

EFFECTIVE MANAGEMENT OF ARTAVAKSHAYA W.S.R TO OLIGO-HYPOMENORRHEA BY AYURVEDA REGIMEN: A CASE REPORT

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ABSTRACT

Menstruation is the act of nature and important part of woman's life that occurs as a regular rhythmic period and remains as a normal physiological process from menarche to menopause. Any abnormality in amount and duration of blood during menstruation associated with or without pain can be correlated to *Vatajraja dushti* or *Ksheenaartava* or *Artavakshaya*. The *marga avaran* is done by *vata* and *kapha* hampering physiological release of *artava* leading to *Artavakshaya*. Also since *artava* is *agneya* in nature i.e *pitta dosha pradhan*. So *vishesh nidan* for *Artavakshaya* can be considered as *vata* *kapha prakopaka nidana* and *pitta kshaya nidana*. **Methodology** – A female patient of 26 years of age came to OPD of PLRD Hospital, Khurja on 27/10/2024 with chief complaints of scanty and irregular (delayed) menses with duration of 2-3 days of menstrual flow with prolonged

interval of 40-45 days since last 3 years She also had associated complaint of painful menstruation (moderate pain-assessed by Visual analogue scale). Patient was treated with *Lasuna Kalpa* for two consecutive cycles having *Agneya*, *Strotoshodhak*, *kaphavataashamak*, *pittavardhak* and *vataanulomak* properties. Patient was kept on follow up for 1 cycle after cessation of *Lasuna Kalpa*. **Result** – Patient had regular menstruation with normal duration and interval with adequate amount of menstrual flow and intensity of pain was reduced effectively from moderate to mild. Even after cessation of medicine she got her menstruation in 30 days with normal amount of flow.

KEYWORDS: *Artavakshaya, Artavadushti, Oligo- hypomenorrhea, Agneya.*

INTRODUCTION

Menstruation is the act of nature and important part of a woman's life indicating that a girl is now a woman capable of giving rise to new progeny and a life. It occurs monthly as a regular rhythmic period and remaining a normal physiological process from menarch to menopause. In Ayurveda texts word “*Artava*” is used for both *Masika Raja Srava* i.e. menstrual blood and *stree beeja* i.e. ovum at different places according to its significance.^[1] But here we have considered *artava* as menstrual blood for the purpose of my the research work.

मासान्निपिच्छदाहार्ति पञ्चरात्रानुबन्धि च।

नैवातिबहु नात्यल्पमार्तवं शुद्धमादिशेत्।।(च. च ३०/२२५)

Normal menstruation according to Acharya Charaka has following characteristics – 1. Intermenstrual period of one month, 2 Duration of bleeding is of five days (3-5 days with differences of opinion), 3 Not sticky in nature, not associated with pain, not with burning sensation, 4. Neither very scanty nor excess in amount. *Artava* is *upadhatu* of *rasa*.^[2] So any abnormality in amount and duration of blood^[3] during menstruation associated with or without pain can be correlated to *Vatajraja dushti* or *Ksheenaartava* or *Artavakshaya* occurring due to deficiency in dietary nutrition or due to hypoestrogenic condition or due to decrease in *rasa, rakta, dhatu* and *upadhatu*. So special emphasis has been given to *Shuddha artava* mentioning *artavadushti* as a causative factor for infertility.

दोषैरावृतमार्गत्वादार्तवं नश्यति स्त्रियः। (सु. शा. २/२३)

According to Acharya Sushruta, doshas obstruct the passage or orifice of channels carrying *Artava* thus *Artava* is destroyed. He has described *Artavakshaya* as *lakshana* not as a disease mentioning it in *Ashta artava dushti* as *ksheena artava*.^[4]

आर्तवक्षये यथोचितकालादर्शनमल्पता वा योनिवेदना च।(सु.सू.१५/१६)

Due to resemblance in clinical features *Artavakshaya* can be correlated as:

- यथोचितकालादर्शनं with delayed menses or oligomenorrhea
- अल्पता with hypomenorrhea.
- योनिवेदना with dysmenorrhea.

पुष्परेतोभ्रमे। (का.कल्प. लशुनकल्प.२६)

Acharya Kashyap in *kalpasthana* has clearly indicated and explained the *guna*, *karma* and properties of *Lasuna* beneficial in treating various menstrual disorders.^[5] So aim of this study is to establish single drug remedy for *Artavakshaya* that manifests regular menstruation leading to healthier reproductive life of women.

Rationality of Selection of Drug

Artava Kshaya can be considered *Vata Kaphaja vikara* as *Vata* is responsible for all the physiological functions of body. Also, *Apanavata* is responsible for the proper *Nishkrama* of *Artava Kapha* due to its *Avrodhaka guna* has the capacity to cause obstruction in *Artavavaha strotas* thus contributing to the pathogenesis of *Artavakshaya* along with *Vata Pitta* particularly *Pachakapitta* also contributes to it as it is responsible for the proper digestion of food and further proper formation of *Dhatu*. Any deviation of *Pachaka pitta* from its physiological function may lead to improper formation of *Rasa dhatu* and hence improper formation of *Artava Updhatu* in turn. Treatment in Ayurveda is based on the concept of destruction of the factors causing pathogenesis (*Samprapti Vighatana*).

So, if we consider the *sampraptitaktika* in this case then it can be laid as follows:

-*Dosha: Vata (Apanavata), Kapha (Kledaka kapha), Pitta (Pachaka pitta)*

-*Dushya: Rasa dhatu and Artavaupdhatu*

-*Agni: Agni mandya*

-*Strotas: Rasavaha and Artavavaha*

-*Strodushti: Sanga*

-*Adihsthana: Garbhasthana*

So, the drug having *Vata-kapha shamaka*, *Pitta vardhaka*, *Deepana*, *Pachana*, *Rasapushtikara* properties should be used to treat *Artava kshaya*.

Considering above and line of treatment of *Artavakshaya*, *Lasuna Kalpa* was selected and given to the patient for treatment. *Lasuna Kalpa* consisted of *Lasuna*, *Twaka*(*Dalchini*), *Patra*(*Tejpatta*), *Shunthi*, *Marich*, *Sukshma Ela*, *Jatiphala*, *Saindhava* *Lavana* was given with *Ghrita* as an adjuvant. Drugs included under *Lasuna Kalpa* are having various properties that can revert back the Pathogenesis of *Artava kshaya* such as they are having *Vata-kaphahara*, *Ushna* in *Veerya*, *Deepana*, *Pachana*, *Shoolahara* properties which will be discussed in detail later.

CASE-REPORT

An unmarried female patient of 26 years of age came to OPD of PLRD Hospital, Khurja on 27/10/2024 with chief complaints of scanty and irregular (delayed) menses with duration of 2-3 days of menstrual flow with prolonged interval of 40-45 days since last 3 years. She also had associated complaint of painful menstruation (moderate pain-assessed by Visual analogue scale).

MENSTRUAL-HISTORY

Patient had attained her menarche at 12 years of age. She was having regular menstruation 3 years ago. But presently since 3 years she was having delayed and scanty menstruation.

LMP:15/10/2024

Previous-LMP:1/08/2024

Menstrual history: 2 days / 40-45 days since 3 years

- Regularity: Delayed
- Pain: Moderate(Pain was assessed on the basis of Visual Analog Scale)
- Clots: Absent
- Foul smell: Absent
- Flow: Decreased
- Pad history:

Day 1: 1 pad (not fully soaked)

Day 2: 1 pad (not fully soaked)

Past Medical History: No H/O thyroid dysfunction, DM, HTN or any other significant medical history was found.

Past Surgical History: No history of any general, gynaecological or any other surgery.

Family History: No significant family history was found in this case.

Personal History: Personal history revealed that the patient had normal appetite with clear bowel habits, micturition also with sound sleep.

Allergic History: No history of any allergy was found in this patient.

General Examination

- Built: Moderate
- Weight: 50 kg
- Height: 5 feet
- BMI: 21.2

- B.P: 120/70 mm Hg
- Pulse rate: 86/min
- Respiratory rate: 18/min
- Tongue: uncoated

Systemic Examination

- CVS: S1 and S2 were normal
- CNS: Patient was well oriented and conscious
- RS: Normal vesicular breathing

Laboratory Investigations

Routine investigations with baseline hormonal assessment were done on 2nd day of cycle and were found to be normal as follows:

- Hb: 12.6 gm/dl
- ESR: 11mm/hour
- TSH: 2.09 µIU/ml
- RBS: 125 mg/dl
- FSH: 6.42 mIU/ml
- LH: 4.14 mIU/ml
- S. Prolactin: 9.06 ng/ml

USG: Suggestive of no abnormalities with normal findings.

Ashthavidha Pareeksha

- *Nadi:* 86/min
- *Mala:* Nirama, once a day
- *Mutra:* 4-5 times/ day and 1 times/night
- *Jivha:* Alipta (uncoated)
- *Sparsha:* Anushana sheeta
- *Druka:* Avisheha
- *Akruti:* Madhyama

Dashavidha Pareeksha Bhava

- *Prakruti:* Vata-pittaja
- *Vikruti:* Vishmasamveta

- *Sara: Rasa*
- *Samhana: Avara*
- *Pramana: Madhyama*
- *Satmya: Avara*
- *Ahara Shakti: Abhyavahrana Shakti: Madhyama*
- *Jarana Shakti: Madhyama*
- *Vyayama Shakti: Madhyama*
- *Vaya: Madhyama*

Diagnosis (Ayurveda): *Artava Kshaya*

Diagnosis (Modern science): Oligomenorrhoea and Hypomenorrhoea

Treatment given: *Lasuna Kalpa*

Dose-1gm

Frequency- Twice a day

Time of administration–*Abhakata*(Before meal)

Duration- 2 consecutive cycles

Pathya-Apathya

Patient was asked to follow *Rajaswala charya* in every cycle.

- She was advised to take tortillas (*Chapatis*) made of *Yava* i.e Barley or *Daliya* of *Yava* mixed with *Go dugdha* and *Go ghrta*, *Raktashali* rice made with *Godugdha* mixed with *Goghrta* during the bleeding phase of cycle.
- She was advised not to take spicy, oily, fast food, packed food items like Kurkure etc.
- She was asked to do *Vyayama*, *Pranayamas* and *Yogas* according to her body's ability daily.

OBSERVATIONS AND RESULTS

Results were observed before and after treatment while taking medicines and also one cycle after the cessation of medicine. Marked improvement was observed on the duration, interval and flow of menstruation along with pain during menstruations which are as follows:

Table 1: Observation before and after treatment.

Signs and symptoms	Before treatment	After 1st menstrual cycle while taking medicine	After 2nd menstrual cycle while taking medicine	After 3rd menstrual cycle while taking medicine
Interval	40-45 days	31 days	29 days	30 days

between two cycles				
Duration of menses	2-3 days	3 days	4 days	4 days
No. of pad used per day	1 pad/day (not completely soaked)	Day 1- 3 pads/day Day 2- 2-3 pads/day Day 3- 1-2 pads/day	Day 1- 3 pads/day Day 2- 2-3 pads/day Day 3- 1-2 pads/day Day 4- 1pad/day	Day 1- 3 pads/day Day 2- 2 pads/day Day 3- 1-2 pads/day Day 4-1 pad/day
Pain during menses	Moderate	Mild	Mild	Mild

DISCUSSION

Artava Kshaya is a common menstrual disorder nowadays. Considering the *Dosha* involvement in *Artava Kshaya* it is caused due to vitiation of *Vata* and *Kapha dosha*.

आर्तवक्षये यथोचितकालादर्शनमल्पता वा योनिवेदना च। (सु.सू. १५/१६)

Acharya Sushruta has defined *Artavakshaya* as deficiency of *Artava*, the menstruation that does not appear in its appropriate time, is scanty in amount associated with pain in vagina.

दोषैरावृतमार्गत्वादात्तवं नश्यति स्त्रियः। (सु.शा. २/२३)

The *doshas* obstruct the passage or orifice of channels carrying *artava* hence *artava* is destroyed.

वातकफावृत मार्गाणां त्वप्रवर्तमानं पित्तलैरूपचारैस्तत्प्रवर्तमानम्। (अ.सं.शा. १/१३)

In Ashtanga sangrha it is mentioned that *vata* obstruct the passage of *artava* thus menstrual blood is not discharged.

क्षीणं प्रागुक्तं पित्तमारुताभ्यां। (सु.शा. २/४)

Vitiation of *vata* and *pitta dosha* causes *ksheena artava*.

- The *marga avarana* is done by *vata* and *kapha*, thus hampering physiological release of *artava* leading to *Artavakshaya*.
- Since *artava* is *agneya* in nature^[6] i.e. *pitta dosha pradhan*, so *vishesh nidana* for *Artavakshaya* can be considered as *vata* *kapha prakopaka nidana* and *pitta kshaya nidana*.

CHIKITSA

तत्र संशोधनमाग्रेयानां च द्रव्याणां विधिवदुपयोगः। (सु.सू. १५/१६)

Acharya Sushruta has explained that *chikitsa* of *artavakshaya* is done according to vitiation of *doshas*.

तत्रापि स्वयोनिवर्धनद्रव्योपयोगः प्रतीकारः। (सु.सू. १५/१४)

Also he mentioned that *ksheena dosha* and *dhatu* can be increased by intake of particular *dravya* that help to increase that *dosha* and *dhatu*.

वातकफावृतमार्गाणां त्वप्रवर्तमानं पित्तलैरूपचारैस्तत्प्रवर्तमानम्। (अ.सं.शा.१/१३)

Acharya Vagbhatta explained that use of *pittavardhak dravyas* help in increasing the artava.

Acharya Kashyap has explained in *Kalpasthan* under *Lasuna Kalpa adhyaya*, *Shatpushpa* and *Shatavari Kalpa adhyaya* in the treatment of *Artavakshaya*.

न हि वातादृते योनिर्नारीणांसंप्रदुष्यति।

शमयित्वातमन्यस्य कुर्याद्दोषस्य भेषजम्।। (च.चि. ३०/११५)

Acharya Charak describes *vata* as a prime factor in all *Yoni vyapad* so has advised to treat *vata dosha* first that normalizes all other *doshas*.

- So in *Artavakshaya* use of *Agneya dravya* is strongly recommended, hence drugs capable of increasing *pitta* that helps in increasing *Artava* must be used.
- Since *Lasuna* is *bringhaniya (dhatuwardhak)*, *vrishya (viryaavardhaka)*, *ushna*, *pitta* and *rakta vardhak* according to Bhavprakash^[7] so I have selected *Lasuna kalpa* in management of *Artavakshaya*.
- So we can use *Lasuna Kalpa* in the management of *Artavakshaya* caused by any type of above two.

CONCLUSION

Artava Kshaya is one of the commonest gynaecological disorders nowadays. Many causes of it such as stress, faulty lifestyle and dietary habits, hormonal imbalances etc. has been laid out. *Artava Kshaya* is also a precursor of many other further gynecological and general disease entities like infertility, obesity, depression etc. So it is need of hour to cure it at earliest so as to prevent future events. From this study it is concluded that *Lasuna Kalpa* is effective on various parameters of *Artava Kshaya* like it has improved the duration, interval, flow of menstruation as well as it was effective in reducing the pain during menstruation in the management of *Artava Kshaya*.

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