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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 vatakaphahara, arthavajanaka, agnivardhana 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.
