

ARTAVANASHA (SECONDARY AMENORRHOEA) AN AYURVEDIC PERSPECTIVE: A CASE STUDY

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ABSTRACT

According to *Acharya Sushruta*, Secondary amenorrhoea is described as destruction of *Artava (Nashtartava)* as well as one of the symptoms of *Artava-Vaha Strotasa Viddha Lakshana*, in which he describes that mechanical injury to *Garbhashaya* i.e. uterus may lead to *Artavanasha* which means secondary amenorrhoea, this results in infertility. His description is a holistic approach to treat such conditions. Here, we have described a case study of secondary amenorrhoea which was due to MTP. We considered the MTP as mechanical injury to *Artava-Vaha Strotasa* and treated the patient with *Yoga Basti* with *Dashamoola Kwatha* etc. and *Uttara Basti* with *Apamarga Kshara Taila* and *Phala Ghrita* and got surprising result in secondary amenorrhoea and infertility.

Keywords: Secondary Amenorrhoea, Infertility, *Yoga Basti*, *Uttara Basti*, *Artava-Vaha Srotas Viddha*, *Artavanasha*.

INTRODUCTION

Secondary Amenorrhoea is defined as amenorrhoea of 6 months or more in a woman with previous normal menstrual patterns in absence of pregnancy and lactation. The causes for secondary amenorrhoea in modern system of medicine are physiological like pregnancy and lactation and pathological like Gynatresia, Asherman's Syndrome following excessive curettage during D&C, MTP, Uterine packing in postpartum haemorrhage, Uterine infection, Tubercular endometritis, Ovarian

causes, Nutritional causes, Pituitary causes and Hypothyroidism, etc.¹

According to *Acharya Sushruta*, secondary amenorrhoea is described as destruction of *Artava (Nashtartava)* as well as one of the symptoms of *Artava-Vaha Strotasa Viddha Lakshna*.² Non-appearance of *Artava (Anartava)* is described by *Acharya Vagbhata*.³ *Acharya Bhela* has described absence of *Raja* ⁴ and *Acharya Bhavaprakasha* has mentioned *Rajonasha*.⁵ The available modern treatment for secondary amenorrhoea

is progesterone challenge test(PCT) for 3 months and IUCD insertion for 3 months, it may help in regeneration of basal endometrium.⁶ *Ayurveda* propounds a holistic treatment approach in secondary amenorrhoea. A patient of secondary amenorrhoea (*Anartava*) was treated with such treatment protocol; is presented here as a case study.

A patient, 30 years old female, housewife, Hindu by religion, living presently in Himmatnagar, Gujarat, visited OPD of *Stri Roga Prasuti Tantra* department of I.P.G.T.& R.A. Hospital, Jamnagar on 03/01/2016. She was complaining of secondary amenorrhoea. Her Medical history reveals that, she was a pre-diagnosed case of secondary Amenorrhoea after missed abortion (? Asherman's syndrome). She was curetted for missed abortion of 8 weeks in a private hospital. After that she visited our hospital.

Patient was clinically diagnosed by *Ayurvedic* approach. *Ashtavidha Parikshana* (*Ayurvedic* examination) of the patient was done which is stated as below⁷

1. Nadi-78/min, *Madhyama Bala*,
2. Mala -*Samyaka*,
3. Mutra - *Samyaka*,
4. Jihva - *Nirama*,
5. Shabda - *Avishesha*,
6. Sparsha - *Anushna*,
7. Druka - *Alpashwetata*,
8. Akrti - *Madhyama*,

Udara-Parikshan: Udara-Sthambha.

And the other *Lakshana* (symptoms) are *Agnimandhya*, *Aruchi* etc.

According to *Ayurveda*, she was diagnosed as *Artavanasha* due to *Artava-Vaha Strotasa Viddhata*.⁸ According to *Ayurveda*, *Artava Vaha Strotasa* are two in number having root in *Garbhashaya* and *Artavavahi Dhamanias*.

Injury to *Artava-Vaha Strotasa* results in *Vandhyatva* (Infertility), *Maithuna-Asahishnuta* (Dysparunia) and *Aartavanasha* (Amenorrhoea).⁹ *Dr.Ghanekara* explains *Artavavahi Dhamni* as uterine arteries; especially their capillary bed because, these arteries carry *Artava*. Injury to these vessels may result in infertility and amenorrhoea, due to improper blood supply to uterus and endometrium.¹⁰ *Aamapachana* should be done before giving any *Shodhana Chikitsa*.¹¹ Considering this, she was treated with following plan-

TREATMENT:

1. As the patient was complaining of *Agnimandhya*, she was advised to take *Hingvashtaka Choorna*¹² 2gm twice a day with *Ghrita* before meal for *Deepana Karma* for five days.
2. For *Aamapachana*, *Aamapachaka Vati*¹³ 500 mg twice a day after meal was given for five days
3. For *Garbhashaya Shodhana*, *Yoga Basti* for 8 days, after that next month *Uttara Basti* was administered for 6 days.

After receiving this treatment, menstruation started on 6th day of *Uttara Basti*. Patient visited on 26/02/2016 (1st day of menses). The patient was in continuous follow up. She had three consecutive regular menstrual cycle with normal flow and slight abdominal pain.

DISCUSSION

According to *Ayurveda*, *Raja* is *Upadhatu*¹⁴ of *Rasa* and *Rakta*. *Raktasadrushya Raja* is formed by *Ahara Rasa*, so for *Nirama Ahara Rasa* formation,¹⁵ *Deepana*, (*Hingvashtaka Choorna* with *Ghrita*) and *Pachana* (*Aamapachaka Vati*) was given. For *Raja Pravartana* which is function of *Apana*

Vayu Anulomana (Yoga Basti) was given. For Sthanika Shodhana (Uttara Basti) was given. Samsodhana ensures as a complete eradication of Vikruta Doshas and increases Agneya condition of the body which is resulting into relative increase in Artava.

CONCLUSION

Thus, we can conclude that, as compare to modern view, the holistic approach of Ayurvedic system of medicine gives relief to the patient from secondary amenorrhoea.

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