

**To Study Clinical Efficacy of Guduchyadi Taila Uttarbasti in Artavakshaya****Dr. Nilesh Dalvi,**

MS ( streerog and Prasutitantra )

Professor in strirog evum prasuti department,

Matoshri Asarabai Darade Ayurved college, Babhulgaon, Yeola

**Dr. Abhijit Mhalank,**

MD (Rignidan-Vikrutividnyan)

Professor in Rognidan-Vikrutividnyan Department

Rashtrasant Janardhan Swami Ayurved Medical college, Kopargaon, Dist.-Ahmadnagar

**Abstract:**

Nature has gifted women with rare & unique capacity of giving birth to new offspring. Certain anatomical and physiological characteristics make it possible for women to bear a child and nourish it after birth. One of them is the phenomenon of menstruation. Menstruation has been called Rajodarshan by Ayurveda while menstrual blood has been termed as Artava. The menstrual cycle includes the shedding of endometrium, which is prepared in the anticipation of providing an embedding ground for the fertilized ovum. Ovum's failure to get fertilized results in the manifestation of menstrual cycle. When the quantity of menstrual bleeding falls below average, it is called as Artavakshaya in Ayurveda. It is mainly caused due to vitiation of Apanavayu. Treating Artavakshaya is many times challenging. However, Ayurveda offers effective remedies for it. There are many references of drugs available for Artavakshaya in Ayurvedic literature. Guduchyadi taila has been mentioned as a remedy for Yoniroga in Charak Samhita. The present study is an attempt to validate clinical efficacy of Guduchyadi Taila Uttarbasti in Artavakshaya.

**Keywords:** Artavakshaya, Guduchyadi, taila, uttarbasti.

**Introduction:**

In Indian culture, woman has been always revered and termed as "Janani" due to her capability of creation of new offspring. A woman who is unable to conceive has been called as Vandhya and Acharya Sushruta has mentioned "Artavakshaya" or "Nastartava" as one of the causes of Vandhyatva. In the contextual references of Ayurveda, the word "Artava" has two meanings i.e. "Antahpushpa" (Ovum) and "Bahirpushpa" (menstrual discharge). These two meanings are interrelated. As far as present work is concerned, the word "Artava" has been restricted to "Bahirpushpa" i.e. menstrual blood only. Acharya Charaka has categorically stated that for successful production of a healthy "Garbha", the Shuddha Artava, Yoni and Garbhashaya are the essential factors. Further he also adds that vitiated Artava is one of the causes of Yonivyapada. Ayurveda believes that the "Bahirpushpa" performs the "Shodhana Karma" of female genital tract thereby making it ready for the reception of spermatozoa and

embedding of fertilized ovum in the endometrium. On reviewing our Ayurvedic classics, we find that "Artavakshaya" has not been explained as a disease in any text but it has been described very systematically as a symptom of so many gynaecological disorders.

Review of Ayurvedic literature shows that some formulations like Guduchyadi taila have Artavajanana effect due to their specific Rasa, Guna, Virya, Vipaka and Prabhava.<sup>1</sup> The present study has selected Guduchyadi taila Uttarbasti to validate the directives of classics on parameters of a systemic and scientific research work. It has been mentioned for Yonivyapada Chikitsa in Yonivyapadachikitsa Adhyaya in Charak samhita.

**Aims and Objectives:****Aim**

To observe the efficacy of Guduchyadi Taila Uttarbasti in Artavakshaya.

**Objectives**

- To study the Ayurvedic literature of Artava according to Ayurvedic Samhitas.
- To study Artavakshaya.

- To study Guduchyadi taila.
- To study the effect of Guduchyadi Taila Uttarbasti in Artavakshaya

**Review of Literature:**

Artavakshaya is a very common disease in women. It often serves as predecessor of Anartava or Nastartava. It is also one of the Artava Doshas. It is a disease, which is having cardinal symptoms like irregular painful and scanty periods.

The term Artava has been used in Ayurveda for a fluid which is produced from Rasa dhatu only in female bodies and has the colour of Rakta dhatu. It comes out periodically through the female genital tract. Such monthly discharge commences at the age of 12 years and ceases at the age of about 50 years. It appears every month regularly for 3 to 7 days except during pregnancy, puerperal period and lactating period.<sup>2</sup>

**Synonyms:** Different words used to denote menstrual blood in Ayurvedic classics are as follows:

- 1) Artava
- 2) Shonita
- 3) Asruk
- 4) Raja
- 5) Rakta
- 6) Lohita

**Function of Apana Vayu :**

It is stated that all pelvic functions are under the control of Apana Vayu. Normal functions of Yoni and Garbhashaya are also regulated by Apana Vayu. So Apana vayu is responsible for discharge of monthly menstruation and expulsion of foetus after completion of pregnancy period.<sup>3</sup> Vitiating of Apana vayu can cause miscarriage, abortion and foetal death due to lack of proper embryonic growth.

**Artava Chakra:**

In all Ayurvedic classics, intermenstrual period has been considered to be of one month. This entire period of one month is divided into three phases i.e.

- 1) Rajasrava Kala = 3 to 5 days
- 2) Ritukala = 12 to 16 days
- 3) Ritu Vyatita Kala = 9 to 13 days

Essential factors for formation of Raja are (1) Rasadhatu & (2) Artavavaha srotas

**Shuddha Artava Swarupa: (Characters of normal menstruation)**

**(1) Varna (colour)<sup>4</sup>**

Acharya Charaka explained that the colour of Shuddhartava should resemble with the

- 1) Gunjaphala
- 2) Pudmalakta (Lal Kamal / red lotus flower)
- 3) Indragopa (an insect)

**2) Gandha (Odour)**

Acharya Sushruta says that the Rakta has Visrata (Amagandhitva) due to Prithvi Mahabhuta, same can be considered for Artava.<sup>5</sup>

**3) Matra (Quantity)**

Acharya Vagbhatta has clearly mentioned that the quantity of Artava is 4 Anjalis but it is difficult to measure the Artava in Anjali Pramana.

**4) Duration of Menstrual Cycle**

**Table No. 1: Duration of Menstrual Cycle**

Sr. No.	Acharya	Duration
1	Acharya Charaka (Charak Chikitsasthana 30/225)	5 days
2	Acharya Vagbhatta (Ashtang Hrudya Sharirsthana 1/7)	3 days
3	Acharya Bhavmishra (Bhavaprakash Chikitsasthana 68/10)	3 days
4	Acharya Harita and Bhel (Bhelasamhita Sharirsthana. 5/6, Haritasamhita Sharirsthana 1/8)	7 days
5	Modern Science	4-6 days

It is clear that reduced quantity of Artava from its normal measurement is called as "Artavakshaya".

**Samprapti:**

Dhatu mainly Rasa and Rakta are vitiated by perturbed Doshas as well as by specific Nidana Sevana. Vitiating of Doshas can lead to Rasa Rakta Dhatu Kshaya. When Rasa Dhatu is less in quantity, its Upadhatu Artava Utpatti will be also less in quantity. Sthanika, Artavagnimandhya takes place by vitiated Doshas as well as due to Dhatu Dusti. The Kha-vaigunyata is also established by Nidana Sevana and the Dosha Dushya Sammurchhana resides in the Artavavaha Srotas. Due to Kha-vaigunyata in the Artavavaha Srotas, Utpatti of Artava dwindles in quantity directly resulting in Artavakshaya.

- **Samprapti Ghataka:**
  - Dosha : Vata (Apana and Vyana)  
Pitta (Pachaka)  
Kapha (Kledaka)
  - Dushya : Rasa, Rakta
  - Upadhatu : Artava
  - Agni: Jatharagnimandya; Dhatvagnimandya, Artavagni, (Sthanika) Mandya
  - Srotas : Rasavaha, Artavavaha
  - Srotodusti : Sanga
  - Adhithana : Garbhashaya

▪ **Symptoms**

- 1) The menstruation (Artava) does not appear at the appropriate time or it may be delayed
- 2) Alpata – menstrual bleeding is less in quantity
- 3) Yonivedana - Vedana occurs in Yoni

❖ **Material and Methods:**

- **Source of data-** OPD & IPD patients of Matoshri Asrabai Darade Ayurved Medical College, Babhulgaon.
- **Study Design:** Open Randomized Controlled Clinical Trial
- Sample size - 30

**Inclusion Criteria**

1. Patients showing clinical symptomatology of Artavakshaya as described in Ayurvedic texts were selected for the study.
2. The patients without any infectious disease, diabetes, anaemia, structural defects in the female genital tract were selected.
3. Only the married patients were included.

▪ **Criteria for Diagnosis :**

1. If interval between two consecutive cycles exceeds more than 35 days and amount of bleeding is also less.
2. If the duration of menstrual flow is 2 days or less.
3. The quantity of discharge is very less.
4. Painful menstruation along with these symptoms.

**Preparation of Guduchyadi Taila –**

*Guduchyadi taila* is prepared as per mentioned in *Sharangadhar Samhita* as follows<sup>6</sup>

**Contents-** 1. Kalka of Dravyas – 1 part

2. Processed edible tiltaila (sesame oil) – 4 part
3. Cow’s milk – 16 part

▪ **Procedure-**

First kalka (paste) of all dravyas was made. Cow’s milk was boiled and kalka was added slowly and boiled again. Then processed edible tiltaila was later added to boiling preparation. The whole formulation was boiled continuously on low flame for about 2 days until we got the ideal signs of Taila as mentioned in classics. The formulation was allowed to cool, was filtered and stored in sterile containers.

**Table No. 2: Guduchyadi taila<sup>7</sup>**

S r. N o .	Dru g	Botani cal Name	Natural Order	Ras a	Ve ery a	Vip aka	Gun a
1	Gud uchi	Tinosp ora Cordif olia (Willd .).	Menisp ermacea e	Tikt a, Kas haya	Us hna	Ma dhu ra	Gur u, Snig dha
2	Mal ati	Agano sma Caryo phyllat a G. Don	Apocya naceae	Tikt a	Us hna	Kat u	Snig dha
3	Ras na	Pluche a lanceo lata	Compos itae	Tikt a	Us hna	Kat u	Gur u
4	Bala	Sida Cordif olia Linn	Malvac eae	Mad hura	She eta	Ma dhu ra	Lag hu, Snig dha, Pich chhi l
5	Mad huka	Glycyr rhiza Glabra Linn..	Legumi nosae	Mad hura	She eta	Ma dhu ra	Lag hu, Snig dha
6	Chit rak	Plumb ago zeylan	Plumba ginacea e	Kat u	Us hna	Kat u	Ruk sha, Lag

		ica Linn.					hu, Tee kshn a
7	Kant akar i	Solanu m Suratte nse Burn f	Solanac eae	Tikt a, Kat u	Us hna	Kat u	Lag hu, Ruk sha, Tiks hna
8	Dev adar u	Cedrus deodar a (Rexb. )	Pinacea e	Tikt a	Us hna	Kat u	Lag hu, Snig dha
9	Yut hika	Jasmin um articul atum Vahl.	Oleacea e	Tikt a, Mad hura , Kas haya	she eta	Kat u	Lag hu

**Intervention:**

- Drug – Guduchyadi Taila
- Dose - 5 cc
- Route - Intrauterine
- Duration - After completion of the menses for 3 consecutive days for 2 cycles.
- Duration of treatment - 2 months.
- Follow up - patients were observed for one month after completion of treatment.

**Procedure of uttarbasti :**

The whole procedure is mainly divided into 3 part

- (i) Purvakarma (ii) Pradhanakarma (iii) Pashchatakarma

**i. Purvakarma :**

- On each previous night before the Uttarbasti administration, Erandabhrishta Haritaki in a dose of 3 gm. was given with warm water for cleaning the bowels.
- Before giving the Uttarbasti Yoni Prakshalana with Panchavalkala Kwatha (500 ml) was done with all aseptic precautions. After that, Abhyanga of Bala Taila and Swedana of hot water bag was done over Adhodara, Kati, Prishtha and Parshva Pradesha.

**ii. Pradhanakarma :** With all the aseptic measures, patient was kept in lithotomy position, vulva, thighs and vaginal canal were cleaned with Dettol. A routine PIV examination was done to confirm the size and shape of the uterus. Then Sim’s speculum was passed through the vagina and with the help of Sim’s retractor, cervix was exposed and held with Allies forceps, Uterine sound was passed through the cervix to know the position and length of uterus. After that, the os was dilated as per the need with Hegar’s dilators up to No. 8 to 10 size. Then lubricated Uttarbasti canula from the uterine end passed in the direction of uterus just to cross the internal os and 3 ml of Guduchyadi Taila was injected gently with the disposable syringe of 5 ml from the other side of canula.

**iii. Pashchatakarma :** First of all, proper Pratyavartan Kriya of Taila was observed. As soon as taila regurgitated the head low position was given to patients and then all instruments were removed. A sterile pad was kept in the vaginal canal and patient was advised to put her right leg on the left leg in her dorsal position. The patient was kept in this position for 3 hours. Then patient was given hot water bag locally over lower abdomen. Patient’s pulse and B.P. were monitored. The same procedure was repeated for another 2 days. During these three days of the Uttarbasti course, Shankhavati 2 tablets twice a day was administered orally. The hospitalized patients were visited daily and their pulse, B.P. along with the change in signs and symptoms during the treatment were recorded. The patients were advised total rest and pathya ahara during the treatment.

**Parameters for Assessment:**

**1. Duration of Menstrual Cycle:**

Duration	Grade
4-7 days	0
3 days	1
2 days	2
1 days	3

**2. Interval between two cycles:**

Sign	Grade
20 – 24 days	0
24 – 34 days	1
35 – 45 days	2
Above 45 days	3

**3.Quantity of Menstrual blood:**

Sign	Grade
4 or more than 4 pads / cycle	0
3 pad use / cycle	1
2 pad use / cycle	2
1 pad use / cycle	3

**4. Pain during menses :**

Symptom	Grade
No pain	0
Mild pain	1
Moderate pain	2
Severe pain	3

**5. Results:**

Effect of Uttarbasti of Guduchyadi Taila in Artavakshaya on assessment criteria was as follows

Parameter	Mean		Difference in means	Paired 't' test					Remark
	B	A		S.D	S.E	't'	'p'		
	T	T		.	.M.		val		
<b>Duration of Menstrual Cycle</b>	2.2	1.13	1.07	0.69	0.126	8.4521	<0.001	S	
<b>Interval between two cycles</b>	2.13	1.1	1.03	1.1290	0.206	5.0137	<0.001	S	
<b>Quantity of Menstrual blood</b>	2.23	0.96	1.27	0.8683	0.1575	8.042	<0.001	S	
<b>pain during menses</b>	2.36	0.93	1.43	0.710	0.1296	11.05	<0.001	S	

**Discussion and Conclusion:**

- Artavakshaya is due to vata dosha (Apana Vayu and Vyana Vayu) vitiation taking lead in the manifestation of the disease.
- Artava is mainly affected in Artavakshaya.
- Artavakshaya has symptoms like less duration of menstrual cycle, more interval between two

cycles and pains during menses etc.

- Artavakshaya can be compared with oligomenorrhoea in modern.
- There was marked reduction in the mean scores of all the parameters of assessment i.e., duration of menstrual cycle, interval between two cycles and pain during menses.
- Along with main line of treatment, nourishing diet must also be given to the all malnourished patients.

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