



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## Ayurvedic Management of ArtavaKshayaw.s.r. to Oligohypomenorrhoea -A Case Study.

Author :

Dr. Nivedita<sup>1</sup>, Dr. IshwariPatil<sup>MS(Ayu)</sup><sup>2</sup>, Dr. Sonalika. Hiremath<sup>MS(Ayu)</sup><sup>3</sup>

Dr.SrideviSwamy<sup>MS(Ayu)</sup><sup>4</sup>, Dr. Sheela Mallikarjun<sup>MS(Ayu)</sup><sup>5</sup>

<sup>1</sup> PG Scholar, <sup>2</sup> AsisstantProfessor, <sup>3</sup> Asisstant Professor, <sup>4</sup> HOD and Professor, <sup>5</sup> AssociateProfessor

Dept of Prasuti Tantra and StreeRoga

N. K. JabshettyAyurvedic Medical College and P.G. Research Center, Bidar, Karnataka, India.

### ABSTRACT

The word "Stree itself indicates one who does Dharana of Garbha". In Vedas Stree is compared to mother earth as both have the quality of forbearance and reproduction. But nowadays reproductive capacity of women is being greatly challenged by numerous diseases, changed lifestyle, physical and emotional stress, which alters the physiology and ends with destruction of H-P-O axis and may lead to many gynecological problems, in them Artavakshaya is one. **Aim:** The aim of the study is to evaluate the efficacy of KatutrikadiChurna in Artavakshaya. **Materials and methods :** This is single case study of 26 yrs female suffering from delayed and scanty menses since her menarche. Detailed history with all clinical and laboratory investigations were done, and all reports were normal. so on the basis of symptoms the patient was treated with Katutrikadichurna with AnupanaTilakwatha. **Result:** After completion of 3 cycle the menses were regular with normal amount.

**KEYWORDS :** Artavakshaya, Oligohypomenorrhoea, Katutrikadichurna,

## INTRODUCTION

Menstruation is an essential physiological function of women during their reproductive age. Menstruation is the visible manifestation of cyclic bleeding due to shedding of endometrium following invisible interplay of hormones mainly through H-P-O axis. For the menstruation to occur, the axis must be actively coordinated, endometrium must be responsive to the ovarian hormone and the outflow tract must be patent<sup>[1]</sup>. Due to changed lifestyle, physical and emotional stress, which alters the physiology and ends with the disruption of "H -P -O axis" And it may lead to many gynecological problem.

According to Acharya Susruta, in Artavakshaya menstruation fails to occur at propertime.i.e regular monthly cycle don't occur or cycles are reduced or scanty i.e Yathochitakala Adarshanam, Alpatwam and Yoni Vedana<sup>[2]</sup>. It can be co-related with Oligomenorrhoea and Hypomenorrhoea. Oligomenorrhoea - menstrual bleeding occurring more than 35 days apart and which remains constant at the frequency. Hypomenorrhoea - Menstrual bleeding is scanty and last for less than 2 -3 days<sup>[3]</sup>. Acharya Vagbhata explains obstruction of Artavavahasrotus byvata and kaphadosha leads to non expulsion of menstrual blood. **KatutrikadiChurnam**<sup>[4]</sup> (Pippali, Shunti, Maricha, Bharangi and Tila) which is useful in Artavakshaya. Because of its, Usnavirya, Pittavardhaka and vatakapha hara property.

## AIMS AND OBJECTIVES

The aim the study is to evaluate the effect of Katutrikadichurna in Artavakshaya .

**MATERIALS AND METHODS** :It is a single case study and the informed consent of the patient is taken.

## CASE REPORT

A 26 yrs old female patient visited to Prasutitantraavumstriroga OPD at Sri SiddharoodhaHospital attached to N.K.JabshettyAyurvedic Medical College ,Bidar on 20/7/22 and complained that her menses are late and her additional complaints was that her period were irrerregular since her menarche ,also whenever the menses returned they were scanty and lasted for 2 -3 days. Hence patient came for Ayurvedic treatment and visited OPD at OPD at Sri SiddharoodhaHospital .Bidar. There was no any significant past history of HTN,DM, or Thyroid problems. ..

### Personal history:

Bowel	Regular
Diet	Veg
Appetite	Good
Micturition	3-4times /day
Sleep	Sound

**Past history** :No h/o DM,HTN,Thyroid

**Family history:**No H/O of similar problem in any of family members.

**Menstrual history :**

Age of menarche	13 yrs
The interval between two cycles	55 -60 days
Duration	2 to 3 days
Amount	1 pad per day
LMP	10/6/22

**General examination**

Built	Moderate
Temperature	98F
BP	120/80 mmHg
PR	76/min
Weight	50Kg

**Systemic examination**

CVS	S1 S2 heard
CNS	NAD
RS	NAD
P/A	Soft

**Astavidhpariksha**

Nadi	76/min
Mala	Once a day
Mootra	3 – 4 times /day
Jivha	Alipta
Shabda	Prakruta
Sparsha	Anushnasheeta
Druk	Prakruta
Akruti	Madhyma

**TREATMENT****Katutrikadichurna**

It contains pippali,maricha,shunthi,bharangi

Matra	3gms BD
Route	Orally
Anupana	Tilakwatha.
Duration of treatment	From 5 <sup>th</sup> day of menses .for3 consecutive cycle.
Follow up	After each cycle.

**RESULT**

	Before treatment	After treatment
Interval between 2 cycles	55 TO 60 DAYS	30 to 35 day
Duration	2 to 3 days	4 to 5 days
Amount	1 pad /day	2 pad /day

## DISCUSSION

- ▶ It was observed that the overall prevalence of menstrual disorders was reported by 76.9%. the most common menstrual disorders were dysmenorrhoea (46.3%), polymenorrhoea (22.2%), Oligomenorrhoea (12.8%), and Hypomenorrhoea (15%)
- ▶ The modern line of treatment include hormonal therapies and they have the side effects like Mood swings, weight gain, breast tenderness, nausea and not affordable to all. so considering these inconvenience there is necessity to overcome such issues by our Ayurvedic drugs. The present study is with **KatutrikadiChurnam** which contains .
- ▶ Pippali, Shunti, Maricha, Bharangi and Tila which is useful in Artavakshaya. Because all are having Ushnavirya, tikshnaguna, Pittavardhaka, Artavajanana, Rodhanashan and vatakapha hara property.

## CONCLUSION

Artavakshaya occurs due to the involvement of vitiated Vata and Kapha which leads to obstruction of Artavavahasrotas, the ingredients of Katutrikadichurna have rodashodhana property (which removes the obstruction) and ushnavirya which relieves the kaphawich does avarana to Apanavata and increases the quantity of Artava.

## REFERENCES

1. Konar Hiralal, Dutta D.C, Text book of Gynecology, 2nd volume; reprint 6<sup>th</sup> edition; Varanasi: Chaukambha Orientalia, 2013:86pp.
2. Shastri Kaviraj Ambikadutta, Susruta Samhita 1st volume; Reprint Edition; Varanasi, Chaukambha Publications; 2014:77pp.
3. Konar Hiralal, Dutta D.C, Text book of Gynecology, 2nd volume; reprint 6<sup>th</sup> edition; Varanasi: Chaukambha Orientalia, 2013:186pp.
4. Bhoja Maharaja, Rajamartanda edited by Yadavji Trikamji, Bombay, Bora Bazar street fort, 1924:48pp.