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An Ayurvedic Approach in Management of Anartava w.s.r to Secondary Amenorrhea - A Case Study

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ABSTRACT

Anartava or amenorrhoea is absence of menstruation in previously menstruating women of reproductive age. It is a symptom, not a disease and it is caused due to varieties like Polycystic ovarian syndrome, Hypothalamic factor, Hyperprolactinemia and Ovarian failure. It is a condition where Artava is not completely destroyed but it is not expelled or discharged periodically due to *Kaphavrutha Vata Doshas*. It is one of the leading causes for infertility too. Hence an attempt was made of ayurvedic approach of treating this condition as per our classics. A case study of secondary amenorrhoea due to hypothyroidism is discussed where the *Anartava* is mainly due to *Kapha Avruta Apana Vata Doshas*. The patient was treated successfully by classical *Vamana Karma* followed by *Shamana Aoshadis* and proper *Artava Janaka Pathya Ahara*.

Key Words *Anartava, Secondary Amenorrhea, Vamana Karma, Shamana Aoushadi, Artava Janaka Ahara*

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INTRODUCTION

Artava signifies menstrual blood, ovum and female hormones in different contexts. The *Artava* which denotes the menstrual blood is the byproduct of metabolism (*RASA*) and by the virtue of *Vyana vata* circulating through the body reaches the uterus and get collected for a month and then by *Apanavata chala gati* it will be expelled through the *yoni mukha* for 3-5 days¹. This metabolism is affected by indulging in *Kaphavatahara Ahara* and *Viharas* resulting in

Prakopa of *Kapha* and *Vata* which causes vitiation of both *Jataragni* and *Dhatwagni*, causing improper formation of *Rasa* and hence the *Artava* too which will lead to *Artava Dusti*. This *Prakupita* *Kapha* further causes *Srotorodha* of *Artava Vaha Strotas* and obstructs the normal functioning of *Apana Vayu* leading to *Rodha* of *Artava* called *Anartava*². According to *Acharya Sushruta*, secondary amenorrhoea is described as destruction of *Artava* i.e. *Nashtartava*. He has also mentioned *Arthvanasha* as one of the

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*Artava-Vaha Strotasa Viddha Lakshna*³. Acharya Vagbhata specifies as non-appearance of *Artava* as *Anartava*. According to Acharya Bhela mentions it as absence of Raja and Acharya Bhavaprakasha has described it has *Rajonasha*. Hence all Acharyas have explained various definitions for *Anartava*. Treatment modalities have also been mentioned in one such context *Vamana* is mentioned as the best treatment in the *Artavanasha* as it helps in removing *Kapha* and increasing *Pitta*.

Menstrual cycle in females are normally comprises of 28-30 days interval if the interval exceeds more than this it might be due to other underlying pathology leading to Amenorrhea. There are 2 types of amenorrhea, primary and secondary. Secondary amenorrhea is the absence of menstruation more than 6 months in previously menstruating women of reproductive age. It is a symptom and not a disease. The commonness of amenorrhea not because of pregnancy, lactation or menopause is a generally 3 - 4 %. The causes of secondary amenorrhea includes polycystic ovarian syndrome, premature ovarian failure, hyperprolactinemia, Ashermans syndrome, hypothyroidism malnutrition, tuberculosis etc⁴.

AIM AND OBJECTIVES

To evaluate the efficacy of ayurvedic management in secondary amenorrhea.

MATERIALS AND METHODS

A case of 32 yrs old female patient complained of absence of menstruation since 9 months with

history of irregular menstruation since 8 years and weight gain of about 10kgs since 2 years approached Prasuti Tantra and Stri Roga OPD, SDMACAH, HASSAN on 1/1/23 while thorough examination and investigation patient was diagnosed with PCOS and hypothyroidism and for which she got admitted on 2/1/23 for further treatment.

Personal History Diet: Non Vegetarian;

Sleep: 6-7 hours of sound sleep; Diwaswapna 1 hour

Appetite: Reduced -3 times a day Bowel: Once per day occasionally constipated

Habits: Tea -3-4 times per day,

Micturition: 5-6 times per day, no pain no burning micturition.

Weight- 88 kgs; Height- 164cms; BMI- 32.7 kg/m²

Obstetric history: P2L2 Tubectomized.

Menstrual history Age of Menarche: 13 years LMP: 1/3/2022; Flow :D1 & D2 - 2 pads : 50 % soakage D3 - 1 pad : 70 % soakage D4,D5 - Spotting ; Interval 60-120days Clots - Present Pain- Present+ ; Color- Dark red.

Samsthanika Pareeksha / Sroto Pareeksha (systemic examination) ▪ R/S - NVBS heard, no added sounds ▪ CVS - S1 S2 heard, no murmur sound heard ▪ CNS - Well oriented to time, place, person ▪ P/A - Soft. No tenderness. No scar marks.

Per speculum examination revealed erosions on both the lips of cervix with white discharge. As per vaginal examination revealed normal sized anteverted uterus with free fornix vagina. There

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were no signs of cervical motion tenderness or cervical excitation.

Investigations USG- Dated 21/10/2022-

Bilateral polycystic ovaries– right ovarian volume -10.9cc, left ovarian volume -12cc, ET- 6.1 mm, Grade 1 fatty infiltration of liver, Cholelithiasis.

Thyroid profile on- Dated 21/1/2022; T3 - 1.13ng/ml, T4 -6.35 mcg/dl and TSH –13.51miu

Serum prolactin– 13.12 ng/ml.

Differential Daignosis -Hyperprolactinemia, premature ovarian failure, uterine synechia, *Arajaska, Rakta Gulma, Anartava, Pushpagni Jataharini, Artva Kshaya.*

Diagnosis: Secondary amenorrhea due to PCOS and Hypothyroidism

Samprapti

Nidana (ati-madhura, guru ahara sevana, diwaswapna, vegha dharana)



Kapha and Vata Prakopa



Agni Vaishamya Janya

Margavarodha Janya



Jataragni, Dhatvagni Mandya

Prakupitha Kapha



Ama utpatti

causes *Rodha* of *Artavavaha Srotas*



Improper formation of *Rasa Dhatu*

blocks the *chala gati* of *apana vata*



Rasa Dusti ---- Artava Dusti (Upadhatu of Rasa)

Anartva



Anartava

Samprapti ghatakas-

Dosha – Vata, Kapha

Dushya – Rasa, Upadhatu-Arthava

Srotas – Rasavaha, Arthavaha

Agni – Jataragni, Datwagni

Ama – Sama

Udbhava Stana –Amapakvashaya

Sanchara Stana – Sarva Shareera

Vyakta Stana – Garbhashaya

Roga Marga – Abhyantara

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Sadyasadyata – Sadya

Treatment: Planned for Classical *Vamana* as described in table 1.

Table 1 Plan of Treatment

| Poorvakarma | Medicine | Days |
|--|---|--------|
| Deepana pachana | Musta +triphala+ guduchi kashaya 50 ml TID ⁵ | 5 days |
| Sarvanga Udwartana | Kolakulatadi churna ⁶ | 5 days |
| Snehapana | Indukanta grtha (30,70,110,140ml) | 4 days |
| Sarvanga Abyanga f/b Bashpa Sweda | Brhat saidvadi Taila | 2 days |
| Vamana karma | Madanaphala with honey | |

On the 2nd day of *Sarvanga Abhyanga* and *Baspa Sweda* followed by *Vamana Karma* with *Madanaphala pippali Yoga* was done and patient got 6 Vegas with *Madyama Shuddi*. She was advised for *Samsarjaa Krama* for 5 days followed by *Shamana Aoushadis* were given *Kumaryasava* 15ml BD, *Rajapravartini Vati* 2bd and *Abraloha* 1bd was given for 20 days along with *Pathya Ahara* was explained.

RESULTS AND DISCUSSION

Patient attained menstruation after 15 days of taking internal medications, flow was regular for 5 days clots was present and mild pain abdomen was present.

Weight reduction of about 5 kgs was observed.

DISCUSSION

Artava is the *Upadhatu* of *Rasa Dhatu*. The *Moola* of *Artava Vaha Strotas* are *Garbhashaya* and *Artava Vahini Dhamani*, normalcy of this

Strotas leads to normal functioning of reproductive system. *Agni* plays the key role in this process hence *Agni Dusti* may lead to *Sama Ahara Rasa* formation which further leads to *Nasha of Artava* which results in condition called *Anartava*, So initially ***Deepana Pachana*** was done with *Musta*, *Guduchi* and *Triphala Kashaya* which is *Deepaka*, *Pachaka*, *Anulomana Lekhana*, *Shoshana* and *Kaphahara* properties and due to its pitta predominance this helps in *Amapachana* inturn producing proper *Ahara Rasa* formation. Its *Medhohara* properties also help in *Stoulya*⁵.

Sarvanga Udwartana—A *bahirparimarjan Chikitsa* which is done as *Bahya Rookshana Karma* which helps in *Kapha Vilayana*, *Medo Vilayana*, *Gouravahara*, *Tandrahara*, *Malahara* etc. This helps in reduction of weight and due to all these properties it removes *Avarana*. *Kolakulattadi Churna* which is having *Kapha Vatahara* properties which enhances the therapy and promotes the metabolism.

Snehapana- helps in proper mobilization of *Doshas* from the *Shakha to Koshta* and also pacifies the aggravated *Vata Dosha* which might occur after the *Vamana Karma*. *Indukanta Grtha* has *Tikta*, *Katu*, *Madhura* and *Kashaya* as the dominant *Rasa* in them. *Deepana Pachana Krimigna*, *Anahakar*, *Admanakar*, *Aruchi*, *Agniniandhyahara*, *Shothakar*, *Anulomana*, *gulmahara*, *Shulahara*, *Jwarahara*, *Rasyana* and *Balya* by virtue of all these properties helps in removal of *Srotorodha*. As it is also mentioned as

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Sarvavatamya causes normal functioning of *Vata*.

Vamana Karma-is indicated in such conditions as *Artava* is *Agneya* in nature if *Virechna* is given it leads to further *Kshaya* of *Pitta* Dosha resulting in further *Kshaya* of *Artava*. According to Vagbhata *Vamana* is indicated *Granti* and it corrects the vitiated *Kapha Dosha Rasa* and *Medho Dhatu*. In this case as her metabolism is completely hampered due to Hypothyroidism, pcos and obesity hence by removing the *Kapha Dosha* which is obstructing the *Srotas of Apana Vata* helps in proper formation of *Rasa, Artava* and in *Artava Pradurbava*⁶.

Shaman Aoushadis- Rajapravartini Vati with *Agneya* properties and *Vata Kapha Doshahara* drugs present in them causes *Vridhi* of *Pitta* which helps in *Artavajana* and *Pradurbava*. *Kumaryasava* is another promising formulation by its *Ushna Virya, Katu, Tikta, Rasa, Katu Vipaka, Ushna Ruksha* and *Tiksha Guna* there by stimulates the *Agni* clearing the *Ama* caused due to vitiated *Kapha* hence proper functioning of *Ahara Rasa* and *Aratva*. Similar action clears the *ApanaVata Avarana* caused due to *Prakupita Kapha* in *Artava Srotas* which causes *Aratava Pradurbhava*.

Pathaya-In Ayurveda the *Shareera* and the *Roga* are considered to be dependent on *Pathya Ahara*. In classics certain *Arthava Janaka pathya Ahara* has been mentioned which includes *Kulatha, Tila, Masha, Sura, Suktha, Matsya, Amla, Dadhi, Lashuna* which are *Pitakara* and *Vatakapaha*

Shamaka which helps in correcting the *Agni* and and for proper *Rasa* formation⁷.

CONCLUSION

Hence we can conclude that holistic approach of ayurvedic management gives better result on secondary amenorrhea along with weight reduction.

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