *ushna virya* and *madhura vipaka*. It also has *snehana*, *vedanasthapuna*, *sandhaniya* and *artavajanana* properties. *Krishna tila* having *madhura rasa* and *vipaka*. *Madhura rasa* nourishes

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. *Balya* and *rasayana karma* of *krishna tila* increase the *rasa dhatu* which is directly responsible for '*artava utpatti*'. Due to its *ushna veerya* it removes the *srotoavarodha* and increases the secretion of endometrial glands (improvement of proliferative stage).

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. *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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