

A clinical case study article on Impact of ayurvedic management in Arthavkshaya w. s. r to oligomenorrhea

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Abstract—The word kshaya means to get reduced or to cease. Artavakshaya includes symptoms like painful and scanty menses. It is necessary to study Artavakshaya as it is one of the important factor in infertility. Ayurveda has some basic phenomenon of tridoshas, saptadhatu&trimalas. Apart from the saptadhatu, updhatus also plays an important role. Arthav is updhatus of rasadhatu. Any abnormality of arthav and its functions impacts on menstrual regulation as well as reproductive health.

Index Terms—Oligomenorrhea, Arthavkshaya, Ayurveda, Dosha

I. INTRODUCTION

Abnormal menstrual flow indicates scanty menstrual bleeding both in amount and duration with associated symptoms of pain in lower abdomen or back or in vagina. It can be compared on the basis of its signs and symptoms with hypomenorrhoea described in modern medical science, in which hormonal disorders occur due to underproduction of the endometrium and lack of coordination of hypothalamo-pituitary-ovarian axis. According to our Acharyas, of Artavakshaya is the complication of Rasa and RaktaDhatukshaya due to vitiation of VataDosha. So the treatment should be Vatashamaka and Agnivardhaka. In the modern science, the treatment is based on hormonal preparations only which have many hazardous effects like weight gain, cysts in reproductive organs and chances of carcinoma.

In human race women are the most essential factor as only they have the capacity to recreate or to give birth to another offspring. To effectively fulfilled the above aim, nature has conferred special anatomical

and physiological characteristics in the women which are collectively referred as streekarbhava. One among them is the concept of Rajas- pravrutti i.e. Artava.

Any abnormality of Artava and its functions impacts on menstrual regulation as well as the reproductive health. Every month women go through a hormonal process to prepare for pregnancy which is called as menstrual cycle. It starts from 13 to 45 years of the age. Puberty and menopausal period varies from women to women. The uterine bleeding occurs for 4-5 days at an interval of 21- 35 days. This bleeding comes from endometrium primed by estrogen and progesterone.

Many conditions like environment plays very important role as its precursor of infertility and other problems. Artava is Agneya in property, several drug and formulae are available in Ayurveda classic for the remedy of Artavakshaya.

Case report:

A 25 years old female patient came in SRPT OPD on 20/5/26 for irregular and scanty menses since 2-3 years and she was suffering from 2.5 months of amenorrhea

Past history:

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

Family history:

No history of similar problem in any of the family members.

Personal History

- Diet – Mixed - Increased desire for bakery items, more sour and spicy food, noodles, chicken
- Appetite- Good • Bowel- Once/day • Micturition - 4-5 times/day

- Sleep – Sound ◦ Addiction– Smoking (2-3 times/week) (3-4 months)

Reports:

24/5/26 USG (A+P) : No significant abnormality seen, E.T- 8 mm, PCOD NOT detected.

Blood tests- Hb- 10.9 mg/dl, TFT levels – WNL, BSL- WNL, SR. PRL- 12.6, SR. Testosterone 30.26

Menstrual history: Irregular/45 days/ 2-3 days/ 1 pad per day

LMP: 1/3/26

II. GENERAL EXAMINATION

Weight: 55 kg

B.P.- 130/90 mm of hg

R.R- 20/m

Height- 160 cm

Dashavidhapareeksha

- Prakruti – Vata-Kapha
- Vikruti - Kaphavataja (Alpabala)
- Sara – Medosara
- Samhanana - Alpa
- Pramana -Sthoola
- Satmya – SarvarasaSatmya
- Satva - Madhyama

- AaharaShakti- AbhyavaharanaShakti - Madhyama
- JaranaShakti - Madhyama
- VyayamaShakti – Avara
- Vaya – Yuvaavastha

III. ASHTAVIDHA PARIKSHA

Nadi- 84/min

Mala- Nirama

Mutra- frequency adequate

Jivha- Alipta (Coated)

Sparsh- Anushanasheeta

Druka- Avishesha

Akruti- Madhyama.

Intervention

- To follow the diet and lifestyles modification as advised along with medication.
- Nashtapushpantaka rasa 1 BD after food (1 tab = 250mg).
- Krishna TilaKwatha 50ml BD with Guda on empty stomach– (50gm Tila– 400ml water reduced to 100ml).

DIAGNOSIS (Acc. To Ayurveda) - Arthavakshaya.

DIAGNOSIS (Acc. To Modern Science) – Oligomenorrhea

Table no. 1:-Treatment provided

Dates of check up	Medicines Provided	Doses	Duration	Work of action
1st 20/5/26	1-Shataganda vati 2-Rasapachak vati 3-Rajapravartini vati 4-Lasunadi vati	250mg- 2 B.D 250 mg – 2 B.D 250 mg – 2 B.D 250 mg – 1 B.D	15 DAYS 7 days	Deepan- Pachan, Strotoavrosdhakshodhan, Rasya
2nd 5/6/26 LMP: 1/3/26	1-Shataganda vati 2-Rasapachak vati 3-Rajapravartinivati 4-Sutshekar vati 5-Chandraprabhavati	250 mg- 2 B.D 250 mg – 2 B.D 250 mg – 2 B.D 250 mg – 2 B.D 250 mg – 2 B.D	15 DAYS	Vata- kaphashamak with deepana- pachana
3rd 18/6/26 LMP- 15/6/26	1-Shatavari ghrit REST CONTINUE FOR 15 DAYS	1 tsp – B.D with milk	15 DAYS	Tridoshhara
4th 5/7/26	1-Abraloha 2- -Shatavarighrit 3-Shatpushpa	250 mg – 2 B.D 1 tsp – B.D with milk	15 DAYS	Raktavardhak, Vatashamak.

	churna	3 gm- B.D with lukewarm water		
5 th 24/7/26 LMP- 17/7/26	1-Abraloha 2- -Shatavarighrit 3-Shatpushpa churna	250 mg – 2 B.D 1 tsp – B.Dwith milk 3 gm- B.D with lukewarm water	1 month	Same as above

Table no. 2: Observation & Results

Criteria	Before treatment	After 1st follow up	After 2nd follow up	After 3rd follow up
LMP	1/3/26	1/3/26	15/6/26	17/7/26
Interval between two cycles	2.5 months	3.5 months	1 month	1 month
Amount of bleeding	1-2 pads / day	2 pads/ day	3 pads on 1st two days 1-2 pads on 3rd and 4 th day	3 pads on 1st two days 1-2 pads on 3rd and 4 th day

Diet and Lifestyle Advised

	Do's (Pathya)	Don'ts (Apathya)
Ahara	Laghuahara like Shali rice Ushnaahara like fish and meat Pittavardhaka food like Kulathadal, curd etc. Barley foods (e.g. sattv, chapatti, Daliya etc.) Green and Leafy vegetables (Moringa, Spinach, parvala, Ghyia etc) Fruits like grapes, banana, pomegranate, oranges etc.	Jimikand, potato Excessive use of sweets and sugar, deeply fried items (French fries, spring roll etc.) Bakery items, noodles, momos other food containing soya sauce and ajinomoto Beverages like soft drinks, hard drinks and other packed juices
Vihara	Walking for at least 40-45 minutes Yogasana - Surya namaskara Outdoor activity for atleast 40 Mins	Ratrijagrana, Excess sleep or insufficient sleep patterns Excessive exposure to heat Suppression of natural urges Excess fasting, grief and anger etc. Sedentary lifestyle

will lead to the Strotorodha, which will lead to ArtavaKshaya'sSamprapti.

IV. DISCUSSION

When it comes to the Dosha involved in ArtavaKshaya, the vitiation of the VataandKaphadoshas is the cause. The gati of Dhatus in our bodies is caused by Vata, and when Vata is vitiated, the gati of Dhatus is hampered, which in turn affects the gati of Updhatus, or Artava, and ultimately results in Samprapti of Artavakshaya. Furthermore, Vata is thought to be the primary etiological factor of all gynecological diseases. Because of its Avrodhaka qualities, Kapha

Katu rasa and katu vipaka have deepan pachankarma and katu rasa and Ushnavirya helps in improving the agni, reduces the pichhilguna of kapha, help to maintain the Dosha in equilibrium. Madhur rasa, Sheet gunavata shaman, Bruhan, Dhatusprasan by the sequence action of prakrut Artava is produced.

By Aampachana and Agnideepana karma Jatharagni get stimulated and all Dhatvagni thus production of niram sapta Dhatu & their upadhatu takes place.

The treatment for oligomenorrhoea in modern system of medicine are OCP, analgesic, antispasmodic. These medicines have a lots of side effects.

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