

**“EFFICACY OF SAKANJI JAPAPUSHPA IN THE MANAGEMENT OF ARTAVA-KSHAYA WSR TO OLIGOMENORRHEA: CASE STUDY.”****Dr. Jaydeep Dinkar More<sup>1\*</sup>, Dr. Pradnya Vijay Shirke<sup>2</sup>**<sup>1</sup>PG Scholar, Department of Prasuti Avum Streerogtantra,<sup>2</sup>Professor, Department of Prasuti Avum Streerogtantra,

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Pune Maharashtra India.**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

P<sub>1</sub> L<sub>1</sub> A<sub>0</sub> D<sub>0</sub>

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**

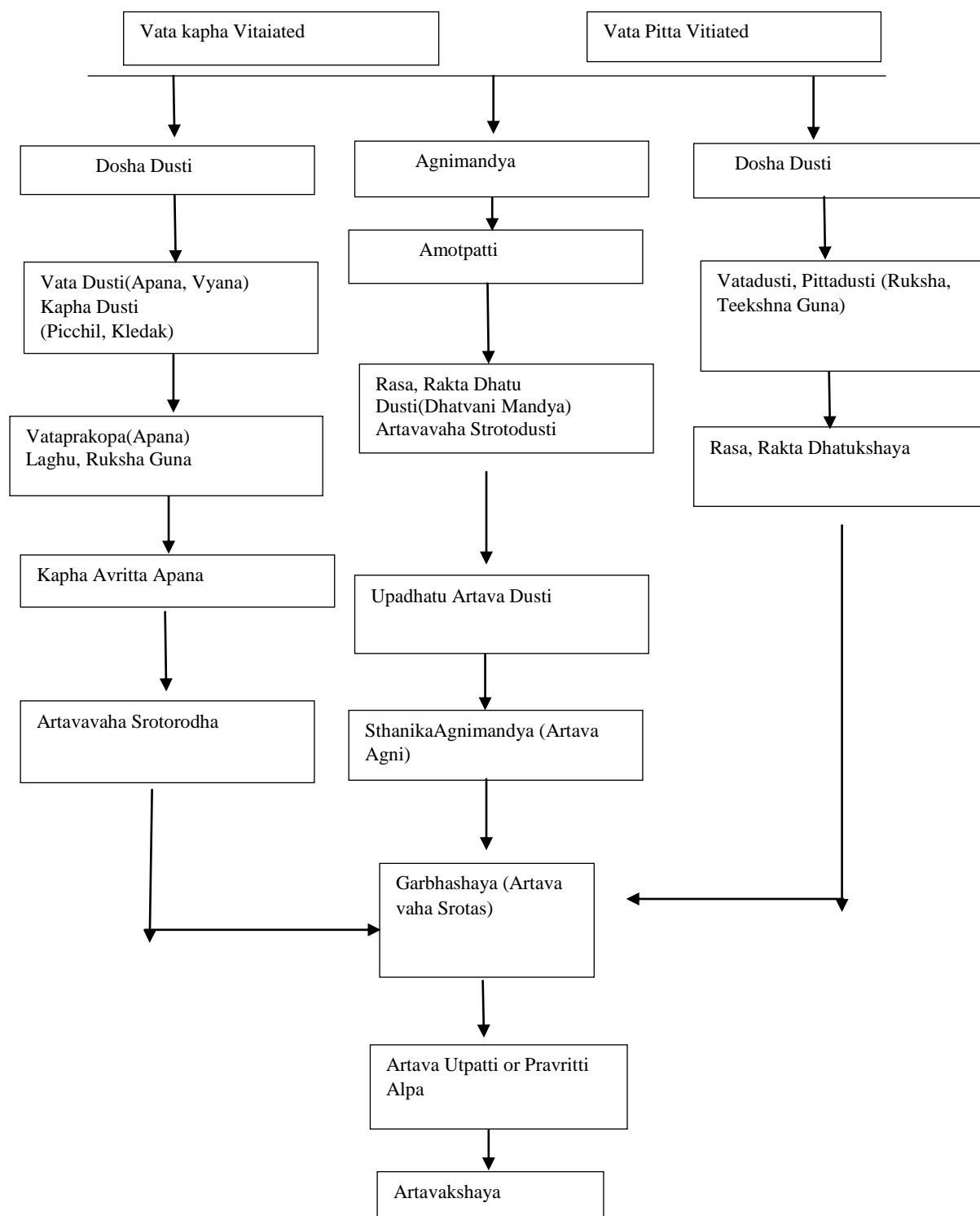
- Nadi :74/min
- Dehabhar : 60 kg.
- Mutra: Samyaka
- Raktabhar : 110/70mmhg.
- Mala : Malabadhata
- Dehoshma : prakrit 37.4c
- Jivha : Alpa sam
- Kshudha : Kshudha mandya
- Shabda : Prakrut.
- Nidra : prakrit.
- Sparsha : Samshitoshna.
- Prakriti : Pitta-Kapha
- Druk : Prakrut
- Aahar : Mix Diet.
- Akrti : Madhyam.
- Vyasana : 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<sup>[1]</sup> (Oligomenorrhea).<sup>[2]</sup>

“सकांजिकं जपापुष्पं भृष्टं ज्योतिष्मतीदलम् ।

दुर्वापिष्टश्च सम्प्राश्यवनितात्त्वार्तवं 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)<sup>[3]</sup>, her menstrual period got regularized, no lower abdomen pain during menses, with moderate quantity of menstrual flow.

#### DRUG REVIEW

##### Japapushpa<sup>[5]</sup>

- 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<sup>[6]</sup>**

- Rasa: Amla
- Virya: Ushna
- Vipaka: Amla
- Guna: Laghu, tikshna, vatakapashaka
- Karma: Deepana, Pachana, Dahanashak, Srotovibhandhanashak

**DISCUSSION****PROPERTIES OF SAKANJIKJAPAPUSHPA**

It contains mainly Amla, Katu, Tikta, Madhura, Rasa, Laghu, Snigha, Tikshan Guan, Katu and Amla Vipaka and also Ushna and Sheeta Virya. It also has Deepana, Pachana, Anulomana, Shothahara, Artavajanana properties.

**ACTION ON SAMPRAPTI GHATAKA**

**Dosha:** Tikta, Madhura and Katu Rasas contain mainly Laghu and Snigdha gunas. Snigdha Guna inhibits the Ruksha Guna of Vatadosha and Pittadosha. Tikshna, Laghu guna inhibits the Picchila Guna of Kapha, thus in this way the compound drug acts on Dosha and disintegrates Doshas Samprapti. Due to Anulomana Karma, it digests the mala (in the form of Kapha dosha) and facilitate the free movement of Apana Vayu that in turn helps in its proper functioning. One of the main functions of Apana vayu is to facilitate the free movement of Artava. In this way by Anulomana Karma the drug will help in the treatment of Artavakshaya.

**Dushya:** Madhura Rasa: Nourisher of Rasa dhatu, upadhatu (Artava) and Sthanika Mansa Dhatu (Muscle tissues). Madhura Rasa increases secretions and decreases degeneration of endometrium. It contains Carbohydrates and few proteins which is very important constitute of endometrium.

**Srotas:** Katu Rasa and Laghu, Tikshna Guna remove the obstruction, dilate the passage and allay Kapha. By Veerya and Prabhava, Sakanjijapapushpa acts on Artava Vaha Srotas. Sanga type Artavavaha Srotodushti occurs due to Dosha - Dushya sammurchhana. By Ushna Veerya it removes the Srotorodha and increases the secretion of gland (improvement of Proliferative stage. In this way they help in sroto-sodhana. By Lekhana karma, it acts by extra vascularising the uterine musculature, along with it cures the upalepa produced by kapha in the Artavavaha srotas. As obstruction is cleared, free flow of Artava occurs into lumen.

**Pachanakarma:** Pachana means digestion & shamana means reduction of the doshas. In case of Artavakshaya the obstruction in Srotas is due to Kaphavritta Vata. Sakanjijapapushpa possess Pachana karma and thus digest the Sama Kapha and facilitate normal action of Vata which in turn stimulates the normal production of Artava.

**Agni:** By Ushna Veerya its direct effects on Sthanika Artavagni which directly increases the Updhatu Artava. As, we know that, stimulation of Antaragni is known as Deepana.

**Deepana & Anulomana Karma of Dravyas:** Jathragni increases Rasa Dhatu which results in increased Updhatu (Artava). Dhatvagni increases production of Dhatu and Updhatu (Artava). Artavagni increases formation of Artava.

## CONCLUSION

Artava is produced as upadhatu of rasa and dhatu by proper sthanika agni and secreted by anulomagati of vyanvayu and apanvayu. Most of the patients develop artavakshaya after the intake of mithya ahara vihara like katu rasa and snigdha guna dominant diet. It was found that artavakshaya is not always a familiar trait. The main principle of management of artavakshaya are bruhana, agnivardhaka, strotoshodhak, and vatanulomaka treatment. Japapushpa is kashaya, madhura, sheet and work as rasa, rakta dhatu vardhaka and also helps in artava janana. Kanji is amla and ushna thus will help to break the vata kapha samprapti, also leads to agni vardhana, strotoshodhan and vatanulomana. Hence sakanji japapushpa formulation helps to break the samprapti of artavakshaya and help to produce qualitative artava and may lead to regular menstruation.

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