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Ayurvedic Treatment Regime of Hypomenorrhea w.s.r. to *Alpartava* : A Case Study

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ABSTRACT:

Background: Hypomenorrhea is a menstrual condition where menstrual cycle is disturbed due to various factors. Hormonal imbalance, stress, local cause, defect in H- P-O axis etc can lead to any menstrual deformity. At the beginning of hypomenorrhea, treatment should be started so that it can be resolved easily and in short period of time. Ayurvedic treatment can be done to treat the condition. For this condition also, treatment should be done with a aim to normalize the vitiated Dosha and Dhatu. Scanty *Artava* is seen in this condition and treatment is done for increasing *Artava*.

Main observations: In present study a 25-year-old women patient consulted the Ayurvedic OPD of M.M.M. Govt. Ayurved College& Hospital, Udaipur with the complaint of scanty menses lasting for 1 or 2 days with normal interval of menstrual cycle. So, we planned an *Ayurvedic* treatment regime with the goal of improving the symptoms of patient.

Result: This patient was treated with ayurvedic formulations like *Chandranshu ras*, *shatavari ghrta*, *chaturbeej churna*. Syrup Evicare forte. Only traditional *Ayurvedic* medicines were used during the treatment. This case study demonstrates the efficacy of Ayurvedic treatment for Urticaria. So, Patient's condition was assessed through improvement in symptoms. Therefore, this study was conducted to evaluate one of the treatment regimens for hypomenorrhea.

Conclusions: The study reached the conclusion that ayurvedic treatment was significantly effective in the treatment of *Alpartava* (Hypomenorrhea).

Keywords – Hypomenorrhea, *Alpartava* , *Chandranshu ras* ,Scanty menses.

INTRODUCTION

Women keep their health secondary not only in present times but also in ancient times and these all stress and unhealthy lifestyle leads to the menstrual cycle abnormalities. Menstrual abnormalities may be either irregular menses or delayed menses or heavy menstrual bleeding or scanty menses. Menstruation is the visible

manifestation of cycling physiologic uterine bleeding due to shedding of the endometrium. Normally menstrual cycle duration is 4-5 days and the amount of blood loss is estimated to be 20-80mL average 35mL, the interval between two menses is 21 to 35 days average 28 days. Now if the pattern of menstruation differs from the above given



criteria it can be considered as menstrual abnormality or menstrual disorders. In this paper we are taking Hypomenorrhea under consideration. When the menstrual bleeding is scanty and lasts for less than 2 days, it is called as hypomenorrhea.¹ For normal menstruation to occur endometrium thickness should be between 10-12mm in secretory phase and if it fails to grow up to this size it may lead to scanty menses due to poorly formed endometrium.

AIMS & OBJECTIVE

To study the effect of given *Ayurveda* treatment regime on scanty menses.

MATERIALS AND METHODS

For the case study, patients were selected from the O.P.D. of the Department of *Prasutitantra and Striroga* M.M.M. Govt. Ayurved College and relevant history was taken.

CASE PRESENTATION

A female patient, 25 years old, came to Prasutitantra and Striroga OPD of MMM Govt. Ayurveda College, Udaipur, on 21 July 2022 with chief complaint of scanty menses lasting 1 or 2 days.

- Menstrual history – according to patient she has regular menstrual cycle of 28-30 days interval. Duration is 1-2 days with scanty bleeding using 1 pad a day and with mild pain. age of menarche is 14 years old.
- Obstetric history – patient is unmarried.
- Personal history – Her appetite, sleep, micturition, and bowel habits were all normal.
- Clinical findings:
 - General examinations: Built – Normal, Weight – 48 kg, height – 155 cm, pulse rate- 70/min, B.P. - 110 /70 mm of hg, respiration rate- 18/min, temp. -98.6 F
 - Per abdomen-it was soft, non-tender and no organomegaly was detected.
- Physical examination –
 - *Ashtavidhpariksha*
 - Nadi (pulse)*– VP, *Mutra(urine)* – *Samyakmutrapravriti*, *Mala(stool)*– Sama, *Jihwa (tounge)*- Sama, *Shabda*– *Samyak*, *Sparsha(touch)*- Ushna, *Drika(eye)*– Samanya, *Aakriti(physical appearance)*– Samanya
 - *Dashvidhpariksha* –
 - Prakriti(nature)*-*Vatakaphaja*, *Sara* (Purest body tissue) - *Madhyama*(medium) *Samhanana*(Body compact) – *Avara* (minimum), *Pramana* (Body proportion)- *Madhyam* (medium), *Satmya* (homologation) -*Madhyam*(medium) ,*Satva*(mental strength) - *Madhyam*(medium), *Vaya*(age)-

Yuvati ,*Vyayamshakti* (to carry on physical activities) - *avara*(least capability), *Aharashakti*- (food intake and digestive power) *Abhyavaranashakti* & *Jaranashakti* – *Madhyam*

➤ Systemic examination

CVS: Heart sounds (S1S2): normal Respiratory system: normal bilateral air entry, no added sounds. No abnormality found on other system.

Treatment Schedule

The treatment was carried out with the following medicines for three months. No contributing allopathic medicine was administered throughout the duration of the treatment (Table 1)

RESULT

After the treatment patient was satisfied with her results. The duration of her menses increased from 1-2 days with scanty menses to 3-4 days with normal bleeding soaking 2-3 pads a day on 1st & 2nd day and 1-2 pad a day on 3rd & 4th day. She was completely cured with *Ayurvedic* treatment. There is no recurrence of any symptoms and signs until now.

Patient consent – Written consent for publication of this case study in your journal was obtained from the patient.

Pathya-Apathya (Do & Don'ts):

- To avoid psychological stress.
- To avoid spicy and sour foods, fast foods (pasta, peaches, pizzas), baked goods, fermented foods, and cold drinks.
- To consume more green leafy vegetables (spinach, cabbage, capsicum, broccoli), sesame seeds, flax seeds, fruits (orange, apple, papaya), and jaggery in diet.

Mode Of Action Of Drugs

- *Chandranshu ras*² – It's content are -*shudh parad*, *shudh abhrak*,*lauhbhasm*, *vang bhasma*, *gandhak* and should be consumed with decoction of *jeera* (cumin seeds).It is prescribed due to its properties like it strengthen uterus and improves chances of pregnancy. According to *bhaisajay ratnavali* it is *garbhashay dosh nashak* & *garbhashay baldayak* i.e it acts as a uterine tonic. As it also contains *lauh bhasm* which is source of iron, it will work on the hemoglobin levels of the patient and will cure her scanty menses and general weakness.
- *Chaturbeej churna*³ –Its content are *methika*,*chandrasura*, *kalajaji*,*yavanika* described in *Bhavaprakasha Nighantu* by *Bhavamishra*. All these drugs are having *katu vipaka* and *ushan veerya*, and *vata* pacifying properties ,which may facilitated menstrual flow. It also has antispasmodic

properties which will increase the pain threshold and relieve the pain during menses.

- *Shatavari ghrita*⁴– It is mentioned by *Vangsen* in *Vajikarana* . it has *sukra shodhana* and *artava dosha nashak* properties. *Shatavri* has *vrishya,shukraja,rasayan, vatahara* action. It is said to have phytoestrogen properties which will act as a source of estrogen and will enhance the endometrium growth. *Shatavari ghrita* have *Madhur ras* and *brinhana* properties and will promote growth and receptivity of endometrium.
- Himalaya Evicare Forte Syrup- It has analgesic and estrogenic properties which helps in repairing the endometrium, regulating estrogen levels and helps in healing the inflamed endometrium during menstruation. It helps in hormonal balance in women, so it is useful in treating irregular menstruation. The key ingredients of Himalaya Evicare Forte syrup are *Kumari, Jatamamsi,Lodhra, Methi, Mundi*.

DISCUSSION

In *ayurveda* there are no direct references regarding '*Alpartava*' in *Veda*. *Acharya Sushruta* described *Lakshanas* and *Chikitsa* of '*Alpartava*' in brief while describing the '*Aartavadosha*' he has mentioned '*Kshinartava*'. *Kshinartava* is one of the symptoms of '*Alpartava*'.⁵ Character of normal menstruation are given by *acharya caraka* as; the normal menstruation is that which has intermenstrual period of one month,duration of blood loss as five days is not associated with pain or burning sensation,excreted blood is not unctuous , not very scanty or excessive in amount. *Acharya Vagbhata* and *Bhawamisra* gave duration of menses 3 days and seven days by *acharya Harit* and *Bhela*. *Acharya Vagabhata* denotes *Aartava Pramana* (amount of menstrual blood) measuring to four *Anjali*.⁶

- *Aartavakshaya* as Disease: *Acharya Sushruta* quoted *Aartavakshaya* as a disease and is a combination of sign and symptoms.⁷
- *Yathochit Kale Adarshanam* - It means increase or decrease menstrual cycle interval.
- *Yoni Vedana* - pain during menstruation
- *Alpata* - It may be hypomenorrhea or oligomenorrhea

CONCLUSION

In modern science the management of hypomenorrhea is hormone therapy by giving oestrogen and progesterone hormones. In *ayurveda* *Acharya Sushruta* said '*Aartavakshaya*' should be treated using purifying

measures (*Samshodhana*) and *Agneya* substance. *Dalhana* says that for purification, only emetics should be used not the purgatives, because purgation reduces *Pitta*, which in turn decreases '*Aartava*' while emesis removes *Saumya* substances, resulting into relative increase in *Agneya* constituents of the body consequently '*Aartava*' also increase. Therefore, we are giving this treatment regime for scanty menses all these drugs have properties which help in formation of healthy endometrium and will ultimately facilitate normal menstruation.

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Table 1 Treatment Schedule

Sr.no.	Medicine	Dose
1	<i>Chandranshu ras</i> – 250mg	Bid with <i>jeera</i> water after meal
2	<i>Shatavari ghrita</i> – 1 tsf	OD with warm milk after meal
3	<i>Syrup Evecare forte</i> – 2 tsf	TID after meal
4	<i>Chaturbeej churna</i> – 3gm	Bid with water after meal