

A Clinical Study On Krishna Tila Kwath With Anupan Guda In The Management Of Artavkshaya: A Case Study

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Abstract:

Aartavkshay

Aartavakshaye yathochitkaaldarshanmalpata va yonivedanach..... [Susrut Sutrasthan 15/12 Dalhan Tika]¹

Artavakshaya is also stated as Rajashinata. Artavakshaya means very few or absence of bleeding in reproductive age of women.

According to Acharya Susruta, Due to excess shodhan, D & C, and also sheetgunatmak Ahar, Heavy exercise, excess fasting & excess intercourse all these are causes Artavakshaya.

Today's modern life is becoming stressful. The way of working lifestyle is affecting women's health. Women are facing many problems as she is not following i.e. Dinacharya and Rutucharya.

Menstruation is a natural process of reproductive life in females. Due to modified life style Artavakshaya is becoming arising problem. So to solve this problem -I used *krishna tila kwath with Anupan gud in the management of Artavkshaya.*

Key Words: Aartavkshaya, krishna tila kwath, gud.

Introduction:

Amenorrhea²

- Amenorrhea – Amenorrhea means Absence of menstruation.
- Clinical Types- Mainly 2 types Physiological and Pathological.

Again Physiological Having 2 types:

1. Primary amenorrhea – absence of menarche

- Absence of menarche by age 14 without secondary sexual characteristics
- Absence of menarche by age 16 with secondary sexual characteristics

2. Secondary amenorrhea – absence of menses in a previously menstruating woman

- Absence of menses for > 6 months or duration of 3 menstrual cycles
- Oligomenorrhea – reduction in frequency of menses
- Cycle lengths > 35 days, but < 6 months

Oligomenorrhoea

Oli (Few) – Greek Word .

- ☉ Reduction in frequency of menses.

Between 35 days to 6 months.

Need Of The Study:

- ☉ According to WHO - "Health is a Fundamental Human right & health is a worldwide social

goal." So, to get rid of menstrual problem this study is proposed.

- ☉ The treatment opted in modern system of medicine are oral contraceptive pills for withdrawal combined with analgesics, antispasmodics, sedatives.
- ☉ These medicines have a lot of side effects and may cause lot of complications. Keeping in view the above problems, a better alternative non-hormonal treatment is proposed.
- ☉ To control & cure the menstrual problems at early stage so that it will not lead in future complications like PCOD, Infertility, Obesity & other diseases.
- ☉ To spread awareness in adolescent girls about good eating habits & healthy lifestyle.

Aim And Objectives:

1. To study the *Artavakshaya* in Detail.
2. To evaluate the efficacy of selected drug on *Artavakshaya*.

Criteria For Selection Of Patient:

Inclusion Criteria:

- ☉ Adolescent girls who are willing to participate in the study.
- ☉ Unmarried Females at an age group of 16-25 years with complaint of irregular, scanty and painful menstruation.

Exclusion Criteria:

Patients with

- ⊙ Married females.
- ⊙ Females using oral contraceptive pills.
- ⊙ Congenital absence or deformities of uterus.
- ⊙ Pelvic Pathology.
- ⊙ Diabetes mellitus positive cases.
- ⊙ V.D.R.L. Positive cases.
- ⊙ Monotoux positive cases.
- ⊙ Thyrotoxocosis.
- ⊙ Patient having chronic systemic diseases.
- ⊙ Patient having pelvic pathology.
- ⊙ Patient with IUCD.
- ⊙ Patient taking any hormonal therapy.

Criteria For Diagnosis:

- If interval between two cycles exceed more than.
- 35 days and amount is also less.
- If the duration of menstrual flow is 2 days or less.
- The quantity of menses is very less.
- Painful menstruation along with these symptoms.

Type Of Study:-Observational single case design without control group.

Materials And Method:-

Study Centre- C.S.M.S.S. Ayurved Hospital, Aurangabad.

Study Details-

Name of Patient	-	XXX
Reg.No.	-	3126
Age	-	21 years
Gender	-	Female
Religion	-	Hindu
Occupation	-	Student
Diet	-	Vegetarian

Chief complaints -

- | | |
|-------------------------------|----------------|
| 1. Alpa raja pravritti | Since 6 months |
| 2. Manda ruja (yoni pradeshi) | Since 6 months |
| 3. Adho-Udarshool | Since 6 months |
| 4. kati shool during M.C. | Since 6 months |

Married life - Unmarried

Menstrual History- Irregular (35 days), (1-2 pads/Spotting), Painful ++++

Brief History -

21 years old patient complaining of Alpa raja pravritti, Painful Menstruation (Raja sashoola Alpa rajapravriti, Adhodar shool, manda ruja and Kati shool) since 6 months. Pain in abdomen during menses³. She had taken Allopathic treatment for the

same at private hospital but she had not got result so she came to C.S.M.S.S. Ayurveda Hospital Aurangabad for management.

General Examination-

1. Weight- 40
2. BMI- 23

Ashtavidha Parikshan-

1. Nadi = 86/min, madhyama bala, niyameet.
2. Mala = Grathit malapravritti.
3. Mutra = Samayaka.
4. Jivha = Saam.
5. Shabdha = Avishesha.
6. Sparsha = Anusha.
7. Druka = Alpashwetata
8. Akrti = Sthul.

Udar parikshan = Udarasthambha, Aanaha, Udarshool

Local Examination-

P/S = Not Done (Unmarried)
P/V = Not Done (Unmarried)

Srotas Parikshan Dushita Srotas are-

- 1) Rasa vaha - Aruchi
- 2) Anna vaha - Agnimandya
- 3) Artava vaha - Alparajapravriti, Sashool Raja pravritti.

Diagnosis- Artavkshaya

Drug Review:-

Krishna Tila⁴ - Krishna Tila is Vatashamaka Karma due to its Madhura rasa, Ushna Virya, Guru, Snigdha Guna and Madhura Vipaka.

Guda⁵ - The properties of Guda enable it to perform function of Vatashamana. As per Shodhal Nighantu, the use of Guda along with Tila has been prescribed for Vata Roga.

Management Of The Patients:

Drug- Krishna Tila Kwatha

Dose - 20 ml / per day B.D. during secretory phase for eight days.

Route - orally.

Duration - 3 month.

Anupana - Guda

Follow up - patient was observed after each cycle.

Criteria Of Assessment:

After 3 months of treatment disease was assessed on the basis of improvement in symptoms like quantity

of menstrual flow, duration of menstrual cycle, interval between two cycles (inter menstrual period) and pain during menstruation. On the basis of the severity and intensity of the above given symptoms, these were graded on the basis of the score system:

Duration of Menstrual Cycle, Interval between two cycles, Quantity of menstrual blood, Pain during menses (Yonivedana), and Pain was assessed by the verbal scoring.

Vaginal Pads:

A standard vaginal pad (Stay Free) weighing, one pad = 10 gm. Was used during the menstrual period, starting from the first day of the menstruation. After the completion of Menstrual period total no. of pads was assessed.

Discussion On Results:

The effect of the therapy on general symptoms:

In the present study Adhmana, Vibandha, Katishula, Agnimandya, Aruchi, Anidra Alasya and Bhrama were recorded in this patient. In the disease (Artavakshaya) Apana vayu dusti is seen mainly. So, its normal functions except Artava Pravriti, may also be improper and as Vibandha have been seen in this patient. Where as Agnimandya may be developed by Pittakshaya & Kapha vriddhi and subsequent Amotpatti may lead to Aruchi also.

The patient was also feeling Anidra. It can be concluded from the above points that as Artavakshaya is Vata Kapha Vyadhi, the general Symptoms of Vata and Kapha. There is relief in katishoola, Adhmana, Agnimandya and Daurbalya, Aruchi, & Vibhanda.

The total effect of therapy on symptoms:

These results show that this is effective to increase the duration of menstrual cycle.

Where Raja Alpata (the amount of menstrual blood using pad) is concerned, increment of no. of pad in patient was seen.

Where Yathochita Kala Adarshanam (the interval between two menstrual cycles) is reduction show that this is effective for reduction of intermenstrual cycle.

The Yoni Vedana (pain during the menses) was subsided.

Probable Mode Of Action Of The Drugs:

Vata-Vata regulates Snehana, Vedana sthapana, Shoola Prashamana karma.

Pitta- Artava is 'Agneya' gunatmaka so pitta responsible for 'Artava utpatti'. Ushna Veerya of Krishna Tila is Pitta Vriddhikara, Artavajanna

Kapha- Artava kshaya is also due to Kapha dusti. In 'Artavakshaya', Picchilata and Kledakata of Kapha are increased. Ushna Veerya Decreases Picchilata of Kapha.

Effect on Dhatus and Updhatu:

Due to its Madhura rasa and Madhura Vipaka, it increases Rasa Dhatu. As Artava is an Upadhatu of Rasa, it will also increase with the administration of Krishna Tila. As guda also has same Rasa and Vipaka, it will have same action as Krishna Tila.

Effect on Srotasa:

Krishna Tila -Due to its Ushna Virya and Vatakapha Doshagnata, it reduces the Srotorodha.

Guda -It is also Ushna Virya, so same type of action like Krishna Tila.

Combined effect on Agni -By Ushna Virya, it directly effects on Sthanika Artavagni which directly increase the Upadhatu Artava. In this way, Krishna Tila Kwatha with Guda act as 'Artavajanana'.

Conclusion:

The main principle of management of Artavakshaya is Agnivardhaka and Vatanulomaka treatment. Maximum relief was found in general symptoms Anidra, katishool, Adhmana, Agnimandya and Daurbalya.

The effect of Krishna Tila Kwatha showed that maximum relief was achieved in Raja Alpata, Yathochitakala Adarshana (Inter menstrual cycle) and Yoni vedana (painful menstruation).

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