

ROLE OF AYURVEDIC INTERVENTIONS IN TREATING ARTAVA KSHAYA W.S.R  
TO PCOD ASSOCIATED WITH HYPOTHYROIDISM-A CASE STUDY<sup>1</sup>\*Dr. Anudeepa Nath and <sup>2</sup>Dr. Dipak Kr. Goswami<sup>1</sup>PG Scholar, Dept. of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College, Guwahati-14.<sup>2</sup>Assistant Professor, BAMS, M.S. PhD., Dept. of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College, Guwahati-14.

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## ABSTRACT

Polycystic ovarian disease is probably fastest growing health hazard amongst women of reproductive age. This particular feminine disorder is not described word to word in Ayurveda. Artava kshaya can be correlated with Polycystic ovarian disease. According to Acharya Sushruta deficiency or loss of artava, artava does not appear in time or is delayed, is scanty and does not last for 3 days with pain in yoni is termed as artava kshaya. Artava kshaya can be seen in other conditions like hypothyroidism. Hypothyroidism causes irregular menstrual cycle along with weight gain and several other complications. In this study a female patient aged 21 years presented with complaint of irregular menstrual cycle since 2 years, Painful menstruation since 4 months, scanty flow of blood, with raised TSH level at OPD of Govt. Ayurvedic College & Hospital, Jalukbari Guwahati on 06-06-2022. Artava Kshaya and hypothyroidism was treated with ayurvedic oral medications for 4 months. After 4 months of treatment, marked improvement in sign and symptoms was found.

**KEYWORDS:** Polycystic ovarian disease, Artava kshaya, Hypothyroidism.

## INTRODUCTION

Menstrual health is fundamental to women's sexual and reproductive health. Among all the menstrual disarrays, Artava kshaya is one owed to faulty dietary habits and lifestyle. Artava kshaya has been described by Acharya Sushruta with characteristic features of delayed menstruation, scanty menses associated with pain during menstruation.<sup>[1]</sup> Artava kshaya has also been mentioned in Asta artava dushtis as ksheena Artava.<sup>[2]</sup> Hypomenorrhoea and Oligomenorrhoea are primary symptoms of PCOD.<sup>[3]</sup> Artava kshaya can be seen in conditions like hypothyroidism. Hypothyroidism causes irregular menstrual cycle along with weight gain and several other complications.<sup>[4]</sup>

## Definition of Artava Kshaya

- Acharya Sushruta defines Artava kshaya as untimely or delayed menstrual bleeding which is scanty in amount, associated with pain in yoni due to involvement of Vata and Pitta Dosha. Here, delayed means a duration of more than one month and scanty bleeding indicates bleeding lasts for less than 3 days. Acharya VagbhattI, VagbhatII and Sharangdhar also opine same characteristics for artava kshaya. It can be correlated with oligomenorrhoea, hypomenorrhoea by its sign and symptoms.

- PCOD (Polycystic ovarian disease) is an ovulatory disorder in which a woman's ovaries fail to release eggs regularly as it develops multiple follicles, which develop into cysts in the ovaries over time. Women with PCOD and PCOS may emit more male hormones (androgens), resulting in infertility, irregular menstruation, hair loss, hirsutism, abnormal weight gain.<sup>[4]</sup>

## AIMS AND OBJECTIVES

- To Evaluate the role of oral Ayurvedic medications in treating PCOD and Hypothyroidism.

## MATERIALS AND METHODS

- Randomized open clinical trial on one patient diagnosed with Artava kshaya (PCOD) associated with hypothyroidism was selected and was managed by Ayurvedic oral interventions.
- Informed consent was taken from the patient in her own language.

## CASE REPORT

Name- not disclosed  
Age- 21 years  
Sex- Female  
Religion- Islam

Address – Garigaon  
Date of visit in opd-6/6/22  
Registration no. 334/22

**Chief complaints**

1. Irregular and Delayed menstrual cycle since 2 years
2. Scanty flow of blood since 2 years
3. Painful menstruation since 4 months

**History of Present Illness**

The unmarried female patient aged 21 years came to Prasuti Tantra Avum Stree Roga OPD of Govt. Ayurvedic College And Hospital Guwahati on 6/6/22 with chief complaints of Irregular and Delayed menstrual cycle since 2 years, Scanty flow of blood since 2 years, painful menstruation since 4 months.

**History of Past Illness** - Nothing significant

**Family History** – Nothing significant

**Menstrual History**

LMP- 4/4/22?

Menstrual History:- Duration of flow- 2-4days,  
Amount of blood loss - Scanty with Painful menstruation  
Intensity of pain- Can do routine work after taking analgesics  
Interval between menstrual cycle - 60-75 days  
Regularity- Irregular

**Marrital status**- Unmarried

**Diet**- Non vegetarian

**Bowel**- Once a day

**Bladder**- 5-6 times a day

**Appetite**-Good

**Sleep**- Adequate

**Addiction if any**- Not any

**Management**

<b>Treatment</b>	1 <sup>st</sup> visit
	➤ Nastapushpantak rasa
	➤ Kanchnar guggulu
	➤ Tab hyponidd
	➤ Arogyavardhini vati
	2 <sup>nd</sup> visit
	➤ Syp. Amycordial
	➤ Tab thyrocalm
	➤ Vitamin D 60k
	➤ Gulma kalanal ras
➤ Kanchnar gugulu	

**Probable mode of action of the drugs selected for artavakshaya**

<b>Nastapushpantak rasa<sup>[5]</sup></b>	The drug possess ushna, tikshna guna, ushna veerya, it clears the srotarodha and increase blood circulation in the yoni and garbhashaya, formation of healthy endometrium will be there, vata and kapha gets balanced it leads to timely oovulation and thus menstrual cycle get regulated.
<b>Kanchnar guggulu<sup>[6]</sup></b>	Kanchnar guggulu possess laghu, ruksha, sukshama guna, ushna veerya, katu vipaka and lekshana property by virtue of which it causes cyst lysis and reduces ovarian volume. Kanchnara have tannins and alkaloids like mucilage, sennoside etc. which effectively suppress cystic activity and increases the enzymatic antioxidant levels i.e., having chymoprotective and cytotoxic effect on tumor cells.

**Clinical Examination**

**BP**- 120/70mmhg

**PR**- 76/min.

**RR**- 16/min

**Temperature**- 98F

**Pallor/Cyanosis/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

**Investigations**

Hb%- 11.3gm%

Blood R/E – WNL

AMH – 10.24ng/ml

Vitamin D- 8.65ng/ml

TSH- 6.03mIU/L

RBS-132mg/dl

**Ultrasonography of pelvic organs (16-7-2022)**

Both the ovaries are mildly bulky with increased follicular count, multiple follicles seen predominantly in peripheral location. A cyst of approx. 33x 15mm is noted in left adnexa, Right ovary measures 30x22x33mm volume- 12cc, Left ovary measures 25x21x34mm volume- 9.5cc  
Impression – Polycystic ovaries with left adnexal cyst.

**Provisional diagnosis:** Artavakshaya due to PCOD and Hypothyroidism.

<b>Tab hyponidd</b>	Hyponidd tablet is a herbal formulation that helps in the management of diabetes and polycystic ovaries, it balances the hormones and improves glucose metabolism.
<b>Arogyavardhini vati<sup>[7]</sup></b>	Arogyavardhini vati possess tikta and katu rasa, laghu, ruksha, sukshama guna, ushna veerya. It has deepana, pachana shrota shodhana and lekhan properties. It corrects all the three agni, specially dhatvagni and reduces the ama and avadhmeda dhatu deposition
<b>Syp. Amycordial</b>	The extracts of herbs used to make this formulation are enriched sources of several phytoconstituents like bioflavonoids, glucosides, tannins, phytosterols and several micronutrient that help restore the hormonal balance, tone the endometrium, improve capillary permeability and females health.
<b>Tab thyrocalm</b>	It helps to manage TSH, T3 and T4 levels in the body.
<b>Gulmakalana rasa<sup>[8]</sup></b>	This ayurvedic formulation is used for improving digestive process it helps eliminate acidity and gives relief from constipation, it helps in the proper movement of bowels.

## OBSERVATIONS AND RESULTS

After 1<sup>st</sup> visit, interval between menstrual cycle of the patient reduced from 60-75 days to 30-35 days, and after second follow up there was complete remission of sign and symptoms. PCO pattern was absent in USG and no significant adnexal pathology were seen on last scan. Also reduction in complaints like painful menstruation were also noticed. And TSH report was found to be within normal range.

## DISCUSSION

*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 *Dhatu* in body and vitiation of *Vata* leads to hampering the *Gati* (movement) of *Dhatu* which will affect the *Gati* of *Updhatu* i.e., *Artava* thus leading to *Samprapti* of *Artava kshaya*. Also *Vata* is said to be the main etiological factor for all gynecological disorders.<sup>[9]</sup> *Aagneya, Deepan, Pachana dravya* remove *Srotoavarodha* and helps to achieve normal regular monthly menstrual cycle.

## CONCLUSION

*Artava Kshaya* is commonly encountered menstrual disorders nowadays in gynecological OPDs. Many causes of it such as faulty lifestyle and dietary habits, stress, hormonal imbalances etc. has been laid out. *Artava Kshaya* is also a predecessor of many other horrifying future disease entities like mainly infertility, obesity, depression etc. So it is need of hour to correct it at earliest so as to prevent its future progression. From this study it is concluded that Ayurvedic medicines are effective on various parameters of *Artava Kshaya* like it has improved the interval, duration, flow of menstruation as well as it was effective in reducing ovarian volume. Thus, Ayurvedic medications can be used as effective solution for the management of *Artavakshaya*. 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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