

TILASHELUKARAVI KWATHA IN THE MANAGEMENT OF ARTAVA KSHAYA: A CRTICAL REVIEW

^{1*}Poonam Kumari, ²Hetal H. Dave, ³Sonu and ⁴Poonam Choudhary

¹M.S Scholar, Final Year, National Institute of Ayurveda, Deemed to be University, Jaipur.

²Associate Professor, National Institute of Ayurveda, Deemed to be University, Jaipur.

^{3,4}Assistant Professor, National Institute of Ayurveda, Deemed to be University, Jaipur.

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*Corresponding Author

Poonam Kumari

M.S Scholar, Final Year,
National Institute of
Ayurveda, Deemed to be
University, Jaipur.

ABSTRACT

Menstrual regularity is of great importance for the wellbeing of female health. Incidence of menstrual irregularities are increasing day by day out of which *Artava Kshaya* is one. *Artava Kshaya* has not been mentioned as an independent entity in *Ayurvedic* Classics yet it has been mentioned as symptom under various *Vyadhis*. On co-relating it in modern medical science many entities relate to it based on the clinical features explained by *Acharyas*. Various *Chikitsa Vidhis* and *Yogas* has been mentioned by different *Acharyas* for its management out of which *Tilashelukaravi Kwatha* mentioned by *Acharya Yogaratnakara* is one. Contents of this *Yoga* i.e. *Tila, Shelu*

(*Shelshmataka Twaka*), *Karavi* (*Krishana Jeeraka*) and *Guda* (Jaggery) has many properties that has the potential to destroy the pathogenesis of *Artava Kshaya*.

KEYWORDS: *Artava Kshaya, Ksheena Artava, Tilashelukaravi Kwatha.*

INTRODUCTION

In our Ayurveda, concept of *Artava* is very much known and its importance has been elaborated by all *Acharyas* with its physiological aspect. *Artava* has been said to be one of the most important factor needed for conception.^[1] The term *Artava* has been used for *Bahirpushpa* i.e. menstrual blood and *Antahpushpa* i.e. Ovum. Physiological concept of *Artava* has been explained in detail as well as pathological aspect out of which *Artava Kshaya* is one. It is the commonest gynaecological disorder female are facing nowadays. In context to *Artava Kshaya*, *Artava* can be considered as *Bahirpushpa* i.e. menstrual blood based on the symptoms described by *Acharyas*. *Acharya Sushruta* has explained *Artava*

Kshaya in *Sutra Sthana*, Chapter 15. *Artava* is *Updhatu* of *Rasa Dhatu* so *Rasa Kshaya* will lead to *Artava Kshaya* also. Also Acharya has elaborated *Ashtha Artava Dushtis* where he mentioned *Ksheena Artava* one of them whose *Lakshana* are said to be same as that of *Artava Kshaya*.

Acharya Sushruta has explained the clinical features of *Artava Kshaya*^[2] in detail as follows:

- ✓ ***Yathochita Kale Adarshanam*** i.e. when the *Artava* doesn't appear at specific period of time
- ✓ ***Alpata*** i.e. when the *Artava* is *Alpa* (reduced) in quantity
- ✓ ***Yoni Vedana*** i.e. pain in vagina or pelvic pain

Above three entities together constitute *Artava Kshaya*. Acharya Dalhana further has commented on the *Yathochita Kala* of *Artava* that too on interval as well as duration: he stated that cyclic monthly *Nishkramana* of *Artava* with duration of 3 days is normal *Kala* of *Artava*.^[3] So failure of *Artava* to occur after one-month interval with duration less than 3 days is considered as *Artava Kshaya*.

If we consider above clinical features of *Artava Kshaya* in modern medical science it can correlated to many pathological entities. First clinical feature quoted by Acharya Sushruta i.e. *Yathochita Kale Adarshanam* i.e. delayed menstruation can be co-related with Oligomenorrhoea or Secondary Amenorrhoea. The other clinical feature i.e. *Alpata* where the amount of *Artava* is reduced can be co-related with Hypomenorrhoea. *Yoni Vedana* i.e. pain in vagina may be concerned with the spasm of uterine vessels due to various reasons. The clinical features of these entities are similar to *Artava Kshaya* up to significant extent as follows:

- ✓ **Oligomenorrhoea:** The condition where menstruation occurs more than 35 days apart and remains constant at this frequency.^[4]
- ✓ **Secondary Amenorrhoea:** Absence of menstruation for three normal menstrual cycle or 6 months in as woman who has previously menstruated or had achieved menarche.^[5]
- ✓ **Hypomenorrhoea:** Menstrual bleeding which is excessively scanty and remains for less than 2 days is termed as Hypomenorrhoea.^[6]

Many causes of above entities have been stated in modern texts including physiological, constitutional and pathological. Treatment modalities for above entities in modern medicine varies according to the underlying cause. Ayurveda has its own principle of treating disease

that varies from *Nidana Parivarjana* to various *Shodhana* and *Shamana Chikitsa*. For *Artava*, *Acharya Sushruta* has mentioned use of *Samshodhana Chikitsa* and use of *Agenya Dravyas*.^[7] Out of many single drugs, compound formulations, *Yogaratanakara* has mentioned *Tilashelukaravi Kwatha* in the management of *Artava Kshaya*.

Rationality of *tilashelukaravi kwatha* in the management of *artava kshaya*

Artava Kshaya is mainly caused due to the *Kshaya* of *Samana Dharmi Pitta* and vitiation of *Vata Dosha* specially *Apana Vata* which has major role in the regulation of *Artava*. So a drug which is having *Pitta Vardhaka*, *Vata Shamaka*, *Artava Pravartaka* property is ideal for treating *Artava Kshaya*.

Tilashelukaravi Kwatha consisting of *Krishna Tila*, *Shelu (Shelshmataka Twaka)*, *Karavi (Krishna Jeeraka)* administered along with *Guda* (Jaggery) has *Artava Pravartaka* properties within 3 days of administration as quoted by *Yogratanakara*.^[8] Various Ayurvedic and modern properties of different constituents of *Tilashelukaravi Kwatha* is as follows:

Table A: Botanical Name and *Rasa panchaka* of *tilashelukaravi kwatha*.

Sr. no.	Drug	Botanical Name	Rasa	Guna	Veerya	Viapka
1	<i>Tila</i> ^[9]	<i>Sessamum indicum</i>	<i>Katu, Tikta, Madhra, Kshaya</i>	<i>Guru, Snighda</i>	<i>Ushna</i>	<i>Madhura</i>
2	<i>Shelu</i> ^[10]	<i>Cordia dichotoma</i>	<i>Madhura, Tuvra Tikta</i>	<i>Guru, Picchila, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>
3	<i>Karavi</i> ^[11]	<i>Carum Carvi</i>	<i>Katu</i>	<i>Laghu, Rooksha</i>	<i>Ushna</i>	<i>Katu</i>
4	<i>Guda</i> ^[12]	Jaggery	<i>Madhura</i>	<i>Snighda, Ischta Kshariya</i>	<i>Ushna</i>	<i>Madhura</i>

Table B: *Dosha-Ghanata* and *Karma* of *tilashelukaravi kwatha*.

Sr. no.	Drug	Dosha-Ghanta	Karma
1	<i>Tila</i>	<i>Kapha-Pittakrita</i>	<i>Vedanasthapana, Artavajanana, Shoolaprashamna Rasayana Snehana, Medhya, Keshya, Balya, Deepana</i>
2	<i>Shelu</i>	<i>Kaphapitta Shamaka</i>	<i>Pachana,, Shoolahara, Amadoshahara, Raktadosha hara</i>
3	<i>Karavi</i>	<i>Vata-Kaphashamaka</i>	<i>Pachana, Krimihara, Shoolahara, Amadoshahara, Raktadosha hara, Vataanulomana, Rochana, Medhya</i>
4	<i>Guda</i>	<i>Vatapittahara</i>	<i>Vataghana, Rakta Prasadaka, Anabhishtyandi, Agnivardhaka</i>

Table C: Pharmacological properties of *tilashelukaravi kwatha*.

Sr. no.	Drug	Pharmacological Property
1	<i>Tila</i>	Antioxidant, Hepato- protective
2	<i>Shelu</i>	Anti- Analgesic depressant, Immunomodulatory, Antidiabetic
3	<i>Karavi</i>	Immunomodulatory, Anti-depressant, Antidiabetic, Anti-oxidant, Analgesic

DISCUSSION

Probable mode of action of *tilashelukaravi kwatha*

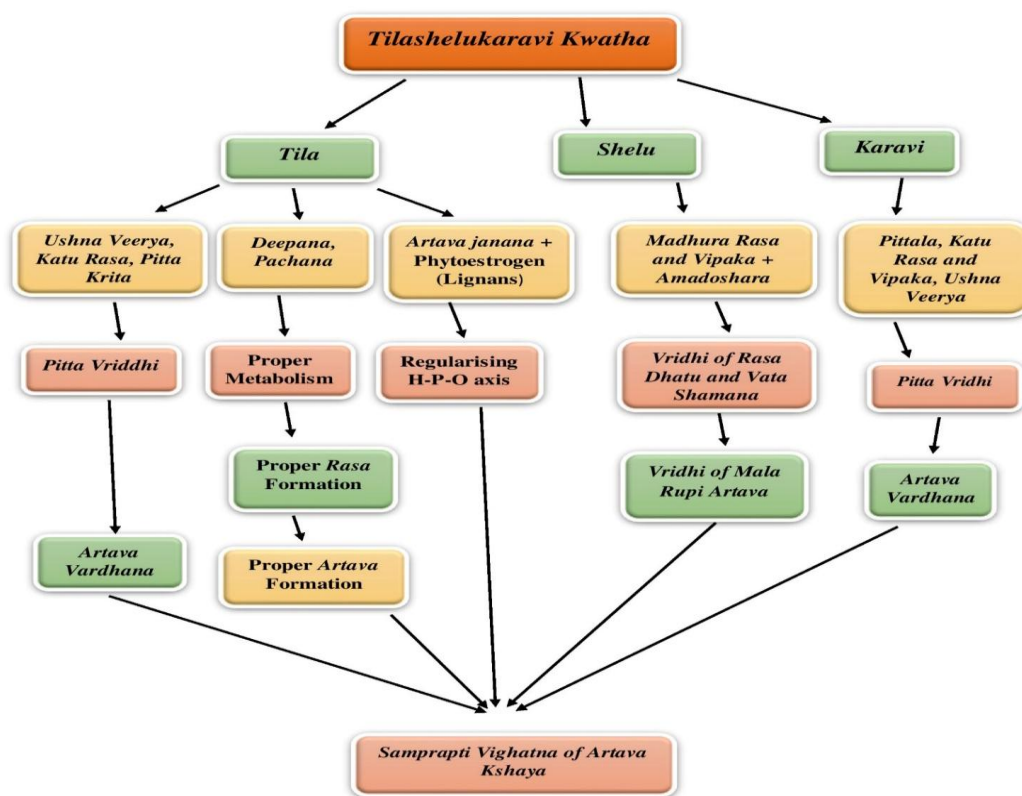
Above Ayurveda and Modern properties work together on the various causes of *Artava Kshaya* thus leading to the destruction of pathogenesis of *Artava Kshaya*. Action of these *Dravyas* on various factors can be understood as follows:

- a. **On doshas:** *Katu Rasa*, *Ushna Veerya*, *Teekshana Guna* are having *Pittavardhaka* properties. *Pitta Vardhana* by above properties leads to the *Vridhi* of *Artava* also as use of *Agneya Dravyas* pacify *Artava Kshaya*. *Madhura Rasa* and *Madhura Vipaka* of these *Dravyas* have led to *Vatahshamana*. So combined effects of *Artava Vridhi* and its *Pravartana* by *Vataanulomaka* property leads to destruct the pathogenesis of *Artava Kshaya*.
- b. **On agni:** *Deepana*, *Pachana* property of these *Dravyas* leads to *Agnideepana* which in turn have improvised the metabolism at the level of *Jathragni* and *Dhatwagni* so that proper formation of *Rasa Dhatu* can take place hence pacifying *Artava Kshaya* by proper formation of *Artava Updhatu*. *Amadoshahara* property of *Shelu* have also lead to the *Pachana* of *Ama* which is also responsible for *Artava Kshaya*.
- c. **On srotas:** *Ushna Veerya* and *Katu Rasa* of these *Dravyas* leads to the *Shodhana* of *Artavavaha Srotas* thus removing the obstruction and leading to proper *Vahana* of *Artava* and hence destruction of *Artava Kshaya*.
- d. *Artava Janana* property of *Tila* leads to proper formation of *Artava* by various means like by stimulating the proliferation and regeneration of endometrium by the effect of the phytoestrogens present in Lignans^[13] i.e. one of the chemical constituent of *Tila*. These lignans helps in proper formation of endometrium thus its proper shedding during menstruation.
- e. *Shoolaprashamana* and analgesic property of these *Dravyas* leads to the inhibition of prostaglandins thus relieving vasoconstriction and hypoxia of uterine muscles leading to relieve pain during menstruation i.e. *Yoni Vedana* which is one of characteristic feature of *Artava Kshaya*.

- f. Antidepressant activity have led to relieve the psychogenic stress, anxiety, depression, overthinking etc. hypothalamic factors which are common in the pathogenesis of *Artava Kshaya* thus leading to proper functioning of hypothalamus and thus regulating the pulse frequency of GnRH. This further have led in co-ordinated functioning of H-P-O axis and thus regularising menstruation.
- g. *Guda* due to its *Madhura Rasa* and *Madhura Vipaka*, *Snigdha Guna*- it possess *Vatashamana* properties. *Ushna Veerya* of *Guda* leads to increase the *Pitta* which is in *Kshaya Avastha* in *Artava Kshaya*. This in turn leads to the *Vridhi* of *Artava* also. So *Artava Vridhi* along with *Vatashamana* results in timely and proper *Nishkramana* of *Artava* thus destructing the pathophysiology of *Artava Kshaya*.

Laghu, *Anabhishtyandi*, *Agnivardhaka Guna* of *Guda* have prevented the obstruction of *Srotas* by various *Avrodha* thus maintaining the physiology of *Artava Chakra*. It is mentioned to have *Asrika Prasadana* property which have led to the *Artava Prasadana* also thus leading to *Artava Vridhi* also, as Acharya Arunodutta has mentioned the use of *Rakta Vardhaka Dravyas* for *Artava Kshaya*.

Schematic Representation of mode of action of *Tilashelukaravi Kwatha* in *Artava Kshaya*



CONCLUSION

Artava Kshaya is the disease mainly caused due to vitiation of *Pitta* and *Vata*. *Tila*, *Shelu*, *Karavi*, *Guda* possess a number of above properties that leads to destruction of underlying pathogenesis of *Artava Kshaya*. *Artavajanana*, *Pittavardhaka*, *Shoolaprashmana*, Phytoestrogenic property of lignans present in *Tila*, Analgesic, Anti-Spasmodic etc. properties of these drugs leads to the destruction of classical triad of this particular disease.

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