

AYURVEDIC MANAGEMENT OF ARTAVAKSHAYA (HYPOMENORRHEA ASSOCIATED WITH HYPERPROLACTINEMIA): A CASE STUDY

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ABSTRACT

Introduction: Menstruation starts in a girl with menarche and ends with menopause. During the phase between menarche and menopause, menstruation should occur regularly. Any Disturbance in menstruation in any form can affect a woman both physically and mentally. *Ayurvedic* treatment may be beneficial for this disease. Symptoms of this disease are somehow similar to *Artava Kshaya* which is mentioned by *Aacharya Sushruta*. The main etiology behind *Artavakshaya* is *Vatapradhan Ruksha Aahar Vihar* leading to *Kshaya* of *Rasa Dhatu*, which in turn is not sufficient to form its *Updhatu* e.g. *Raja* in appropriate quantity and quality.¹ Vitiating of *Vata* leads to various symptoms like milk discharge from the breast, body ache, malaise, fatigue, and local pain. This shows hyperprolactinemia leading to hypomenorrhea which can be managed by *Ayurvedic* management. **Material and methods:** A female patient, age 42 years was coming to the NATIONAL INSTITUTE OF AYURVEDA JAIPUR, PTSR OPD with the Case having symptoms of scanty menses (hypomenorrhea due to hyperprolactinemia) and breast discharge. A total therapy was given for 2 months with two follow-ups, one after each month. Necessary investigations were done along with hormonal investigations. **Observation and Result:** On observation after 15 days of treatment patient came with 80 % relief in the above-mentioned symptoms like *Rajastrvamatra* (amount of menstrual flow), *Rajahsravakala Vedana* (pain during menses), discharge from both breasts showing disproportion in *Upadhatu*

formation by *Rasa dhatu* so means there is vitiation on *Rasagani* level when we corrected it significantly result shown. **Conclusion:** The result was encouraging with complete relief in the symptoms by ayurvedic management.

Keywords: *Aartavkashya*, Hypomenorrhea, hyperprolactinemia, case report.

INTRODUCTION

A proper balanced menstrual cycle is the result of a balanced reproductive system. In *Ayurvedic* texts is also mentioned that equilibrium conditions of *Agni*, *Dhatu*, *Upadhatu*, *Mala*, etc. can make a person healthy both physically and mentally². Disturbance in menstruation in any form can affect a woman both physically and mentally. In this Condition, the patient suffered from hypomenorrhea associated with hyperprolactinemia. Hypomenorrhea (Hypomenorrhea is a condition in which menstrual bleeding is unduly scanty and lasts for less than 2 days.) is a menstrual condition where the menstrual cycle is disturbed due to various factors³. Hormonal imbalance, stress, local cause, defect in H- P-O axis, etc. can lead to any menstrual deformity. In *Ayurveda*, hypomenorrhea correlates with the *Artavakshaya* condition. In the events of deficiency of *Artava*, the menstruation does not appear at its appropriate time and is scanty in amount. Hyperprolactinemia is a condition where there is more prolactin in the body than normal. Prolactin is a hormone that is mostly produced in the pituitary gland. Prolactin plays a role in many of the body's functions including ovulation, reproduction, immunity, and blood cell formation, but is primarily known for its role in stimulating lactation (breast milk production). Galactorrhoea (production and discharge of breast milk) is a typical symptom of hyperprolactinemia. Associated symptoms of hyperprolactinemia-long or irregular cycles of anovulation, amenorrhea (absence of periods), hypomenorrhea, oligomenorrhea, and infertility. *Ayurvedic* treatment can be done to treat the condition. For this condition also, treatment should be done with an aim to normalize the vitiated *Dosha* and *Dhatu* according to *Prakruti* of the individual. Scanty *Artava* and breast milk discharge are seen in this

condition and treatment is done for increasing *Artava* and regularizing breast discharge by taking some *Ayurvedic* medicines. The treatment protocol is based on *Srotoshodhana* and normalizes *Rasagni*.

METHOD AND MATERIAL:

Chief Complaints: - Scanty menses in the last 1 year and milky discharge from both breasts in the last 10 days. (10/7/2021 in NIA JAIPUR PTSR OPD)

Presenting illness: - According to the patient she was asymptomatic for 1 year. Gradually she develops the complaint of scanty menses in the past 1 year and milky discharge from both breasts in the last 10 days. The patient took allopathic treatment but cannot be got relief. No patient wants to consult with an ayurvedic doctor. The patient also has essential investigations like USG of uterus and adnexa, serum prolactin, etc.

Menstrual History: -

Age of menarche: 13 years of Age, Last menstrual period (LMP): 13/6/2020, Cycle: Regular, Duration: 2days/28-30 days, Flow: Scanty, painless, without clots, Colour: Blackish red, Smell: blood like No. of Pads: -D1-D2=1/2 pad/day, Previous menstrual history: 4-5 days /28-30 days with the regular normal flow

Obstetric history: G5P4L2A1D2

Contraception history: -Tubal ligation 12 years ago

Past Medical History: -Allopathic treatment taken for scanty menses

Past surgical history(P/S/H): -Nil

Personal History-

Diet – Vegetarian, **Appetite** – Normal, **Sleep** – Sound, **Bowel** –clear, **Micturition** –clear, **Allergy History** – None, **Addiction** - No history of smoking, alcohol, or tobacco intake. 1 cup of tea take daily in the morning.

Physical examination: -

O/E – Table: 1

G.C.	Fair	Weight	46 kg
B.P.	120/70 mm Hg	BMI	18.7
P.R.	76/min	Body built	Moderate
Height	5'2"	Pallor	Not present

Systemic Examination –

Respiratory system –

Inspection – B/L symmetrical chest

Auscultation- B/L air entry – Equal on both sides

Cardio-vascular system –

Auscultation – Normal heart sounds

Central nervous system – Normal

Orientation – Well oriented to time, place, and person.

Gynecological examination: -

P/V & P/S Examination not done.

Table 2: Dasavidha Pariksha Bhava –

1.	Prakṛti	Kaphaja-Vataja	6.	Satmya	Sarvarasa Satmya
2.	Vikṛti	Kaphaja	7.	Satva	Madhyama
3.	Sara	Medasara	8.	Ahara Sakti	Madhyama
4.	Samhanana	Madhyama	9.	Vyayama Śakti	Madhyama
5.	Pramaṇa	Madhyama	10.	Vaya	Madhyamavastha

Investigations –Serum prolactin: - 36.30ng/ml (Before treatment on 10/7/2021) 6.34 ng/ml (After treatment on 24/7/2021)

USG of uterus and adnexa on 11/8/2021:

Impression: normal study

Nidana Pancaka -

1. Nidana– Dadhi, Pickle, Papada and Rarijagarna, and Vishada and lack of Rajaswalacharya.
2. Purvarupa – Gradully artva alpata, stanya darshana
3. Rupa – Artavakshaya
4. Samprapti –
5. Upsaya – Aartava dusti chikitsa
– Rajaswalacarya
– Yoga and Pranayama.
– Stress-releasing activities, meditation, etc.

Samprapti Ghataka –

- Dosa: pitta-vata
- Dushya: Rasa, Rakta, Aartva, sithnya
- Agni: Dhatvagnidusti (Rasagni)
- Srotsha: Artvavahasrotodusti
- Udbhavasthanana: Aampakvashya
- Srotodusti: Vimargagamna
- Vyaktaisthana: Garbhashay, stanya
- Avayava: Garbhashya, stana
- Rogvinichaya: Aartvakshyma
- Sadhyasadhyata: Sukhshadhaya
- Rogamarga: Bhahamarga

TREATMENT: -

The treatment was given for 2 months along with *Rajaswalacharya*⁴ for 2 follow-ups of consecutive cycles. Following management of *Ahara* was given (Dietary Regimen) during a bleeding phase.

Table 3:

S.NO.	AHARA	EFFECT
1.	Rakta Shalianna (rice)	Increases endometrial thickness
2.	Yava(barley)chapati/Daliya with milk	Remove Shrotorodha and reduce fatty tissue
3.	Krishna Til (sesame seed) prepared with Jaggery in the morning (Breakfast)	Increases Rasagani and improves uterine vascularity

Drug therapy was

Table: 4

s.no	Drug	Effect
1.	<i>Kanchnara guggulu</i> ⁵ 2-tab bd	<i>Guggulu</i> lowers cholesterol level, purify the blood and improve blood flow. stimulating the hormonal balance and regulating the menstrual cycle.
2.	<i>Varunadikawatha</i> ⁶ 40 ml bd in an empty stomach	<i>Kaphaharachedna, lekhana, Tridoshgna, Anglomania.</i>
3.	<i>Tarunikusumakarchurn</i> 5 gm HS with lukewarm water at bedtime	Relief in constipation or impaired digestion
4.	Cap. <i>Kroch</i> ⁷ 1 cap bd	Increases dopamine level

Mode of action of Agneyadravyas: -

Rajakshinata (Hypomenorrhea) is *Vatapradhan vyadhi*⁸. It reflects *Rasa Dhtwagnimandya* and *Rasa dhatukashaya* as prime pathological factors. *Hetu* may be *Santarpan* or *Apatarpan*. In the present case sedentary lifestyle, weight gain, the habit of fast food, and lack of exercise along with stress were *Hetus* which gave rise to *Rasa Dhtwagnimandya* and *Rasa Dhatukshaya* due to *Santarpanjanya Samprapti*. So, it was decided to use *Agneyadravyas* as a treatment regimen. The *dravya Kulitha, Tila, Mash, Asav (Drakshyasav)* is having *tikshna, ushna, laghu, sukshma* properties. These properties of *dravyas* lead to *Strotoshodhan, Agnivridhi, and Pittavridhi*⁹. This help to improve *jatharagni* and in turn *Rasa dhatwagni* of the patient. After *Agnivridhi* and *Strtoshodhan* are vitiated *Vata* returns to its normal space giving rise to *Kapha Vruddhi* and a balanced state of *Tridosha* is achieved.

DISCUSSION

Artavakshaya occurs due to vitiation of *Vata* and *Kapha Doshas*. In this condition, except for *Yathochit akale Artava Adarshana* other symptoms of *artava kashya's* are present in this case like e.g., *artava Alpata* and *Yoni Vedana*. these will be occurred due to *Srotoavarodha*¹⁰. In this condition, especially with the help of *Pittavardhaka (Agneya) Dravyas, Shodhana* of *Artavavaha Srotas*, removes *Srotoavarodha* and brings up the normal menstrual flow. Hyperprolactinemia (*stanyavarudhi*) is caused due to hyperactivity of prolactin-secreting cell which are regularized by balancing *vata* and *kapha dosha* or giving dopamine agents.

Varunadikawatha selected for the management of *Sthanyavidhu* or *Artavakshaya*. It contains mainly *Tikta, Katu Rasa, Laghu, Ruksha, Tikshna Guna, KatuVipaka* and also *UshnaVirya*. It also has *Deepana, Pachana, Anulomana, Shothahara, Krimighna, Artavajanana* properties. it is a good uterine stimulant drug. It increased vascularity of the endometrium i.e., regeneration & proliferation of the endometrium. Its *Madhura, Brimhana, balya & Rasayana* property increases the thickness of endometrium and decreases the degenerative process of endometrium which ultimately increases the amount of menstrual blood. It relieves *Dysmenorrhea (Kashtartava)* due to inhibition of prostaglandin production and antispasmodic action and help in the regulation of the HPO axis due to this hormone is balanced which leads to correction of galactorrhea and menstrual cycle abnormalizes. It has better action on *Rajorodha* due to *Tikshna Guna* and *Artavajanana* property. Due to emmenagogue in action, it stimulates blood flow in the pelvic area and uterus and stimulates menstruation.

Kanchanar Guggulu is powerful in stimulating the hormonal balance and in regulating the menstrual cycle. *Kanchanara Guggulu* had *Vata-Kapha Shamaka* (pacifying *Vata-Kapha*) properties. It possesses *laghu* (light), *ruksha* (dry), *sukshma* (minute) *guna* and *ushna virya* (hot potency), *katu vipaka*, and *lekhana* properties. It regulates hyperactivity of prolactin secreting cells which lead to normal flow of the menstrual cycle. **Capsule Kroch**, *krochbeej* contains L-Dopa which helps manage high prolactin levels. The *madhura rasa* and *ushna veerya* make *Kapikacchu*, an ideal drug for kick-starting a sluggish metabolism, while gently

nourishing the body tissues in quantity and quality. It directly promotes the healthy function of neurotransmitters and improves mental health and functions. The drug is relaxing and grounding to an excited nervous system. It also prevents the growth of cancerous cells by damaging their DNA, so *Krochbeej* reduces high prolactin levels and prevents or lowers the risk of breast cancer.

Tarunikusumakar churna gives relief to constipation and indigestion. It makes *jatharagini* balanced and *Apanavata Anumana* which leads to proper menstruation and other functions of *Rasagnini* or *Artava dhatu*.

CONCLUSION

Any abnormality in a normal phenomenon is a stressful condition. Due to the stress, again the condition becomes complicated. So, one has to be encouraged to live a stress-free life along with the medications. The medications should be followed for several cycles then only one can get the result. *Kanchnara Guggulu* is a very effective drug to regularize the hormones and menstrual cycle. *Varunadikawatha* very effective *Mutra evam Artavavaha Shrotoshodhaka* drug. *Cap Kroch* has the property of increasing dopamine level in the body which maintains prolactin level in the body. *Tarunikusumakar churna* clears bowel activities and keeps *Apanavata* balanced for proper function.

After equilibrium of all doshas by ayurvedic regimen HPOU axis works properly.

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