



AN AYURVEDIC MANAGEMENT FOR ARTAVA KSHAYA – A CASE REPORT.

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ABSTRACT

A female patient aged 27 years, came to OPD of Vaidya Ratnam Hubballi Ayurveda, on 20th March 2024, with chief complaint of menstruation flow occurs only on intake of hormonal tablets, in the last one year, and also having over weight of 103kg and also undergone salpingectomy. Methodology: Detailed history with all necessary clinical, physical examination and laboratory investigations were carried out. No gross physical and chemical abnormality was found. All the laboratory investigations were found to be normal. So, the treatment was planned according to the symptoms. Diagnosis was made on the basis of presenting complaints as *Artava Kshaya*. Patient was treated with *Virechana karma* with *Manibhadra leha*, followed with *shamanoshadhi's* with *Tila kwatha granules*, *Menvos Tablets*, *Ashokarishta*, for one month. Result: Patient got her menstruation regular with normal duration after taking medicine also the amount of flow was also good for five days.

KEYWORDS: *Artava Kshaya*, ectopic pregnancy, *Virechana*, *Manibhadra leha*.

INTRODUCTION

The menstrual cycle is essential physiological phenomenon observed in female reproductive era. It starts with menarche in puberty and Menstruation involves shedding of endometrium - a natural preparation to provide a bed for fertilized gamete, when fails it then results in menstruation. The quantity of menstrual blood varies from woman to woman. Charaka stated that normal menstruation has a one-month interval between two menstrual cycles, five days duration of menstrual discharge and is not associated with pain or burning sensation. *Artava* should not be very scanty or excessive in amount. In classics, most of menstrual disorders have been described in the context of *Ashta Artava Dushti*, *Artava Kshaya*, *AnArtava*, *KashtArtava*, *Nashta Artava*. *Artava Kshaya*[1] is a disease which commonly seen as a symptom of many reproductive pathologies. Based on symptoms it can be correlated with oligo-hypomenorrhea.

If we review our classics *Artava Kshaya* has not been mentioned as a separate disease but it has been described as a symptom of many gynecological disorders. Acharya Sushruta has explained the symptoms of *Artava Kshaya*. *Artava Kshaya* has also been mentioned in *Astha Artava Dushti* as *Ksheena Artava*.

CASE REPORT:

A female patient of 27 years of age came to OPD of Vaidya Ratnam Hubballi Ayurveda, on 20th March 2024, with chief complaint of menstruation flow occurs only on intake of

hormonal tablets, since one year, and also having over weight with 103kg, feels more heaviness in the body.

Menstrual History: Patient had attained her menarche at 12 years of age. She was having regular menstruation 5 years ago. But presently in the last 2 years she is having menstruation cycle only on intake of hormonal pills.

LMP: 15/2/2024 on taking hormonal pills

Menstrual history: 5 days / 30 days before and also on taking hormonal pills also.

Regularity: Delayed; Clots: Absent; Foul smell: Absent; Flow: Decreased.

Medical History: H/O thyroid dysfunction, Thyroxine sodium tablets of 50mcg.

In the year 2022, she had left tubal live ectopic pregnancy. Salpingectomy was done, left fallopian tube was removed, after surgery since from that period she is suffering from irregularity of menstrual cycle.

Family history: No significant family history was found in this case.

Personal History: Personal history revealed that the patient had normal appetite with clear bowel habits, micturition also with sound sleep.

Allergic History: No history of any allergy was found in this patient

Clinical Findings on General Examination-

Built: Obese Grade III

Weight: 103 kgs

Height: 167cms

BMI: 36.9kg/m²

B.P: 130/90 mm Hg

Pulse rate: 76/min

Respiratory rate: 18/min

Tongue: uncoated,

Systemic Examination –

CVS: S1 and S2 were normal

CNS: Patient was well oriented and conscious

RS: Normal vesicular breathing

INTERVENTION AND TIMELINE:

22nd Feb 2024 - 24th Feb 2024 Deepana and Pachana Aoushadhis of Trikatu churna 5gm before food was given.

Table no 1: Snehapana

Snehapana	Date	Quantity	Time	Sneha Jeerna Lakshana
With Guggulu Tiktak Ghruta	26th Feb 2024	40ml	7am	3pm - Shuddha udgara, Agnideepti.
	27th Feb 2024	80ml	7.30am	2pm -Shuddha udgara, Agnideepti.
	28th Feb 2024	120ml	7am	2.30pm Shuddha udgara, Agnideepti. Varcha snigdhatta

Table no 2: Abyanga and Swedana

Abhyanga & swedana	Date	Time	Samyak sweda laxana
Abhyanga with Varanadi Taila and Sarvanga Swedana with Dashamool Kwatha.	29th Feb 2024	9am	Mardhavata, lagutva

Table no 3: vishrama kala

Vishrama Kaala	Date	Samyak laxana
	2nd March 2024	Laguta

Table no 4: Pradhana karma (virechana)

Procedure	Date	Quantity	Vegas
Virechana	3rd March 2024	Manibhadra leha 30 gms with Triphala Kashaya.	11 vegas

Table no 5: Samsarjana Krama

Procedure	Date	Quantity
Samsarjana Krama	4th ,5th 6th March 2024	Shali ganji, Rava ganji, Mudga Yusha, was advised.
Samsarjana Krama	7th March 2024	Laghu Ahar, Supachya yukta Aodan was advised.

Pathya Apathya Advised -Patient was asked to follow Rajaswalacharya in every cycle. She was advised to take yava, Jowar roti, Tikta rasatmak vegetables in the form of vyanjan,

Godugdha and *Go ghritha*, *Raktashali* rice made with *Godugdha* mixed with *Goghritha* during the bleeding phase of cycle. Even *Siri dhanya* was also advised. She was advised not to take spicy, oily, fast food, packed food etc. She was asked to do *Vyayama*, *Pranayamas* and *Yogas*, *Surya Namaskar*, according to her body's ability daily.

FOLLOW-UP AND OUTCOMES

Follow Up -

Tila granules - 15 gm twice a day before food

Tab- *Menvos* - twice a day

Ashokarishtam - 2tsf twice a day after food.

Outcome: After 30 days medicines were stopped, only *Ashokarishta* was continued, after 3 days i.e. 9th April 2024, she got menstrual cycle for 5 days with normal flow.

Discussion-The patient was diagnosed case of *Artava Kshaya*, and it is caused due to the vitiation of *Vata* and *Kaphadosha*. *Vata* is responsible for the Gati of Dhatus in our body and vitiation of *Vata* leads to hampering the Gati of Dhatus, in turn it'll affects the Gati of *Updhatus* i.e., *Artava*. Thus, leading to *Samprapti* of *Artavakshaya*. Also, *Vata* is said to be the main etiological factor behind all gynecological disorders. *Kapha* due to its *Avarodhaka* properties will lead to the *Strotorodha* leading to *Samprapti* of *Artava Kshaya*.

Apathya habits such as *Alpahara* (less quantity of food intake), due to obesity more spicy, fried food items lead to *Vatavridhi*, *Pitta-kapha kshaya* causing *Rasa-raktadi dhatu kshaya* (diminution of seven major structural

components of body), hence the *Upadhatu* (inferior structural components that stabilize and sustain the body) of *Rasa* primary product of digested food), i.e. *Artava* got depleted. The condition such as *Artava kshaya* gradually leading to *Artava nasha* (~absence of menstruation) and *Vandhyatva*.

By *virechana* with *Manibhadra leha* having ingredients of *Guda*, *Aragavada*, *Trivruth*, *Vidangasaara*, does *srotoshuddhi*, *laghuta*, *indriyaprasadata* and does *Vata anulomana karma*. *Vidanga* is having *Krimihara*, *Medhohara*, *Gulmahara*, *Deepana*, *Paachana*, *kaphahara*, hence *manibhadra lehya* is selected for *virechana*. By *virechana karma* her weight has been reduced to 97 kg i.e, almost 6 kgs has been reduced. *Shareera laghutva* has been occurred. By following *Samsarjana Krama*, her appetite has become good.

Table 6. Tila Kwatha Granules Ingredients

Sl No	Sanskrit name	Scientific name
1	<i>Tila</i>	<i>Sesamum indicum</i>
2	<i>Sunthi</i>	<i>Zingiber officinale</i>
3	<i>Maricha</i>	<i>Piper nigrum</i>
4	<i>Pippali</i>	<i>Piper longum</i>
5	<i>Bharangi</i>	<i>Clerodendrum serratum</i>
6	<i>Guda</i>	<i>Saccharum officinarum</i>

Tila Kwath 15 gm granules twice daily before food daily for 30days was given, *Tila* has specific action in *artavavaha srotas* and *garbhasaya*. It is

snigdha-ushna, artava janaka, rasayana and *dantya*. It helps in *artava* formation by *Rasa poshana*. Conversion of *rasa* to *rakta* helps in *artava* formation. *Tila* has *sookshma guna* which helps in reaching deeper dhatu up to *sukra* level. *Agnimandya* can be corrected by ingredients like *vyosha* and *bhargi*. *Vyosha* improves the bioavailability of *Tila* in the *srotas*. [1] *Guda* has specific action as *pandugna*. *Tila* is *alpamootrakrit* and *grahi* while *guda* is *mootrala* and *sara* and balances each other. *Tila* also supports *asthi dhatu* and its *upadhatu-danta*. [2]

Tila is mentioned to have *Agnideepaka* and *Vatahara* properties that will pacify *Agnimandya* and leading to formation of proper *Rasa* dhatu which will in turn be leading to formation of its *Updhatu* i.e., *Artava*, and its *Vatahara* property will be pacifying of *Vatadosha* (*Apanavata*) leading to proper *Nishkramana* of *Artava*.

Effectiveness of *Tila kwatha* granules in Androgenic Axis, Metabolic Axis and Reproductive axis.

Androgenic Axis:

Irregular periods are one of the symptoms of high DHEA because high levels of DHEA can inhibit ovulation. Androgens opposes our other reproductive hormones, estrogen and progesterone, which are necessary for healthy ovulation.

Flavonoids of sesame seed stimulate and activate an enzyme known as aromatase which stimulate conversion of androgens to estrogen &

progesterone, then enhances folliculogenesis. This Results decrease in serum DHEA and Increase in SHBG6.

Reproductive Axis

1. Estrogenic/ antiestrogenic and folliculogenesis (due to phytoestrogen).
2. Increased Endometrial thickness.
3. Decrease in size and volume of the ovary. May help for regularity of menstrual cycle.

Menovos tablet was given twice a daily for 30days, which does balances reproductive hormones. It helps for capable of correcting and restoring errors of the *Koshthagni* and *Dhatwagni* (metabolic factors located in the tissues) and is possessed with properties such as *Balya* (strength, stamina, and immunity promoter), *Brimhana*, *Rasayana* and *Ashokaarishtam* 15 ml twice daily with equal quantity of warm water after food given, It helps in treating irregular, delayed Periods. Drugs of *Ashokaristam* helps in *Artavajanana* (stimulating menstruation or ovulation), *Srotoshodhana* (cleansing of body channels), and *Agnideepana* (promoting digestion and metabolism) properties.

CONCLUSION

This case report gives an insight about how to manage the *Artava Kshaya* associated with obesity with Grade III, effectively through systematic Ayurvedic treatment modalities. *Artava Kshaya* is treatment can be done with *Virechana* followed by *Tilakwatha* Granules, Menovos tablets, *Ashkoarishta* helps in the regularity of Menstrual cycle and other related

complications. The results obtained in this single case are encouraging and such customized protocols may be subjected to trials in larger samples.

Conflict of interest: None

Declaration of patient

The authors confirm that they have acquired a patient consent form, in which the patient or caregiver has granted permission for the publication of the case, including accompanying images and other clinical details, in the journal. The patient or

caregiver acknowledges that their name and initials will not be disclosed, and sincere attempts will be undertaken to safeguard their identity. However, complete anonymity cannot be assured.

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