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AN AYURVEDIC APPROACH TO MANAGE ARTAVA KSHAYA W.S.R. TO PCOD ASSOCIATED WITH HYPOTHYROIDISM- A CASE STUDY

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Polycystic Ovarian Disease is one of the most common metabolic & reproductive disorders among women of reproductive age. Changes in the lifestyle, diet, stress of modern society lead to increase in prevalence of PCOD upto 20-30%. This is a case report of a 21 year female who had irregular menstruation and scanty flow of blood since 2 yrs. along with painful menstruation since 4 months. She was diagnosed with PCOD. It is presented as menstrual irregularities which has similarities with the concept of artavakshaya. Based on the parameters of ayurvedic science this case was diagnosed as artavakshaya. Artavakshaya can also be seen in conditions like hypothyroidism. Hypothyroidism causes irregular menstrual cycle along with weight gain and several other complications. Susruthasamhita describes the pathophysiology of artavakshaya, which is comparable to oligomenorrhoea associated with PCOD. The treatment plan for PCOD is to correct the menstrual irregularity and ensure proper ovulation. Treatment for artavakshaya aims at vatakapahara, arthavajana, agnivaridhana along with pathyaahara. After 3 months of internal medications, she attained regular menstruation, USG shows no signs of PCOD pattern and no significant adnexal pathology were noted. There was reduction in severity of painful menstruation also. So the case signifies effect of ayurvedic treatment principles of artavakshaya in the correction of PCOD. After 3 months of treatment, marked improvement in sign and symptoms was found. So the case signifies effect of Ayurvedic treatment principles of ArtavaKshaya in the correction of PCOD associated with hypothyroidism.

Introduction

Menstrual health is fundamental to women's sexual and reproductive health. Among all the menstrual disorders, *Artava Kshaya* is one owed to faulty dietary habits and lifestyle. In Ayurveda, due emphasis has been given to characteristics of normal menstruation to detect any deviation from normal pattern.

Any deviation from these characteristics has been mentioned under different headings by different Acharyas like *Yoni vyapadas*, *Artavadushtis*, *Artavakshaya*, *Nastaartava* etc. If we review our classics, *Artavakshaya* has been described by Acharya Sushruta with characteristics features of delayed menstruation, scanty menses associated with pain during menstruation. *Artavakshaya* has also been mentioned in *Astha Artava Dushtis* as *Ksheen Artava*. *Artavakshaya* can be seen in conditions like hypothyroidism. Hypothyroidism causes irregular menstrual cycle along with weight gain and several other complications. Based on clinical features,

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Lakshana of *Artavakshaya* can be correlated with certain menstrual disorders that are as follows:

आर्तवक्षयेयथोचितकालादर्शनमल्पतावायोनिवेदनाच्च।। (सु.सू. 15/12)

- *Uchita kala adarshanamas* delayed menses or Oligomenorrhoea
- *Alpata* as hypomenorrhoea
- *Yonivedana* as dysmenorrhea

So, on comparative analysis of *Artavakshaya* with the modern medical science oligomenorrhoea and hypomenorrhoea show congruence with *artavkshaya*. Oligomenorrhoea is menstrual bleeding occurring more than 35 days apart and remains constant at that frequency. Prevalence of Oligomenorrhea is increasing day by day with marked prevalence of 87% in polycystic ovarian syndrome which is highest among other menstrual irregularities in PCOD.

Material and Methods

It is a single case study. Informed consent was taken from the patient in her own language.

Case report

History of Present Illness : An unmarried female patient aged 21 years came to Prasuti Tantra AvumStreeRoga OPD of Govt. Ayurvedic College and Hospital Guwahati on 16/3/23 with chief complaints of Irregular and Delayed menstrual cycle since 2 years, Scanty menstruation since 2 years, painful menstruation since 4 months.

Menstrual History:- Patient had attained her menarche at 12 years of age. She was having regular menstruation since menarche but presently she was having delayed menstruation since 2 years.

Last Menstrual Period (LMP) - 12/2/23

- Duration of flow- 1-2days
- Amount of blood loss – Scanty
- Pain- Painful
- Intensity of pain- can do routine work after taking analgesics
- Interval - between 2 cycle is 30-75 days
- Regularity - Irregular

History of Past Illness - Nothing significant

Family History - Nothing significant

Marital Status – unmarried

Personal History:

- Diet- Non veg
- Bowel - Once a day
- Bladder-5-6 times a day
- Appetite-Good
- Sleep- Adequate
- Addiction if any- not any

General Examination-

- Bp- 120/70mmhg
- PR- 76/min.
- RR- 16/min
- Temperature- 98F
- Pallor/ Cyanosi/ Edema/ Icterus/ Dehydration- Absent

Systemic Examination

- CVS- S1 S2 audible
- CNS-Conscious and well oriented
- RS- B/L chest clear
- GIT-Bowel sound present

Local Examination- Per Abdomen-No Abnormality detected

Laboratory Investigations

- Hb% 11.3gm% Blood R/E - WNL
- AMH-10.24 ng/ml
- TSH-6.03mIU/L
- RBS-132mg/dl
- Sr. Prolactin 18.7 ng/ml

Ashthavidha Pareeksha

Sparsha: Anushanasheeta	Nadi: 78/min
Mala: Nirama, once a day	Shabda: Prakruta
Mutra: 4-5 times/ day and 1 times/night	Druka: Avisheha
Jivha: Alipta(uncoated)	Akruti: Madhyama

Dashavidha Pareeksha Bhava

Prakruti: Vata-pittaja	Satmya : Avara
Vikruti: Vishmasamveta	Sattwa : Madhyam
Sara: Rasa	Ahara Shakti : Madhyam
Samhana: Avara	Vyayama Shakti : Madhyama
Pramana: Madhyama	Vaya : Madhyama

Provisional Diagnosis: Artavakshaya due to PCOD and Hypothyroidism.

Pathya Apathya Advised

- Advised to follow *Rajaswalacharya* in every cycle.
- She was advised to take tortillas (*Chapatis*) made of *Yava* i.e., barley with ghee
- Sweet *Daliya* of *Yava* mixed with *Go ghrta* & *Godugdha*
- *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.

Visit date	Medicines prescribed	Dose	Duration (for 3 months)	Before/ after meal	Anupana	Purpose
First visit (14.03.2023)	Kanchanar Guggulu	1000 mg	BD	A/F	Ushnodaka (luke warm water)	Deepan- pachana, Kaphaharan, lekhan, Strotoshodhana, Garbhashayashodhan, Artavapravartana
	Nashtapushpantaka Rasa	500 mg	BD	A/F		
	Rajapravartani Vati	500 mg	BD	A/F		
	Arogyavardhini Vati	500 mg	BD	B/F		
2 nd visit	Continue Same					
3 rd visit	Continue Same					

Probable mode of action of given regimen in artavakshaya

Drug	Mode of action
Kanchanaraguggulu	Kanchanara and Guggulu possess Laghu, Ruksha, Sukshmaguna, Ushnaveerya, Katuvipaka and Lekhana property by virtue of which it causes cyst lysis and reduces ovarian volume. Kanchanara have tannins and alkaloids like mucilage, sennoside etc. which effectively suppress tumor (cyst) activity and increases the enzymatic antioxidant levels i.e., having chemoprotective and cytotoxic effect on tumor cells.
Rajapravartanivati	Rajapravartanivati is indicated in rajorodha, kasta raja, and other associated vedanavikara. Having katu rasa, rooksha, teekshnaguna, ushnaveerya, amla katuvipaka it helps in relieving dysmenorrhoea and due to its agneyaswabhabha it acts as arthavajanaka.
ArogyavardhiniVati	ArogyavardhiniVati possess TiktaKatu rasa, LaghuRukshaSukshma guna, Ushnavirya. That's why it has Deepan Pachan, Shrotasodhan and lekhan properties. It corrects all the threeagni, specially dhatwagni and reduces the Ama and Avadhmedadhatu deposition
NastapuspantakRasa	Nastapushpantak Rasa possess Ushna and Tikshnaguna and Ushnavirya. Due to ushnaveerya and agneyata of all the drugs, it clears the srotorodha and increases blood circulation in the yoni and garbhashaya, because of this there will be formation of healthy endometrium. As vata and kapha get balanced, it leads to proper ovulation and thus menstrual cycle gets regulated.

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 interval and also in ultrasonography reports which are as follows:

Clinical Presentation	Before treatment	After 1 st menstrual cycle while taking Medicines	After 2 nd menstrual cycle while taking medicines	After 3 rd menstruation while taking medicines
LMP	12/02/2023	17/04/23	22/05/23	24/06/23
Interval between two cycles	30-75 days	65 days	35 days	32days
Duration of Menses	1-2 days	3-4 days	3-4 days	4-5 days

Ultrasonography Findings

14-03-2023. Both the ovaries are mildly bulky with increased follicular count, multiple follicles seen predominantly in peripheral location. A cyst of approx. 17 × 23 mm is noted in left ovary, Right ovary measures 18 × 23 × 30 mm volume- 7.2 cc, Left ovary measures 27 × 24 × 37 mm volume- 12 cc. Impression – Bilateral Polycystic Ovarian Pattern.

10-07-2023. Right ovary measures 24 × 21 × 16 mm, vol- 4.5cc Left ovary measures 29 × 21 × 19 mm, vol- 6.2 cc. Impression- Organs imaged are within normal limits

Discussion and Conclusion

Artava Kshaya is a commonest menstrual disorder caused due to the vitiation of mainly *Vata* and *Kapha dosha*. *Vata* is responsible for the *Chala guna (Gati)* of *Dhatus* in body and vitiation of *Vata* leads to hampering the *Gati* (movement) of *Dhatus* which will affects the *Gati* of *Updhatus* i.e., *Artava* thus leading to *Samprapti* of *Artavakshaya*. Also *Vata* is said to be the main etiological factor for all gynecological disorders. *Aagneya*, *Deepan*,

Pachanadravya are move *Srotoavarodha* and helps to achieve normal regular monthly menstrual cycle.

PCOD is a common gynaecological disorder which may leads to infertility. So early diagnosis and appropriate management is essential for preventing further complications. As menstrual irregularities is one of the presenting complaint it can be diagnosed as *Artava Kshaya* in Ayurveda. In Ayurveda, the *tridoshas* considered as a physiological unit of the body. Whereas *dhathu* and *malas* are considered structural units. As *artava* is *upadhathu* of *rasa dhathu*, vitiation in *rasadhathu* due to *jadaragni mandya* will leads to vitiation in *arthava* production. The treatment is planned based on *samprapti*. The treatment protocols mainly aimed at correcting menstrual irregularity, reducing ovarian volume and producing a healthy ovum through which normal menstruation can occur. Thus, Ayurvedic medications can be used as effective solution for the management of *Artavakshaya*. The Ayurvedic management was found to be very effective in PCOD and the patient got reduction in painful menstruation. The result obtained in this single case study is encouraging and the protocol followed here can be used for trial in larger samples. □

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