

“EFFICACY OF SAKANJI JAPAPUSHPA IN THE MANAGEMENT OF ARTAVA-KSHAYA WSR TO OLIGOMENORRHEA: CASE STUDY.”

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ABSTRACT

Ayurveda is one of the ancient medical science known to mankind. Its purpose is to serve mankind, to maintain health and make society disease free. It has focused on each and every strata of the human population. Ayurveda has special mention of women hygiene, their disease and treatments. One of them is artava-kshaya. Women must have regular menstruation in order to lead a healthy life. Any disturbances in the menstrual cycle results in illness. Acharya Sushruta has explained about Artava-kshaya features specially as delayed & scanty menstruation associated with pain in vagina, It can be correlated to Oligomenorrhea & Hypomenorrhea by their signs & symptoms.

Bhaishajya Ratnavali advises the use of Sakanji Japapushpa in the management of Artavakshaya (Oligomenorrhea).

KEYWORDS: Sakanjijapapushpa, Artavakshaya, Oligomenorrhea.

INTRODUCTION

The references of this unique feature of women are also categorically praised in most ancient authentic literature of the globe i.e. Vedic literature, Acharya Manu has stated that,

" प्रजननार्थम् स्त्रीयः सृष्टया । " (Manusmriti)

Means, the woman is born for reproduction. The "Nari" is called "Stree" but she can be "Mata" only after giving birth to a child. Stree without any child is called as Vandhya and Acharya Sushruta has mentioned to "Artavakshaya" or "Nastartava" as one of the causes of Vandhyatva. In Kokashastra a lady not having the menses is called as Vandhya. Therefore, it is important to cure the female who is suffering from Vandhyatva due to "Artavakshaya". Menstruation is the visible manifestation cyclic physiologic uterine bleeding due to shedding

of endometrium & it is major stage of puberty in girls. Once the menstruation starts, It continues cyclically at intervals of 21-35 days with mean of 28 days. But, due to changed life style, the physical & emotional stress increases which alters the physiology & ends with the disruption of H-P-O axis & it may lead to many gynecological problems. A critical survey of Ayurvedic literature specially related to its pharmacopoeia reveals that compound formulations and single drugs are very much indicated for the treatment of Artavakshaya, out of all those medicaments we have selected few medicinal herbs which are supposed to have Artavajanan Effect due to their specific Rasa, Guna, Virya, Vipaka and Prabhava.

In present study we formulated sakanjijapapushpa in Artava-kshaya,

“सकांजिकं जपापुष्पं भृष्टं ज्योतिष्मतीदलम् ।

दुर्वापिष्टश्च सम्प्राश्यवनितात्त्वार्तवं लभेत् ॥”

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CASE RECORD

29 year, old female patient, complaining of Irregular menses, less bleeding, pain in lower abdomen during menses, Since, 1-2 years back.

Pt, Came in our opd

No. h/o-Dm, HTN, Koch's and no any major illness.

Marital status: 9yrs back.

Obstetric History

P₁ L₁ A₀ D₀

Male child 8yr back -FTCS (Breech presentation)

Menstrual history

Menarche at the age of 13 yr.

LMP: 28/01/2020.

Duration of Menstrual Period: 1 Day.

Intermenstrual Interval: 40-45 Days.

No.of Pads used per day: 1 pad/day.

Painfull Bleeding: + + +

SAMANYA PARIKASHANA

Nadi :74/min	Dehabhar : 60 kg.
Mutra: Samyaka	Raktabhar : 110/70mmhg.
Mala : Malabadhata	Dehoshma : prakrit 37.4c
Jivha : Alpa sam	Kshudha : Kshudha mandya
Shabda : Prakrut.	Nidra : prakrit.
Sparsha : Samshitoshna.	Prakriti : Pitta-Kapha
Druk : Prakrut	Aahar : Mix Diet.
Akruti : Madhyam.	Vyasan : NAD.

ABDOMEN EXAMINATION

P/A: Soft and non-tender

SAMPRAPTI GHATAKA

Dosha : Vata (Apana and Vyana), Pitta (Pachaka), Kapha (Kledak)
 Dushya : Rasa, Rakta.
 Updhatu : Artava.
 Agni : Jatharagnimandhya, Dhatvagnimandhya, Artavagni (Sthanika) Mandhya.
 Srotas : Rasavaha, Artavavaha.
 Srotodusti : Sanga.
 Adhithana : Garbhashaya.

INVESTIGATION

S. No	Hb%	Before Treatment	After Treatment
1.	Hb%	10.2%	10.6%

TREATMENT

In Bhaishyajya Ratnavali Chapter of Yonivyapad Chikitsa there is mentioned that Sakanjijapapushpa is effective in Artavakshaya^[1] (Oligomenorrhea).^[2]

“सकांजिकं जपापुष्पं भृष्टं ज्योतिष्मतीदलम ।

दुर्वापिष्टश्च सम्प्राश्यवनितात्वार्तवं लभेत् ॥”

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Dose: 25 ml BD×10 days before Menses.

Duration: 3 consecutive cycle.

Follow up: After each cycle.

AHARVIHARA ADVISED

- 1) Green leafy vegetables, milk, ghee, soft, light, warm, Food in daily diet.
- 2) Perform pranayama, asanas, meditations, exercise daily and take a proper sleep during night.
- 3) Avoid bread, biscuit and all bakery products.
- 4) Stay away from junk foods.
- 5) Avoid sleep during day time.
- 6) Abstain from excessive worries, anger, grief etc.

OBSERVATION TABLE

SR. NO	MENSTRUAL SIGNS AND SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
1	REGULARITY	Irregular	Regular
2	DURATION OF BLEEDING	1 day	3-4 day
3	INTERMENSTRUAL PERIOD	40-45 days	30-35 days
4	PAINFULL BLEEDING	Sever pain	No pain
5	NO OF PADS USED/DAY	1 pad	2-3 pads

RESULT

After complete management of Artavakshaya (Oligomenorrhea)^[3], her menstrual period got regularized, no lower abdomen pain during menses, with moderate quantity of menstrual flow.

DRUG REVIEW**Japapushpa^[5]**

- Latin name: Hibiscus Rosasinensis
- Family: Malvaceae
- Rasa: kashaya, madhura, Tikta.
- Virya: sheeta
- Vipaka: katu
- Guna: laghu, snigdha
- Karma: Artavajanana, Dhatuvivardhana, dahaprashamana
- Doshagnata: kaphpitta shamaka
- Part use: pushpa (flower)

Kanji^[6]

- Rasa: Amla
- Virya: Ushna
- Vipaka: Amla
- Guna: Laghu, tikshna, vatakaphanashaka
- Karma: Deepan, Pachana, Dahanashak, Srotovibhandhnashak

DISCUSSION

According to Bhaishyaja Ratnavali Sakanjijapapushpa^[4] used.

This drug helps in regulating the menstrual cycle.

Administrated drug was Japapushpa.

Kashaya, Madhur Rasa. Katu vipaka, shit Virya, which is Kaphapittashamak increased rakta dhatu leads to increase updhatu Artava.

And also kanji having Amla, Katu Rasa.Ushna Virya, Katu vipaka, Tikshna guna contributing this drug towards the agneya guna. Due to ushna virya and tikshna guna, which is kaphavat shamaka, which is sroto vibandhkara property, the drug has artavajanana property, increases menstrual blood flow and regulate the menstrual cycle. The main action of sakanjijapapushpa to increase the menstrual flow and eliminate the flow obstruction caused by increased or aggravated Kapha and Vata Dosha, according to ayurvedic principles.

CONCLUSION

Artavakshaya is one of the most common problem or disorder in day to day life of women. In clinical practice many girls and women are suffering this disorder. The patient with early management, yoga, diet change and modifying life style helps to eradicate the disease by normalising the menstrual cycle. Artavakshaya occurs due to involvement of kapha and vata doshas, which can be attributed to marga avarodha of artavavaha srotas. The drug sakanji japapushpa which is ushna thikshna property means agneya property of the drug it normalizes vat and kapha, hence clear the marga avrodha of artavavaha srotas.

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