

CLINICAL EFFICACY OF DANTYADI GUTIKA IN MANAGEMENT OF ARTAVAKSHAYA

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ABSTRACT

In today's fast and competitive world, many gynecological cases are rapidly increasing because of sedentary life style, faulty food habits etc. changes in physical and mental well being profoundly affect menstrual cycle. *Artavakshaya* is common menstrual disorder. Ratio of menstrual is raising in gynecological practice which precursor of infertility and other problems. *Artava dushti* caused due to *vata pitta* vitiation hence *Dantyadi Gutika* is selected for case study in which most of the *Dravyas* are *Agneya*, *Pitta vardhaka* and *vata kapha shamak*.

INTRODUCTION

Menstruation is an essential physiological function of women during their reproductive age. According to *Ayurveda*, normal menstruation^[1] is the indicator of healthy and normal reproductive organ in which intermenstrual period is one month, duration of blood flow is five days (Differ according to different opinion of *Maharshies*) but not associated with pain or burning sensation. Menstrual blood is not unctuous, not very scanty or excessive in amount. The color resembles the red juice of lac, red lotus flower, fruit of jequirity or rabbit's blood.^[2] In *Artavakshaya*, the menstruation does not appear in its appropriate time or is delayed (intermenstrual period is prolonged), is scanty and does not last for three days. There is also pain in vagina. *Chakrapani* opines that this pain is due to aggravation of *vayu* caused by loss of *Artava* which fills this region.^[3] Now a day's menstrual abnormalities are very common in women. According to W.H.O. 40% females are suffering from oligomenorrhoea.^[4] Causes of oligomenorrhoea are age related, obesity, stress,

endocrine disorders, androgen producing tumours, tuberculosis, drugs & malnutrition.^[5] The incidence and gravity of problem demands for attention and solutions and thus the need for study. For this clinical study *Dantyadi Gutika* mentioned under *Gulma Chikitsa* in *Yoga Ratnakara* indicated for the treatment of *Rakta Gulma* and *Anartava* has been selected,^[6] stating that the intake of this medicine will induce *Rudhira Srava* (menstrual bleeding). As such on the part of hypothesis it is expected that, this drug should be effective in the treatment of *Artavkshaya*. Hence an effort is made to evaluate its efficacy in the management of *Artavkshaya*.

Case report

A 25 year old unmarried women who is student visited the OPD of *Prasuti Tantra* and *Stree roga* with complaints of delayed menses flow since 6 months. Scanty menstrual flow and lower abdominal pain.

Past history: No H/O DM/HTN/Thyroid dysfunction or any other medical or surgical history.

Family history: No H/O any major illness in the family.

Personal history

Diet – Non vegetarian, fast food, junk food Appetite- good

Bowel – Once/day Micturition – 4-5 times

Present menstrual history

Age of menarche 13 year

Last menstrual period is 17/7/21

Interval between two cycle – 45 -55 days i.e. irregular Duration of blood flow 2days

Number of pads 1 pad/day No intermenstrual discharge

Dysmenorrhea is present which is spasmodic in nature present from 2 day before the menstruation begin and subsides with the end of menstruation.

Past menstrual history

Interval between two cycle 28-32 days i.e. regular Duration of blood flow 4-5days

Amount of blood flow 2-3pads/day i.e. moderate flow No inter menstrual discharge

Dysmenorrhea is present which is dull in nature present only on first day of menstruation.

General examination

Built: Moderate

Nourishment: Moderate Temperature 98F

Pulse: 84/min

B.P.- 110/80mmHg

Weight: 60kg

Systemic examination

RS examination: Air entry bilateral equal and clear CVS examination: S1 S2 normal

CNS examination: Conscious and oriented

Abdominal examination: Soft / non tender, no lump palpable

Investigation

Hb- 10.4gm/dl

USG- abdominal pelvis impression: not abnormality detected.

Treatment

Medicine: Dantyadi Gutika

Dose: 500mg thrice per day

Route: Orally

Anupan: lukewarm water

OBSERVATION AND RESULT

Sign & symptoms	Before treatment	Completion of 1 st menstrual cycle after treatment	Completion of 2 nd menstrual cycle after treatment	Completion of 3 rd menstrual cycle after treatment
Interval between two cycles	45-55days LMP- 17/7/21	42 days LMP- 27/8/21	35days LMP- 4/9/21	32days LMP- 6/10/21
Duration of bleeding	2days	2days	3days	4days
Amount of bleeding	1pad/day	1pad/day	2pad/day	2pad/day
Yani vedana	severe	severe	moderate	mild

DISCUSSION

Artavakshaya occurs due to vitiation of *Vata* and *Kapha doshas*. In this condition especially with the help of *pittavardhaka* (*Agneya*) *dravyas*, *shodhana* of *artavavaha strotas*, removes

srotoavarodha and brings up the normal menstrual flow. *Dantyadi Gutika* selected to evaluate their efficacy in the management of *Artavakshaya*. *Dantyadi Gutika* contains *Dantimoola*, *Hingu*, *Katutumbi*, *Yavakshara*, *Pippali*, *Puran Guda* and *Snuhiksheera* for *Mardan*. This gives to the patients suffering from *artavakshya* is said to give ultimate effect on *artavavahasrotas*. The most of the contents of the drug are said to be *Agneya Dravyas* and have *Garbhashaya Sankochaka* properties. Hence it will directly act on *Artavakshaya*. *Artavajanaka Dravya* are the substances which enhance the amount of menstrual blood and also regularise the menstrual cycle. *Artava* is said to be *Agneya*, hence the drugs need to be attributed with *Katu Rasa*, *Tikshna Guna*, *Ushna Virya* and *Katu Vipaka* to be called as *Artavajanaka Dravyas*. Use of *Agneya Dravyas* relieves the *Kapha* which has done the *Avarana* of the *Apana Vayu* by blocking the *Artava Vaha Srotasa* and thereby removes the *Margavarodha* and also increase the quantity of *Artava*. These *Dravyas* increases the amount of menstrual flow by improving the vascular supply or by increasing the thickness of endometrium.

Mode of action according to modern

Drugs like *Katutumbi*, *Hingu*, *Pippali* and *Snuhiksheera* have antihyperglycemic properties and studies shows that use of anti-diabetic drugs helps in ovulation which results in corpus luteum formation and maintains the normal HPO balance and hence help in regularising the menstrual cycle. Most of the drugs have antioxidant property which helps in maintaining the proper oestrogen production, ovulation and help in maintaining the luteal phase.

Antioxidants also increase the anabolic activity in body hence increase the thickness of endometrium results in increasing the amount of blood loss. Most of the drugs possess antispasmodic, carminative and anti-inflammatory property which helps in relieving the pain during menstruation. Most of the drugs have minerals, vitamins, carbohydrates, proteins which helped in improving the general health of the patients along with helping in the good metabolism and therefore maintain the normal hormonal balance in the body which are responsible for normal menstruation.

CONCLUSION

The clinical study was conducted on the basis of aforesaid parameters and encouraging result was inferred by the treatment of *Artavakshaya* with *Dantyadi Gutika*. Its effective cheap, easily available, nontoxic. However this is preliminary study; further study is required to establish its action on hormones interference in menstruation. No untoward side effect was

observed in this clinical study.

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