

**MANAGEMENT OF ARTAVKSHAYA W.R.T OLIGOMENORHOEA: A  
CASE STUDY****Dr. Pradip Kinage\***

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**ABSTRACT**

Reproductive health of the female is best judged by menstrual cycle. Regular menstrual cycle without any abnormality reflects reproductive health. Now day's bad eating habits and abnormal mode of life have adversely affected the female reproductive health. Patient was suffering from irregular menses since last two years associated with dysmenorrhoea. Patient came to OPD with two month amenorrhoea. Urinary pregnancy test was negative and sonography didn't found anything abnormal. She was diagnosed as case of Artavkshayam(Oligomenorrhoea). Patient was treated with Matrabasti by Bala oil. Oral medications given were Shatpushpa Churna and Rajapravartini vati. This regimen was continued for five days. On sixth day only oral medications were given. Patient had menses on seventh day without significant abdominal pain. Hence it was concluded that

Matrabasti by Bala oil along with oral administration of Shatpushpa Churna and Rajapravartini vati helps to treat oligomenorrhoea and relieve dysmenorrhoea.

**KEYWORDS:** Amenorrhoea, Dysmenorrhoea, Matrabasti, Rajapravartini, Shatpushpa.

**INTRODUCTION**

Every female expect her menstrual cycle to be regular and normal. Any deviation with menstrual cycle upset females psychologically and physically. Ayurveda has given a lot of importance on Pathya and Apathya. Following Pathya and Apathya is of high value for health. But now day's bad eating habits and abnormal mode of life have adversely affected the female reproductive health. Irregular menses and dysmenorrhoea are common issues of menstrual cycle. According to Ayurveda, oligomenorrhoea can be correlated with

Artavkshaya. Oligomenorrhoea means menstrual bleeding occurring at interval more than 35 days.<sup>[1]</sup> Artavkshaya is characterized by prolonged inter menstrual period and/or decreases menstrual bleeding and Yonivedana (Vaginal/uterine pain).<sup>[2]</sup> Patient was having menses at an interval of 3 to 4 months. It was associated with pain (Kastartava). When patient visited OPD first time, she was having amenorrhea of 2 months. She had history of taking progesterone pills for withdrawal bleeding. Patient was having USG report showing normal study. Possibility of pregnancy was very low as couple was using mechanical contraceptives. Negative urinary pregnancy test along with per vaginal examination exclude any chances of pregnancy. After taking detail history and examination appropriate regimen was selected. Regimen includes Matrabasti by Bala oil. Oral medications given were Shatpushpa Churna and Rajapravartini vati. This treatment was fruitful and patient was relieved.

## **MATERIALS AND METHODS**

### **Place of study**

Parul Institute of Ayurveda and Research, Ishwarpura, Waghodia, Dist- Vadodara, Gujarat, India. 391760.

## **CASE REPORT**

A 29 year-old female patient came to Khemdas Ayurveda Hospital, Parul Institute of Ayurveda and Research, Ishwarpura with chief complaints of -

1. Irregular menses
2. Pain during menses

Associated symptom was- Abdominal bloating.

Patient had irregular menses since last two years while painful menses and abdominal bloating since last one year.

### **History of present illness**

The patient was normal two year back. But Since then she has been suffering irregular menses. Since last one year she was also suffering from painful menses and abdominal bloating. She had taken oral contraceptive pills for symptomatic relief in the past. Due to this she came to Khemdas Ayurveda Hospital, Parul Institute of Ayurveda and Research, Ishwarpura.

**Past History:** Not significant.

**Personal History****Table 1: Personal history**

Name: xyz	Bala: Madhyama (Average)	Prakriti: Pitta Vata
Age: 29years	Sleep: Inadequate	BP: 120/70 mmHg
Sex: Female	Addiction: Tea	Agni : Madhyam
Appetite: Poor	Bowel habit: Irregular	Weight: 52kg
Occupation: House wife	Marital status: Married	Height: 162 cm

**Table 2: Ashtavidha Pariksha**

Nadi (pulse): 78/min	Shabda (speech): Clear
Mala (stool): Constipation (Occasionally)	Sparsha (touch): Ruksha
Mutra (urine): Normal	Druka (eyes): Normal
Jivha (tongue): Niram	Akruti (built): Madhyama

**Table 3: Menstrual and obstetrical history**

LMP: 2 Months back	Duration of bleeding: 4-5 days	Interval: 3-4 Months
Amount of bleeding: Normal	Painful: Moderate pain	Clots: Present

**Obstetrical history:** P1A0**Investigation:** USG normal, Urinary pregnancy test: Negative**Treatment plan-** Patient was treated on OPD basis.**A) Internal Ayurvedic Drugs**

Shatpushpa Churna and Rajapravartini vati were selected for oral administration.

**Table 4: Dose, Route, Kala (drug administration time) and Anupan (vehicle) of drugs used in the management**

Name of Drug	Dose	Route	Kal	Anupan
Rajapravartini vati	250 mg three times/day	Oral	Adhobhakta (after meal)	Til kwath
Shatpushpa Churna	5 grams once/day	Oral	Pratah kala (morning)	Luke warm water

**Duration:** 6 Days.

Shatpushpa Churna was continued for two days during menses.

**B) Matrabasti****Drug:** Bala oil**Dose:** 60 ml**Duration:** Treatment was carried out daily for 5 days.**Follow ups: Patient was given oral medications and Matrabasti daily on OPD basis.**

**Duration-** This treatment was carried out for 5 days. After 5 days only oral medications were continued till having menses. Only Shatpushpa Churna was continued for two days during menses.

Finally Patient was assessed after complete stoppage of menses.

#### **Ahar and Vihar (Diet and mode of life) advised during treatment**

**Pathya (Regimen to be follow):** rice, wheat, til, gud, papaya, takra, adequate sleep at night (8-10 hours)

**Apathya (Regimen to be restricted):** Ice cream, cold drinks, Bread, toast, fast food, tea and coffee. Night awaking (Ratri Jagran), Daytime sleeping (Divaswap).

#### **OBSERVATION AND RESULTS**

Previously patient was taking hormonal pills for menstruation. She was also having complaint of painful menses associated with abdominal bloating. Five days course of oral medications along with Matrabasti followed by two days course of same oral medications have been found effective. Patient had menses after taking Ayurveda medications without any hormonal pills. Patient was having severe dysmenorrhoea, but with this treatment it was turned to mild. Previously patient was also complaining clotted menses, it also get improved. Associated complaint of abdominal bloating was relieved completely. No side effect of this treatment was observed during this treatment.

#### **DISCUSSION**

Many patients visit Gynecological OPD for irregular menses and dysmenorrhoea. Hormonal pills and pain killers are being mainly used in modern science while treating these conditions. But there is no satisfactory outcome besides temporary relief. Also long term use of such medications are also having various side effects like weight gain, acne etc.<sup>[3]</sup> In Ayurveda Yathochikaladarshanam (Delayed menses) and/or Alpata(Scanty menses) Yonivedana(vaginal/uterine pain) are described as clinical features of Artavkshaya.<sup>[4]</sup> Patient in this study was suffering from delayed menses. Her inter menstrual period was prolonged for 3 to 4 months. She was also having pain during menses (Dysmenorrhoea). USG and Urinary pregnancy test had ruled out possibility of pregnancy. Artava Nishkraman (Excretion of menstrual blood) is the function of Vata Dosha mainly Apanvayu.<sup>[5]</sup> Patient was using dietary habits and mode of life which was capable of vitiating Vata dosha. This leads in

irregular and painful menses. So principles of the treatment were Nidan Parivarjan and Vata Dosha Anuloman (Normal downward direction of Apan Vayu). According to Kashyapa Anuvasan basti is useful in treating Artavkshaya.<sup>[6]</sup> Matrabasti one of the type of Anuvasan basti was used for the treatment in this case. It was given with Bala oil which is having best property of pacifying Vata Dosha. Shatpouspa Churna and Rajapravartini vati were given as oral medications. Shatpushpa is having capacity of pacifying Vata dosha. Research studies also have proved its effectiveness in dysmenorrhea.<sup>[7-8]</sup> Hence Shatpushpa Churna was selected as an oral medication. Rajpravartini vati was also given in combination with Shatpushpa Churna. It is having property of Artavjanan and Artav Pravartan. It is useful in Anartav, Artavkshaya and Kastartava also.<sup>[9-10]</sup> Hence it was also selected as oral medications. Patient was advised to avoid Vata Prakopaka diet and mode of life as mentioned in Pathya and Apatha. She was advised to take vatanulomak and Agneya (Hot) substances in diet like til, papaya etc. Agneya Dravya are useful in Artavkshaya. So probable effect of treatment was due to Vata shaman, Vatanulamana, Artavjanan and Artvapravartana properties in combination with Pathyapathya. Long term effect of this regimen needs to be studied further by follow up studies.

## CONCLUSION

Hence it was concluded that Matrabasti by bala oil along with oral administration of Shatpushpa Churna and Rajapravartini vati helps to treat Artavkshaya (oligomenorrhoea) and relieve dysmenorrhoea.

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