

A case study on *ayurvedic* management of *artava kshaya*

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Abstract:

In today's fast and competitive world, many gynecological cases are rapidly increasing because of sedentary life style, faulty food habits etc. Changes in physical and mental well being profoundly affect menstrual cycle. *Aartava kshaya* is common menstrual disorder. Ratio of Menstrual disorder is raising in gynecological practice which precursor of infertility and other problems. *Artava dushti* caused due to *vata pitta* vitiation hence *Krishna tila kwath* and *rajapravartini vati* are selected for case study in with *Krishna tila kwath is agneya, pitta vardhaka and vata kapha shamak*.

INTRODUCTION

Woman undoubtedly is the ultimate source of human progeny. As human life is constantly influenced by the rhythmic phenomenon, the female menstrual cycle involves dramatic monthly hormonal changes affecting a woman's emotional and physical state. Most of the menstrual disorders have been described under the heading of *ashta artava dushti*, *asrigdara*, *artavakshaya* in our classics. *Artava kshaya* is not explained as a disease. Moreover, it is a symptom in some diseases. *Acharya susruta* explains *artavakshaya lakshana*¹ under *Dosha dhatu mala kshaya vridhhi vignanam*. It can be compared with "*Hypomenorrhoea*"² and "*Oligomenorrhoea*"³ in modern science to some extent on the basis of its signs and symptoms.

CASE REPORT

A 19 year old unmarried woman who is student visited the OPD of *Prasuti Tantra* and *stree roga* with complaints of delayed menses flow since 6 months. Scanty P/V and spotting on 2nd day and lower abdominal pain.

First day of menstruation, which is spasmodic in nature on since 6 months.

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

Family history: No any family history of illness.

Personal History:

- Diet – Non vegetarian, fast food, junk food.
- Appetite- Good
- Bowel- once/day.
- Micturition-4-5times.

Menstrual history-

- Age of menarche-14yrs
- Menstrual cycle-2 days/50-55days; since 2 month; 1pad/day, no clots ; LMP- 15/ 10/2018

Ashtavidha Pariksha-

- *Nadi*-78/min
- *Mutra*-4-5 times/days
- *Mala*- once in a day.
- *Jivha*- *saam*.
- *Shabda*- *shina*.
- *Sparsha*- *anushna*
- *Druk*- *prakrut*.
- *Akruti*- *madhyam*.

General examination-

- Built-moderate
- Nourishment- moderate.
- Temperature-98F
- Pulse- 76/min

- B.P- 110/70mmof Hg
- Wt.- 60kg

Systemic examination:

- CVS-S1 S2 N
- CNS- well oriented, conscious
- P/A- soft, No tenderness

Investigation- HB- 9.9 gm/dl

USG- Abdominal pelvis Impression: Not Abnormal detected.

Treatment-

1) *Rajapravartini vati* 500mg twice daily.

Route- orally. *Anupan-* Lukewarm water.

2) *Krishna tila kwath* 15ml BD after food with 15ml of water.

Medicine administered for 3 months.

OBSERVATION AND RESULTS:

Table 1: Changes in signs and symptoms before and after treatment

Signs and symptoms	Before treatment	Completion of 1st menstrual cycle after treatment	Completion of 2nd menstrual cycle after treatment	Completion of 3rd menstrual cycle after treatment
Interval between two cycles	50 – 55 Days L.M.P – 15/10/2018	50- 55 Days L.M.P – 10/12/2018	30-35 Days L.M.P – 12/1/2018	28-30 Days L.M.P – 10/2/2018
Duration of bleeding	2 days	4days	5days	5 days
No of pad used per days	1pad/day	2pads/day	3-4pads/day	3-4pads/day
Yoni vedana	Severe lower abdomen pain on 1st day	Lower abdomen pain on 1st and 2nd day	Lower abdomen pain on 1st day	Lower abdomen pain on 1st day

DISCUSSION:

Artavakshaya occurs due to vitiation of *Vata* and *Kapha doshas*. In this condition

the *yathochithakaleartava adarshana, alpata, yoni vedana*, irregular and scanty menstrual flow will occur due to *Srotoavarodha*. In this condition,

especially with the help of *Pittavardhaka* (*Agneya*) *Dravyas*, *shodhana* of *Artavavaha Srotas*, removes *Srotoavarodha* and brings up the normal menstrual flow. *Krishna Tila Kwatha*⁴ selected to evaluate their efficacy in the management of *Artavakshaya*. *Krishna Tila* contains *madhura rasa*, *guru*, *snigdha guna*, *ushna virya* and *madhura vipaka*. It also has *snehana*, *vedanasthapana*, *sandhaniya* and *artavajanana* properties. *Krishna tila* having *madhura rasa* and *vipaka*. *Madhura rasa* nourishes and gives strength to *rasa dhatu* and *mamsa dhatu*. It increases secretions and decreases degeneration of *endometrium*. *Madhura rasa* contains carbohydrates in abundance and less protein, which is very important constituent of *endometrium*. *Balya* and *rasayana karma* of *krishna tila* increase the *rasa dhatu* which is directly responsible for '*artavautpatti*'. Due to its *ushna veerya* it removes the *srotoavarodha* and increases the secretion of endometrial glands (improvement of proliferative stage). *Rajapravartini vati*⁵ contents *ghritkumari*, *kaseesa*, *tankana*, *hing*. *Rajapravartini vati* is helpful in treatment of *amenorrhea*, *oligomenorrhoea* associated with light menstruation or scanty periods and backache during menstruation. Due to *ushna virya* and *agneyatwa* properties of all drugs clears

the *srotoavarodha* and increases the blood circulation in the *yonis* and *garbhasaya*, because of this there will be formation of healthy *endometrium*. Because of increased circulation the uterus gets proper nutrition and becomes healthier and thus the menstrual cycles become regularized, there will be increase in quantity of *artava* as well as duration of bleeding also increases.

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