

A LITERARY REVIEW OF ARTAVA KSHAYA IN AYURVEDA W.S.R. TO POLYCYSTIC OVARIAN SYNDROME

Bhoomika Gupta¹, Sasmita Tripathi², Swaranjali Jangde³, C.A. Ghatge⁴, Anita Sharma⁵

¹PG Scholar, Swasthivritta, N.P.A. Govt. Ayurveda College Raipur (C.G.)

²Reader, MD (Swasthivritta), N.P.A. Govt. Ayurveda college Raipur (C.G.)

³Lecturer, MD (Swasthivritta), N.P.A. Govt. Ayurveda College Raipur (C.G.)

⁴Prof., MD (Prasuti-tantra Avum Striroga), N.P.A. Govt. Ayurveda college Raipur

⁵Prof. MD (Ayurveda), N.P.A. Govt. Ayurveda College Raipur (C.G.)

Corresponding Author: bhoomikagupta00@gmail.com

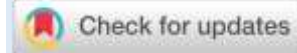
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ABSTRACT

Background - *Artava Kshaya* is one of the menstrual disorders which indicate scanty menstrual flow associated with pain, where vitiaates of *Vata* and *kapha* are predominant. According to **WORLD HEALTH ORGANISATION (WHO)** commonest cause of anovulation and a leading cause of infertility. PCOS affects an estimated 8-13% of reproductive-aged women. Up to 70% of affected women in early ages remain undiagnosed worldwide.^[1] *Lakshanas* of *Artav Kshaya* explained by *Aacharyas* similarities with symptoms of PCOS, such as *Yathochithakala Artava Adarshana* (irregular menses), *Alpata* (scanty menses), *Yoni vedna* (pain in pelvic region). This is mainly due to changes in the sedentary lifestyle, unhealthy food habits, stress, poor nutrition, and obesity.^[2] **Aims and Objectives** - This review aims to explore and understand the theory of *Artava Kshaya* concerning PCOS. **Methods** - *Charak Samhita*, *Sushruta Samhita*, *Kashyap Samhita* and other Granth thoroughly examined to compile a list of references together with *Sanskrit* commentary. Internet searches to locate study papers and related materials.

Key words: *Artava*, *Artava kshaya*, *Nidan*, *Lakshan*, *Samprapti*, *Chikitsa*, PCOS.

INTRODUCTION

Artava kshaya is a significant problem that is occurring all over the world. It is one of the menstrual disorders which indicate scanty menstrual flow associated with pain in variable duration where vitiation of *Vata* and *Kapha* are predominant. *Artava* is an *Updhatu*, formed from *Rasa* within a month after the proper metabolism of *Rakta Dhatu* by its *Dhatvagni* and *Bhutagni*. The decrease or *Kshaya* of *Rakta Dhatu* causes *Artava Kshaya* and simultaneously *Rakta*^[3] polycystic ovarian syndrome (PCOS) is an ascending lifestyle disorder. It is a hormonal disorder among women of reproductive age. Polycystic Ovarian Syndrome is a condition that has a cyst on the ovaries which Prevents ovaries from functioning normally. Symptoms of PCOS include Amenorrhea or irregular menstruation and bleeding pattern, anovulation, multiple immature follicles, increased levels of male hormones, male pattern baldness or thinning hair, excess facial and body hair growth, acne, oily skin or dandruff, dark-coloured patches of skin especially on neck, groin, underarms, chronic pelvic pain, increased weight or obesity, diabetes, lipid abnormalities and high blood pressure.^[4]

Lakshana of *Artava Kshaya* is similar to symptoms of PCOS, such as *Yathochithakala Artava Adarshana* (irregular menses), *Alpata* (scanty menses), and *Yoni Vedna* (pain in the pelvic region) [2]. It is mainly due

to changes in sedentary lifestyle, unhealthy food habits, and stress, which affect physical and mental health.

Primary infertility affects a significant portion of the population, and one of its underlying causes is PCOS. Around 48 million couples and 186 million individuals live with infertility globally. 1 in 7 couples need specialist help to conceive, including some couples who have conceived before. The prevalence of infertility has not changed, although more couples are seeking help than previously. Infertility can be primary or secondary. An estimated 1 in 10 women between the ages of 15 and 44 have trouble conceiving.^[5]

As per *Acharya Sushruta* in this condition, especially with the help of *Pitta Vardhak (Agnaya) Dravyas, Shodhana* of *Artavavah Srotas*, removes *Srotoavarodha* and brings up the normal menstrual flow.^[6]

ARTAVA KSHAYA-

Raktasya Pramanahani^[7]

Rakta- Raja/ Artava

Pramanahani- decrease in amount.

NIDANA OF ARTAVA KSHAYA-

According to *Kashyap Samhita* use of *ati ushna anna paan* and after proper *Snehan* and *Swedana* in *Mridukoshtha vyakti adhika Aushadha sevana* cause vitiation of *Vata* leads to *Pushpo ghat (Artava dusti)*.^[8]

1) <i>Aharaja Hetu</i> ^[9]	<i>Vata Prakopa Nidana</i>	<i>Kapha Prakopak Nidana</i>
a. Acc. to <i>Rasa</i>	<i>Ati katu-Tikta-Kashaya</i>	<i>Ati Madhura-Lavana</i>
b. Acc. to <i>Guna</i>	Excessive intake of <i>Sheeta, Laghu, Ruksha</i>	Excessive intake of <i>Guru, Abhishyandhi, Picchila</i>
c. Acc. to <i>Dravya</i>	<i>Paryushita Anna, Ati Shuska anna</i>	Excessive intake of <i>Anupa, Audaka Pishtika sevana</i>
d. Acc. to <i>Pramana</i>	<i>Abhojana, Visha mashana</i>	<i>Atibhojana, Adhyashana</i>
2) <i>Viharaja Hetu</i>	<i>Ati Vyavaya, Vyayama, Jagarana, Vegadharana</i>	<i>Divaswapna</i>
3) <i>Manasika Hetu</i>	<i>Chinta, Shoka, Bhaya</i>	-
4) <i>Abhigataja Hetu</i>	<i>Vandhya</i>	-

According to Modern Science-

It is mainly due to changes in the sedentary lifestyle, unhealthy food habits, and stress, which affects not only physical and mental health but also.

- Abnormality of HPO-axis

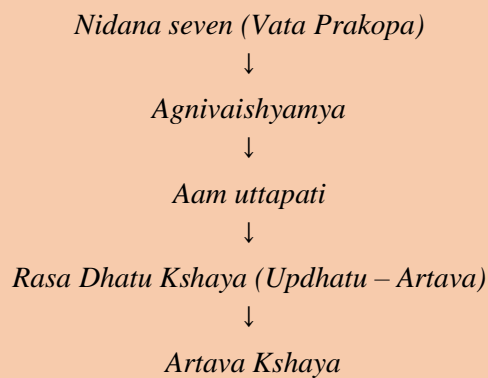
- Genetic inheritance
- Hyperinsulinemia arising from receptor dysfunction.
- Adrenal/ ovarian hyperandrogenemia^[10]

SAMPRAPTI OF ARTAVA KSHAYA –

a) Marg Avarodha janya samprapti-



b) Kshaya janya samprapti -



ETIOPATHOGENESIS OF PCOS-

PCOS is associated with peripheral insulin resistance. Obesity, which is commonly associated with PCOS, has an additive adverse effect on insulin resistance. Specifically, hyperinsulinemia increases GnRH pulse frequency, LH over FSH dominance, increased ovarian androgen production, decreased follicular

maturation, and decreased SHBG binding; all these steps lead to the development of PCOS. Insulin resistance is a common finding among both average-weight and overweight PCOS patients.^[11]

LAKSHANA OF ARTAVA KSHAYA -

Artava kshaya Yathochitakaldarshan Alpata va Yonivedna^[12]

1. **Yathochithakala Artava Adarshana means that Artava does not appear at the appropriate time or** may be delayed.
 - Delayed menarche
 - Duration of flow of menstrual cycle, i.e. less or standard (3-7 days)
 - Interval between two cycles (*Artavachakra Kala*)
2. **Alpata** - This is the second cardinal symptom of *Artava Kshaya*. The word *Alpta* means *kshudra Pramana*. Due to *Desha, Ahara, Vihara* and *Prakriti* variations, quantity may vary.
3. **Yoni vedna** - Due to *Artava kshaya vedna* occurs in the pelvic region. *Vedna* cannot occur without *Vata*. In *Artava kshaya*, consideration has been given to the menstrual and ovulatory aspects of the disease.

According to modern sciences- PCOS is an endocrine metabolic illness; *Lakshanas* of *Artava kshaya* explained by *Acharyas* similarities with symptoms of PCOS, such as

1) Somatic symptoms-

1. Oligomenorrhoea and irregular menstrual periods, cycles may be occurring heavy
2. Infertility due to Anovulation
3. Dyspareunia- painful coital act
4. Prolonged Periods of PMS Like- Bloating, mood swings, pelvic pain, backaches
5. Hirsutism- unwanted body hair, typically in a male pattern affecting the face, chest and legs
6. Acne, oily skin, seborrhea
7. Acanthosis- dark patches of skin, tan to dark brown or black, a sign of insulin resistance, which

is associated with PCOS.

2) Psychic symptoms-

1. Depression
2. Anxiety
3. Disturbed sleep
4. General Fatigue
5. Loss of self-confidence^[13]

CHIKITSA (TREATMENT)-

Nidan parivarjan:

Sanksheptoh Kriyayogo Nidanparivarjan.^[14] - Effacement of the causative factor is the basic treatment of all disorders.

Tatra Samshodhana Agneyanam Ch Dravyana Vividhupyogah^[15] *Artava Kshaya* should be treated by use of purifying measures & *Agneya dravyas*.

1) Samshodhana:

According to Dalhana Tika - only *Vamana karma* should be used, not *Virechana*, because it reduces *pitta*, which decreases *Agneya's nature in the body*; consequently, *Artava* also decreases.

According to Chakrapani Tika - *Vamana* and *Virechana*, both clear upward and downward channels, respectively.

2) Agneya dravyas: -

Ushna veerya drugs help in increasing the quality of *Artava*, as *Artava* is "Agneyam" and also removes the *kapha*, which does *Avarana* to *Apana Vayu*.

Table 02: Sthanika chikitsa (local treatment) –

Anuvasana Basti	<i>Shatavaryadi</i> ^[16]
Uttar Basti	<i>Taila of Jivaniygana dravyas shatapushta taila</i> ^[17]
Varti	<i>Ikswaku-beeja, Danti, Chapala, Madanphala, Guda, Surabeeja, Yavashuka</i> titrated with latex of <i>snuhi</i> , should be placed in <i>yoni</i> . ^[18]

Table no. 03 Abhyantara chikitsa (Internal treatment) –

Kwatha	-Tila, sheluka, varinam and in the form of decoction . ^[19] -Krishna Tila Kwath with Guda ^[20]
Vati	-Rajah Pravartini Vati ^[21] -Kuberaksha Vati ^[22] -Nashtapushpantak Ras ^[23] -Pushpadhanva Rasa ^[24]
Ghrita	-Phala Ghrita ^[25] -Kalyanaka Ghrita ^[26]
Kashay-am	-Sukumar kashayam ^[27]

PATHYA APATHYA:

Pathya:

1. Madya, Mamsam capable of increasing Pitta are Beneficial.^[28]
2. Fish, kulattha, kanji (sour substances), Takra, Sura etc. Be used in diet^[29]
3. Lasuna (Garlic) is beneficial.^[30]
4. Tila, Masha, Sura, Sukta, etc.^[31]
5. Fish, kanji, Tila, Udaswihcha, curd.^[32]

Apathya:

1. Ahara capable of aggravating Nidanasa are contraindicated.
2. Diwaswpna, Ratri jagarana etc^[33]

DISCUSSION

The global prevalence of PCOS ranges from 6 to 21%, related to different diagnostic criteria, ethnicities, and regions. There were 1.55 million new instances of PCOS in women of reproductive ages worldwide in 2017, and 17.23% of these cases were women between the ages of 21 and 30.^[34] In this era of globalisation, people are ignoring their health due to changes in lifestyle, busy schedules and food habits because PCOS is one of the lifestyle disorders that is now dominantly affecting female health. As per Acharyas Sushruta, in this condition, especially with the help of Artava vaha Srotas, Srotoavrodha is removed and brings up the normal menstrual flow. Modern medical science has no ailment to cure PCOS; they are only able to provide symptomatic treatment for it, which has unsatisfactory results, lots of side effects and is costly also. Ayurveda has a holistic approach, and it includes all the absolute or accessory factors in determining health. Yoga also reduces the

factors of PCOS. Umbilicus is the site of Manipura chakra, which controls, governs and regulates the physiology of all abdominal viscera. Asanas, Pranayama, and Bandhas practised near Umbilicus are more effective in treating these diseases than other yoga practices.

CONCLUSION

Artava kshaya is an everyday lifestyle problem occurring worldwide in which Yathochithakala Artava Adarshana, Alpata, and Yoni vedna are the significant symptoms found in females. Tatra Samshodhana Agneyanam ch Dravyanam Vividhopyogah are the treatment of Artava kshaya as mentioned in Susruta samhita. Shatapushpa mentioned in Kashyap Samhita is a Vata kapha Shamak and Pitta Vardhak drug due to katu-Tikta rasa, Tikshna - Snigdha Guna and Ushna Veerya and many more Ayurvedic practical approach mentioned in various Samhita. Diseases are more effectively treated if doctors better understand them. Although PCOS is not mentioned in Samhita, some symptoms of Artava Kshaya are similar to PCOS. So, we can treat it according to Artava Kshaya. This article gives an understanding of PCOS in the context of Ayurveda.

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