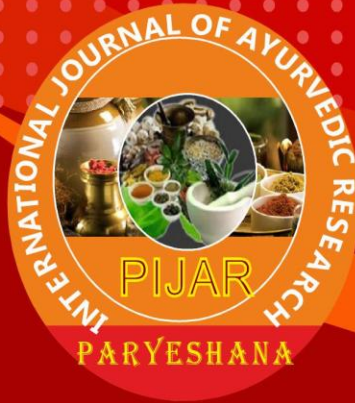


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## MANAGEMENT OF ARTAVAKSHAYA W.S.R OLIGOHYPOMENORRHOEA : A CASE STUDY

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### ABSTRACT

The reproductive era starts with the menarche and is terminated by the menopause, giving scope for great deal of ill-health due to disturbance of the delicately balanced cyclic activity of hormones. *Artavakshaya*<sup>1</sup> is one among them which becomes more common in this age of modernization due to irregular food habits, life style, stress etc. *Artavakshaya* (oligohypomenorrhoea<sup>2</sup>) occurs due to involvement of *vata* and *kapha*, which can be attributed to *marga avarodha* of artava vaha strotas. Use of *Agneya dravyas* not only relieves the *kapha* which does *avarana* to *apanavata* but also increases the quantity of artava.

**KEY WORDS:** *Artavakshaya*, Menstrual cycle, *Agneya dravya*

### INTRODUCTION

*Ayurveda* an ancient medical system of world which is serving the ailing humanity since the creation of life is not behind in recognizing the most pragmatic feature of women are the roots of progeny. Women are considered as one of the most essential factor of the continuity of human race. God has given this magnanimous gift only to the women. Mother is the most sacred and

beautiful word in the world, but the tragedy is that all women are not mothers. But the root of the importance of women lies in their capacity of creation. This is the reason why the question of fertility is most important for women.

There are many normal physiological phenomenon taking place in the body which is carried out in cyclic manner if there is any alternation, this will give rise to the pathological condition. Among all these physiological changes

menstrual cycle is one of them. Menstrual cycle is beautiful hormonal change that takes place every month in women life. There is well co-ordination between hormones and the shedding of the endometrium that takes place every month indicating the normal menstruation.

Now-a-days increased number of patient with various forms of menstrual irregularities is seen in the outpatient department among these *Artavakshaya* is important one. In this contemporary era it is very important to provide a particular treatment of *Artavakshaya*.

Hence the *Shamana* line of treatment is selected

## CASE REPORT

A 23 years old nulliparous female patient with marital life of 2 years, complaints of 4 month amenorrhoea having LMP on 10.6.2016., with irregular delayed menses and scanty menstrual flow since 4 years with duration of 1 -2 days with the interval of 3-4 months and associated with mild lower abdomen pain. The pregnancy was excluded by UPT. Patient had history of taking hormonal

pills for induction of menses 3 month back for 5 days but she did not get the cycle, later she approached Shri Shiddharudha Charitable Hospital Bidar, Karnataka for better management. The patient belongs to middle socio-economic class with mixed dietary habits. On clinical examination abdomen was soft and non tender, cervix and vagina found healthy with no white discharge and uterus was anteverted and normal sized. Bowel and micturition pattern was regular.

Haematological study reveals Hb 10.4gm% and USG shows normal study.

## TREATMENT

As *Bhavaprakash in yoniroga*<sup>3</sup> *chikitsa* described *Jyotishmati Patra*<sup>4</sup>, *Sarjik ksha*<sup>5</sup>, *Vacha*<sup>6</sup> *Asar*<sup>7</sup> in equal quantity in *churna* form.

Dose – 6 gms in divided dose.

*Anupana – Jala*

Duration – 3 Months

Follow Up – After every month

## AHARA VIHARA ADVISED

Intake of more green vegetables, plenty of water, brisk exercise.

Avoid oily, non vegetarian food, sweet and other junk foods.



OBSERVATION TABLE NO 1

Menstrual symptoms	Before treatment	After treatment
Regularity	Irregular	Regular
Duration	1 -2 days	3-4 days
Interval	3 -4 months	1-1 <sup>1/2</sup> month
Quantity	1 pad/day	2 -3 pads/day
Pain	Lower abdomen pain	No pain
Clots	Nil	Nil
Smell	No foul smell	No foul smell

## RESULT

After complete management her menstrual cycle got regularized with moderate quantity of flow.

## DISCUSSION

*Dravya* i.e *jyotishmati patra*, *sarjik kshara*, *vacha*, *asan* helps in regularizing the menstrual cycle.

Administered drug was having the *katu*, *tikta rasa*, *ruksha*, *teekshna guna*, *ushna veerya* and *katu vipaka*. There by contributing towards *agneya guna*. *Ruksha* and *teekshna guna* causes *deepana* and *pachana* which helps in the *ama pachana*, then formation of *ahara rasa* which later forms *rasa dhatu* and from which the *rakta dhatu* is formed. The *ushna*

*veerya* favors the *sroto shodhana* and thereby reliving the *avarana* and also it maintains the normalcy of *ruksha* and *sheet guna* of *vata* and *picchil guna* of *kapha*.

The drug has the property of *yonidoshahara* and as it also contains the *artavajanana* property helps in onset of menstruation.

## CONCLUSION

*Artavakshaya* is one of the most common disorder in day to day clinical practice and the patient with early management and modifying life style helps to eradicate the disease by normalizing the menstrual cycle. . *Artavakshaya* occurs due to involvement of *vata* and *kapha*, which can be attributed to *marga avarodha* of *artava vaha srotas*. Due to *agneya*

property of the drug it normalizes the *vata* and *kapha*, hence clears the *margavarodha*.

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