



Review Article

VATAJA ARTAVA DUSTI AND ITS MANAGEMENT - AN AYURVEDIC REVIEW

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ABSTRACT

Almost every women, experience one or the other types of menstrual problem in her lifetime. The prevalence of menstrual disorders has been recorded as high as 87%, out of which dysmenorrhea has prevalence of 60% to 93%. In Ayurvedic classics, most of the menstrual disorders have been described under the heading *Asta artavadusti* and *Asrgdara*. *Vatajaartavadusti* is described in various texts by *Acharyas*. According to Ayurveda classics *Vatajaartavadusti* define as *Artava* vitiated by *Vata* excreted with pain and reddish or blackish in colour. The condition of *Vatajaartavadusti* resembles with the description of dysmenorrhea. Dysmenorrhea is the painful menstruation of sufficient magnitude so as to incapacitate day to day activities. On the basis of symptom menstruation along with pain, it appears to be nearer to dysmenorrhea. At present, different types of treatment protocol which are mainly used for treating dysmenorrhea are NSAIDs (analgesics), antispasmodics, oral contraceptive pills and surgical procedure. But they provide only temporary relief. Ayurveda describes various modalities like oral medication, *Panchakarma* procedures, life style modification and correction in diet. So this study is undertaken to through the light on classical reference of *Vatajaartavadusti* with modern correlation dysmenorrhea and its Ayurvedic management.

INTRODUCTION

Almost every women, experience one or the other types of menstrual problem in her lifetime. The prevalence of menstrual disorders has been recorded as high as 87%, out of which dysmenorrhea has prevalence of 60% to 93%. In Ayurvedic classics, most of the menstrual disorders have been described under the heading *Asta Artava dusti* and *Asrgdara*. *Vataja artava dusti*^[1-7] is described in various texts by *Acharyas*. According to Ayurveda classics *Vataja artava dusti* define as *Artava* vitiated by *Vata* excreted with pain and reddish or blackish in colour. The condition of *Vataja artava dusti* resembles with the description of dysmenorrhea. Dysmenorrhea^[8-10] is the painful menstruation of sufficient magnitude so as to incapacitate day to day activities.

On the basis of symptom menstruation along with pain, it appears to be nearer to dysmenorrhea.

AIMS AND OBJECTIVE

Conceptual Study (both Ayurvedic and modern point of view) of *Vataja Artava Dusti* and its management.

MATERIALS AND METHOD

1. Literary information about the study has compiled from Ayurvedic *Samhitas*.
2. References from modern gynecology text books, various publications, textbooks, research papers have considered to collect the literary material.
3. For all the procedures various Ayurvedic text are referred.

Literature Review

Ayurvedic view^[1-7]

Disease Review

In Ayurvedic classics, most of the menstrual disorders have been described under the heading *Asta Artava dusti* and *Asrigdara*. *Vataja artava dusti* is described in various *Samhitas* by *Acharyas*. *Vataja artava dusti* is included among the *Asta Artava dusti* mentioned by *Acharya Susruta* and *Vagbhata* and *Sarangadhar*. *Asta Artava dusti* have not been described by *Acharya Harita* but he has mentioned

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clinical features and treatment of *Vataja*, *Pittaja*, *Kaphaja artava dusti* in the chapter of *Vandhya*.

Asta Artava dusti Hetu (etiology)/causative factor^[1-7]

All the Acharyas have not described any specific etiology (*Hetu*) of *Asta Artava dusti*. Only

Acharya Kasyapa says that use of *Ati ushna annapaana*, use of *Tikshna rukshaya dravyas* during menstruation, use of *Tikshna dravyas* for *Sodhana karmas* to the women having *Mridu kostha* are the causes of all *Artava dusti* (menstrual disorders).

Definition of Vataja artava dusti ^[1-7]

According to Samhitas	Dosha involved	definition
Susruta samhita	Vata	Painful menstruation along with excretion of blackish reddish menstrual blood (<i>Vata varna artava</i>).
Astangahridya/Astanga samgraha	Vata	Artava vitiated by Vata is <i>Tanu</i> (thin) <i>Ruksha</i> (dry) <i>Phenilam</i> (frothy) <i>Aruna varna</i> (reddish brown in colour) <i>Vischinna</i> (broken) and excreted slowly with pain.
Haritasamhita	Vata	Artava vitiated by Vata is blackish red and dark violet (<i>Pakkajambu nibha</i>) in colour and excreted with pain

General line of treatment for Vataja artava dusti^[5,6,7]

1. *Samsodhan* - Internally cleansing process which is in the form of *Panchakarma*.
2. *Samsaman chikitsa* - Palliative measures, which is in the form of *Vatahara* and *Shulahara dravyas*.
3. *Sthanik chikitsa* - *Kalka*, *Pichu*, *Yoni dhavana*

Specific Treatment of Vataja Artava Dusti

According to Samhita	Chikitsa sutras
Susruta samhita ²	1. In <i>Vataja artava dusti uttara vasti</i> with <i>Vatahara dravyas</i> should be given accompanied with <i>Snehan</i> and <i>Swedan karma</i> 2. <i>Yoni pichu</i> and <i>Yoni prakshalan</i> with <i>Vatahara dravyas</i> should be used
Astanga hridaya ³	<i>Snigdha</i> (Unctuous), <i>Ushna</i> , <i>Amla</i> , <i>Lavan</i> , <i>Dravyas</i> should be used In <i>Vataja Artava Dusti</i>
Astanga sangraha ⁴	<ul style="list-style-type: none"> • <i>Ghrita</i> medicated with <i>Bharangi</i>, <i>Madhuka</i> and <i>Bhadradaru</i> or milk treated with <i>Kasamari</i> and <i>Kshudrasaha</i> should be used orally • Paste of <i>Priyangu</i> and <i>Srigalawinna</i> should be taken with milk and <i>Ghirta</i> • Paste of <i>Priyangu</i> and <i>Tila</i> should be applied as <i>Yoni pichu</i> • <i>Yoni prakshalan</i> with the decoction (<i>Kwath</i>) of <i>Sarala</i> and <i>Mudgaparni</i>
Harita ¹	<ul style="list-style-type: none"> • <i>Kwath</i> of <i>nagara</i>, <i>Pippali</i>, <i>Musta</i>, <i>Dhanvayasa</i>, <i>Brihati</i>, <i>Kantakari</i> and <i>Patala</i> mixed with <i>Guda</i> (jaggery) and <i>Dadhi</i> (curd) should be given for one week during menstruation
Bhela samhita	<ul style="list-style-type: none"> • <i>Niruha basti</i> (cleansing enema) is beneficial

Modern Literature Review ^[8,9,10]

Almost every women, experience one or the other types of menstrual problem in her lifetime. The prevalence of menstrual disorders has been recorded as high as 87%, out of which dysmenorrhea has prevalence of 60% to 93%

Dysmenorrhea means painful menstruation of sufficient magnitude so as to incapacitate day to day activities

Primary Dysmenorrhea^[8,9,10]: Primary Dysmenorrhea is the type of dysmenorrhea when there is no identifiable pelvic pathology.

1. Uterine myometrial hyperactivity has been observed in cases with primary dysmenorrhea.
2. Spasmodic pain is attributed to myometrial contraction due to increased PGF2alpha secreted under progesterone effect.

3. There is increased vasopressin release during menstruation in women with primary dysmenorrhea.

4. Vasopressin increases PG synthesis.

Secondary Dysmenorrhea:^[8,9,10] Secondary dysmenorrhea refers to the one associated with the presence of organic pelvic pathology, i.e. Fibroids, Adenomyosis, PID and Endometriosis etc.

Treatment of Dysmenorrhea includes^[8,10]

1. Counseling
2. Psychotherapy to modify patient's perception of her problem and alter behavioral attitude
3. Medical measures
4. Surgical interventions

Medical measures^{8,10}**The drug used are**

1. Analgesics
2. Antispasmodics
3. Prostaglandin synthesis inhibitors are cyclooxygenase inhibitors, NSAIDS are used
4. Progestogen-containing IUCD (Mirena) relieves pain in addition to providing contraceptive measures and reducing bleeding.
5. Oral contraceptives (OCs) administered cyclically suppress ovulation and are useful in relieving dysmenorrhea.

Surgical Method^{8,9,10}

Surgery is rarely undertaken if medical measures fail to provide relief and in women with secondary dysmenorrhea. Surgical interventions include the following:

1. Diagnostic hysteroscopy followed by dilation and curettage (D&C)
2. Excision of polyp or uterine septum.
3. Dilatation of cervix - it damages the nerves.
4. Diagnostic laparoscopy
5. Laparotomy followed by excision of chocolate cysts, eradication of endometriosis, myomectomy, excision of localized adenomyoma, presacral neurectomy. Hysterectomy in elderly woman is the last resort.
6. Transcutaneous electrical nerve stimulation (TENS) is effective in 45% cases.

DISCUSSION

According to Ayurveda menstruation is guarded by *Vata dosha*. Derangement or aggravation of *Vata dosha* causes *Vataja artava dusti*. On the basis of symptom menstruation along with pain, it appears to be nearer to dysmenorrhea. At present, different types of treatment protocol which are mainly used for treating dysmenorrhea are analgesics, antispasmodics, oral contraceptive pills and surgical procedure. But they provide only temporary relief. Ayurveda describes various modalities like oral medication, *Panchakarma* procedures, life style modification and correction in diet. The treatment, which alleviates *Vata* gives excellent results in this disease. *Panchakarma* treatments likes *Uttarabasti*, *Anuvasana* or *Matra basti* are the treatments which will specially target derangement of *Vata* in menstrual problems. *Garbhasaya balya ausadhi* (*Bharangi*, *Madhuka*,

Bhadradaru, *Nagara*, *Pippali*, *Musta*, *Dhanvayasa*, *Brihati*, *Kantakari* and *Patala* etc) will also reduce associated symptoms.

CONCLUSION

Ayurveda views dysmenorrhea as a *Vata dosha* imbalance due to *Mithya ahar vihar* and it can be treated in the line of *Vataja artava dusti*.

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