

AYURVEDIC MANAGEMENT OF ARTHAVADUSTHI – A CASE STUDY**Dr. Shridevi Reddi^{1*} and Dr. V. S. Madhumithaa²**

¹Associate Professor, Department of Prasuti Tantra and Stree Roga, Sri Kalabyraveshwara Swamy Ayurveda Medical College and Research Centre.

²PG Scholar, Department of Prasuti Tantra and Stree Roga, Sri Kalabyraveshwara Swamy Ayurveda Medical College and Research Centre.

Article Received on
18 September 2024,
Revised on 08 October 2024,
Accepted on 28 October 2024
DOI: 10.20959/wjpr202421-34312

***Corresponding Author****Dr. Shridevi Reddi**

Associate Professor,
Department of Prasuti
Tantra and Stree Roga, Sri
Kalabyraveshwara Swamy
Ayurveda Medical College
and Research Centre.

ABSTRACT

Menstrual cycle irregularities have become increasingly common these days in women of reproductive age group. The current lifestyle and professional requirements refrain women from prioritizing their health. *Ayurveda* mentions four different categories of causative factors or *nidana*. The *sharirika* and *manasika nidana* cause *dosha dushti* that causes *yoniroga* and *artava dushti*.^[1] *Acharya Charaka* says that *vata dosha* is the main cause of all gynecological disorder, hence *vata hara chikitsa*, *shodhana* and *sthanika chikitsa* methods mentioned in ayurvedic classics were used to treat this patient successfully.^[2]

INTRODUCTION

Menstrual abnormalities cause severe discomfort and inconvenience to the daily life of a woman. Regular menstrual cycle without disturbing associated ailments is the aim of treatment in women reproductive health. Due to the current flawed lifestyle, menstrual irregularities are becoming common especially in the young reproductive age group.

CASE REPORT

A 24yrs female patient unmarried student by occupation she had complaints of irregular menstrual cycle since 2yrs associated with severe dysmenorrhea and scanty bleeding she approached to OPD of SKAMCH AND RC Vijayanagar Bangalore.

Past history: Not a K/C/O DM, HTN, Thyroid dysfunction, asthma, epilepsy

Occupational history: Student

Family history: No specific history found.

Menstrual history

Nature: Irregular

Number of days Bleeding: 4 – 5 days

Interval between two cycles: 28 – 32 days

LMP: 18/05/2024

P LMP: 25/03/2024

Colour: Bright red colour

Amount of bleeding: Scanty

Clots: Present

Dysmenorrhoea: Present.

Examination

General examination

Built: Moderate

Nourishment: Moderate

Pulse: 84/min.

BP: 120/80mmhg

Temperature: 98.4F

Respiratory Rate: 18 Cycles/min

Height: 152 cm

Weight: 62 kgs

BMI: 24.2 Kg/m

Tongue: Uncoated

Pallor/Icterus/Cyanosis/Clubbing/Edema/Lymphadenopathy: Absent.

Ashtasthana pareeksha

Nadi: 76/min

Mootra: 4-5 times/day

Mala: regular, 1/day

Jihwa: *Alipta*

Shabdha: *Prakrutha*

Sparsha: *Prakrutha*

Drik: *Prakrutha*

Akruthi: Madyama.

Dashavidha pareeksha

Prakruti: Vata Pitta

Vikruti: Kapha vata

Dosha: Vata Pradhana Tridoshas

Dushya: Rakta Mamsa

Desha: Sadharana

Bala: Madyama

Sara: Madyama

Samhanana: Madyama

Pramana: Madyama

Satmya: Madyama

Satva: Madyama

Ahara shakti: Madyama

Jarana shakti: Madyama

Vyayama shakti: Madyama

Vaya: Madyama

Systemic examination

1. Central nervous system

Patient is conscious

Well oriented to time, place and person

2. Cardio vascular system

Inspection: No distended vessels over neck or chest

Palpation: Apex beat palpable at 5th intercostal space

Percussion: Cardiac dullness present on left side

Auscultation: S1 S2 heard no added sounds

3. Respiratory system

Inspection

Shape of chest: Bilaterally Symmetrical

Movement symmetrical

RR 18 cycles/min

Palpation

Trachea: Centrally placed.

Percussion

Resonant over the lung field except cardiac dullness

Auscultation: Bilateral NVBS heard

Gyanecological examination

Pelvic examination

Clitoris: Normal

Labia majora

Swelling: Absent

Pain: Absent

Redness: Absent

Discharge: Absent

Palpation: Soft, non - tender

PER SPECULUM EXAMINATION AND PER VAGINAL EXAMINATION – NOT DONE

(Since the patient is unmarried)

Breast examination

Tenderness: Absent

Lump: Absent

Colour of Areola: Normal

Nipple discharge: Absent

Investigations

1. Hb – 11.2gm/dl
2. T3, T4, TSH – Normal values
3. RBS – 100 mg/dl

Intervention

Chitrakadi vati 1-1-1 (A/F) for 7 days

Agnitundi vati 1-1-1 (A/F) for 7 days

Sarwanga Udvardana with

Kolakulathadi choorna and *Triphala choorna*

Fallowed by Bashpa Sweda for 7 days

Snehapana with Varunadi gritha

1st day 30ml

2nd day 60ml

3rd day 90ml

4th day 120ml

5th day 150ml

Vishrama kala for 2days - Sarwanga Abhayanga with Murchita Tila Taila followed by Bashpa Sweda

Vamana karma – Madanaphala Kashaya and Yashtimadhu phanta

Advised proper *samsarjana krama* for 7days

Shamana oushadis

Ashoka gritha 2tsp - 0 - 2tsp with lukewarm water (B/F) for 1 month

Tab Leptadine 1-0-1 (A/F) for 15 days

Kumari Asava 2tsp - 2tsp - 2tsp with water (B/F) for 15 days

RESULTS

All medicines advised for 3 months. After taking medications for 1month she got her menstrual cycle regularly.

DISCUSSION

Artava kshaya is caused by the vitiation of vata and kapha dosha. *Acharya Vagbhata* has mentioned *dosha avruta margatwad* which means *avarana* of *vata* by *kapha dosha* which leads to *artava kshaya*.^[3] So, in this case to remove the *avarana*, *bahya rukshana* line of treatment was adopted with *deepana pachana* followed by *udwartana*. Next, to correct the *vata prakopa*, *Snehapana* was advised with *varunadi gritha* having the properties of *Agni Deepana*, *rukshana*, *lekshana* and *vata kaphahara*.^[4] In this case *vamana karma* was chosen for the *shodhana karma*.

According *Acharya Arunadutta* he mentioned the line of treatment for *arthavakshaya* is *Sowmya dhatu nirharana* so instead of *virechana*, *vamana karma* is selected.^[5]

The *ushna*, *tikshna* and *vyavayi*, *vikasi guna* of *vamana dravya* normalize *Vata* and *Kapha dosha* which clears the *artavavaha strotodushti* in turn which leads to proper formation of *rasa* and *rakta dhatu* which helps to regularise the menstrual cycle.^[6]

CONCLUSION

Ayurvedic treatment modalities consisting of *shodhana* and *shamana aushadhis* are observed to have a prominent role in correcting the dosha and dhatu Avastha hence correcting the menstrual irregularities.

REFERENCE

1. Agnivesa, Caraka Samhita, Sri Chakrapanidatta, Vaidya Yadavji Trikamji Acharya, *Charakasamhita: Chikitsa sthana*, Chapter *Yonivyapathchikitsadhayaya*, Verse: Ayurveda Dipika commentary. Published by Chaukhamba Krishnadas Academy, Varanasi, 2010; 635: 7.
2. Agnivesa, Caraka Samhita, Sri Chakrapanidatta, Vaidya Yadavji Trikamji Acharya, *Charakasamhita: Chikitsa sthana*, Chapter *Yonivyapathchikitsadhayaya*, Verse: Ayurveda Dipika commentary. Published by Chaukhamba Krishnadas Academy, Varanasi, 2010; 638: 45.
3. Sushruta, Dalhana, Gayadasa, Sushruta Samhita: Sharira sthana, Chapter *Shukrashonithashudhishareeram*, Verse, Nibandha sangaraha commentary. Published by Chaukhamba Orientalia, Varanasi, 2019; 345: 31.
4. T. Sreekumar. Ashtanga Hridaya of Vagbhata, Sharira Sthana, Chapter Garbhavakranti Adhyaya, Verse edition Thrissur: Harisree Publication, 1, 15: 21-74.
5. Sushruta, Dalhana, Gayadasa, Sushruta Samhita: Sharira sthana, Chapter, Nibandha sangaraha commentary. Published by Chaukhamba Orientalia, Varanasi, 2019; 12: 31.
6. Agnivesa, Caraka Samhita, Sri Chakrapanidatta, Vaidya Yadavji Trikamji Acharya, *Charakasamhita: Klapa sthana*, Chapter *Madanaphalakalpa*, Verse: Ayurveda Dipika commentary. Published by Chaukhamba Krishnadas Academy, Varanasi, 2010; 5.