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THE ROLE OF MATRABASTI IN THE MANAGEMENT OF ARTAVAKSHAYA

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ABSTRACT

Artavakshaya (oligo-hypomenorrhoea) is a condition described in Ayurvedic classics in which vitiated Vata and Kapha dosha causes obstruction in the Artavavahasrotas (channels that carries menstrual blood or Artava). The characteristic features of Artavakshaya include Yathochitakalaadarshana (prolonged intermenstrual period), Alpata (scanty bleeding) and Yonivedana (pain in vagina or pain during menses).[1] Artavakshaya is a condition very much similar to the oligohypomenorrhoea which is characterized by cycle which are longer than 35 days and with bleeding less than 2 days.[2] The principles of management of Artavakshaya are Vatakaphashamaka (Vata and Kapha dosha pacifying) and Agnivardhaka (stimulant, digestive and Pitta analogue) therapy. Basti (medicated enema) which comes under Panchakarma (five biopurificatory measures) is considered as superior treatment in Vata and Vata predominant conditions.[3] Matrabasti (low dose medicated oil enema) is a type of Anuvasana basti (medicated lipid enema) which can be administered without much contraindication.[4] Matrabasti administered with Vatakaphashamaka and Agnivardhaka drug can be better choice in the treatment of Artavakshaya.[5] Basti which is administered through Guda Maarga (rectal route) reaches the Pakwashaya (large intestine) and spreads the Virya (potency) of the drug to Sarvasharira (whole body) through the microchannels. Basti which can act on the enteric nervous system and thereby act on the Central Nervous System can further stimulate the Hypothalamo-Pituitary-Ovarian (HPO) axis.[9] A well co-ordinated HPO axis can normalise the menstrual cycle.

KEYWORDS: Artavakshaya, Matrabasti, Oligo-hypomenorrhoea, Pakwashaya.

INTRODUCTION

Artava is the Upadhatu of Rasa dhatu.[11] So it is the condition of Rasa and Raktakshaya due to vitiation of Vata Dosha.[2] In the context of Upadhatukshaya (depletion of bodily sub-tissue), Sushruta describes a condition known as Artavakshaya. Yathocitakalaadarshana (prolonged intermenstrual period), Artava-alpata (scanty bleeding) and Yoni vedana (pain in vagina or pain during menses) are the clinical features of the Artavakshaya. The signs and symptoms of Artavakshaya are similar to oligohypomenorrhoea, which is characterized by menstrual bleeding occurring more than 35 days apart and which remains constant at that frequency and when the menstrual bleeding is unduly scanty and last for less than 2 days, it is called Hypomenorrhoea.[8] In Ayurveda, the treatment protocol for Artavakshaya is mentioned as Shodhana (biopurification) and Agnivardhaka (stimulant, digestive and pitta analogue) therapy with Vatakaphashamaka (vata and kapha dosha pacifying) drugs as prescribed in Nashtartava (secondary amenorrhea).[12]

This combination of management may help to remove the Sanga or Avarana (obstruction) caused by the Vata and Kapha in the Artavavahasrotas by promoting Amapachana (digestion of incomplete chyme metabolic toxin), Agnideepana (increases metabolic fire) and Vatakaphashamana.

Basti (medicated enema) is known as the superior treatment for Vatika and Vatakaphaja condition.[3] Thus, Matrabasti (low dose medicated oil enema) having Agnivardhaka and Vatakaphashamaka drugs is effective in the treatment of Artavakshaya.

AIM: To study the role of Matrabasti in Artavakshaya.

OBJECTIVES: To evaluate the mode of action of Matrabasti in the Artavakshaya.

MATERIAL AND METHODS

Basti is regarded as the most effective treatment for the condition caused by vitiated Vata.[3] Artavakshaya is one of the gynaecological diseases, where association of Vatadosha is being postulated. Hence in this work, we have referred Ayurvedic literatures: Charaka Samhita, Sushruta Samhita, Astanga Hridaya, Sharangdhara Samhita etc during the review process.

We have also reviewed published scientific literature found in various databases: PubMed,

Science Direct, Scopus, Web of Science, and Google Scholar, with the keywords: Artavakshaya, Basti, Matrabasti, Pakwashaya, Oligohypomenorrhoea, Hypothalamo-Pituitary-Ovarian axis. Then, a correlation is made about how effectively the Basti could be used in the management of Artavakshaya in more successful way in the gynaecological practice.

1.1 Artavakshaya (oligo-hypomenorrhoea)

Menstruation may be defined as a periodic and cyclical shedding of progestational endometrium accompanied by loss of blood.[13] It takes place at approximately 28 days intervals between the menarche (onset of menstruation) and the menopause (cessation of menstruation). Uterine bleeding may be slight in amount, short in duration, or both, but the menstrual function varies so widely within normal limits that the definition of an abnormally scanty loss is a matter of opinion. Bleeding which lasts 2 days or less is unusual, if not pathological, and is termed as Hypomenorrhoea. Oligomenorrhoea can only be defined arbitrarily as one in which the cycle lasts longer than 35 days.

Artava, Raja, Rakta, Pushpa, etc are some synonyms used in Ayurveda to denote menstrual blood or menstruation. The normal menstruation is that which has Maasaannishchita (intermenstrual period of one lunar month), Pancharaatranubandhi (duration of blood loss is five days), Nadahaarti (not associated with pain and burning sensation), Naatibahu(not excessive in amount), Naatyalpam (not very scanty in amount), Padmalaktakasannibham (the colour resembles red lotus flower), Gunjaphalasavarnam (colour resembles the rosary pea) or Indragopakasankaasham (shines as red worm).[14]

"□□□च । (□□.□□.१५/१२)"

Artavakshaya is one of the Artavavyapadas (menstrual disorder), characterized by Yathocitakaalaadarshana (prolonged intermenstrual period), Artavaalpata (scanty bleeding during menses) and Yoni-vedana (pain in vagina or pain during menses) as the cardinal features.

1.2 Etymology and Definition of Basti

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According to Vachaspatyam, the word Basti is derived from the root 'Vas' which when

suffixed with 'Tich' forms the word 'Basti'.[15] Basti (or Vasti) means an organ where urine is collected, is situated below the umbilicus, the bladder, an injection-syringe made of bladder or the injection itself. The term Basti is given due to the administration of medicated drugs into the rectum by means of urinary bladder of various animals.[16]

1.3 Type and Dose of Anuvasanabasti (medicated lipid enema)

In Ayurveda, there are many varieties of Basti which are dependent on the amount of the drug, the quality of substance and the expected action of the Basti. According to the drug used, it is classified into two and they are Niruha and Anuvasana. In Anuvasana basti only Sneha(lipid) is used and according to the quantity of sneha given, this is again subdivided as follows:

- Snehabasti: In which the Sneha should be administered in ¼ th quantity of Niruhabasti i.e 6 pala (approx. 240 ml)
- Anuvasanabasti: In which the Sneha should be administered in ½ the quantity of Sneha Basti i.e 3 pala (approx. 120 ml)
- Matrabasti: In which the Sneha should be administered in ¼ th quantity of Anuvasanabasti i.e 1 ½ pala (approx. 60 ml).[17]

Matrabasti (low dose medicated oil enema)

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(च .□ □.5/52-53)"[4]

Matrabasti is a type of Anuvasanabasti. It is termed so because of the dose of Sneha used in it is very less as compared to the dose of Snehabasti. In Matrabasti the dose of Sneha is equal to Hraswamatra of Snehapana i.e 1 ½ Pala (approx. 60 ml).

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Basti is always useful for persons emaciated by Karma (work), Vyayama (exercise), Bhara (weight lifting), Adhwa (walking long distance), Yana (riding vehicle), Stree (exhausted due to sexual activity), Durbala (persons who are weak) and affected with Vatika diseases.

There are no major contraindications mentioned for Matrabasti except for person having Ajeerna (indigestion). Patient should be given appropriate diet before administration of Matrabasti and the diet should not be of excessive Snigdha (unctuous) or Rukshaguna (dry

quality) because the former one causes Mada (intoxication) and Murccha (fainting) and the later one causes depletion of Bala (strength) and Varna (complexion) in the patient. Otherwise the patient can take any food and may do any work. It can be safely administered in all the seasons. After administration of Matrabasti, Divaswapna(day sleep) is contraindicated.

1.5 Importance of Basti therapy (medicated enema) in Ayurveda

Basti is considered as a supreme therapeutic modality. Shodhana chikitsa (biopurification therapy) and Shamana chikitsa (pacifying therapy) are the two different types of therapy in Ayurveda.

Shodhana includes Panchakarma (five biopurificatory measures) procedures which are namely Vamana (emesis), Virechana (purgation), Asthapanabasti (medicated enema with decoction), Anuvasanabasti (medicated enema with oil) and Nasya (instilling of medicine through nostrils).Basti is said to be the half of the whole treatment and sometimes a complete treatment. It holds a wide spectrum and competent benefits than other Panchakarma.

1.6 Role of Matrabasti in Artavakshaya

Artavavyapat (menstrual disorders) became more common in this era of modernization due to faulty food habits, lifestyle, stress etc.

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|| (□□० □□० □□० १५/१२)"[2]

Artavakshaya should be managed with Shodhana therapy with Agnivardhaka and Vatakaphasamaka drugs. Oil is also considered the best among Vata pacifying drugs. Therefore, Matrabasti with medicated oil having Vatakaphasamaka and Agnivardhaka drugs can be effectively used in Artavakshaya. Vata plays a major role in physiology and pathology of reproductive tract and Basti can be given to pacify this aggravated Vata.

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In Alpapushpa (scanty menses) and Rajonasha (absence of menses), Anuvasanabasti is being recommended by the ancient scholars. Therefore, Matrabasti is therapeutically a good choice of treatment in Artavakshaya.

DISCUSSION

In the current clinical practice, we come across various menstrual irregularities in the

outpatient department and Aartavakshaya is one of the most common disorders.[6] Though menstrual irregularities are common among women in reproductive age group but it can affect the normal functioning of a woman. Therefore, this is to be diagnosed at the earliest and to be addressed to improve the quality of life.

In Artavakshaya, the Artavavahasrotas (menstrual pathways) become obstructed due to Sanga or Avarana (blockages) resulting from an imbalance of Vata and Kapha Doshas. The line of management includes Shodhana and Agnivardhaka therapy with Vatakaphashamaka drugs to normalize the Vata and Kapha and thereby clears the Margavarodha (channel obstruction).

Agnivardhaka drugs act as digestive and increase the diminished Artava, which is igneous in nature by virtue of similarity in Agni, Pitta and Artava. Matrabasti with Taila processed with Vatakaphashamaka and Agnivardhaka drugs is effectively administered in this condition.

As Taila is Vataghna (pacify vata), Naatishleshmavardhana (do not causes the aggravation of Kapha) and also promotes Yonivishodhana (cleanses the uterus) further augment the desired pharmacodynamic properties and actions of Matrabasti.

Probable mode of action of Basti

According to Ayurveda

Basti administered into the Pakvashaya (large intestine) draws the Dosha or Mala (metabolic waste) from all over the body from the foot to the head by virtue of its Virya (potency), just as the sun situated in the sky draws the moisture from the earth by virtue of its heat.

The Basti when administered does the churning of Doshas situated in Nabhi Pradesha, Kati, Parshwa and expels it from the body.

As trees irrigated in its root yield branches with beautiful tender leaves, flowers and fruits in time and attain big stature in the same way Anuvasanabasti (medicated oil enema) administered in the rectum yields significant results from head to toe. The Basti Virya is also capable of removing the morbid Doshas from the body.

According to modern science

Basti given through rectum reaches instantly into systemic circulation thus has faster absorption and quick results.[10] Enteric nervous system controls motility, exocrine and endocrine secretions and microcirculation of the gastrointestinal tract (GIT). Enteric Nervous

System (ENS) closely resembles the Central Nervous System (CNS). Endogenous opioids are mainly present in G.I.T and in brain (hypothalamus, pituitary). Beta-endorphin has a role in regulation of normal menstrual cycle.

The essence of Basti Dravya stimulates endogenous opioids which are usually present in G.I.T. These endogenous opioids influence GnRH release aids to regulate Hypothalamo-pituitary-ovarian axis and thus regulate the menstrual cycle. Thus, Basti stimulates the ENS, generates the stimulatory signals for CNS causes stimulation of Hypothalamus for GnRH and Pituitary for Follicle Stimulating Hormone & Luteinizing Hormone with the help of Neurotransmitters.[18]

CONCLUSION

Artavakshaya (oligo-hypomenorrhoea) is a clinical condition characterized by prolonged intermenstrual period (Yathochitakala Adarshanam) and scanty bleeding (Artava-Alpata) along with pain in vagina or pain during menses (Yonivedana).

The imbalance of Vata and Kapha causes Avarana (blockage) and Srotavarodha (channel obstruction), resulting in this condition Aartavkshaya. Basti is considered as best treatment for Vataja and Vatakaphaja disorders in Ayurveda.

The Basti Dravya (medicated enema) restores balance to Apana Vayu, promoting normal menstrual function (Rajas Pravritti). According to modern appraise, any drug given via rectal route stimulates the ENS and generates the sensory signals for CNS. Thus, Basti regulates the Hypothalamo-Pituitary-Ovarian axis and then normalize the menstrual cycle. Therefore, Matrabasti might improve menstrual irregularities and pain in Artavakshaya and bring down to normal.

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