A CASE STUDY ON KSHAYA ARTAVA

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ABSTRACT-

Ayurveda is the science of life. In Ayurveda, through different treatment modalities of Ayurveda, one can maintain the healthy status of body and prevent the disease occurrence and cures the diseases in natural way. In the modern world, the life style, food habit and just for unnecessary desires have increased stress, strain and restlessness which have resultantly increased menstrual disorders. Artavadusti is very important among gynaecological problems. Ratio of menstrual disorder is rising in gynaecological practice which is precursor of infertility and other problems, so it requires more attention. Menstrual disorder affect on mental state of women. Many Menstrual disorder i.e oligomenorrhoea, hypomenorrhoea require counselling with appropriate treatment. There is an altered physiology in the H-P-O-U axis.¹ Hence Venuparvadi Kwatha is selected for the case study which is Agneya, Pitta Vardhaka and Vata Kapha Shamaka.

Key words- Vata kapha syamaka, artava, H-P-O-U axis
Introduction:

God has blessed the woman with most valuable gift of motherhood. Woman have been placed on extreme worship place because woman is origin of the progeny. That’s why woman is regarded as the whole universe. In Ayurveda, the word "Artava" has two types i.e. "Antahpushpa" (Ovum) and "Bahirpushpa" (Artava). These two types are inter related. As far as present work is concerned, the word "Artava" has been restricted to "Bahirpushpa" i.e. menstrual blood only. On reviewing our Ayurvedic classics we found that “Artava Kshaya” is not explained as a disease in any texts where as it has been described very systematically as a symptom of so many gynaecological disorders in many classics.¹ When we compare the disease Artava Kshaya with the modern medical science Hypomenorrhoea and Oligomenorrhoea can be compare to some extent on the basis of its signs & symptoms.

Aims and Objectives:

➢ To understand the delayed and scanty menstruation in perspective of Ayurveda.
➢ To assess the efficacy of Ayurvedic medicine in Artava Kshaya.

Material and methods:

Informed written consent was taken from the patient in her own language and case was recorded as per case performa.

Case Report

A 24 years old unmarried girl who is a student visited the OPD of Prasuti Tantra & Stri Roga, National Institute of Ayurveda, Jaipur on 28/11/2018 with the complaints of delayed menses with scanty flow since 6 months. Pregnancy was excluded by UPT. Her sonography report was normal.

History of present illness:

According to patient she was asymptomatic before 6 months She had regular periods with normal flow. from 6 months back to now her interval between cycle increases and amount of flow decreases gradually. Patient had history of taking oral hormonal pills for induction of menses 3 months back for 5 days, but she didn’t get her cycle since then, later she came
to NIA OPD for further management.

**Past history:** No H/O
DM/HTN/Thyroid dysfunction or any other medical or surgical history

**Family history:** No history of similar problem any of the family members.

**Menstrual history:**

*Present menstrual history*

- Age of Menarche – 14 years
- LMP - 27/10/2018

Duration of Flow-1 to 2 days Interval -60 to 90 days

*Past Menstrual History*

- Duration of Flow-4-5 days
- Interval-28-30 days
- Amount of Flow-Moderate
- Intensity of Flow-6-7 pads/cycle
- Pain-mild

**Personal History:**

- Appetite - normal
- Sleep-Sound sleep (Also Day sleep for 1-2 hrs)
- Bowel- Constipated (1 time in 2-3 days)
- Bladder- 5-6 times/day

The patient belongs to middle socio-economic class with mixed dietary habit with regular use of *Madhura* and *katu rasa Pradhana Ahara*, having junk food (*Virudhhahara*) like Pizza, burger Manchurian, chocolates, chips, deep fried. *Vihara* shows sedentary habits, No practice of

**Ashtavidha Pareeksha**

*Nadi* – 78/min (Gati-Madhyama) Mal-Picchila

*Mutra* - Samyak

*Jivha* – Prakrita, Ras Grahana-Samanya Shabda - Spashta

*Sparsh* – Aadra,Snigdha Druk - Samanya

*Akruti* - Sthool (Height-152cm,Weight-72kgs, BMI-31.1)
Dashavidha Pareeksha:
Prakruti – Vata-Kapha Vikruti - Madhyama
Sara - Madhyama Samhanana – Madhyama
Pramana - Madhyama Satmya - Madhyama
Satva- Madhyama
Aahara Shakti - Abhyavaharana Shakti –
Jarana Shakti - Madhyama
Vyayama Shakti – Madhyama Vaya -
Youvana

General examination:
Built - Moderate Nourishment - Moderate
Temperature – 98.5 F Respiratory rate -
22/min Pulse rate – 78 bpm
B.P - 110/70 mm of hg Height – 152 cms
Weight - 72 Kg Tongue : Uncoated

Systemic Examination:
CVS: S1 S2 Normal.
CNS: Well oriented, conscious.
RS: Air entry
bilateral
equalnormal
vesicular
breathing, no
added
sounds. P/A:
Soft, Non

Result:

<table>
<thead>
<tr>
<th>SUBJECTIVE PARAMETERS</th>
<th>Before Treatment</th>
<th>Follow UP</th>
<th>Follow UP</th>
<th>After Treatment</th>
<th>Follow UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration of Menstrual cycle</td>
<td>LMP- 27/10/18 1-2 days</td>
<td>LMP- 11/12/18 2-3 days</td>
<td>LMP- 12/1/19 3-4 days</td>
<td>LMP- 9/2/19 4-5 days</td>
<td>LMP- 8/3/19 4-5 days</td>
</tr>
<tr>
<td>Interval between Two cycle</td>
<td>60-90 days</td>
<td>46 days</td>
<td>33 days</td>
<td>29 days</td>
<td>28 days</td>
</tr>
<tr>
<td>Amount of Flow per day</td>
<td>Scanty</td>
<td>Scanty</td>
<td>Moderate</td>
<td>Moderate</td>
<td>Moderate</td>
</tr>
</tbody>
</table>

Investigations - 26/11/18 Hb – 11.6 gm/dl
RBS-98 mg/dl
USG- Abdominal Pelvis- Impression- No sonographical abnormality detected

Intervention:
Venuparvadi Kwatha² 40 ml BD
(Kwatha prepared by 20 gms of kwatha churna with Guda as Prakshpea ) before meal
started from 7 days before due date of menses and continued for 60 days/2 consecutive
Menstrual cycle.

Ahara Vihara advised:

In take of more green vegetables, plenty of water,
regular Surya Namaskara,
Kapalabhati, brisk exercise.
Avoid non vegetarian, deep fried,
sweets, chocolates, other junk foods.
Discussion:

Artavakshaya occurs due to vitiation of Vata and Kapha Doshas. In this condition the Yathochitakale Artava Adarshana, Alpata and Yoni Vedana will occur due to Srotoavarodha. In this condition, specially with the help of Pittavardhaka (Agneya) Dravyas, Shodhana of Artavavaha Srotas, removes Srotoavarodha and brings up the normal menstrual flow. Venuparvadi Kwatha selected to evaluate their efficacy in the management of Artavakshaya. There are Three ingredients in this formulation one part Venu Parva (Bambusa arundinacea Willd), two part Soya seed (Anethum sowa Kurz) and Guda as Prakshepa. Artavapravritti mainly regulates by Vata, here drugs having Madhura Rasa and Vipaka is ‘Vata Shamaka’. Due to Ushna Virya inhibits the Sheeta Guna of Vatadosha. Artava is ‘Agneya’ that’s why influence of pitta on ‘Artava Updhatu’ is acceptable. Ushna Virya, Katu Rasa, Tikshna Guna are Pitta Vridhikara. Artavajanna Karma of Venu and Shatpushpa also promotes the action of Pitta. Artava kshaya also depends upon vitiation of Kapha. In ‘Artava kshaya’ Pichhila Guna and Kledaka Dosha of Kapha increased. Ushna Virya and Ruksha Guna decreases Pichhila Guna of Kapha.

As, we know the Artavajanna karma, this karma of the drug has direct effect on Artava. By this karma the menstruation takes place at regular intervals with regular normal duration. Artava is Updhatu of Rasa and some Acharyas consider as Updhatu of Rakta. Efficacy of drug is depends upon how it works on Rasa and Rakta. Venu having Madhura Rasa and Vipaka, Madhura Rasa nourishes and gives strength to Rasa Dhatu and Mamsa Dhatu. which is directly responsible for ‘Artavautpatti’. Due to property of Kapha Vilayan occurs in this way they help in Srotoshodhana. As obstruction is cleared, free flow of Artava occurs into lumen. It has Deepana, Pachana, Anulomana and Krimighna properties so, it is used in Aruchi, Agnimandhya, Ajeerna, Udarshoola, Krimi etc. Pachana means Shamana of the Doshas. In case of Artava kshaya the obstruction in Srotas is due to Kaphavritta Vata. Shatpushpa Churna possess Deepana & Pachana karma due to Ushna Virya and it lead to Agnivardhana so in this way it act on Ajeerna. Agnivardhana i.e. Jatharagni, Dhatavagni increase the production of Rasa Dhatu which effect on Aratva Updhatu.
Conclusion:

Artavakshaya is not directly explained as a disease in our classics but has been described under upadhatu kshaya very systematically and as a symptom of Artava Vikaras in many classics. In Ayurvedic classical texts, treatment is mentioned to keep the Doṣhas in equilibrium. It can be achieved by Samsodhana and Samshamana (in form of Agneya Dravyas). Hence for the present study Shamana line of treatment was selected as the medicines are easily available, palatable and cost effective. Venuparvadi Kwatha was found to be very effective. Early diagnosis and timely treatment can cure the condition and prevent complication like infertility.

References:


2 Siddha bhaishajya manimola stri Roga chikitsaadhyaya 7 pg no 341
