

## VATAJ ARTAVDUSHTI AND ITS MANAGEMENT WITH MADHUK SHRUGALVINNA SIDHA GHRITA W.S.R TO NUTRITIONAL DYSMENORRHEA- A CASE STUDY

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Article Received on  
30 September 2024,

Revised on 20 October 2024,  
Accepted on 10 Nov. 2024

DOI: 10.20959/wjpr202422-34620



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### ABSTRACT

The individual human being has its origin in Garbhashya where Shukra & Shonit Sanyog takes place. Thus, role of woman is very important in reproduction, realizing this importance of stree, ayurveda has described her normal anatomy, physiology & her diseases with respect to treatment. In order to give rise to new offspring, female body undergoes menstrual cycle. It involves the shedding of endometrium manifested as Masanumasik Raja Pravrutti i.e., Artava Pravrutti. Due to changes in life style of women in terms of Ahara, Vihara, there is more physical and emotional stress and this may result in Artavadushti, where the normal menstrual cycle gets disturbed or presented in altered form. **Background-** An unmarried Hindu female patient of 20 years came to SVNH Prasutitantra evum Streeroga OPD on 23/07/2024 with complaints of painful menstruation since yesterday and scanty bleeding during menstruation in every cycle since 1.5 years. **Methodology-** Mainly Vata Dosh vitiation symptoms were observed in the patient.

Her complete Nidan Parivarjan and Prakruti Vighata was done and Specific Vataj Artavdushti line of treatment was given as mentioned in Ayurved classics. Madhuk Shrugalvinna Sidha ghruta (i.e., Yashtimadhu and Prushniparni Sidha ghruta) was given for a month in dose of 20 ml 1-2 hours before meal, twice a day with lukewarm water or milk. The treatment was continued for 2 months. **Result-** There was relief in menstrual symptoms after 2 months.

**KEYWORDS:** Artav, Vataj artavdushti, Nutritional dysmenorrhea, Primary dysmenorrhea, Madhuk Shrugalvinna sidha ghrita.

## INTRODUCTION

The regular menstrual cycle is a very important physiological process in Women's life. Acharya Charak has described normal physiological menstrual cycle of women as monthly regular, painless neither more nor less in quantity and lasting for five days (cha chi 30).

With the advent of the new millennium and the herald of the high-tech era, women's status was expected to reach new horizons both socially and physically. Today many women are suffering from Sashul & Alpa raja pravrutti. The severity of this pain is to such an extent that it interferes with their routine life, and they are not able to do the routine work and have to take a rest. So, these physiological things trouble the lady to make her slow down the race. Such a problem is Vataj artav dushti (menstrual pain).

Most women experience minor psychological and somatic changes for a few days preceding menstruation and during the days. Once the menstruation is over, this menstrual phobia will disappear leaving behind an anxiety free well beingness in the lady.

Prevalence rate of dysmenorrhea is 70.2%. The majority of the subjects experienced pain for 1-2 days during menstruation. 23.2% girls experienced pain for 2-3 days during menstruation.

Main etiology behind Vataj Artavadusti is Vata pradhan ruksha aahar vihar leading to kshaya of rasa dhatu, which in turn is not sufficient to form its updhatu i.e; Raja in appropriate quantity and quality. Vitiating of vata leads to various general symptoms like body ache, malaise, fatigue and local pain. This reflects nutritional deficiency leading to dysmenorrhea and hypomenorrhea.

Thus, in this article, an attempt has been made to analyze the effect of Madhuk shrugalvinna sidha ghrita in a case of nutritional dysmenorrhea with hypomenorrhea.

## AIM

To evaluate the efficacy of Madhuk shrugalvina sidha ghrita in vataj artavdushti.

## MATERIALS AND METHODOLOGY

**Selection of patient:** The patient was selected from Prasutitantra evum Streerog OPD of SVNH Ayurved Mahavidyalay, Rahuri, Ahemadnagar, after obtaining voluntary informed consent.

## CASE REPORT

An unmarried Hindu female patient of 20 years, who was a student, visited to the OPD of Prsutitantra evum Streerog of SVNH Ayurved Mahavidyalay on 23<sup>rd</sup> July 2024 with complaints of painful menstruation since yesterday and scanty bleeding during menstruation in every cycle for 1.5 years. Patient was taking modern medicine since a long time, but not getting cured. So, she came to our OPD of SVNH Ayurved Mahavidyala in a hope for permanent relief & better treatment.

### Menstrual history

Menarche- at the age of 14 years.

Duration- 2/28-30 days.

LMP- 22/07/2024

**Table 01: Detailed menstrual history.**

Pattern	Regular.
Pain	Severe pain for 3 days (relieves only after taking medicine- tab. cyclopam).
Clots	Small sized, mainly on 2 <sup>nd</sup> and 3 <sup>rd</sup> day.
Color	Redish black.
Smell	Bloody.
Flow	Scanty

**Table 02: Initial pad history.**

Day 1 <sup>st</sup>	½ pad
Day 2 <sup>nd</sup> and day 3 <sup>rd</sup>	1- 1½ pad
Day 4 <sup>th</sup>	No pad

**Marital status-** Unmarried

**Previous medical history-** taking tab. Cyclopam during menses since 1.5 years(1-2 tablets/day for 1<sup>st</sup> 2 days).

**Previous Surgical history-** non significant.

**Personal history**

**Diet-** Vegetarian

**Appetite-** Poor

**Sleep-** Disturbed and late-night sleeping habits.

**Bowel-** Once in the morning, regular, satisfied, daily.

**Micturition-** 2-3 times a day, no any complaint.

**Allergy history-** None

**Addiction-** No history of smoking, alcohol or tobacco. Daily intake of 2-3 cups of tea.

**Physical examination**

O/E

**Table 03: Physical examination.**

<b>G.C.</b>	Fair	<b>Weight</b>	47
<b>B.P</b>	100/74mm Hg	<b>BMI</b>	17.7
<b>P.R</b>	78/min	<b>Body built</b>	Underweight
<b>Height</b>	5'4"	<b>Pallor</b>	Not present

**Systemic examination**

**Respiratory system**

Inspection- B/L symmetrical chest

Auscultation- B/L air entry- equal on both sides.

**Cardio- Vascular system**

Auscultation- normal heart sounds.

**Central nervous system-** Normal

Orientation- well oriented to time, place and person.

**Gynecological examination-** Not done.

**Per abdominal examination-** Tenderness at hypogastric region+++

**Dashvidha parikshya bhava**

**Table 04: Dashvidha parikshya bhava.**

1.	Prakruti	Vata-Pittaj	6.	Satmya	Sarvaras satmya
2.	Vikruti	Vataj	7.	Satva	Madhyam
3.	Sara	Asthisara	8.	Aharshakti	Alpa
4.	Samhanan	Alpa	9.	Vyaymshakti	Alpa
5.	Praman	Madhyam	10.	Vaya	Madhyam avastha

**Investigation-** done on 23/07/2024

**Table 05: Routine investigations.**

<b>Hemoglobin</b>	10.3gm%	<b>Blood group</b>	O Rh positive
<b>Wbcs</b>	5400/cumm	<b>TFT</b>	1.03 IU/ml
<b>Platelet</b>	2.79lacs	<b>USG</b>	Normal

**Urine routine-** normal.

### **Nidan panchak**

#### ● **Vividha nidan**

Following nidan sevan was present in this case since 8-9 years-

1. Daily intake of tea (2-3 cups/day)
2. Intake of dry, fried food like fried potato wafers, cheesballs, fryums, etc. (weekly 2-3 times).
3. Intake of chilled can of soft drinks (monthly 1-2 times).
4. Intake of junk food items like instant noodles, burgers, pizza (once or twice a month).
5. Ratrijagaran- sleeps after 12 am usually after use of phone.
6. Atichintan & vishad- educational stress, exams, anxiety.
7. History of Vegadharan during college hours, esp. Urine urge.
8. Ati- Yanayan/ Ati Chankraman- Travelling daily from Nagar to Rahuri for college.
9. Less intake of fruits and salad.
10. Lack of any specific regime during menses (Usually travelling during meses).

● **Poorvaroop-** Ubhay paad shool, Katishoola.

● **Roopa-** Adhodhar shool, Alpa rajastrav, Daurbalya.

● **Upashay-** hot water bag, analgesics.

#### ● **Samprapti**

→ Dosha- Apan vayu.

→ Dushya- Rasadhatu, Raja

→ Strotas- Rasavaha, Artavavaha

→ Sthana- Garbhashay, yoni.

**Final diagnosis-** It includes all the causes which are responsible for Vata vitiation and all the features which may result due to Vata Dosha including scanty menstrual bleeding with painful menstruation.

**Modern correlation**

This case could be correlated with condition of Primary Dysmenorrhea and nutritional hypomenorrhea. Dysmenorrhea literally means painful menstruation. But a more realistic and practical definition includes cases of painful menstruation of sufficient magnitude so as to incapacitate day to day activities. Whereas, Hypomenorrhea is a menstrual irregularity that involves a decrease in the amount of menstrual flow to less than 30 ml per cycle. It's also known as short or scanty periods.

**Treatment given**

Madhuk shrugalvinna sidha ghrita sevan –20ml- before meal- twice a day x 1 month.

Anupaan- luke warm water/ milk.

Continue treatment for 2 months.

**Rationality of drug**

Acharya Vruddha Vagbhat prescribed the Madhuk (Yashtimadhu- Glycyrrhiza glabra), Shrugalvinna (Prushniparni- Uraria picta) in the form of Ghrita in Vataj Artavdushti.

Yashtimadhu is Madhur, Sheeta and snigdha and having Vata Pittahar property. And belongs in Jeevaniya gana. Whereas Prushniparni is Madhur, Ushna, tridoshshamak mainly Vatahar in property. Grita is Agnidipak, Yogvahi, Yonishodhak, Yonishoolhar and Rasayan. Due to Yogvahi property, it increases the qualities of other drugs used in it. It facilitates absorption and digestion of drug also facilitates the drug delivery to target organ due to its lipophilic action.

**Pathya-** Patient was advised to follow

1. Rajaswalacharya for first 3 days of menstrual cycle.
2. Barley Roti with Goghruta or Barley Porridge
3. Yoga and Pranayam.
4. Seasonal fruits like Papaya, Banana, Pomegranate, Gooseberry, Watermelon etc.
5. Include Goghruta in daily diet

**Apathya**

1. Ratrijagran and Divashayan
2. Oily, spicy and junk foods
3. Fried dry items, instant noodles, junk food etc.

4. Soft drinks.
5. Excess intake tea.
6. Stress.

## RESULT

Patient came to the OPD on 01-10-2024, after regular follow ups and taking medication for 2 cycles.

- There was a complete relief in the previous complaints of scanty and painful menses.

**Menstrual history-** LMP- 24/09/2024

Duration- 3-4 days.

Interval- 30 days.

**Table 06: Menstrual history after treatment.**

Pattern	Regular
Pain	Mild (Analgesics not required)
Clots	Small
Smell	Normal
Flow	1-2 pad per day for 2 days.

## DISCUSSION

The treatment given in this case was Dosha specific, mainly acting on vitiated Vata which was indicated in Vataj Artavadushti by Acharya Vrudha Vagbhata is helpful in reducing the symptoms like scanty menstruation and severe pain during menstruation. Yashtimadhu prushniparni sidha ghrita has a cumulative effect as-

It acts as an agnidipak which altogether purifies rasa dhatu and fulfills the nutritional needs of the woman's body; in addition, Yashtimadhu has phytoestrogen which helps in developing the endometrium as a well. So, these drugs are having an overall Vatashamak effect along with the regulation of Apan Vayu.

## CONCLUSION

From the above case study, it could be concluded that along with the medication, one should also pay attention to Nidan and its Parivarjan and then finally on the chikitsa part according to the Prakruti and Dosha pradhanyatva in the particular disease.

So Vata Shamak Ahar- Vihar along with the improvement of lifestyle by following Rajaswala charya and Vata shamak chikitsa, are effective in the vataj Artavdushti.

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