



ROLE OF *SHATAVRI GHRUTA NASYA* IN *ARTAVAKSHAYA* (HYPOMENORRHEA): CASE STUDY

Shikha pandey*, Prof Alok Kumar Srivastava¹, Dr G.M Kavya²

*Phd scholar, Department of Panchkarma, Main campus, U.A.U

1. Prof & HOD, department of Panchkarma, Main campus, U.A.U

2. Associate professor & HOD, department of S.R.P.T, Gurukul campus, U.A.U

Abstract:

Female reproductive health is crucial for both individual well-being and the health of society as a whole. Reproductive health encompasses not only the reproductive organs but also includes general physical, mental, and emotional well-being. Good reproductive health contributes to a woman's overall health and quality of life. Prioritizing female reproductive health is not only a matter of individual well-being but also a critical component of public health, gender equality, and sustainable development efforts. Hypomenorrhea, which refers to infrequent or very light menstrual periods, can affect women of various ages for various reasons including hormonal imbalances, stress, excessive exercise, or certain medical conditions. In Ayurveda, "Artavakshaya" refers to a menstrual disorder characterized by scanty or absent menstruation. It is considered one of the Ashtavaikriti, meaning eight disorders related to menstruation, according to Ayurvedic texts. According to Ayurvedic principles, Nasya therapy aims to balance the doshas, particularly Vata and Pitta, which are often implicated in menstrual irregularities such as Artavakshaya. By administering specific medicated oils or herbal preparations through the nasal passage, Nasya therapy is believed to influence the prana (life force) and subtle energies of the body, thereby harmonizing the doshas and promoting overall well-being, including menstrual health.

Key words: Artavakshaya, Nasya, Shatavri Ghruta.

Introduction:

Normal menstrual cycle in females represents the complex interplay of hormones such as estrogen and progesterone. Regular menstrual cycle occurs every 28-35 days \pm 2-3 days in which the menstrual flow lasts for 3-5 days with an average loss of 30-80 ml of blood. Disorders in cycles or its irregularities are a major gynaecological problem among female adults especially adolescent¹The data were extracted for further statistical analysis. In the overall study population, the prevalence of PCOS, Dysmenorrhea, Menorrhagia, Polymenorrhea, Hypomenorrhea and the irregular menstrual cycle was found at 14.14%, 15.14%, 6.29%, 3.70%, 5.16% and 44.83% respectively², the Fédération Internationale de Gy-nécologie et d'Obstétrique (FIGO) report stated that "a light menstrual bleedings based on complaint by the patient". In conclusion, in adult women the definition of hypomenorrhea is based mainly on the duration of menstrual flow which lasts 2 days or less and on a woman's self- assessment³According to Ayurvedic principles, Artava is considered as upadhatu of rasa dhatu by all the acharyas,⁴ except Acharya Bhavaprakasha &

Sharangadhara who consider artava as upadhatu of rakta Most of the menstrual disorders have been described under the heading of asta artava dusti, asrgdhara, artava kshaya in our classics. The word kshaya is derived from 'ꣳÉÍ' dhatu which means 'to get reduced' or 'to cease'. As per Acharya Caraka 'kshaya' means 'hrasa' or 'nyunata'⁵

Acharya Caraka has not mentioned artava kshaya separately but has mentioned as symptom of many disease. Nidana panchaka are required for formation of vyadhi. In artava kshaya, nidana sevana, khavaigunya, srotorodha, dosha dushya dusti & sammurchana all are seen. All these play key role in vyadhi utpatti. Thus artava kshaya can be considered as a disease. As we know that artava is agneya in nature i:e pitta dosha pradhana. Hence the vishesha nidana for artava kshaya can be considered as vata kapha prakopaka nidana & pitta kshaya nidana. Specific reference for the poorvaroopo is not present in the classics

The 3 cardinal features mentioned by acharya Sushruta ⁶

- Yathochittakala adarshana- Delayed menstruation
- Alpata – scanty menstrual flow
- Yoni vedana- pain in vaginal region.

Acharya Sushruta while explaining about the chikitsa of artava kshaya says that, the chikitsa can be adopted according to vitiation of the dosha. Here both shodhana & shamana chikitsa which is in form of agneya dravyas can be given. But the selection of the chikitsa should be done wisely⁶

Case report:

A 22 year old student visited the O.P.D of Panchkarma Department with complain of of delayed menses flow since 3 months, scanty bleeding and lower abdominal pain during menatrual cycle.

No History of DM/HTN/THYROID dysfunction.

Family history: no family history present

Personal history: NIL

Diet- vegetarian diet

Appetite: good

Bowel- regular

Micturition- 4-5 times/day

Menstrual history-

Age of menarche- 14 years

Mmenstrual cycle- 2-3 days/45-50 days,since 2 months : 1-2 pads / day

L.M.P -27/9/2023

Asht vidh pariksha-

Nadi -76/min

Mutra – 4-5 times/day

Jivha- saam

Shabda- spasht

Sparsh- ushna

Druk- prakrit

Akruti – madhyam

General examination-

Built-moderate

Nourishment-moderate

Temperature – normal

Pulse-76/min

B.P- 112/76 mm of Hg

Weight -58 kg

Investigation:

HB- 10.6 gm/dl

Treatment protocol –

Nasya with *Shatavri Ghruta* 8 drops in each nostril for 21 days till 3 consecutive menstrual cycle.

Observation and results:

TABLE 1 – showing effect of intervention on sign and symptoms of *Artavakshaya*

Sign and symptoms	Before treatment	After treatment
Interval between two cycles	45-50 days	30 to 35 days
Duration of bleeding	2 days	4 days
No of pads used per day	1 pad / day	2 pad /day
<i>Yoni vedna</i>	Severe lower abdominal pain	Mild abdominal pain

Discussion:

Artavakshaya is caused by an imbalance of the *doshas*, particularly *Vata* and *Pitta doshas*. Factors such as poor diet, stress, excessive physical activity, hormonal imbalances, and emotional disturbances can disrupt the natural balance of these *doshas* and lead to menstrual irregularities. It occurs due to vitiation of *vaat* and *kapha dosha* and *ksheenta of pitta*. The symptoms like *yathochit kaal adarshnam, Alpata, Yoni Yedna* occurs due to it.

In modern science it is given that the cell produce GNRH originate from the olfactory area and GNRH is a regulator of gonadotropin hormones, and all the orchestra of menstrual cycle is under the control of these gonadotropins secreted by pituitary gland. Hence any disruption of H-P-O axis may lead to many gynaecological problems

Nasya does *Urdhwajatrugata Dosha Samana* and *Vatakapha Samana*, normalises *Pranavata* (most important subtype of *Vata*) function – leads to proper functioning of subtypes of *Vata*, proper functioning of *Saman Vata* which is located in the proximity of *Agni*, supports digestion and division of food materials into *Ahara Rasa* and *Kitta Bhaga*. *Rasa Dhatu* formation further leads to formation of *Updhatu Artava* and *Stanya and Uttar Uttar Dhatu* formation. Proper functioning of *Apana Vata* leads to regularized normal menstruation. For normal menstruation, ovulation, reproduction in women/conception, proper functioning of *Apana Vata* is responsible.

Nasya karma may offer the best remedy in management of *Artava kshaya*. It is said that “*Nasa hi Shiraso dwaaram*” so *Nasya* would be the appropriate *Shodhana* procedure to manage disorders related to the disruption of H-P-O axis in which the most common gynaecological⁷

The ingredients of *Shatavri Ghruta* that has been used in the present case contains *Shatavri, Shadushna (Pipli, Pipplimool, Chavya, Chitrak, Nagar, Marich) Go Ghruta* as main content, Due to its *Madhura, Tikta Rasa, Madhura vipaka, Sheet veerya* it acts as *Vatagnha*. It also acts as *Balya* and *Bruhana*. *Tikta Rasa* have *Srotogamitva* properties it act on *Sukshama Srotasas* and removes the *Margavarodh*. also by *Sheet virya* it act as *Dhatu Prasadana* and *Balya for garbhashya* Due to *Guru, Snigdha Guna*, it is *Vatagnha* and leads to *Vatanulomana*. It breaks the *Samprapti* of vitiated *Doshas* by *Vatanuloman*⁸

Drugs of *Shatavri Ghruta* i.e *Pipli, Pipplimool, Chavya, Chitrak, Shunthi, Maricha* have *Deepana* properties and helps in *Agnideepana*. *Agnideepana* helps in *Utrotara Dhatu Nirmana* further helping in menstruation. And *Anulomana Guna* are also found in these which helps in proper *Vata Dosha (Apana Vayu)*. Movement and benefiting in symptoms like pain, scanty menses and irregular menses. *The proper functioning of Vayu* thereby regulating *Beejagranthi Karma* resulting in *Beejotsarga* (ovulation). *Ghruta*⁹ is also the main content of this drug and due to its *Madhura Rasa* and *sheet, Snigdha, Guru Guna* it is *Vata shamak, Bruhaniya, Dhatu vrudhikar*.

Hence relieving symptoms of *Artavakshaya* and correcting the pathology

Conclusion:

Nasya with *Shatavri Ghruta* helped in alleviating symptoms of *Artavakshaya*. so it could be concluded that a comprehensive treatment plan addressing multiple aspects of health could enhance the effectiveness of *Nasya* in managing *Artavakshaya*. Studies evaluating the effects of *Nasya* on menstrual irregularities, hormone levels, and related symptoms could provide valuable insights into its potential benefits.

1. Kulshrestha S, Durrani AM. Prevalence of Menstrual disorders and their association with physical activity in adolescent girls of Aligarh city. Int J Health Sci Res. 2019; 9(8):384-393.
2. <https://www.nature.com/articles/s41598-023-35858-2>
3. <https://mattioli1885journals.com/index.php/actabiomedica/article/view/12804/10571>
4. Sushruta Samhita with nibandhasangraha commentary of Sri Dalhanacharya edited by Vaidya Jadavaji Trikamjiacharya . Introduced by Prof. P.V. Sharma, 9th edition 2007, published by, Chaukhambha orientalia Varanasi. Pp 824, Pg no 59
5. Caraka Samhita by Agnivesha Revised by Charaka & Dridhabala with the Ayurveda Dipika

- commentary of chakrapani datta, Edited by Vaidya Jadavaji Trikamji Acharya, reprint in 2007 Published by Chaukhambha Orientalia, Varanasi Pp 738, pg no.102
6. Sushruta Samhita with nibandhasangraha commentary of Sri Dalhanacharya edited by Vaidya Jadavaji Trikamjiacharya . Introduced by Prof. P.V. Sharma, 9th edition 2007, published by, Chaukhambha orientalia Varanasi. Pp 824, Pg no 70
 7. Anudeepa Nath & Dipak Kumar Goswami: Role of nasya to regulate h-p-o axis in the management of artava kshaya. International Ayurvedic Medical Journal {online} 2023 {cited September 2023}
 8. Int. J. Ayur. Pharma Research, 2017;5(2):14-21 (clinical evaluation of *shatapushpa Shatavari Churna* and o.c. pills in the management of *Artava kshaya* w.s.r. to certain menstrual disorders Nilesh Y. Bediskar et a IJAPR | February 2017 | Vol 5 | Issue 2 14
 - 9 *Bhavprakash Nighantu* by *Bhavamishra* 9th edition 1993, published by *Chaukhamba* orientalia, *Varanasi-221001*, p-775) (*Shushrut Samhita* By *Maharshi Sushruta*, Hindi commentary by *Ambika Datta Shashtri*, reprint 2010, published by *Chaukhamba Sanskrit* sansthan, Varanasi 221001, p 228

