

**ARTAVAKASHYA- A CONCEPTUAL REVIEW W.S.R. TO POLY
CYSTIC OVARIAN SYNDROME (PCOS)**

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ABSTRACT

Woman's health is the prime consent to be considered for well-being of family, society and culture. A In Ayurveda classics, all Gynaecological problems are described in Yonivyapada and Artava Vikara. Normal menstrual cycle is a crucial physiological phenomenon for maintaining woman's health during reproductive years. Nowadays, menstrual disarrayed are the main reasons for gynaecological consultations worldwide owed to faulty dietary habits and lifestyle. Prevalence of Artavakshaya is rising in present gynaecological practice which may leads to terrifying sequel of infertility. Sushruta has also explained that the trauma or injury to artava vaha srotas causes vandhyatwa (infertility).

KEYWORDS: Artavakashya, PCOS, yonivyapada, Artava.

INTRODUCTION

A woman's life is divided into three different stages, which are called epochs. The rough criteria for grouping are the age, but the main aim of grouping is to point out the physiological state of the body during that epoch. Along with these physiological changes, it

is common observation that a body's physiological state does not remain one and the same throughout the life span.

PCOS is the most prevalent endocrinopathy in women of reproductive age; there is no direct reference in Ayurveda for PCOS; however, the clinical features of PCOS can be compared with those of artavakashya; PCOS is a condition in which women have hormonal abnormality; this may cause changes in the menstrual cycle, a cyst in the ovary, failure to conceive, and other health issues.

However, in some females due to certain pathologies, this menstrual cycle is disrupted. In ayurvedic classics, the majority of menstrual disorders have been described under the heading of ashtaartvadusti (Eight menstrual disorders), with a brief description of rajonasha or nastartaava, artavakashya, and artavaativridhi also available.

AIMS AND OBJECTIVES

- 1) To understand Artavakashya in detail in comparison with poly cystic ovarian syndrome.
- 2) To understand The Pathophysiology & Symptomatology of Artavakashya.

MATERIALS AND METHODS

As this study is a review type of study, we have collected information from the available Ayurvedic samhitas and few elementary text books to get comprehensive knowledge about the disease Artavakashya.

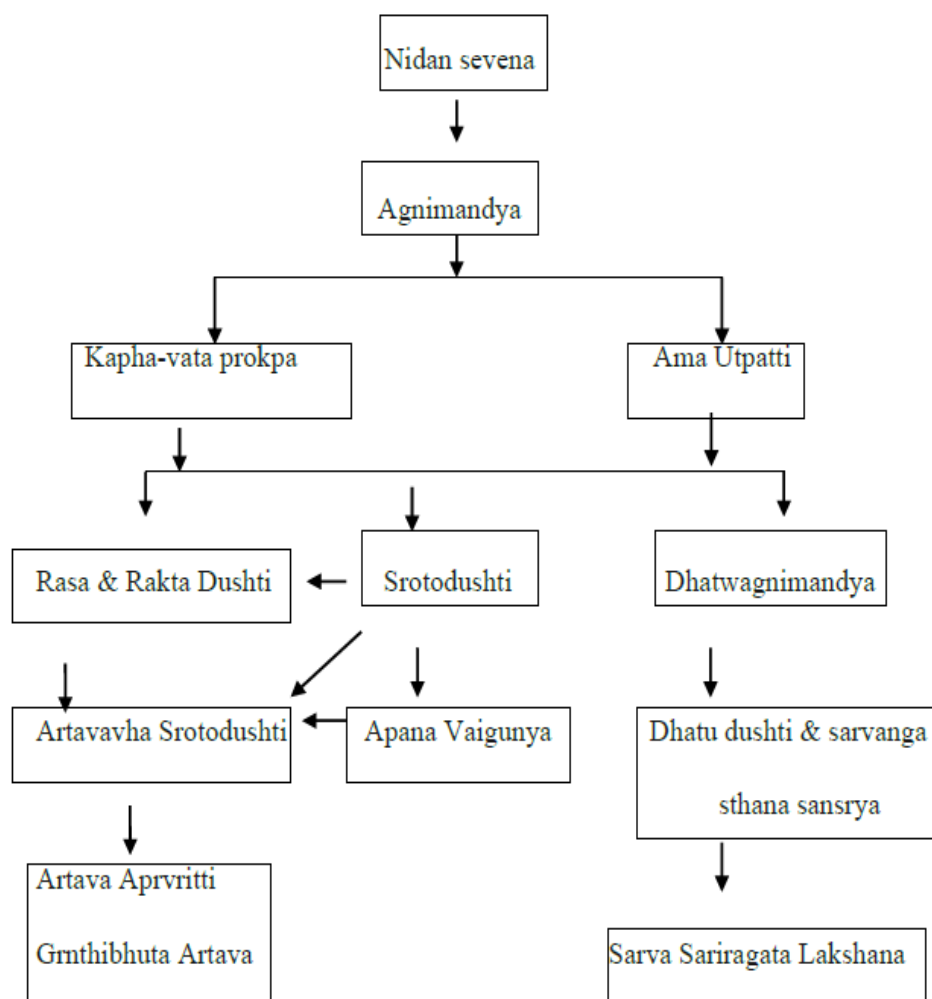
Etymology of artavakashya

“Raktasya pramanahani” Rakta – raja/ artavaPramanhani- decrease in amount.

Praman of artava – 4 anjali (In a healthy person)

Definition: loss and waste of the catamenial flow, the menses do not appear at the appointed time or are scanty.^[1] (Su.Su.15/16)

Hetu/ Etiology of artavakashya^[2]: The mula of artavavaha srotas being garbhashaya and artava vahi dhamani where injury causes infertility, dysparunia and amenorrhoea. According to kasyapa view, after proper snehana and swedana in a mrudukoshta vyakti adhika aushadha sevana, atiusna annapana sevana jivarakta skalana occurs. Thereby causing vata prakopa leading to pralapa, unmaad, hikka, beejoupghata and pushpopaghat (artava dusti).

Samprapti of artavakashya (Schematic representation)^[3]**Samprapti ghataka^[4]****Dosha:****Vata:** Apana vata, samana vata**Pitta:** Pachaka pitta, bhrajaka pitta**Kapha:** Kledaka kapha**Dushya:** Rasa, Rakta, Mamsa, Meda, Asthi**Upadhatu:** Artava**Agni:** Jataragni, Dhatwagni, Bhutagni. [Vishma and Manda]**Ama:** Jataragnijanya, dhatwagnijanya – Rasa, Rakta, Mamsa, Meda, Asthi.**Srotas:** Rasavaha, Raktavaha, Mamsavaha, Medovaha, Asthivaha, Artavavaha, Annavaha, Purishvaha, mutravaha, swedavaha.**Srotodushti prakara:** Sanga – it denotes to arrested growth & development of follicle and release of ovum, siragranthi (As Sira is synonymous with Srotas) Artavavaha Srotodushti as

Granthi- Cysts in Ovaries. (Atipravritti- excessive bleeding P/v at improper time –Asrigdara- due to abnormal growth of endometrium).

Udbhavasthana: Pakwashaya

Vyaktisthana: Artavavaha Srotas and Sarvasharira

Adhistana: Artavavaha Srotas.

Sancharasthana: Sarvasharira

Rogamarga: Bahya- Twak, Raktadi dhatu involvement, and Abhyantara- Koshta, Pakwashaya.

Rupa (Sign and Symptoms)

Artava Kshaya has also been mentioned in Astha Artava dushtis as Ksheen Artava.^[5] In modern science Lakshana of Artava Kshaya can be correlated with certain menstrual disorders that are as follows:

- Uchitakala adarshanam as delayed menses or Oligomenorrhea.
- Alpata as Hypomenorrhea.
- Yonivedana as painful menses.

Sadhya-asadhyatwa: Kashtasadhya, Yapya.

Yonivyapadas related to artavakshaya

- Lohitakshaya:** Acharya Vagbhata opined that due to vitiation of vata and pitta the raja is decreased and the woman suffers from burning, emaciation and changes in complexion. This condition known as lohitakshaya.^[6]
- Arajaska:** Acharya Charaka says that pitta situated in yoni and uterus vitiates rakta then a woman becomes extremely emaciated and her complexion gets changed. This condition is known as arajaska.^[7] Chakrapani in his teeka described amenorrhoea as a symptom.
- Vatala yonivyapada:** Charaka writes that a woman of vata prakriti, when consumes Vatapradhan diet and indulges in other activities capable of aggravating vayu, then provoked vayu reaching reproductive system, produces pricking and other pain, stiffness, sensation as if creeping of ants, roughness, numbness etc. local symptoms and fatigue or lethargy etc. other disorders of vata. Due to vata the menstruation starts with sound and pain, and menses is frothy, thin and dry.^[8]

d) Artava dushti related to artava kshaya: "Ksheena artavadushti" means reduced quantity of artava from its normal measurement due to vitiation of doshas.^[9] [scanty menses] This condition merely co-related with the "Artava kshaya".

Jataharini related to artavakshaya^[10]: Kashyapa has mentioned certain menstrual disorders, as Shushka revati, Katambhara, Vikuta jataharini and these are the result of jataharini graha badha. These three menstrual disorders can be considered as primary amenorrhea, because the following lakshanas are found in these jataharini graha badhas.

- a) Shushka revati:** When a woman is 16 years old even then the menstrual phenomena does not take place and her sphikapradesha is emaciated then she is considered to be suffering from Shushkarevati graha
- b) Katambhara:** The woman who does not menstruate in the uchita kala (appropriate time) and becomes krisha, heenabala, krudha and ultimately dies is known as Katambhara.
- c) Vikuta:** When the menstrual discharge is vishama in kala (time), varna (colour) and pramana (quantity) from the very beginning and there is balahani and glani in the woman then she can be considered as suffering from Vikuta jataharini. From above description one can say that first two can be considered as primary amenorrhoea and last one as oligomenorrhoea.

Modern review

Definition: Pcos was described first in 1935 by Stein & Leventhal as – Pcos is a syndrome manifested by amenorrhoea, hirsutism and obesity associated with enlarged polycystic ovaries. It is a heterogenous disorder characterized by excess androgen production by the ovaries that interferes with the reproductive, endocrine & metabolic functions.

Causes

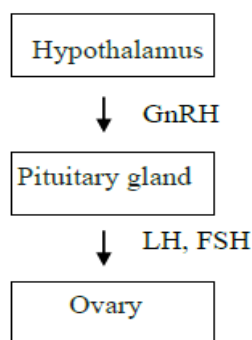
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Factors which may affect: -

- Life style
- Diet
- Stress

Genetic factors: **CYP17** gene mutation

Pathophysiology



LH hormone work on ovaries theca cells (outer cell), which secrete androgen (male hormones). In normal condition LH/FSH is 1.5: 1, In PCOS condition LH/FSH is 3: 1.

Rotterdam criteria

Two out of the following three criteria should be present:

- 1) Oligomenorrhoea and/or anovulation
- 2) Hyperandrogenism (Clinical and /or biochemical)
- 3) Polycystic ovaries, with the exclusion of other aetiologies

Hyperandrogenism appears in the form of acne and hirsutism, abnormal facial hairs extended to breasts and thighs. Baldness is very common without virilism.

Sign & Symptoms

Symptoms of ovulatory dysfunction- Amenorrhoea/oligomenorrhoea Irregular uterine bleeding, Infertility.

Symptoms of androgen excess

Hirsutism, Acne Alopecia.

Symptoms of insulin resistance

Acanthosis nigricans Obesity.

CONCLUSION

Artava kshaya occurs due to involvement of vata and kapha, which can be attributed to marga avarodha of artavavaha strotas. menstrual irregularities have been described under artava vyapad or yonirogas. In PCOS pathology is compared with granthibhuta artava dushti i.e., cyst, as in PCOS, the follicles become cysts instead of developing up to the mature ovum.

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