



Case Study

EFFECTIVE MANAGEMENT OF ARTAVA KSHAYA BY AYURVEDA: A CASE REPORT

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ABSTRACT

A female patient of 25 years of age came to OPD of National Institute of Ayurveda, Jaipur on 22 September, 2020 with chief complaint of delayed menstruation with scanty flow since 4.5 years. **Methodology:** Detailed history with all necessary clinical, physical examination and laboratory investigations were carried out. No gross physical and chemical abnormality was found. All the laboratory investigations (including USG and hormonal analysis) were found to be normal. So the treatment was planned according to the symptoms. Diagnosis was made on the basis of presenting complaints was *Artava kshaya*. Patient was treated with *Tilashelukaravi kwatha* for 2 consecutive cycles. Patient was kept on follow up for 1 cycle after cessation of *Tilashelukaravi kwatha*. **Result:** Patient had got her menstruation regularly with normal duration while taking medicine. Also the amount of flow was also improved and intensity of pain was reduced effectively from moderate to mild. Even after cessation of medicine she got her menstruation in 30 days with normal amount of flow.

KEYWORDS: *Artava Kshaya*, *Tilashelukaravi kwatha*, Oligomenorrhoea, Hypomenorrhoea.

INTRODUCTION

Woman's health is the prime consent to be considered for well-being of family, society and culture. Any physical, physiological and psychological disorders can disturb her life. Physiological changes and development occurs right from birth but markedly during the age of puberty. Due to increased physical and emotional stress in routine lifestyle of women alters the physiology of "Hypothalamus-Pituitary-Ovarian-Uterine axis". This may lead to many gynaecological problems. Among all gynaecological problems, the most common menstrual problem is *Artava Kshaya*. *Acharyas* has mentioned the age of menarche with normal duration and interval of menstruation. Any deviation from these physiological parameters has been mentioned under different headings by different *Acharyas* like *Artavadushtis*, *Yoni vyapadas*, *Artavakshaya*, *Nastaartava* etc. If we review our classics *Artava kshaya* has not been mentioned as a separate disease but it has been described as a symptom of many gynaecological disorders. *Acharya Sushruta* has explained the symptoms of *Artava Kshaya*.^[1] In this condition, menstruation is delayed, menstrual blood is scanty and associated with pain during menstruation. *Artava Kshaya* has also been mentioned in *Astha Artava Dushtis* as *Ksheen Artava*.^[2] In modern science *Lakshana* of *Artava*

Kshaya can be correlated with certain menstrual disorders that are as follows:

- *Uchita kala adarshanam* as delayed menses or Oligomenorrhoea
- *Alpata* as Hypomenorrhoea
- *Yonivedana* as Dysmenorrhoea

So when we compare the disease *Artava Kshaya* with the modern medical science Oligomenorrhoea and Hypomenorrhoea can be correlated on the basis of its signs and symptoms.

Oligomenorrhoea^[3] is defined as menstrual bleeding occurring more than 35 days apart and which remains constant at that frequency.

Hypomenorrhoea^[4] is defined as when the menstrual bleeding is unduly scanty and lasts for less than 2 days.

Prevalence of Oligomenorrhoea is increasing day by day making it to be the commonest gynaecological disorder. Incidence of oligomenorrhoea in PCOS^[5] is 87% which is highest among other menstrual irregularities in PCOS.

Many causes has been described in modern science for Oligomenorrhoea and hypomenorrhoea that includes hormonal factors, ill health of patient, poor nutrition, may be constitutional in origin, may be related to uterine or endometrial origin.

Treatment modalities in modern science includes reassurance, improving the general health of patient, hormonal therapy and various other modalities based on the underlying etiology for treating these condition.

Rationality of Selection of Drug

Artava Kshaya can be considered *Vata Kaphaja vikara* as *Vata* is responsible for all the physiological functions of body^[6]. Also *Apanavata* is responsible for the proper *Nishkrama* of *Artava*. *Kapha* due to its *Avrodhaka guna* has the capacity to cause obstruction in *Artava vaha strotas* thus contributing to the pathogenesis of *Artava Kshaya* along with *Vata*. *Pitta* particularly *Pachaka pitta* also contributes to it as it is responsible for the proper digestion of food and further proper formation of *Dhatu*. Any deviation of *Pachaka pitta* from its physiological function may lead to improper formation of *Rasa dhatu* and hence improper formation of *Artava Updhatu* in turn.

Treatment is Ayurveda is based on the concept of destruction of the factors causing pathogenesis (*Samprapti Vighatana*). So if we consider the *sampraptitaktika* in this case then it can be laid as follows:

- *Dosha: Vata (Apanavata), Kapha (Kledaka kapha), Pitta (Pachaka pitta)*
- *Dushya: Rasa dhatu and Artavaupdhatu*
- *Agni: Agni mandya*
- *Strotas: Rasavaha and Artavavaha*
- *Strodushti: Sanga*
- *Adihsthana: Garbhaaashya*

So the drug having *Vata kapha shamaka, Pitta vardhaka*^[7], *Deepana, Pachana, Rasapushtikara, Lekhana* properties should be used to treat *Artava kshaya*. Considering above and line of treatment of *Artavakshaya, Tilashelukaravi kwatha*^[8] was selected and given to the patient for treatment.

Tilashelukaravi consisted of *Tila, Shelu* i.e., *Shleshmataka, Karavi (Krishna jeeraka)* was given with *Guda* (jaggery) as an adjuvant. Drugs included under *Tilashelukaravi* are having various properties that can revert back the pathogenesis of *Artava kshaya* such as they are having *Vata kaphahara, Ushna* in *Veerya, Deepana, Pachana, Shoolahara* properties which will be discussed in detail later in discussion.

Case Report

An unmarried female patient of 25 years of age came to OPD of *Prasuti Tantra Avum Stri Roga* of National Institute of Ayurveda (NIA), Jaipur on 22 September, 2020 with chief complaint of delayed menstruation with scanty flow since 4.5 years. She also had associated complaint of painful

menstruation (moderate pain- assessed by Visual analogue scale)

Menstrual History

Patient had attained her menarche at 12 years of age. She was having regular menstruation 2 years ago. But presently since 2 years she was having delayed and scanty menstruation.

LMP: 21.10.2020

Previous LMP: 8.09.2020

Menstrual history: 2 days / 45-55 days since 2 years

- Regularity: Delayed
- Pain: Moderate (Pain was assessed on the basis of Visual Analog Scale {VAS})
- Clots: Absent
- Foul smell: Absent
- Flow: Decreased
- Pad history: Day 1: 1 pad (not fully soaked)

Day 2: 1 pad (not fully soaked)

Past Medical History: No H/O thyroid dysfunction, DM, HTN or any other significant medical history was found.

Past Surgical History: No history of any general, gynaecological or any other surgery.

Family history: No significant family history was found in this case.

Personal History: Personal history revealed that the patient had normal appetite with clear bowel habits, micturition also with sound sleep.

Allergic History: No history of any allergy was found in this patient

General Examination

- Built: Moderate
- Weight: 49 kg
- Height: 5 feet
- BMI: 21.1
- B.P: 110/70 mm Hg
- Pulse rate: 76/min
- Respiratory rate: 18/min
- Tongue: uncoated

Systemic Examination

- CVS: S1 and S2 were normal
- CNS: Patient was well oriented and conscious
- RS: Normal vesicular breathing

Laboratory Investigations

Routine investigations with baseline hormonal assessment were done on 2nd day of cycle and were found to be normal as follows:

- Hb: 13 gm/dl
- ESR: 11mm/hour
- TSH: 2.09 µIU/ml
- RBS: 115 mg/dl
- FSH: 6.42 mIU/ml
- LH: 4.14 mIU/ml
- S. Prolactin: 9.06 ng/ml

USG: Suggestive of no abnormalities with normal findings.

Ashthavidha Pareeksha:

- *Nadi:* 76/min
- *Mala:* Nirama, once a day
- *Mutra:* 4-5 times/ day and 1 times/night
- *Jivha:* *Alipta* (uncoated)
- *Sparsha:* *Anushana sheeta*
- *Druka:* *Avisheha*
- *Akruti:* *Madhyama*

Dashavidha Pareeksha Bhava

- *Prakruti:* *Vata-pittaja*
- *Vikruti:* *Vishmasamveta*
- *Sara:* *Rasa*
- *Samhana:* *Avara*
- *Pramana:* *Madhyama*
- *Satmya:* *Avara*
- *Ahara Shakti:* *Abhyavahrana Shakti: Madhyama*
- *Jarana Shakti:* *Madhyama*
- *Vyayama Shakti:* *Madhyama*
- *Vaya:* *Madhyama*

Diagnosis (Ayurveda): *Artava Kshaya*

Diagnosis (Modern science): Oligomenorrhoea and Hypomenorrhoea

Treatment given: *Tilashelukaravi kwatha:*

Dose- 40ml

Frequency- Twice a day

Time of administration- *Abhakata* (Before meal)

Duration- 2 consecutive cycles

Pathya Apathya Advised

Patient was asked to follow *Rajaswala charya* in every cycle. She was advised to take tortillas (Chapatis) made of *Yava* i.e., Barley or *Daliya* of *Yava* mixed with *Go dugdha* and *Go ghruta*, *Raktashali* rice made with *Godugdha* mixed with *Goghruta* during the bleeding phase of cycle. She was advised not to take spicy, oily, fast food, packed food items like kurkure etc. She was asked to do *Vyayama*, *Pranayamas* and *Yogas* according to her body's ability daily.

OBSERVATIONS AND RESULTS

Results were observed before and after treatment while taking medicines and also one cycle after the cessation of medicine. Marked improvement was observed on the duration, interval and flow of menstruation along with pain during menstruations which are as follows:

Table1: Observation before and after treatment

Signs and symptoms	Before treatment	After 1 st menstrual cycle while taking medicines	After 2 nd menstrual cycle while taking medicines	After 3 rd menstrual cycle without taking medicines
Interval between two cycles	45-55 days	31 days	29 days	30 days
Duration of menses	2 days	3 days	4 days	4 days
No. of pad used per day	1 pad /day (not completely soaked)	Day 1: 3 pads/day Day 2: 2-3 pads/day Day 3: 1-2 pads per day	Day 1: 3 pads/day Day 2: 2-3 pads/day Day 3: 1-2 pads per day Day 4: 1 pad/day	Day 1: 3 pads/day Day 2: 2 pads/day Day 3: 1-2 pads per day Day 4: 1 pad/day
Pain during menses	Moderate	Mild	Mild	Mild

DISCUSSION

Artava Kshaya is a common menstrual disorder nowadays. If we consider the *Dosha* involvement in *Artava Kshaya* it is caused due to the vitiation of *Vata* and *Kapha dosha*. *Vata* is responsible for the *Gati* of *Dhatu*^[9] in our body and vitiation of *Vata* leads to hampering the *Gati* (movement) of *Dhatu* will in turn will affects the *Gati* of *Updhatu* i.e., *Artava* thus leading to *Samprapti* of *Artava kshaya*. Also *Vata* is said to be the main etiological factor behind all gynaecological disorders^[10]. *Kapha* due to its *Avrodhaka* properties will lead to the *Strotorodha* leading to *Samprapti* of *Artava Kshaya*.

Tilashelukaravi kwatha is having *Tila*, *Shelu* (*Shlesmataka*) and *Karavi* (*Krishna jeeraka*) in it. All of three content of *Tilashelukaravi kwatha* are having

Pitta vardhaka properties that are mentioned by *Acharya Suhruta* in the line of treatment of *Artava Kshaya*^[11]. Also these drugs are having *Artavajana* properties like they are *Ushna* in *Veerya*, having *Vata-Kapha shamaka* properties which are the main cause behind *Artava Kshaya*.

Tila is mentioned to have *Agnideepaka*^[12] and *Vatahara* properties that will pacify *Agnimandya* and leading to formation of proper *Rasa dhatu* which will in turn be leading to formation of its *Updhatu* i.e., *Artava* and its *Vatahara* property will be pacifying of *Vatadosha* (*Apanavata*) leading proper *Nishkramana* of *Artava*. *Vedanahara*^[13] property of *Tila* might have interfered with production of Prostaglandins thus leading to improvement of *Yoni vedana*.

Shelu i.e., *Shleshmatak* has *Amadoshhara*, *Pachana*, *Shoolahara* properties^[14] leading to *Pachna* of *Ama* and proper metabolism leading to proper formation of *Rasa Dhatu*. Studies have revealed it to have analgesic and anti-depressant activities. Anti-depressant activities might have removed the stress induced negative feedback to HPOU axis thus leading to proper functioning of HPOU axis leading to regulation of endometrial and ovarian cycles leading to destruction of underlying pathology of *Artava Kshaya*. Analgesic and *Shoolahara* property might have reduced the pain during menstruation from moderate to mild.

Karavi i.e., *Krishna jeeraka* is having *Deepana*, *Pachana*, *Medhya*, *Vata kaphahara* and *Pittavardhaka* properties^[15]. Due to its *Vata-kaphahara* properties it might have removed the obstruction of *Artavavahi strotas* and *Agneyaguna* of *Pitta* might have increased the *Aagnaya artava* thus destroying pathogenesis of *Artava Kshaya*. On pharmacological screening it was found to have analgesic, anti depressant, anti diabetic^[16] properties.

CONCLUSION

Artava Kshaya is one of the commonest gynaecological disorders nowadays. Many causes of it such as stress, faulty lifestyle and dietary habits, hormonal imbalances etc. has been laid out. *Artava Kshaya* is also a precursor of many other further gynecological and general disease entities like infertility, obesity, depression etc. So it is need of hour to cure it at earliest so as to prevent future events. From this study it is concluded that *Tilashelukaravi kwatha* is effective on various parameters of *Artava Kshaya* like it has improved the duration, interval, flow of menstruation as well as it was effective in reducing the pain during menstruation in the management of *Artava Kshaya*.

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