

## A CASE REPORT ON THE MANAGEMENT OF ARTAVA KSHAYA WITH SHATAPUSHPA KALPA AND SHATAPUSHPA TAILA MATRA BASTI

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### ABSTRACT

*Artava Kshaya* is the most common disease among women nowadays. Its prevalence is increasing day by day due to present lifestyle, food habits, stressful lifestyle and many other endocrine and other causes. This is a case study of a female patient who was suffering from delayed menstruation since 1.5 year. She was interrogated for the detailed history and all necessary routine, hormonal and other investigations were done. Then the treatment was planned according to her presenting complaint. She was treated with *Shatapushpa kalpa* and *Shatapushpa Taila Matra Basti* for 2 consecutive cycles. She got her menstruation at regular interval while taking medicines and then she was kept on 2 months of follow up after cessation of medicine. She still continued to have her menstruation regularly without medicine.

**Keywords:** *Artava kshaya, Shatapushpa Kalpa, Shatapushpa taila matra basti, Oligomenorrhoea*

### INTRODUCTION

Out of many menstrual irregularities *Artava Kshaya* is the commonest one in present day scenario. A number of causative factors has been ruled out for this. *Artava Kshaya* has been mentioned by *Acharya Sushruta* in

*Doshadhatumala vijyaniya adhyaya*<sup>1</sup>. Also, *Acharya* has mentioned *Ksheena artava* one of the *Artava dushti* out of eight<sup>2</sup>. *Ksheena artava* involves the vitiation of *Vata* and *Pitta*. If we consider the *Kshaya* and *Prakopa*

in *Ksheena artava* it can be considered as *Vatakopa janya* and *Pitta Kshaya Janya* as *Acharya* has mentioned use of *Samshodana* and *Agneya Dravya* in its line of treatment<sup>3</sup>. *Pitta* is *Samanadharmi* to *Artava* so *Pitta Kshaya* will lead to *Artava Kshaya*. Hence use of *Agneya dravyas* has been mentioned by *Acharya* to combat the *Pitta Kshaya* and hence treating *Artava Kshaya*. While mentioning the physiological functions (*karma*) of *Vata* in *Vatavyadhi Adhyaya Acharya Charaka* mentioned *Nishkrama* of *Artava* as *karma* of *Apana Vata*<sup>4</sup>. *Acharya Sushruta* mentioned *Vyaana vata* to be responsible for *Gati, Rasa Samvahana*<sup>5</sup>. Improper *Rasa Samvahana* will lead to improper *Samvahana* of its *Updhatu* and hampered *Gati* of *Vyaana Vata* will lead to hampering the *Artava Gati* thus contributing to the *Samprapti* (Pathogenesis) of *Artava Kshaya*. Thus, *Pitta Kshaya* and *Dushti of Apana* as well *Vyaana Vata* will lead to *Artava Kshaya*. If we correlate *Artava Kshaya* in modern science it can be correlated to some of gynaecological disorders like Oligomenorrhoea (*Uchita Kale Adarshana*), Hypomenorrhoea (*Alpata*), Dysmenorrhoea (*Yonivedana*). Oligomenorrhoea is defined as menstrual bleeding occurring more than 35 days apart and which remains constant at that frequency<sup>6</sup>.

Hypomenorrhoea is defined as when the menstrual bleeding is unduly scanty and lasts for less than 2 days<sup>7</sup>. Causes of Oligomenorrhoea can be categorized under following headings<sup>8</sup>:

**Age related:** During adolescence and preceding menopause

**Weight related:** Obesity

**Stress and exercise related**

**Endocrine disorders:** Most commonly PCOS, Hyperprolactinemia, Hyperthyroidism

**Androgen producing tumors of Ovaries and Adrenal gland**

**Tubercular endometritis:** late cases

**Drug related:** Cimetidine, Methyldopa, Phenothiazines

**Case Report:**

A Hindu unmarried female girl of 24 years of age visited OPD of National Institute of Ayurveda, Jaipur on 20 October 2020 with the complaint of delayed menstruation since 1.5 year. She was having associated complaint of constipated bowel (on and off).

**Menstrual history:**

**Age of menarche:** 13 years of age

**LMP:** 30.08.2020

Menstrual History Since 1.5 year
Duration: 4 days Interval: 50-60 days Pattern: Irregular (Delayed) Flow: Normal Pain: Absent Clots: Absent Foul smell: Absent Pad history: Day 1 and Day 2: 3 pads /day Day 3 and day 4: 2 pads
Menstrual History Before 1.5 year
Duration: 4-5 days, Interval: 30-32 days, Pattern: Regular, Flow: Normal, Pain: Absent Clots: Absent, Foul smell: Absent, Pad history: Day 1 and Day 2: 3 pads /day, Day 3 and Day 4: 2 pads, Day 5: 1 pad

**Past Medical History:** She had taken allopathic treatment for the same issue for 2 months, 7 months ago

**Past Surgical History:** Appendectomy was done 6 years ago

**Family history:** Not significant

**Personal History:**

Appetite: Normal

Sleep: Sound

Bowel: Constipated (on and off)

Micturition: Clear

Allergic history: Nil

Addiction: Nil

**Dashvidha Pariksha:**

- Prakuti: Vata-pittaja
- Vikruti: Vishmasamveta
- Sara: Rasa
- Samhana: Madhyama
- Pramana: Madhyama
- Satmya: Madhyama
- Ahara Shakti:
- Abhyavahrana Shakti: Madhyama

- Jarana Shakti: Madhyama
- Vyayama Shakti: Madhyama
- Vaya: Madhyama

**Physical examination:**

- Built: Moderate
- Height: 5'4.5''
- Weight: 62.4 kg
- BMI: 23.2 kg/m<sup>2</sup>
- Pulse: 82/min
- BP: 120/80 mmHg
- RR: 20/min

**Systemic examination:**

Respiratory system	Inspection: B/L symmetrical chest Auscultation: AEBE
Central Nervous System	Orientation: Patient was conscious and well oriented
Cardiovascular system	Auscultation: Normal heart sounds

**Diagnosis:** Artava Kshaya

**Diagnosis in Modern Science:** Oligomenorrhoea

**Treatment proposed:**

Treatment is always planned according to the Chikitsa Sidhanta and the underlying factors (Samprapti Ghataks) of the specific disease. If we consider the Samprapti Ghataks of this case it can be laid down as follows:

**Dosha:** Vata (Apana vata and Vyaana Vata), Pitta (Pachaka)

**Dushya:** Rasa Dhatu and Artava Updhatu

**Agni:** Agni mandya

**Strotas:** Artava vaha strotas

**Strotodushti:** Sanga

**Adhithana:** Garbha-aashya

**Vyaktisthana:** Artava vaha strotas

Considering above and the Chikitsa Sidhanta mentioned by Acharya Sushruta: Samshodhana and use of Agneya Dravyas treatment planned was Agnimandya-hara, Pitta-varadhaka, Vata-anulomaka, Strotoshodhaka. Shatapushpa kalpa and Shatapushpa taila matra basti were selected to be administered to the patient. Before administering the above proposed treatment, patient was given Dashmoola kwatha 40 ml BD before meal and Rajah pravartini vati 2 vati BD for menstruation. She had her periods on 27<sup>th</sup> of October following which Dashmoola kwatha and Rajah Pravartini vati was stopped and she was administered the proposed treatment.

**Detailed Posology of Basti:**

Procedure	Drug	Dose	Time of administration	Duration
Matra Basti	Shatapushpa taila	60 ml	From 14 <sup>th</sup> day of cycle	Alternatively for 7 days

**Detailed Posology of Kalpa:**

Drug	Dose	Time of administration	Frequency	Sahapana	Anupana

<i>Shatapushpa Kalpa</i>	-Starting with 6gm of <i>churna</i> from 1 <sup>st</sup> day of cycle and increasing 1 gm per day till 14 <sup>th</sup> day of cycle - Then decreasing 1 gm daily until it reaches 6 gm of dose again	Early morning empty stomach	Once a day	<i>Go-Ghrita</i>	<i>Koushna jala</i> (Lukewarm water)
<i>Triphala churna</i>	3 gm	HS	Once a day	Lukewarm water	<i>Ko-ushna jala</i>

**Result:** Results were observed before and after treatment while taking medicines and also one cycle after the cessation of medicine. Marked improvement was

observed on the duration, interval of menstruation which are as follows:

Signs and symptoms	Before treatment	After 1 <sup>st</sup> menstrual cycle while taking medicines	After 2 <sup>nd</sup> menstrual cycle while taking medicines	After 3 <sup>rd</sup> menstrual cycle without taking medicines
Interval between two cycles	45-60 days	28 days	29 days	28 days
Duration of menses	4 days	4 days	4 days	4 days
No. of pad used per day	Day 1 and Day 2: 3 pads/day Day 3 and day 4: 2 pads	Day 1: 3 pads/day Day 2: 2-3 pads/day Day 3: 2 pads/day Day 4: 1 pad/day	Day 1: 3 pads/day Day 2: 2-3 pads/day Day 3: 1-2 pads per day Day 4: 1 pad/day	Day 1: 3 pads/day Day 2: 2 pads/day Day 3: 1-2 pads per day Day 4: 1 pad/day
Pain during menses	Absent	Absent	Absent	Absent

## DISCUSSION

*Shatapushpa Kalpa* has been mentioned by *Acharya Kashyapa* in separate chapter. Meaning of *Kalpa* is to grow. It is a unique concept of *Chikitsa*, in which an *Aushdha* is administered in gradually increasing dose is tapered in inverse order of increased dose to the level of initial dose. *Acharya Kashyapa* has mentioned ½ *pala*, 1 *pala*, 1.5 *pala* dose of *Shatapushpa* to the lady suffering from various gynecological disorders. He further clarifies or indicated that the dose of *Kalpa* can be administered according to one's *Yukti* depending on the condition, chronicity, severity of the disease. So in this case study starting dose of 6 gm of *Shatapushpa* was selected for administration from the 1<sup>st</sup> day of menstruation which was increased gradually 1gm per day till the 14<sup>th</sup> day of cycle to the maximum dose of 19 grams and was decreased gradually again 1gm per day till 6 gm again. *Acharya Kashyapa* has mentioned *Shatapushpa* to have *Balya*, *Brihmaniya*, *Pushtikara*, *Vatahara*, *Agni vardhaka*, *Ritu-pravrtini*, *Yoni dosha hara*, *Shukra dosha hara*, *Vrishya*, *Putraprada properties*. *Shatapushpa* is having so many properties that

lead to the destruction of the *Samprapti* of *Artava-kshaya*. It is having *Agnideepaka* property and *Agni mandya* has been mentioned to be the root cause of every disease. So due to *Agnideepana* proper metabolism might have taken place leading to proper formation of *Dhatu*s and hence their *Updhatu*s like *Artava Updhatu* of *Rasa dhatu*. *Vatahara* property might have led to proper *Anulomana* of vitiated *Vata* that is responsible for all the gynecological disorders which might have led to the proper *Masika Anulomana* of *Artava* as well. It is having *Teekshana*, *Ushana* and *Pittavardhaka* property that might have led to increase the *Pitta dosha* and *Agneya Artava* based on the *Samanya Visheshha* concept.

*Shatapushpa taila* was prepared in GMP certified Pharmacy of National Institute of Ayurveda and contains *Shatapushpa*, *Panchkola*, *Tilataila*, *Go-dugdha*. *Panchkola dravyas* mostly are *Teekshana*, *Ushna*, *Agnivardhaka*, *Shoolahara*, *Medhya* properties. On pharmacological screening Roots of *Piper longum* are found to have *Emmenogouge*<sup>9</sup> property and it is also used in stomachache. *Tila taila* is said to be the best among all

the *tailas* and have been mentioned to have various properties like *Brihmna, Preernana, Vyavayi, Vishada, Vikasi, Chakshushya, Varnakara, Sthairyakara, Lekhya, Pachana, Vatakapha hara, Krimighana, Yonishoola prashmana, Shira shoola prashmana, Karna shoola prashmana, Garbhashya shodhana karma*.<sup>10</sup> Acharya Bhavamishra mentioned it to have *Lekhana, Deepana, Medhya, Garbhashya shodhana, Vyavayi, Vrana nuta, Prameha hara, Twachya, Keshya, Chakshushya, Vrana hara, Bhagna sandhaniya* properties. *Go dugdha* is said to be best among other *dugdhas*. It is having *Jeevaniya, Rasayana, Raktapittahara, Vatapittashamaka* properties<sup>11</sup>. *Artava Kshaya* is caused due to the vitiation of *Vata* and *Pitta dosha* so *Vatapitta Shamaka* property of *Go-dugdha* might have led to pacify those *doshas* and leading to destruction of pathogenesis of *Artava Kshaya*. *Shatapushpa taila* was administered by *Matra basti*. *Basti* has been said to be supreme therapy among other *vatashamaka* therapies. Acharya Kashyapa has described *Anuvasana Basti* for *Alpa pushpa* or *Nashta-pushpa*. *Basti* administered through the rectal route is absorbed and gets into the systemic circulation which in turns stimulates the Enteric nervous system (ENS). It further stimulates the Central Nervous System (CNS) based on the concept that ENS resembles CNS. These signals sent to CNS further stimulates Hypothalamus and Pituitary to secrete GnRH and Gonadotrophins respectively. Thus, it regularizes menstrual cycle by its stimulatory effect on CNS through ENS.

## CONCLUSION

*Artava kshaya* is one of the commonest disorders among the females nowadays. It is a chief concern as it is fore runner of many other gynecological disorders like *Nashtaartava, Vandhyatawa* etc. It can be concluded from this study that this regimen of *Shatapushpa kalpa* and *Shatapushpa taila matra basti* is effective in treating *Artava kshaya*.

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