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AYURVEDIC MANAGEMENT OF ARTHAVKSHAYA (OLIGOMENORRHEA): A CASE REPORT

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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 saptadhatus, updhatus also plays an important role. Arthav is updhatu of rasadhatu. Any abnormality of arthav and its functions impacts on menstrual regulation as well as reproductive health.

Keywords: Oligomenorrhea, Arthavkshaya, Ayurveda, Dosha

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 *Rakta Dhatukshaya* due to vitiation of *Vata Dosha*. 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 22 years old female patient came in SRPT OPD on 20/5/24 for irregular and scanty menses since 2-3 years and she was suffering from 2.5 months of amenorrhea

Reports:

24/5/24 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: 1/3/24

GENERAL EXAMINATION:

Weight: 52 kg

B.P.- 110/70 mmof hg

P.R- 20/m

Height- 155 cm

ASHTAVIDHA PARIKSHA

Nadi- 86/min

Mala- *Nirama*

Mutra- frequency adequate

Jivha- *Alipta* (Coated)

Sparsh- *Anushanasheeta*

Druka- *Avishesha*

Akruti- *Madhyama*.

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
1 st 20/5/24	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
2 nd 5/6/24 LMP: 1/3/24	1-Shataganda vati 2-Rasapachak vati 3-Rajapravartini vati 4-Sutshekar vati 5-Chandraprabha vati	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
3 rd 18/6/24 LMP- 15/6/24	1-Shatavari ghrut REST CONTINUE FOR 15 DAYS	1 tsp – B.D- with milk	15 DAYS	Tridoshhara
4 th 5/7/24	1-Abraloha 2- -Shatavarighrit 3-Shatpushpa churna	250 mg – 2 B.D 1 tsp – B.D- with milk 3 gm- B.D with lukewarm water	15 DAYS	Raktavardhak, Vatashamak.
5 th 24/7/24 LMP- 17/7/24	1-Abraloha 2- -Shatavarighrit 3-Shatpushpa churna	250 mg – 2 B.D 1 tsp – B.D- with milk 3 gm- B.D with lukewarm water	1 month	Same as above

Table no. 2: Observation & Results

Criteria	Before treatment	After 1 st follow up	After 2 nd follow up	After 3 rd follow up
LMP	1/3/24	1/3/24	15/6/24	17/7/24
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 1 st two days 1-2 pads on 3 rd and 4 th day	3 pads on 1 st two days 1-2 pads on 3 rd and 4 th day
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DISCUSSION:

When it comes to the *Dosha* involved in *Artava Kshaya*, the vitiation of the *Vata* and *Kaphadoshas* is the cause. The *gati* of *Dhatu*s in our bodies is caused by *Vata*, and when *Vata* is vitiated, the *gati* of *Dhatu*s is hampered, which in turn affects the *gati* of *Updhatu*s, 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* will lead to the *Strotorodha*, which will lead to *Artava Kshaya's Samprapti*.

Katu rasa and *katuvipaka* have *deepanpachankarma* and *katu rasa* and *Ushnavirya* helps in improving the *agni*, reduces the *pichhiguna* of *kapha*, help to maintain the *Dosha* in equilibrium. *Madhur rasa*, *Sheet gunavata shaman*, *Bruhan*, *Dhatuprasadan* by the sequence action of *prakrut Artava* is produced.

By *Aampachana* and *Agnideepana karma* *Jatharagni* get stimulated and all *Dhatvagni* thus production of *niramsapta 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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