

## AYURVEDIC MANAGEMENT OF SECONDARY AMENORRHEA (NASHTARTAVA): A CASE REPORT

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Article Received on 05 Jan. 2026,

Article Revised on 25 Jan. 2026,

Article Published on 01 Feb 2026,

<https://doi.org/10.5281/zenodo.18479423>

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**How To Cite This Article:** <sup>1</sup>Reshma Hanumant Kanade, <sup>2</sup>Dr Manoj Vitthal Gaikwad. (2026). Ayurvedic Management Of Secondary Amenorrhea (Nashtartava): A Case Report. "World Journal of Pharmaceutical Research, 15(3), 1367-1373.

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### ABSTRACT

Amenorrhea is defined as absence of menstruation for at least a period of 6 months, categorised into primary amenorrhea (before menarche) and secondary amenorrhea (after menarche). Primary amenorrhea is the absence of menstruation by the age of 16 even with the normal secondary sexual characters. Secondary amenorrhea is the absence of menstruation for 6 months or more in a woman with previous spontaneous regular cycles. Ayurveda refers to menstruation as Artava or Rajah. According to Acharya Sushruta, Secondary amenorrhoea is described as destruction of Artava (Nashtartava). According to Ayurveda secondary amenorrhea is correlated with Artavkshay, Anartav or Nashtartav. Acharya Sushruta explains that nashtartav occurs in female due to vata kapha aavarana of Artava vahastrotas. This is the case of 30 years old unmarried patient with delayed menstrual cycles she was admitted in in patient department treatment was given based on nashtartav.

management. Sanshodhan (purificatory procedure) and Agneya dravya upyoga with hot potency) are the line of management mentioned in ayurveda. Sanshodhan chikitsa like basti and Nasya were administered with proper care; she attained menstruation shortly after treatment followed by two more cycles. This case demonstrates the role of Ayurveda in the management of nashtartav without any adverse effects.

**KEYWORDS:** Secondary amenorrhea, Nashtartava, Artavavaha srotas, Basti, Nasya, Ayurveda.

## INTRODUCTION

Amenorrhea is the absence of menstruation during the reproductive age of a woman and is classified into primary and secondary types. Secondary amenorrhea is the absence of menstruation for three consecutive cycles or for six months in women who previously menstruated regularly. It is a common gynecological complaint and may indicate underlying endocrine, ovarian, or functional disturbances.

In Ayurveda, menstruation is referred to as Artava or Raja. Acharya Sushruta describes secondary amenorrhea as Nashtartava, caused by Vata-Kapha Avarana of Artavavaha Srotas. Although Artava is not completely destroyed, its monthly discharge is hampered due to obstruction of channels. Hence, the line of management focuses on Srotoshodhana, Vatanulomana, and administration of Agneya Dravyas.

## AIM AND OBJECTIVES

- To study secondary amenorrhea in Ayurvedic perspective
- To evaluate the role of Ayurvedic treatment in Nashtartava
- To assess the effectiveness of Basti, Nasya, and Agneya Dravyas in inducing menstruation.

## MATERIALS AND METHODS

### Study Design

Single case study

### Place of Study

OPD/IPD, Department of Streeroga & Prasutitantra.

### Diagnostic Criteria

- Absence of menstruation for more than six months
- Clinical correlation with Nashtartava based on Ayurvedic principles

## CASE REPORT

### Patient Information

- **Age:** 30 years

- **Gender:** Female
- **Marital Status:** Unmarried

  

- **Past Menstrual History**
  - Cycle- Regular
  - Bleeding days- 7 days
  - Amount of bleeding – 2-3 pad/day
  - Interval – 28-30 days

### Chief Complaints

- Absence of menstruation since 2014
- Hair loss since 2 months

### History of Present Illness

The patient had regular menstrual cycles since menarche for 3 years, which gradually progressed to complete absence of menstruation. There was no history of pregnancy, lactation, hormonal intake, or major systemic illness.

<b>Hormonal assay(13/1/24)</b>
T3 – 95.22 ng/ml
T4 – 8.07 µg/DL
TSH – 0.98 µIU/ml
PRL – 8.14 ng/ml
FSH – 2.40 mIU/ml
LH – 1.31 mIU/ml
AMH – 1.40 ng/ml

### Clinical Examination

#### General Examination

- Pulse: 82/min
- Blood Pressure: 120/80 mmHg

#### Systemic Examination

- Respiratory System: Air entry bilaterally equal and clear
- Cardiovascular System: S1, S2 normal
- Central Nervous System: Conscious and oriented.

## Ayurvedic Assessment

- Dosha: Vata-Kapha predominance
- Dushya: Rasa, Rakta
- Srotas: Artavavaha Srotas
- Srotodushti: Sanga (obstruction)
- Agni: Mandagni
- Diagnosis: Nashtartava (Secondary Amenorrhea)

## DIAGNOSTIC ASSESSMENTS

### USG PELVIS (03-05-2025)

#### Uterus

- The uterus is anteverted and appears normal in size, shape and echotexture.
- 6.8 x 4.7 x 3.5 cms, Endometrium measured 9.4 mm

**Ovaries** - Both ovaries reveal normal size, shape and echopattern.

Right Ovary measures - 2.8 x 2.7 x 1.6 cms. (VOL:- 7.1 CC)

Left Ovary measures - 2.8 x 2.8 x 1.8 cms. (VOL:-7.7 CC)

**IMPRESSION:** Normal Ultrasound examination of Pelvis

#### Treatment Protocol

##### 1. Lifestyle and Dietary Advice

- Regular exercise and yoga
- Stress reduction
- Agneya and Pitta-vardhaka Ahara including Tila, Lasuna, Kulattha, Kanji
- Avoidance of Kapha-vardhaka diet

##### 2. Shodhana Chikitsa

#### Matra Basti

- Drug: Lasuna Taila
- Duration: 5 days.

#### Nasya

- Drug: Panchendriya Taila
- Duration: 7 days.

**Yoga Basti**

- Anuvasana Basti: Tila Taila
- Niruha Basti: Dashamoola + Triphala Kwatha.

**3. Shamana Chikitsa**

- Rajaprasavartini Vati – 2 tablets twice daily
- Kumariasava – 20 ml twice daily
- Krishna Tila-Guda Kwatha – 20 ml twice daily
- Mandukaparni Swarasa – 40 ml twice daily

Date	COMPLAINTS	LMP	TREATMENT
3/5/25	Amenorrhea since 2014 Hair loss since 2 month	LMP– 9/6/2014	Matrabasti with Lasuntaila for 5 days Nasya with panchendriya taila for 7 days Tab. Rajaprasavartini vati 2 BD Kumari Asava 20 ml BD Krushna tila guda kwath 20 ml BD Manduk parni swaras 20 ml BD
16/5/25	Irregular menses Hair loss	LMP–7/5/25	Ashwagandha + Shatavari vati 2 BD Mandukparni swaras 20 ml BD Panchendriya taila Pratimarsha Nasya
Follow up	Irregular menses Hair loss	LMP–5/6/25	<b>Yoga basti</b> Anu - shatavari + shatpushps taila Niruha – dashmoola + triphala kwath Ashwagandha + shatavari churna 1 tsp bd Mandukparni swaras 20 mL bd

**Follow-Up and Outcome**

Patient got menses within 5 days of 1st cycle of Lashuna Taila Matra Basti i.e., on 07 May 2025.

**RESULT**

- Menstruation occurred shortly after completion of therapy
- Two subsequent regular menstrual cycles were observed
- Hair loss reduced and general well-being improved
- No adverse effects were reported

**DISCUSSION**

The management of secondary amenorrhea largely depends upon the underlying etiopathogenesis. In the present case, secondary amenorrhea was correlated with Nashtartava

as described in Ayurvedic classics, where obstruction (Sanga) of Artavavaha Srotas due to aggravated Vata and Kapha plays a major role. Hence, the treatment was planned with emphasis on Srotoshodhana, Vatanulomana, and Agneya Dravya Prayoga.

### **Rajaprvartini Vati**

Rajaprvartini Vati contains ingredients such as Kumari, Hingu, Tankana, and Kasis, which possess Ushna, Tikshna, and Agneya properties. These drugs help in Vatanulomana and facilitate the downward movement of Apana Vayu, thereby promoting Artava Pravritti. Kasis aids in Rakta Dhatu Vriddhi, improving uterine circulation and supporting menstrual flow.

### **Kumariasava**

Kumari (Aloe vera) is well known for its Artavajanana and Agneya properties. Kumariasava acts as Deepana and Pachana, corrects Mandagni, and removes Kapha Avarana in Artavavaha Srotas, thereby facilitating normal menstruation.

### **Krishna Tila–Guda Kwatha**

Krishna Tila is described as Ushna, Snigdha, and Artavajanana in nature. Combined with Guda, it enhances Agni, pacifies Vata, and promotes proper formation and expulsion of Artava. This formulation directly supports menstrual induction in cases of Nashtartava.

### **Mandukaparni Swarasa**

Mandukaparni possesses Medhya and Rasayana properties. It helps in reducing psychological stress, which is an important contributory factor in menstrual irregularities. By supporting mental well-being and improving tissue nourishment, it indirectly aids in restoration of hormonal balance.

### **Lashuna Taila Matra Basti**

Artava Pravritti is governed by Apana Vayu, and its dysfunction is considered a prime cause in Artava Vyapadas. Basti is regarded as the best therapy for Vata Dosha. Lashuna Taila, having Ushna, Tikshna, and Vatashamaka properties, corrects Apana Vayu Vaigunya and promotes Rajah Pravartana. Being an oil-based therapy, it nourishes tissues and supports proper formation of Rasa and Rakta Dhatu.

**Nasya with Panchendriya Taila**

Nasya acts on Urdhva Jatrugata Doshas and helps in regulating neuro-endocrine functions. Panchendriya Taila aids in balancing Vata and supports hypothalamic-pituitary-ovarian axis regulation, thereby assisting in the normalization of menstrual function.

**Yoga Basti (Anuvasana and Niruha)**

Anuvasana Basti with Tila Taila provides Snigdha Guna to pacify Vata, while Niruha Basti with Dashamoola and Triphala Kwatha helps in Srotoshodhana, Kapha-Vata Shamaka action, and removal of obstruction in Artavavaha Srotas. Thus, the combined approach of Shodhana and Shamana Chikitsa, along with Agneya Dravyas, effectively addressed the underlying pathology of Nashtartava and resulted in restoration of menstruation.

**CONCLUSION**

This case report establishes the efficacy of Ayurvedic management in secondary amenorrhea (Nashtartava). Proper assessment of Dosha, Srotas, and timely administration of Basti, Nasya, and Agneya Dravyas can successfully induce menstruation without adverse effects. Ayurveda offers a holistic, safe, and sustainable approach for managing menstrual disorders.