

**ROLE OF AYURVEDIC INTERVENTIONS IN TREATING ARTAVAKSHAYA
W.S.R.TO OLIGOMENORRHEA -A CASE REPORT****Pallavi K. Chavan¹, P.K.Rawal², Sunita Shirguppi³**

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In this universe, only females have been vested with the power of creation next to the Almighty God. This is why Women are considered reflections of God in this world. Many physiological changes are seen in each stage of life, especially in the reproductive stage. Changes in physical and mental well-being profoundly affect the menstrual cycle. *Artavakshaya* is more common due to irregular food habits, lifestyle, stress and strain. *Artavakshaya* occurs due to the involvement of Vata and Kapha, which can be attributed to Marga Avrodha of the Artavavaha Stratos. Using *Agneya Dravyas* relieves the Kapha, which does Avarana to apanavata and increases the quantity of *Artava*. Hence, Venu Shatapushpa Kashaya Krushnatila Kashaya, Agneya, Pitta Vardhaka, and Vata Kapha Shamaka were selected for the present study. In the present study, 40 female patients aged between 15 and 35 fulfilling the criteria of *Artavakshaya* were selected and divided into two groups: Group A and Group B, with 20 patients each. Group A was given Venushatpushpa Kashaya 1/2pala BD before food, And Group B was given *Krushnatila Kashaya* 1/2pala BD before food. The study was carried out for three menstrual cycles. The signs and symptoms were observed before treatment, after treatment, follow up1, follow-up two and then these were compared.

Result:

Applying the Friedman and Wilcoxon sign rank tests within the group was statistically significant. The Mann Whitney U test was used between the groups, and the results showed statistical significance. Hence, we conclude that we reject null hypothesis H_0 and accept the alternate hypothesis H_2 . i.e., H2-Venushatapushpa Kashaya does not significantly affect Artavakshaya compared to Artavakshaya Krushnatila Kashaya.

Keywords: Artavakshaya, Venushatapushpa Kashaya, Krushnatila Kashaya.

INTRODUCTION

Many everyday physiological phenomena occur in the body, carried out cyclically. If any alteration in this gives rise to pathological conditions among all these physiological changes, the mensural cycle is one of them. Due to changed lifestyle and food habits, physical and emotional stress increases, which alters the physiology and ends with the disruption of the H-P-O axis. It may lead to many gynaecological problems even on completing her family; having irregular and scanty menstruation is continued stress denoting hormonal aberrations. Normal menstruation has an interval between two cycles of 1 month, duration of menstrual bleeding of 5 days and is not associated with pain or burning sensation. Artava should be manageable in amount¹. The prevalence rate of oligomenorrhoea is about 13.5%². Acharya Sushruta explained Artavakshaya as Yathochitakala Adarshana, Alpatvam, Yonivedana³. It can be correlated to oligomenorrhoea and hypomenorrhoea. Menstrual bleeding occurring more than 35 days apart, which remains constant at any frequency, is oligomenorrhoea. When menstrual bleeding is scanty and lasts for less than two days, it is hypomenorrhoea⁴.

In Artavakshaya, the vitiation of Vata and Kapha are predominant⁵. Artava is Upadhatu of Rasa⁶. The Kshaya of Rasa Dhatu causes Artavakshaya simultaneously, and Rakta Kshaya is developed. Artava is Agneya Gunayukta⁷, so Samana Gunayukta Aushadi is helpful for Artavakshaya Chikitsa⁸.

Venushatapushpa Kashaya⁹ includes Shatapuspa, Vatakhapa Shamaka and Pitta Vardhaka due to its

Katu, Tikta Rasa Usna Virya and Katu Vipaka. Venu is Kaphahara Tikshna Guna and is indicated in Kastaarthava, Nastarthava and Garbhashya \Shodana. Krushnatila is Ushna Veeryatmaka. So Venushatapushpa Kashaya was chosen for the present study¹⁰.

AIMS AND OBJECTIVES

1. To evaluate the effect of Venushatapushpa Kashaya in the management of Artavakshaya.
2. To assess the effect of Krushnatila Kashaya in the management of Artavakshaya.
3. To compare the impact of Venushatapushpa Kashaya and Krushnatila Kashaya in the management of Artavakshaya.

MATERIALS AND METHODS

SOURCE OF DATA

40 Female patients, irrespective of socio-economic status, religion, or place, who are suffering from Artavakshaya were selected from OPD of SDM Trusts Ayurvedic Medical College and Padma Hospital- Terdal.

Study design -A Randomized controlled clinical trial

Sample Size-40

Grouping

1.Group A:(trial group)-20 patients were treated with Venushatapuspha Kashaya with Guda in ½ pala Matra twice a day before food for 30 days.

2.Group B:(control group)-20 patients were treated with Krushnatila Kashaya with Guda in ½ pala matra twice a day before food for 30 days.

Procedure of administration of drug

	Group A	Group B
Sample size	20 patients	20 patients
Medicine	<i>Venushatapushpa Kashaya</i>	<i>Krushnatila Kashaya</i>
Dose	1 Pala (24 ml BD)	1Pala (24 ml BD)
<i>Aushadha Sevana Kala</i>	Before food	Before food
Duration of medication	30 days	30 days
Total duration of study trial	3 cycles	3 cycles
Follow up's	1 st follow-up on 1 st cycle with treatment 2 nd & 3 rd follow-up on subsequent cycles without treatment.	1 st follow-up on 1 st cycle with treatment 2 nd & 3 rd follow-up on subsequent cycles without treatment.
Route of Administration	Orally	Orally

Method of collection of Data

It is randomized controlled clinical study of *Arthava kshaya* in women with pretest and posttest design the selected patients were categorized in two groups. A special case Performa was prepared with information regarding history of illness, personal history, previous medical and surgical history , family history , necessary investigations.

Subjective and objective data pertaining to each patient were collected before and after the treatment. The parameters of signs and symptoms will be scored on the basis of standard method of statistical analysis.

Method of Preparation of Kashaya¹¹⁶

Patients are advised to prepare Kashaya by method as mentioned by *Acharya Sharangadhara* i.e.1 part of drug and 16 parts of water, heat it on low flame until 1/8 part is left. Add *prakshep dravya* i.e. *guda* 12gm. 24gm of churn packets were made and given to the patient for making 48ml of *Kashaya*.

Dose-1pala (24 ml BD)¹¹⁷

Diagnostic criteria:

A) Inclusion criteria

D.ASSESSMENT PARAMETERS

Subjective parameters

1)Grading for intervals between 2 cycles (*Artava Darshana Kala*)

Sr no	Duration between 2 cycles	Grading
1	Normal 21-35 days interval between two cycles	0
2	36-45 days interval between two cycles	1
3	46-60 days interval between two cycles	2
4	61-90 days interval between two cycles	3

- Patients aged between 15 to 35 years, both married and unmarried.
- Infrequent menses at intervals longer than 35 days
- Bleeding less than two days
- Reduced flow (using less than one pad per day)
- *Yoni vedana* (pain in vagina)
- Hb%>8

B) Exclusion criteria:

- Lactating women
- k/c/o-DM, HTN, TB
- PCOS
- The patient is on hormonal treatment.

C)Assessment criteria

a.) SUBJECTIVE CRITERIA

1. Interval between 2 cycles (*Artava-Darshanakala*)
- 2.Duration of flow (*Artava Sravakalavadhi*)
- 3.pain in Vagina (*Yoni Vedana*)

b.) OBJECTIVE CRITERIA

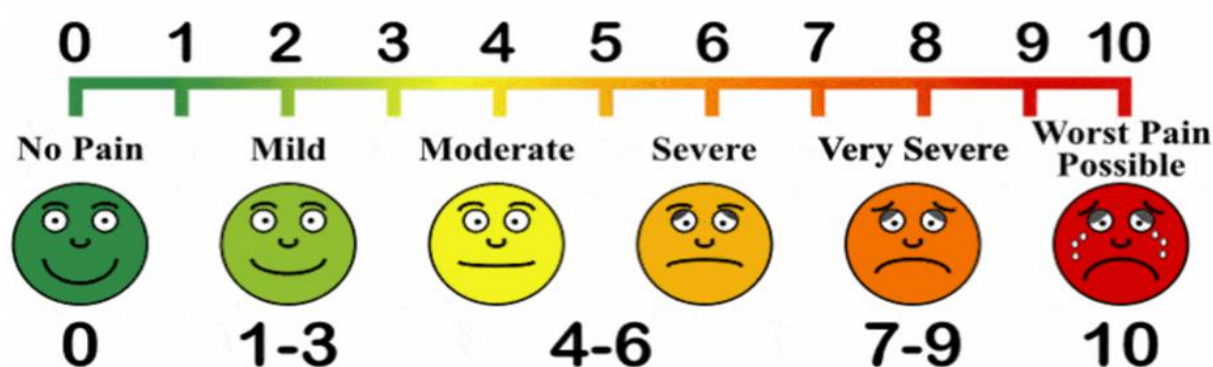
1. Grading for the amount of blood loss (*Artava Sravapramana*).

2) Grading for duration of flow (Artava Srava Kalavadhi)

Sr no.	Duration of flow	Grading
1	Bleeding 3-5 days	0
2	Bleeding less than 2-3 days	1
3	Bleeding less than 1-2 days	2
4	Bleeding less than 1 day	3

3) Grading for pain in Vagina (Yoni Vedana) VAS Scale¹¹⁸

Sr no.	Pain in vagina	Grading
1	No pain	0
2	Mild pain	1
3	Moderate pain	2
4	Severe pain	3



Objective Parameters

1) Grading for amount of blood loss (Artava Sravapraman)

Sr no.	Amount of blood loss	Grading
1	Normal – 2 pads /day	0
2	Required <2 pad/day	1
3	Required 1pad/day	2
4	Required < 1 pad i/e spotting	3

OBSERVATION AND RESULTS

Table no.53: Showing percentage wise improvement on subjective and objective parameters in Group A and Group B

Parameters	No. of patients			
	Group A	N	Group B	N
Interval between two cycles	80%	16	100%	20
Duration of flow	80%	16	85%	17
Pain in vagina	65%	13	50%	10
Amount of blood loss	85%	17	85%	17

Table no.54: Overall assessment of subjective and objective parameters

Effect of treatment	No of Patients (%)	
	Group A	Group B
Cured	16 (80%) patients got relief in Interval between two cycles ,16(80%) got relief duration of flow,17 (85%) got relief in symptom amount of blood loss. 13(65%) patients got relief in symptom pain in vagina.	20 (100%) patients got relief in Interval between two cycles ,17(85%) got relief duration of flow,17 (85%) got relief in symptom amount of blood loss. 10(50%) patients got relief in symptom pain in vagina.
Improved	6(30%) patients got relief in symptom pain in vagina.	10 (50%) patients got relief in symptom pain in vagina.
No changes	4(20%) patients got relief in Interval between two cycles ,4(20%) got relief duration of flow,3 (15%) got relief in symptom amount of blood loss. 1(5%) patient got mild relief in symptom pain in vagina.	3(15%) got relief duration of flow,3 (15%) got relief in symptom amount of blood loss.

For comparing the difference in change between the groups Mann Whitney U test is applied. We conclude that both groups found that there are no significant changes between the groups. Hence, we conclude that mean rank 19.00 of group B is more effective than group A.

Krushnatila Ushna Virya and *Agneyatva* property of drug clear the *Srotoavarodha* and increases the blood circulation in *Garbhashaya* and increases the quantity of *Artava* .

CONCLUSION

Agni plays chief role in artava formation. *Vata kaphaja prakruti* are more prone for the *Artava kshaya*. By applying the Friedman test and Wilcoxon sign rank test for within the group it was statistically significant. The Mann Whitney U test is applied between the groups the results showed statistically non-significant Hence we conclude that we reject null hypothesis H_0 and accept the alternate hypothesis. i.e H_2 -*Venushatapushpa Kashaya* is not having significant effect on *Artavakshaya* compared to *Krushnatila Kashaya*.

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