

**CONCEPTUAL STUDY OF TARPAK ACTION OF LASHUN ON GARBHASHAY AN-TAKALA IN MANAGEMENT OF ARTAVKSHAYA W.S.R. TO HYPOMENORRHEA.**¹Singh Meenakshi, ²Dandekar Pranali, ³Gaikar Yogesh

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**ABSTRACT**

Women's reproductive system is delicate and complex in the body. Normal menstruation represents the hormonal and gynecological health of the reproductive system controlled by the HPO axis. Similarly, Ayurveda has given importance to the *updhatu* of *rasadhātu* which is *artav* as it is responsible for conception. Due to changes in life-style and eating habits, the disease of *artav* like *Artavkshaya* is rapidly increasing. *Dalhan* has recommended the use of *agneya dravya* in *Artavkshaya*, as *artav* itself is *agneya* in nature. *Acharya Kashyap* has mentioned *lashun* as *rasayan*. By consuming *lashun*, *stree* attains *shuddhi* and does not suffer from gynaec disorders. *Lashun* has properties similar to *agnedyadravya* also mentioned as *Artavajanan dravya*. So, an attempt has been made to apply the *samanesamanasya vruddhi Siddhant* by using *lashun* as *Swayoni vardhan dravya* in *Artavkshaya* by analyzing the characteristic of *lashun*, with special reference to hypomenorrhea along with its chemical constitution, pharmacological and probable mode of action.

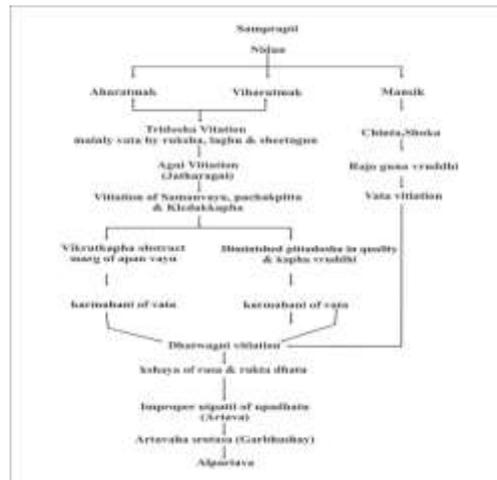
Keywords: *Artav*, *Lashun*, *Artavkshaya*, Hypomenorrhea.

INTRODUCTION

Artav denotes two meanings, *Antahpushpa* (Ovum) which is necessary for conception, and other is *Bahirpushpa* which is denoted as menstrual blood. The present study deals with *Bahirpushpa*. From *rasadhātu*, *raja* is formed. *Rakta* reaching the uterus and coming out for three days every month is called *artav*^[1]. *Raja* is formed from the essence part of *rasa*^[2]. *Artav kshaya* is mentioned by *acharya Shushrut* in *Shushrut sutrasthan* 15. It is characterised by delayed menses, and scanty menses, associated with pain in the vagina^[3]. As *Artavkshaya* is not mentioned as a disease but as a symptom in ayurvedic literature, *Acharya charak* in the first chapter of *nidan sthan* stated symptoms of disease themselves also constitute a disease^[4]. In modern it can be correlated to hypomenorrhoea, oligomenorrhoea or secondary amenorrhoea. Hypomenorrhoea is described as a men-

struation of less than two days^[5]. Treatment of *Artavkshaya* is *shodhan* and *shaman* and as a *shaman chikitsa*, *Āchārya sushrut* has told to use *Swayoni vardhan* or *agneya dravya*^[6]. *Lashun* (*Allium Sativum*) is an ancient herb which is used not only as medicine but also in Indian food as a tempering agent. *Lashun* has all properties of *agneya dravya*. *Acharya Kashyap* stated *aahar is bhashaja* i.e food is medicine. *Lashun* is easily available and cheap and has multiple gynaec uses. Hence it can be quoted - "Let food be your medicine and kitchen be your pharmacy."

Samprapti



Lashun

Botanical Name: *Allium Sativum*

Family: Liliaceae

Synonyms: *Uragandha*, *Yavanasha*, *Rasona*, *Mahaushada*

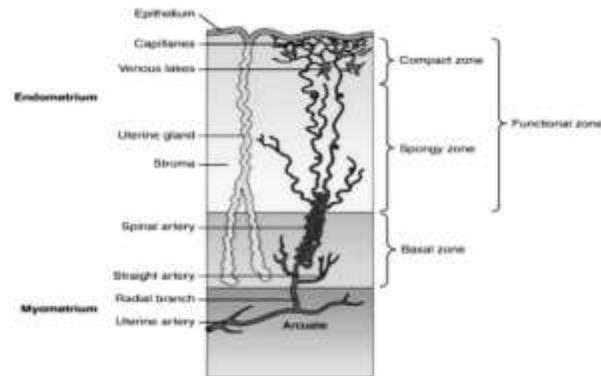
Chemistry: Garlic contains at least 33 sulphur compounds, several enzymes, 17 amino acids, and minerals such as selenium. It contains a higher concentration of sulphur compounds than any other allium species. One of the most biologically active compounds, allicin (daily thiosulfinate diallyl disulphide) does not exist in garlic until it is crushed or cut. Injury to the bulb activates

the enzyme allinase, which metabolizes allin to allicin^[7]

Hematological Effect of Garlic: In modern science garlic has been proven to have an antiplatelet and anticoagulant effect. The chemical constituent which contributes to the antithrombotic effect is allin, ajoene, allicin, and vinyl dithiols. These effects appear to be an important contributor to garlic's role in atherosclerotic conditions^[8].

DISCUSSION

Mechanism of bleeding



According to ayurveda

The blood collected for a whole month by both the *dhamanis* (uterine vessels and the endometrial capillaries) assuming slight black colour and specific odour is brought downwards to the vaginal orifice by *vayu* for excretion.^[9] *Vishwamitra* has clarified that hair-thin vessels fill the uterus for a whole month.^[10] The above description clearly indicates that menstruation is a result of changes going on in the vascular apparatus of the uterus for a whole month, or in other words this refers to cyclic changes of the endometrium which is the *antakala* of *garbhashaya*. *Kala* means *dhatvashayantar maryada* here myometrium is the *dhatu* which is made of *mamsa dhatu*, *aashaya* is the uterine cavity and *kala* is the endometrium lining which is the above-mentioned *garbhashay antakala*.

Probable mode of action:

Lashun has *katuras*, *katuvipak*, *ushnavirya*, *tikshnaguna*, and *raktapitta vardhak* properties^[11] *Lashun* is said to be *shonitvardhak*^[12] Due to all these properties *Lashun* increases blood flow. It's *tikshanguna*, *katuras*, dilates decidual blood vessels, maintains proper endometrial lining (*garbhashay antakala*) which means it does *pu-ran* of *dhamnis* and at end of the month it enhances proper bleeding. It acts as a menstrual stimulator and regulator by action on all *doshas*.

Action on Samprapti Ghatak

Action on Doshas

Vata

Lashun is known for regulation of *vata*^[13]. It has *guru*, *Pichil guna*, and *ushna virya*, this also helps with *vata shamana*. For *artav anulomam vaat Dosha* should be regulated.

Pitta: Due to *katu ras*, *katu vipak*, and *ushna virya* it increases *pitta* by maintaining *kaphavata*. As *artav* is *agneya*, *lashun* does the action of *artav janana*.

Kapha : *Lashun* has *katu ras*, *katu vipak*, *ushna virya* opposite to *kapha*. Due to these properties and with its *tikshnaguna* it normalizes *Vikrut kapha* and clears the obstruction i.e., *strotorodh* and *apan vayu* gets regularized which was obstructed by *Vikrut kaph* and proper bleeding take place.

Effect on dhatus and upadhatu

Lashun improves *dhatwagni* which results in the formation of *prakrut rasa dhatu* and *rakta dhatu* and which further leads to the formation of proper *upadhatu* which is *raja*.

Hence breaking the *samprapti* of *Artavkshaya*.

Effect on Strotas

Due to its *Ushnavirya*, *tikshnaguna* *Vatakapha shamak* properties it removes *strotorodh*. Thus, in this way *Lashun* is *artav janana*.

CONCLUSION

According to modern due to its platelet inhibitory fibrinolytic, smooth muscle relaxant, *Lashun* increas-

es menstrual blood flow through the uterine vessel and endometrial capillaries present in the endometrium lining (garbhashay antakala)⁶. The main principal treatment of Artavkshaya is agni vardhan, Vatakapha shaman, pitta vardhan, and vatanuloman. Sushrut has mentioned using swayoni vardhan dravya which is agneya dravya, which will improve the artav utpatti by the principle of samanen samanasya vrudhi these are fulfilled by Lashun. Hence, proving the Tarpak action of Lashun on garbhashay antakala in the management of Artavkshaya with special reference to hypomenorrhoea.

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