

## An Oligomenorrhea Case Report on the Ayurvedic Treatment of Aartava Kshaya W.S.R.

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### Abstract-

In the current day, metabolic disorders have become more common as a result of people's diets and lack of physical activity. Symptoms of Aartava Kshaya, according to Ayurvedic literature, include menstruation that is late, thin, or painful. Oligomenorrhea, a symptom of polycystic ovarian syndrome (PCOS), is associated with Aartava Kshaya in Ayurvedic scriptures. This clinical trial treats Aartava Kshaya with Kulattha, also known as horse gram, since food is regarded Aushadha, or medicine, in Ayurvedic teachings. A 22-year-old woman who had irregular menstrual cycles for a year that were both short and delayed is the subject of this case study. Hormonal cramps and hirsutism were two of her related problems. The patient's thyroid function was 3.54  $\mu$ IU/mL, which is below the clinical threshold. It is clear from this case study that Ayurvedic principles may be quite helpful in managing Aartava Kshaya. Further in-depth research is necessary since one instance is not sufficient.

**Key Word-** Aartava Kshaya, Kulattha, PCOS, Painful menstruation

### INTRODUCTION

Some believe that Aartava is a crucial Updhatu for women<sup>1</sup>. The process of fertilization and the subsequent generation of offspring depend on it. For a perfect and healthy pregnancy, it is a crucial element. Periods that last between three and five days (varying according to various Acharyas) and occur at regular intervals of one month are considered a sign of a healthy reproductive organ in Ayurveda<sup>2</sup>.

Important signs of ovarian dysfunction include oligomenorrhea and hypomenorrhea. An additional symptom of polycystic ovarian syndrome (PCOS) is this. Among endocrinopathies, polycystic ovary syndrome (PCOS) affects 7–10% of reproductive-age women. The whole population has a 13.5% prevalence of

oligomenorrhea. This is a regular occurrence among young females. Several hormonal disruptions at different levels are the root of the issue, if we dig further. Due to lifestyle and circadian rhythm disruptions, hormonal disorders are rather frequent in the modern day. Aartava dusti, and especially aartava kshaya, may be traced back to an irresponsible manner of living. Aartava kshaya and hormone level correction are two areas that may benefit greatly from lifestyle management strategies that include food and exercise. In the Samprapti of Aartava Kshaya, the obstacles caused by the Doshas 5—Vata and Kapha—block the channels that convey Aartava, resulting in its destruction. Aartava is not released on a monthly basis, however.

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Nowadays, the only option for therapy is a hormone supplement, which has several adverse effects such as increased body fat, cysts in the reproductive system, and excessive hair growth, among others.

According to Acharya Sushruta<sup>6</sup>, Aartava Kshaya may be treated with Samshodhana therapy and Aagneya medications. Aartava Kshaya was treated with Kulattha according to Sharir Sthana Acharya Sushruta.<sup>7</sup>

As pathya in aartava kshaya, the Ayurvedic principles of katu (Pungent), ushna, and tikshana aahara dravya are recommended. One of them, kulattha, will be used to cure Aartava kshaya as aahara dravya via yusha kalpana. The patient may readily adjust to kulattha since it is readily accessible and the yusha kalpana is delicious.

#### CASE REPORT

For one year, this 22-year-old woman (OPD Reg. No. 20027092019) had irregular menstrual periods (50 days between cycles) and scanty periods (two days of bleeding and five pads each cycle; pads are not completely saturated). She also complained of hirsutism and severe stomach discomfort throughout her period. The patient has subclinically impaired thyroid function. Consequently, she began hormone therapy after making an appointment at an allopathic facility. The patient's symptoms persisted despite consistent drug use for a year. Therefore, the patient went to Stri-Prashuti OPD, NIA, Jaipur, for Ayurvedic therapy. Atavidha Pariksha [Table No. 1] and systemic examination [Table No. 2] were conducted, and no substantial history of hypertension (HTN) or diabetes mellitus (DM) was found.

**Table No. 1: Astavidha Pariksha**

<b>Nadi</b>	75 bpm
<b>Mutra</b>	Samyaka
<b>Mala</b>	Nirama
<b>Jivha</b>	Nirama
<b>Shabda</b>	Spasta
<b>Sparsha</b>	Samshitoshna
<b>Drik</b>	Spasta
<b>Akriti</b>	Madhyam

**Table No. 2: Systemic examination**

<b>Blood Pressure</b>	130/80
<b>Temperature</b>	Afebrile
<b>Pulse</b>	75 bpm
<b>Respiratory Rate</b>	18/min.
<b>Weight</b>	55 kg
<b>Height</b>	5'9"
<b>Sleep</b>	Sound

#### Investigation-

Hematological & Urine investigation was within normal limit and TSH level is 3.54 $\mu$ IU/mL. The case was diagnosed as Aartava Kshaya (oligomenorrhea) on the basis of sign and symptoms and sonography shows PCOD. Patient was treated at OPD level, Stri-Prasuti department of NIA. The treatment was given according to Ayurveda principles.

#### Intervention-

1. Patients was advised to take kulattha beans according to her agni bala 40gm and take sixteen part of water (approx.450-500ml)<sup>8</sup>. Boiled it into open pot till reducing half of water.
2. Properly mess beans into water and sieve it.
3. Add sandhav lavan according to taste and 1/4 tsf ghee (to overcome extra warmness of kulattha and other complication).
4. Patient is advised to take it before food once in a day.
5. After that eat food when feel hungry.
  - Don't take yusha during menses

- Yusha was given before food starting from 7th day of menses. The same procedure will be repeated in next cycle also.

**Follow up** of the patient was done after menstruation of taking yusha kalpana.

### Assessment

Assessment was done before and

thoroughly examined and the severity of each of them was rated before and after the trial. Grading was done for the assessment [Table no. 3]. Patient was assessed from following criteria. [Table No. 4].

**Table No. 3: Grading for assessment:**

Interval of menstruation	Gradation
21-35 days	0
35 to 39 days	1
40 to 45 days	2
> 45 days	3

Duration of menstrual blood	Gradation
> 3 days	0
3 days	1
2 days	2
1 day	3

Amount of menstrual blood	Gradation
> 5 pads/cycle	0
>3-5 pads/cycle	1
>1-3 pads/cycle	2

after first menstruation after the treatment. Both subjective as well as clinical improvements were employed for the assessment of the impact of the medicine. All symptoms which were selected for assessment, their improvements were

Pain during menstruation	Gradation
No pain	0
Mild pain	1
Moderate pain	2
Severe pain	3

**Table No. 4: Assessment before and after treatment by grading:**

S. N.	Symptoms	BT	AT
1.	Interval of menstruation	3	1
2.	Duration of menstrual blood	2	0
3.	Amount of menstrual blood	0	0
4.	Pain during menstruation	3	1

### Nidana Privarjan and Prakriti vighata:

According to Ayurveda Nidana privarjana is Chikitsa<sup>9</sup>. By following this principle a written routine dincharya of patient was taken by patient in her own handwriting and correct the dincharya of patient according to Ayurveda principle.

Patient was also advised to avoid diwasayana, Ratrijagran, Tea/coffee and do exercise regular and not to take junk food and abhishyandi aahara dravya like dadhi, prickle, white flour products and dairy products.

### Discussion

In Ayurveda, Kulattha property<sup>10</sup> are described as madhura and kashaya rasa, ushna veerya, vidhahi and are used to cure Kapha and vata diseases and Aartava kshaya also considered as Vata-Kaphaja disease so kulattha works on aartava kshaya.

Kulattha has been proven for diuretic property<sup>11</sup> and this function done Apana vayu in Ayurveda. So kulattha may be corrected apana vayu functions and aartava excretion<sup>12</sup> done by Apana vayu. It proved that kulattha regularize the menstruation by correcting the apana vayu function.

Due to ushna veerya property kulattha increases pitta and rakta so it increases the quantity of aartava.

### Table No. 5: Assessment before and after treatment by detailed History:

S. N	Symptoms	BT	AT
1.	Interval of menstruation	50 days	35-37 days
2.	Duration of menstrual blood	2 days	4-5 days
3.	Amount of menstrual blood	0	0

4.	Pain during menstruation	Severe	Mild
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### CONCLUSION

After careful evaluation, it was determined that Kulattha Yusha may be helpful in managing Aartava kshaya, also known as oligomenorrhea.

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