A CASE STUDY ON ARTAVA KSHAYA

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ABSTRACT
In this universe only females have been vested with the power of creation next to the Almighty God. This is why Women are considered as reflection of the God in this world. There are many physiological changes are seen in the each stage of her life, especially in reproductive stage. Changes in physical and mental wellbeing profoundly affect menstrual cycle. In the present era, the Life style and food habit, increased stress, strain and restlessness, this expanded the sprade of menstrual disorders. Among all the menstrual disorder, Artava kshaya is a common menstrual disorder. Ratio of Menstrual disorder is raising in gynecological practice which precursor of infertility and other problems. Hence Nashtapushpantaka rasa and Krishna tila kwatha are selected for the case study which are agenya, pitta vardhaka and vata kapha shamaka.

Keywords: Artava kshaya, oligomenorrhea, Nashtapushpantaka rasa, Krishna tila kwatha.

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 susrutahe explains artava kshaya lakshana¹ under Dosha dhatu mala kshaya vridham. 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 20 year old unmarried woman who is a student visited the OPD of Prasoti Tantra and Stree Roga, SKAMCH & RC, on 28th November 2017 with the complaints of delayed menses with scanty menstrual flow since 2 months. Scanty P/V bleeding on 1st day and spotting on 2nd day and lower abdominal pain on 1st day of menstruation, which is spasmodic in nature on since 2 months.

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 – Non vegetarian.
Appetite- Good
Bowel- Once /day.
Micturition - 4-5times/day 2-3times/Night.
Sleep – Sound sleep

**Menstrual & Obstetric history**
Age of Menarche- 12 yrs
Menstrual cycle – 2 days / 50-55 days since 2 months
  1 pad / day
  No clots
  Pain abdomen on 1st day
L.M.P – 15/10/2017

**ASHTA STHANA PAREEKSHA**
Nadi - 78 bpm
Mooitra- 4-5times/day 2-3times/Night.
Mala - Once a day.
Jihwa - Alipta
Shabda - Avisesha
Sparsha - Anushna sheeta
Druk - Avishesha
Aakruti – Madhyama

**DASHAVIDHA PAREEKSHA**
Prakruti – Vata-Kapha
Vikruti - Madhyama
Sara - Madhyama
Samhanana - Madhyama
Pramana - Dhairgya – 150 cms Dehabhara - 68 kg
Satmya - Madhyama
Satva- Madhyama
Aahara Shakti - Abhyavaharana Shakti - Madhyama

**Observation and Results**

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

<table>
<thead>
<tr>
<th>Signs and symptoms</th>
<th>Before treatment</th>
<th>Completion of 1st menstrual cycle after treatment</th>
<th>Completion of 2nd menstrual cycle after treatment</th>
<th>Completion of 3rd menstrual cycle after treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration of bleeding</td>
<td>2 days</td>
<td>4 days</td>
<td>5 days</td>
<td>5 days</td>
</tr>
<tr>
<td>No of pad used per day</td>
<td>1 pad / day</td>
<td>2 pads / day</td>
<td>3-4 pads / day</td>
<td>3-4 pads / day</td>
</tr>
<tr>
<td>Yoni vedana</td>
<td>Severe lower abdomen pain on 1st day</td>
<td>Lower abdomen pain on 1st and 2nd day</td>
<td>Lower abdomen pain on 1st day</td>
<td>Lower abdomen pain on 1st day</td>
</tr>
</tbody>
</table>

**General examination**
- Built - Moderate
- Nourishment - Moderate
- Temperature – 98.5 F
- Respiratory rate -22/min
- Pulse rate – 78 bpm
- B.P - 110/70 mm of hg
- Height – 150 cms
- Weight - 68 Kg
- Tongue : Uncoated

**Systemic examination**
CVS: S1 S2 Normal.
CNS: Well oriented, conscious.
RS: normal vesicular breathing, no added sounds.
P/A: Soft, Non tender.

**INVESTIGATIONS** - 28/11/17
Hb – 9.9 mg/dl
USG- Abdominal Pelvis- Impression- No sonographical abnormality detected.

**Intervention**
- Nashtapushpantaka rasa 1 TID after food
- Krishna Tila Kwatha 15ml BD after food with 15ml water.
Medicines were administered for 3 Months.
**DISCUSSION**

Artavakshaya occurs due to vitiation of Vata and Kapha doshas. In this condition the yathochithakale artava 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. Nashtapushpantaka rasa and Krishna Tila Kwatha selected to evaluate their efficacy in the management of Artavakshaya.

The drug nashtapushpantaka rasa is a herbo-mineral preparation it contains ingredients like Daruharidra, Kuṣṭa, Bruhati, Rasna, Danti, Kakamachi, Kapikacchu, Talispatra, Vetasa, Tamra, Ṭankaṇa, Loha, Vanga, and Abhraka bhasma, which are uṣhṇa virya, kapha-vata shamaka which helps for samprapti vighatana of artava kṣhaya. Drugs like kakamachi, talispatra, vetasa, vamshalochnaha, danti, kushta and bruhati are agni deepaka and helps in improving agni, which in turn improves rasa dhatu and helps for increasing quantity of artava. Drugs like tamra, tankana, rajata, loha, vanga, abhraka, kushta, vamshalochnaha, madhuka and kapikacchu are having artavajanana karma. Rajata and tamra having lekhana properties act on clearing avarana and reducing picchila and kleda guna of kapha, which are the main components of samprapti. Due to uṣhṇa virya and agneyatwa properties of all drugs clears the sroto avarodha and increases the blood circulation in the yoni 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 becomes regularized, there will be increase in quantity of artava as well as duration of bleeding also increases.

Krishna Tila contains madhura rasa, guru, snigdha guna, uṣhṇa virya and madhura vipaka. It also has snehana, vedanashapuna, 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 ‘artava utpatti’. Due to its uṣhṇa veerya it removes the srotorodha and increases the secretion of endometrial glands (improvement of proliferative stage).

**CONCLUSION**

Artavakshaya is not directly explained as a disease in our classics but has been described under upadhatu kshaya very systematically and as a symptom of artava vikaras in many classics. In Ayurvedic classical texts, treatment is mentioned to keep the doshas in equilibrium. It can be achieved by Samsodhana and Samshamana (in form of Agneya dravyas). Hence for the present study shamana line of treatment was selected as the medicines are easily available, palatable and cost effective. Nashtapushpantaka rasa and Krishna Tila Kwatha were found to be very effective. Early diagnosis and timely treatment can cure the condition and prevent complication like infertility.

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