

**EFFECT OF TIL TAIL ANUVASAN BASTI IN CASE OF
ARTAVKSHAY: A SINGLE CASE STUDY****Dr. Sonam Vadiyar*¹ and Dr. Subhash Marlewar²**

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ABSTRACT

Menstrual disorders are now becoming major issues in every woman's life. Artavkshay which includes scanty menstrual flow and irregular menstrual cycle is commonly seen now a days. In modern medicine there is no any specific and permanent treatment for this. The complications of modern treatment weigh more to its success rate. Thus there is scope for alternate management. Ayurvedic understanding of disease points towards predominance of Vata. So in this state, Basti is choice of treatment for regularization of the menstrual cycle. The present case study was done to evaluate the role of Til tail Anuvasan Basti in the management of Atravkshay. After 3 cycles of Anuvasan Basti, patient had regular menses.

INTRODUCTION

In today's era most of the women are working women and due to changes in lifestyle, food habits, work load etc. she faces a lot of stress and strain. Owing to complicated structure of the female body, women are subject to a large number of complaints connected with reproductive system. Woman's health is considered to be the one concerned with family, society and culture. Any disorder in her either physical or mental disturbs her normal Menstrual Cycle. This may lead to impairment in the function of producing progeny. Artavkshaya is one the menstrual disorders that occurring today.

In Artavkshay the menstruation does not appear in its appropriate time i.e. intermenstrual period is prolonged, is scanty and does not last for three days, pain in vaginal region. These

symptoms are included in Artavkshay. If we correlate “Artavkshay” with modern menstrual disorder oligomenorrhoea, hypomenorrhoea and up to some extent secondary amenorrhoea can be correlated. Since large number of patients suffering from this disease are unsatisfied with existing modern management as it provides only temporary solution i.e. Hormonal therapy, so its essential to treat the disease in such a way that it will eliminate from the base and avoid its recurrence.

In Ayurveda it is clearly mentioned that irregularity of any function of the body is mainly caused due to vitiated vatadosha. Menstrual blood flow is under the control of Apana Vayu. Vitiation of Apana Vayu may cause Artavkshaya. Basti is one the major treatment for vitiated vatadosha. Basti regulates the vitiated vatadosha which ultimately regulates the menstrual cycle.

MATERIALS AND METHODS

A 23 years old unmarried female patient of Artavkshay was selected.

Drug: Til tail (oil of sesamum indicum).

Duration: 7 consecutive days for 3 cycles (3 months) Dose: 60ml daily 3 cycles of Anuvasan Basti are given.

Case Study

A 23 years old female patient approached to Podar Ayurved Hospital, Mumbai on 13th December 2015 with complaints of Irregular and scanty menses, since last 2 years. She was unmarried. Her menstrual cycle is of 2- 2.5 months and is irregular with bleeding for only 2 days. There is severe vaginal pain during 1st day of menses. Before 2 years her menstrual cycle was regular. First she consulted a Gynecologist and went on to take all treatment as per her advice. Patient continued the treatment for 2 months but the treatment fails. The allopathic treatment not only unable to eradicate her pathology from its root but also worse the situation by adding symptoms like hyperacidity, vertigo etc.

A detailed comprehensive history reveals that there is over intake of katu and lavana rasa, over intake of bakery products which is a ruksha ahar, atyanavrohana which helps to aggravate the disease process. In general examination patient was thin, having weight 38 kg and height 5’2”. Ultrasound of abdomen pelvis was carried out to rule out pathology. There is no any significant pathology seen in ultrasonography report. In search of a medicine, who

compete all the sign and symptoms successfully and overcome the etiopathology completely. Til tail Anuvasan Basti was planned. Patient is advised to take a normal diet. Avoid excessive katu, lavan ras, bakery products, cold drinks. To have more milk, simultaneously to maintain stress free lifestyle. 3 cycles of Til tail Anuvasan Basti was given. After 3 cycles of Anuvasan Basti patient had regular menses with moderate menstrual blood flow. Also she get pain relief during menses. And after that she doesn't have the complaint regarding menses.

RESULT

After 3 cycles of Anuvasan Basti, patient had regular menses with moderate menstrual blood flow and no pain during menses. After that there is no relapse. Patient is cured completely.

DISCUSSION

Menstrual disorders is becoming a major issue in every woman's life due change in lifestyle and food habits. Artavkshay is one of them. According to Ayurveda cause of any menstrual disorder is vitiated vata dosha. In treatment of Artavkshay shodhan and use of Agney dravyas is mentioned in Ayurvedic classics. Basti is the best shodhan karma for vitiated vatadosha. As Til tail is of Ushna veerya it also helps in vata shaman and Artav vrudhhi. Basti regulates the vitiated vatadosha which ultimately results in regularization of menstrual cycle. One of symptoms of Artavkshay i.e. Yonishool is also due to the vitiated vatadosha. Yonishool also get decreased with regularization of vatadosha by Anuvasan Basti.

CONCLUSION

Artavkshay is one the major menstrual disorder now a days. In modern medicine there is no any specific and permanent treatment for this. Ayurveda's principle based therapy plays a pivotal role to give a complete cure. There is strong need to create awareness in women for there their own health needs.

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