

**A CLINICAL TRIAL OF THE DRUG SHATPUSHPA (ANETHUM SOWA) ON ARTAVA SHAYA(OLIGOMENORRHOEA): A REVIEW****Dr. Himani Purohit\*<sup>1</sup>, Dr. Omprakash Sharma<sup>2</sup> and Dr. Pratibha<sup>3</sup>**

<sup>1</sup>PG Scholar Deptt of Dravyaguna Sriganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar – 335001, India.

<sup>2</sup>Professor, H.O.D. Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar – 335001, India.

Assistant Professor, Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar -335001, India.

\*Corresponding Author: Dr. Himani Purohit

PG Scholar Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar-335001, India.

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**ABSTRACT**

A clinical trial was carried out on 25 oligomenorrhoea [Artava Kshaya] patients aged between 18 and 30 years having complaints of irregular, scanty and painful menstruations. They were administered Satapuspa churna for three months in a dose of 5 g twice daily with cow grita. The specific investigations were done in order to exclude TB endometritis, endocrine disorders, diabetes etc. The clinical assessment was carried out in thirty days intervals. It is inferred that the study discloses the effect of satapuspa churna on irregularity of interval of menstruation, duration of menstruation, amount of blood flow and pain during menstruation, which were highly significant in clinical study. Not any serious side effects were noticed during clinical trial.

**INTRODUCTION**

Menstruation is a natural physiological function of women during their reproductive age. According to Ayurveda, normal menstruation is the indicator of healthy and normal reproductive organ in which intermenstrual period is 25-30 days. Duration of blood flow is five days with normal flow and pain. The menstruated blood is not unctuous, not very scanty or excessive in amount. The color resembles the red juice of *Laksha*, red lotus flower. Maharshi Sushruta, Charaka, and other Rishies have given emphasis on menstrual outflow and their close clinical observations regarding the intermenstrual period, duration of blood flow, the color, amount and various types of odor emitted in the menstrual blood denoted as normal menstruation. The abnormal menstrual flow indicates scanty, or excess menstrual flow both in amount and duration with associated symptoms of pain in lower abdomen or back or vagina and can be counted as *Vataja Rajadushti* in Ayurveda classic. The artavaskshaya may be due to nutritional deficiency or decrease in *Rasa and Rakta Dhatu* and *Upadhatu (Raja/Artava)* and hormonal deficiency and it can be compared with oligomenorrhoea or hypomenorrhoea described in modern medical science, in which hormonal disorders occur due to underproduction of the endometrium and lack of coordination of hypothalamo-pituitary ovarian axis (HPO axis). In modern context, the treatment is based on hormonal preparations only which have many hazardous

effects like weight gain, cysts in reproductive organ and chances of carcinoma. According to *Acharyas*, *Artava kshaya* is a complication of *Rasa* and *Raktakshaya* due to vitiation of *Vatadosha*. So the treatment should be *Vatashamaka* and *Agnivardhaka*. Several drugs and formulae are available in Ayurveda classics for the remedy of *Artavakshaya*, among them *Shatapuspa (Anethum sowa Kurz.) Churna (powder)* mentioned by *Kashyapa Samhita* is selected for clinical study in chapter *shatavari shatpushpa kalpa adhyaya*. Here the aim is to establish an Ayurvedic medication as a remedy of *Artava kshaya* in reproductive life of women.

**MATERIALS AND METHODS****Selection of patients**

Oligomenorrhoea (*Artava Kshaya*) patients of age group 15 to 35 years, complaint with irregular, scanty and painful menstruation, were selected. The patients diagnosed as tubercular endometritis, poly cystic ovarian syndrome, thyroid, pituitary and hypothalamic abnormalities, general diseases like tuberculosis, nephritis, diabetes, VDRL, and heart diseases were excluded from this clinical study. All selected patients were advised to attend in 30 days interval regularly for three months. During the follow up time, all required investigations were also recorded.

### Selection of drugs

The drug *Shatapushpa* seed in the form of *churna* has classical reference of *Kashyapa samhita* in *Artava kshaya* (oligomenorrhoea) and *Kashtartava* (dysmenorrhoea) with *Anupana* of *Goghrita* (cow ghee).

The *Shatapushpa Churna* was purified properly and powdered by the help of mortar and pestle and was kept in a new earthen jar with air tight for use of clinical trial. Five grams of *Shatapushpa Churna* thrice daily in empty stomach with 2.5 ml *Goghrita* was administered in selected patients for three months. All patients were advised to take same diet till the end of trial.

### Assessment of progress

Two parameters - subjective and objective, were used in initial and consecutive follow up time for assessment of progress. The subjective parameters were interval of menstruation, duration of menstruation and pain through out menstruation period. The objective parameters were amount of blood flow by using pad. The assessments were separated by grading 0, 1, 2, 3, on the basis of days of interval, duration and painful menstruation.

### Overall effect of therapy

Complete cure 90% free from chief complaint (irregular, scanty and painful menstruation and pain in back and lower abdomen)

- Maximum improvement - 75% to <100% improvement of the clinical features.
- Moderate improvement - 50% to < 75% improvement of the clinical features.
- Mild improvement - 25% to <50% improvement of the clinical features.
- No improvement - <25% or no improvement in both subjective and objective parameters.

### CONCLUSION

this clinical study was conducted on the basis of the some parameters, and encouraging results were inferred by the treatment of Ayurvedic drug, *Shatapushpa Churna* in *Artava kshaya* patients. Being chief, easily available, effective, nontoxic and safe, the *Shatapushpa Churna* can be utilized in *Artava kshaya*. However, this is a preliminary study; further study is required to establish its action on hormones interference in menstruation. Not any significant side effects observed in this clinical study.

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