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An Ayurvedic Management of Artava Kshaya WSR to PCOD: A Case Study

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Abstract

The menstrual cycle is a series of natural changes in hormone production and the structures of the uterus and ovaries of the female reproductive system. Menstrual irregularities are very common in young female nowadays and it is rapidly increasing because of lack of exercise, diet quality, mental health, sleep disturbance etc. Oligomenorrhoea is one among them and it refers to infrequent or abnormally light bleeding in people who menstruate. The prevalence of oligomenorrhoea is 13.5 percent in the general population. A polycystic ovarian disease accounts for 4 to 10 percent of oligomenorrhoea in women of reproductive age. Oligomenorrhoea can be compared to *Arthava kshaya* in ayurveda due to similarity of symptoms. Which indicates scanty menstrual flow associated with pain in variable duration where vitiation of *vayu* and *kapha* are predominant. In modern science hormonal therapy is used as a line of treatment and that can give only symptomatic relief.

Methodology: A female patient of 21 years came to OPD of Karnataka ayurvedic medical college, mangalore with chief complaints of irregular (delayed) menses with prolonged interval of 2-3 months since last one and half years, along with USG findings of polycystic ovaries. In this case study patient was treated with some oral medication for 3 consecutive cycle.

Results: Patient had her menstruation regularly with normal duration during and after treatment.

Keywords: Oligomenorrhoea, *Arthavakshaya*, Polycystic ovaries

Introduction

Menstrual hygiene is key in promoting good health. Globally approximately 52% of the female population (26% of the total population) is of the reproductive age ^[1]. All over the world around 75% of girls are expecting problems associated with menstruation ^[2]. Among all menstrual irregularities *arthavakshaya* is results from faulty dietary habits and lifestyle. In Ayurveda the menstrual cycle is a window into the state of human body giving great insight into health. All three *doshas* play a role in menstruation with the menstrual cycle showing imbalances in the doshas long before they show up in other systems. Any divergence from the normal menstruation has been listed under different heading by *acharyas* and they are *Arthavadushti*, *Arthavakshaya*, *Yonivyapad* etc. *Artava kshaya* occurs due to vitiation of *Vata* and *Kapha* dosha. In this condition, the yathochithakale Artava adarshana (Menses not coming on time), *alpata* (less blood amount), *yoni vedana* (Pain), the irregular and scanty menstrual flow will takes place due to obstruction in *srotas*. This condition can be cured by *Pitta vardhaka* (*Agneya*) *Dravyas*, *Artavavaha Srotas shodhana*, clear *Sroto avarodha* which induces normal menstrual flow ^[3]. In *ashta arthava dushti acharyas* has mentioned *arthavakshaya* as *ksheena arthava*. Based on clinical symptoms, *Lakshana* of *Artava Kshaya* can be compared with following menstrual disorders:

- *Uchita kala adarshanam* as delayed menses or Oligomenorrhoea
- *Alpata* as hypomenorrhoea
- *Yonivedana* as dysmenorrhoea.

So when we compare the disease *arthava kshaya* with the modern medical science oligomenorrhoea and Hypomenorrhoea can be correlated on the basis of its signs and symptoms. Oligomenorrhoea" is defined as menstrual bleeding occurring more than 35 days apart and which remains constant at that frequency [4]. Hypomenorrhoea is defined as when the menstrual bleeding is unduly scanty and lasts for less than 2 days [5].

Treatment possibilities in modern medicine includes behavior modification, diet, psychotherapy, and stress reduction techniques. Anovulation, when caused by obesity, can be managed with weight reduction.

Case Report

An unmarried female patient of 21 years of age came to OPD of Karnataka Ayurveda Medical College, mangalore on 07/08/2023 with chief complaints of irregular menstrual cycle with an increased interval between two menstrual cycles, mild abdominal pain burning micturition.

Menstrual history: Patient had attained her menarche at 11 years of age. She was having regular menstruation since menarche but presently since one and half years she was having delayed menstruation with prolonged intervals.

LMP:10/06/2023

Previous LMP:03/03/2023

Menstrual history: 4-5 days /2-3 months since one and half year.

Regularity: Delayed

Pain: Mild abdominal pain

Clots: No clots, Foul smell: Absent

Flow: Normal pad history

Day 1:2 pads/day, fully soaked

Day 2: 1 pads/day, not fully soaked

Day 3:1 pad /day, not fully soaked

Past history: No history of DM/HTN/Thyroid dysfunction

Past surgical history: No history of any general, gynecological or any other surgery.

Family history: Patients elder sister was suffering from similar problem.

Personal history:

Diet – Junk food, fast food, non vegetarian

Appetite-good

Bowel-once/day

Micturition-burning micturition, 5-6/day, 2-3/night

History regarding sudden weight gain since 6 months upto 3kgs.

Allergic history-no h/o allergy was found in the patient.

Astavidha pareeksha

Nadi-78/min

Mala-once/day

Mutra-5-6 times day, 2-3 times night

Jihwa-*Alipta*

Shabda-*Prakrtha*

Sparsha-*Anushna sheeta*

Drik- *Prakrtha*

Akrithi-*Madhyama*

Dashavidha pareeksha

Prakrthi- *Vata pittaja*

Vikrthi- *Vishama samaveta*

Sara - *Rasa*

Pramana- *Madhyama*

Satmya- *Avara*

Ahara shakti -*Abhyavarana shakti-madhyama*

Jarana shakti- *Madhyama*

Vyayama shakti- *Madhyama*

Vaya- *Madhyama*

General Examination

Built -moderate

Nourishment-moderate

Temp-98.6

Pulse-78/min

Bp-120/70mmHg

Weight-63kgs

Height-5'3

Systemic Examination

CVS- S1 S2 heard, no added sound

CNS-well oriented, conscious

P/A – soft, nontender

Laboratory Investigation

Hb-12.4 gm/dl

TSH-0.90 mlU/L

S.Prolactin-24.0ng/ml

FBS-97.0mg/dl

Urine Examination

Alb-nil

Sugar-nil

Pus cells-7-8 hpf

Epithelial cells- 3-4 hpf

RBC- nil

Diganosis -*Artava kshaya*

Diagnosis a/c to modern science-Oligomenorrhoea associated with PCOD

Table 1: Showing Timeline of treatment given

Visit date	Medicines given	Dose	Duration	Before/After meal	Anupana	Purpose
07/08/2023	1.Hingwashtaka choorna	2gm	BD	BF	Water	Deepana,pachana
	2.Kumaiasava	20ml	BD	AF	Water	Shoolahara,mutrala
	3.Kanchanara guggulu	500mg	BD	AF	Water	Garbhasshaya shodhana
	4.Rajaprarthini vati	250mg	BD	AF	water	Arthava pravartana
05/09/2023	1.Hingwashtaka choorna	2gm	BD	BF	Water	Deepana,pachana
	2.Kanchanara guggulu	500mg	BD	AF	Water	Garbhasshaya shodhana
	3.Rajaprarthini vati	250mg	BD	AF	Water	Arthava pravartana
	4.Sukumara kashaya	20ml	BD	AF	water	Vatakaphahara
08/10/2023	Continue same +Cp vati	500mg	BD	AF	Water	Vatakaphahara, sarvaroga prashamana

Pathya Apathya Advised

Patient was asked to follow *Rajaswalacharya* in every cycle

Advised to take Raktashali rice, yava, barley

She was asked to do Yoga, pranayama and vyayama.

Advised to avoid junk food, oily, spicy food.

Observations and Results**Table 2:** Showing Observation before and after treatment

Signs and Symptoms	Before Treatment	After 1 st menstrual cycle while taking medicine	After 2 nd menstrual cycle while taking medicine	After 3 rd menstrual cycle while taking medicine	After 4 th menstruation without taking medicines
Interval between two cycles	2 – 3 months	40 days	35 days	35 days	32 days
Duration of menses	3 days	3 days	4 days	4 days	4 days
No of pad used per day	Day 1 :2 pad/day, fully soaked Day 2: 1 pad/day, not fully soaked Day 3: 1 pad/day, not fully soaked	Day 1 :2 pad/day, fully soaked Day 2: 1-2 pad/day, Day 3: 1 pad/day.	Day 1 :3 pad/day, fully soaked Day 2: 2 pad/day, Day 3: 1-2 pad/day.	Day 1 :3 pad/day, fully soaked Day 2: 2-3 pad/day, Day 3: 2 pad/day.	Day 1 :3 pad/day, fully soaked Day 2: 2-3 pad/day, Day 3: 2 pad/day.
Pain during menses	Moderate	Mild	Mild	Mild	Mild

Discussion

Arthavakshaya is the most common disorder most of the women of young girls are facing nowadays. Vitiating of *vata* and *kapha dosha* are the predominant factor here. In *arthava kshaya agni* is in *mandavastha* i.e. *mandagni* presents at *koshtha* and *dhatu* level. This leads to *amotpatti*, *Rasa dhatu dushti* and *srotas* obstruction. *Vata* is responsible for *chala guna* of *dhatu* [6] in the body and aggravation of *vata* leads to obstruction of *dhatu*, that which affects the *gathi* of *upadhatu* i.e. *arthava*. Thus leading to pathogenesis of *arthava kshaya*.

The ingredients of *Hingwashtaka choorna* are *trikatu*, *ajamoda*, *saindhava lavana*, *Shweta jeeraka*, *krishna jeeraka*, *hingu* and *ghee* [7]. All these are having *vata kaphashamana* and *pittavardhaka* properties as per treatment mentioned by acharya sushruta for *arthava kshaya*. And these ingredients are also having properties like *agnivardhaka*, *Deepana* and *pachana*. Hence improves *jataragni*.

Kumari Aasava can be prescribed in *Strotodushti*, *Daurabalya* (debility), also acts on ovaries to correct ovarian function and induce ovulation. *Kumari asava* also controls female hormones and help in correcting the disturbed menstrual cycles. It contains *Kumari*, *Haritaki*, and *Jatamansi* as main ingredients with many other herbal drugs which exhibit hepatoprotective activity, help in the proper metabolism of hormones in the liver, Improves digestion etc. Acts as *Vata Kapha Shamak* and *Pitta Vardhak* [8].

Kanchanar Guggulu is an effective Ayurvedic classical preparation that helps to promote a fully mature ovum and reduce the chance of PCOD. According to Ayurveda, the aggravation of *Kapha* and *Manda Agni* is considered responsible for PCOD. Taking *Kanchanar Guggulu* helps to balance *Kapha* and promotes the healthy function of *Agni* (digestive fire) because of its *Kapha* balancing nature. Altogether, it helps improve the function of the ovaries.

Severe contractions of uterine muscles constrict the blood vessels of uterus. This blockage also leads to severe pain. Several ingredients in *Sukumaram Kashayam* lead to smooth contractions and easier flow of menstrual blood, which results in normal contractions and gives relief from menstrual cramps. *Sukumaram Kashayam* also provides relief in other causes of dysmenorrhea including endometriosis, uterine fibroids and pelvic inflammatory disease.

Conclusion

Artava Kshaya is one of the familiar gynaecological disorders that majority of the women in fertile period are experiencing in today's lifestyle. The main causative factor for it such as stress, sedentary lifestyle and dietary habits, hormonal imbalances etc. In future it may develop further health related issues like infertility, obesity, depression etc. So *arthavakshaya* should be treated as earliest as possible to prevent further complications. From this study it is concluded that ayurvedic medications are effective abundantly on treating *arthavakshaya* by improving interval, duration, menstrual flow, and by reducing abdominal pain. Thus, oral ayurvedic medications can be used as productive solution in the management of *Arthavakshaya*.

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