Case Study

EFFECTIVE MANAGEMENT OF ARTAVA KASHAYA BY AYURVEDA: A CASE REPORT

Poonam Kumari1*, Hetal H. Dave2, Poonam Choudhary3, Sonu3

1M.S. Scholar, 2Associate Professor, 3Lecturer, Department of Prasuti-StriRoga, National Institute of Ayurveda, Jaipur, India.

ABSTRACT

A female patient of 25 years of age came to OPD of National institute of Ayurveda, Jaipur on 22 September, 2020 with chief complaint of delayed menstruation with scanty flow since 4.5 years. 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 (including USG and hormonal analysis) were found to be normal. So the treatment was planned according to the symptoms. Diagnosis made on the basis of presenting complaints was Artava kashaya. Patient was treated with Tilashelukaravi kwatha for 2 consecutive cycles. Patient was kept on follow up for 1 cycle after cessation of Tilashelukaravi kwatha. Result: Patient had got her menstruation regularly with normal duration while taking medicine. Also the amount of flow was also improved and intensity of pain was reduced effectively from moderate to mild. Even after cessation of medicine she got her menstruation in 30 days with normal amount of flow.

KEYWORDS: Artava Kashaya, Tilashelukaravi kwatha, Oligomenorrhoea, Hypomenorrhoea.

INTRODUCTION

Woman’s health is the prime consent to be considered for well-being of family, society and culture. Any physical, physiological and psychological disorders can disturb her life. Physiological changes and development occurs right from birth but markedly during the age of puberty. Due to increased physical and emotional stress in routine life style of women alters the physiology of “Hypothalamus-Pituitary-Ovarian-Uterine axis”. This may lead to many gynaecological problems. Among all gynaecological problems, the most common menstrual problem is Artava Kashaya. Acharyas has mentioned the age of menarche with normal duration and interval of menstruation. Any deviation from these physiological parameters has been mentioned under different headings by different Acharyas like Artavadushtis, Yoni vyapadas, Artavakashaya, Nastaartava etc. If we review our classics Artava kashaya has not been mentioned as a separate disease but it has been described as a symptom of many gynaecological disorders. Acharya Sushruta has explained the symptoms of Artava Kashaya[1]. In this condition, menstruation is delayed, menstrual blood is scanty and associated with pain during menstruation. Artava Kashaya has also been mentioned in Astha Artava Dushtis as Ksheen Artava[2]. In modern science Lakshana of Artava Kshaya can be correlated with certain menstrual disorders that are as follows:

- Uchita kala adarshanam as delayed menses or Oligomenorrhoea
- Alpata as Hypomenorrhoea
- Yonivedana as Dysmenorrhoea

So when we compare the disease Artava Kashaya with the modern medical science Oligomenorrhoea and Hypomenorrhoea can be correlated on the basis of its signs and symptoms:-

Oligomenorrhoea[3] is defined as menstrual bleeding occurring more than 35 days apart and which remains constant at that frequency.

Hypomenorrhoea[4] is defined as when the menstrual bleeding is unduly scanty and lasts for less than 2 days.

Prevalence of Oligomenorrhoea is increasing day by day making it to be the commonest gynaecological disorder. Incidence of oligomenorrhoea in PCOS[5] is 87% which is highest among other menstrual irregularities in PCOS.

Many causes has been described in modern science for Oligomenorrhoea and hypomenorrhoea that includes hormonal factors, ill health of patient, poor nutrition, may be constitutional in origin, may be related to uterine or endometrial origin. Treatment modalities in modern science includes...
reassurance, improving the general health of patient, hormonal therapy and various other modalities based on the underlying etiology for treating these condition.

Rationality of Selection of Drug

Artava Kashaya can be considered Vata Kaphaja vikara as Vata is responsible for all the physiological functions of body[6]. Also Apanavata is responsible for the proper Nishkrama of Artava. Kapha due to its Avrodhaka guna has the capacity to cause obstruction in Artava vaha strotas thus contributing to the pathogenesis of Artava Kashaya along with Vata. Pitta particularly Pachaka pitta also contributes to it as it is responsible for the proper digestion of food and further proper formation of Dhatus. Any deviation of Pachaka pitta from its physiological function may lead to improper formation of Rasa dhatu and hence improper formation of Artava Updhatu in turn.

Treatment is Ayurveda is based on the concept of destruction of the factors causing pathogenesis (Samprapti Vighatana). So if we consider the sampraptightaka in this case then it can be laid as follows:

- Dosha: Vata (Apanavata), Kapha (Kledaka kaphda), Pitta (Pachaka pitta)
- Dushya: Rasa dhatu and Artavaupdhatu
- Agni: Agni mandya
- Strotas: Rasavaha and Artavavaha
- Strodushti: Sanga
- Adihshana: Garbhaaashya

So the drug having Vata kapha shamaka, Pittavardhaka[7], Deepana, Pachana, Rasapushitikara, Lekhana properties should be used to treat Artava kashaya. Considering above and line of treatment of Artavakshaya, Tilashelukaravi kwatha[8] was selected and given to the patient for treatment.

Tilashelukaravi consisted of Tila, Shelu i.e., Shleshmataka, Karavi (Krishna jeeraka) was given with Guda (jaggery) as an adjuvant. Drugs included under Tilashelukaravi are having various properties that can revert back the pathogenesis of Artava kashaya such as they are having Vata kaphahara, Ushna in Veerya, Deepana, Pachana, Shoolahara properties which will be discussed in detail later in discussion.

Case Report

An unmarried female patient of 25 years of age came to OPD of Prasuti Tantra Avum Stri Roga of National Institute of Ayurveda (NIA), Jaipur on 22 September, 2020 with chief complaint of delayed menstruation with scanty flow since 4.5 years. She also had associated complaint of painful menstruation (moderate pain- assessed by Visual analogue scale)

Menstrual history

Patient had attained her menarche at 12 years of age. She was having regular menstruation 2 years ago. But presently since 2 years she was having delayed and scanty menstruation.

LMP: 21.10.2020

Previous LMP: 8.09.2020

Menstrual history: 2 days / 45-55 days since 2 years
- Regularity: Delayed
- Pain: Moderate (Pain was assessed on the basis of Visual Analog Scale (VAS))
- Clots: Absent
- Foul smell: Absent
- Flow: Decreased
- Pad history: Day 1: 1 pad (not fully soaked)
Day 2: 1 pad (not fully soaked)

Past Medical History: No H/O thyroid dysfunction, DM, HTN or any other significant medical history was found.

Past Surgical History: No history of any general, gynaecological or any other surgery.

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

General Examination

- Built: Moderate
- Weight: 49 kg
- Height: 5 feet
- BMI: 21.1
- B.P: 110/70 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

Laboratory Investigations

Routine investigations with baseline hormonal assessment were done on 2nd day of cycle and were found to be normal as follows:
- Hb: 13 gm/dl
- ESR: 11mm/hour
- TSH: 2.09 µIU/ml
- RBS: 115 mg/dl
- FSH: 6.42 mIU/ml
- LH: 4.14 mIU/ml
- S. Prolactin: 9.06 ng/ml

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USG: Suggestive of no abnormalities with normal findings.

**Ashtavidha Pareeksha:**
- Nadi: 76/min
- Mala: Nirama, once a day
- Mutra: 4-5 times/ day and 1 times/night
- Jivha: Alipta (uncoated)
- Sparsha: Anushana sheeta
- Druka: Avisheha
- Akruti: Madhyama

**Dashavidha Pareeksha Bhava**
- Prakruti: Vata-pittajata
- Vikruti: Vishmasamveta
- Sara: Rasa
- Samhana: Avara
- Pramana: Madhyama
- Satmya: Avara
- Ahara Shakti: Abhyavahrana Shakti: Madhyama
- Jarana Shakti: Madhyama
- Vyayama Shakti: Madhyama
- Vaya: Madhyama

**Diagnosis (Ayurveda): Artava Kashaya**

**Diagnosis (Modern science):** Oligomenorrhoea and Hypomenorrhoea

**Table 1: Observation before and after treatment**

| Signs and symptoms        | Before treatment | After 1st menstrual cycle while taking medicines | After 2nd menstrual cycle while taking medicines | After 3rd menstrual cycle without taking medicines |
|---------------------------|------------------|---------------------------------------------|----------------------------------------------|--------------------------------------------------|
| Interval between two cycles| 45-55 days       | 31 days                                    | 29 days                                      | 30 days                                          |
| Duration of menses        | 2 days           | 3 days                                     | 4 days                                       | 4 days                                           |
| No. of pad used per day   | 1 pad /day (not completely soaked) | Day 1: 3 pads/day Day 2: 2-3 pads/day Day 3: 1-2 pads per day | Day 1: 3 pads/day Day 2: 2-3 pads/day Day 3: 1-2 pads per day Day 4: 1 pad/day | Day 1: 3 pads/day Day 2: 2 pads/day Day 3: 1-2 pads per day Day 4: 1 pad/day |
| Pain during menses        | Moderate         | Mild                                        | Mild                                         | Mild                                             |

**DISCUSSION**

Artava Kashaya is a common menstrual disorder nowadays. If we consider the Dosha involvement in Artava Kashaya it is caused due to the vitiation of Vata and Kapha dosha. Vata is responsible for the Gati of Dhatus in our body and vitiation of Vata leads to hampering the Gati (movement) of Dhatus will in turn will affects the Gati of Updhatus i.e., Artava thus leading to Samprapti of Artava kashaya. Also Vata is said to be the main etiological factor behind all gynaecological disorders. Kapha due to its Avrodhaka properties will lead to the Strotorodha leading to Samprapti of Artava Kashaya.

Tilashelukaravi kwatha is having Tila, Shelu (Shlesmataka) and Karavi (Krishna jeeraka) in it. All of three content of Tilashelukaravi kwatha are having Pitta vardhaka properties that are mentioned by Acharya Suhruta in the line of treatment of Artava Kashaya. Also these drugs are having Artavajana properties like they are Ushna in Veerya, having Vata-Kapha shamaka properties which are the main cause behind Artava Kashaya.

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 proper Nishkramana of Artava. Vedanahara property of Tila might have interfered with production of Prostaglandins thus leading to improvement of Yoni vedana.
Artava Kashaya is one of the commonest gynaecological disorders nowadays. Many causes of it such as stress, faulty lifestyle and dietary habits, hormonal imbalances etc. has been laid out. Artava Kashaya is also a precursor of many other further gynaecological and general disease entities like infertility, obesity, depression etc. So it is need of hour to cure it at earliest so as to prevent future events. From this study it is concluded that Tilashelukaravi kwatha is effective on various parameters of Artava Kashaya like it has improved the duration, interval, flow of menstruation as well as it was effective in reducing the pain during menstruation in the management of Artava Kashaya.

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*Address for correspondence* 
Dr Poonam Kumari 
MS Scholar, 
Department of Prasuti-Stri Roga 
National Institute of Ayurveda, 
Jaipur, Rajasthan, India. 
Email: azadpoo77@gmail.com

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