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

Shikha pandey, Prof Alok Kumar Srivastava, Dr G.M Kavya

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 ± 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 adolescent. The 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% respectively. The Fédération Internationale de Gynécologie et d’Obstétrique (FIGO) report stated that “a light menstrual bleeding is 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-assessment. According to Ayurvedic principles, Artava is considered as upadhatu of rasa dhatu by all the acharyas, 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 ‘ञी’ dhatu which means ‘to get reduced’ or ‘to cease’. As per Acharya Caraka ‘kshaya’ means ‘hrasa’ or ‘nyunata’.

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 dushta dusti & sammurchna all are seen. All these play a 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 poorvaroopa is not present in the classics.

The 3 cardinal features mentioned by acharya Sushruta:

- 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 wisely.

Case report:

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

Menstrual 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 Ghrita 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

<table>
<thead>
<tr>
<th>Sign and symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interval between two cycles</td>
<td>45-50 days</td>
<td>30 to 35 days</td>
</tr>
<tr>
<td>Duration of bleeding</td>
<td>2 days</td>
<td>4 days</td>
</tr>
<tr>
<td>No of pads used per day</td>
<td>1 pad / day</td>
<td>2 pad /day</td>
</tr>
<tr>
<td>Yoni vedna</td>
<td>Severe lower abdominal pain</td>
<td>Mild abdominal pain</td>
</tr>
</tbody>
</table>
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 Yadna 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 Urdhwa jatrugata 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 Stanyaa 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 Shirasodwaaram” 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 gynaecological

The ingredients of Shatavri Ghruta that has been used in the present case contains Shatavri , Shudushna (Pippli, 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 Sukshma Srotasas and removes the Margavarodh. also by Sheet virya it act as Dhatu Prasadan and Balya for garbhashya Due to guru, Snigdha Guna, it is Vatagnha and leads to Vatanulomana. It breaks the Samprapti of vitiated Doshas by Vatanulomana.

Drugs of Shatavri Ghruta i.e Pippli, Pipplimool, Chavya, Chitrak, Shunthi, Maricha have Deepana properties and helps in Agnideepana. Agnideepana helps in Utroutara Dhatu Nirmartha further helping in menstruation. And Anulomana Guna are also found in these which helps in proper Vata Dosha (Apana Vayu). Movement and benefitting in symptoms like pain, scanty menses and irregular menses. The proper functioning of Vayu thereby regulating Beejagranthi Karma resulting in Beejotsarga (ovulation).Ghruta 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.

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