Shatapushpa (Anethum sowa) Churna in the management of Artavakshaya W.S.R to Hypomenorrhoea: A case study

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ABSTRACT

Normal menstrual cycle is an important physiology for maintaining woman’s health status during reproductive stage. Any type of abnormality in normal Rituchakra (menstrual cycle) cause menstrual disorders, which are the main reasons for gynaecological consultations in worldwide. Hypomenorrhoea is a common menstrual disorder found in present era due to changes in their life style like restlessness due to stressful day to day routine and strain due to their work place environment. A 24 years old Muslim married (since 2 years) patient present with the complaints of scanty menstrual flow (Duration-6days, No. of pad used-2pad 1st day not fully soaked then 1 pad/day not fully soaked) and lower abdominal pain (+++) with pain and burning sensation during coitus for 1 year. In Ayurveda it can be correlated with Artavakshaya due to their strong symptom equality. Ratio of Artavakshaya is rising in present gynaecological practice which may leads to cause infertility and other serious problems which are untreatable. In modern science they prescribe only hormonal preparations as a treatment. Many patients observe some adverse effects with reoccurrence of problem when hormonal preparation stops so they prefer to take Ayurvedic preparation for it. Hence, Shatapushpa Churna is selected for the case study which has Agneya properties, Kapha Shamaka & Aacharya Kashyapa also quote it as Ritupravriti.

Keywords: Ayurveda, Rituchakra (menstrual cycle), Artavakshaya, Hypomenorrhoea, Menstrual disorders, Shatapushpa Churna, Agneya property.

INTRODUCTION

Menstrual disorders are the common problems in women of reproductive age (15-49years-WHO) for hospital visits. Monthly regular menstrual cycle is necessary for healthy life of women. According to Ayurveda, normal Rituchakra (menstrual cycle) is 1 month (Chandramasa-28days) & divided into three phases in which first Rajahshrava Kala (bleeding phase) duration is 3 to 5 days (differ according to different opinion of Acharya) is not associated with pain or burning sensation, excreted blood is not unctuous, not very scabby or excrusted in amount, second Ritukala (proliferative phase) is 12-16 days and third Rituyoititakala (secretory phase) is 9-13 days. All the three phases regulated by Tridosha (V+P+K). Vitiation of any one or more Doshas leads vitiation in normal Rituchakra and responsible for Artavakshaya which resembles with Hypomenorrhoea (< 2days menstrual bleeding with regular interval) based on their signs and symptoms described in the modern medical science.[2] Artavakshaya is described in Sushruta Sutra Sthana during description of Doshha Dhatu Mala Kshaya Vriddhi and it is defined as ‘Alpartava’ both in amount and duration with associated symptom of ‘Yathochitakala Adarshnam’ and ‘Yonivedana’[3]. As in our Ayurveda classics Aartavakshaya has not explained as a separate disease, but it has been explained as a symptom for many of the Yoni Vyapada (Vata & Shushka) and Artavadushti (Vataja & Kshina).[4]

Artavakshaya is a result of Rasa, Raktta & Raktaavaha Srotas Dushhti due to vitiation of Vata- Kapha Doshas. So the treatment must be Agnivardhaka, Maraganavirana, Pittavardhaka & Kapha-Vata Shamaka. In modern science, there are hormonal preparations only as treatment, many people in today’s era not to prefer it for long term use after experience its reoccurrence tendency & adverse effect like weight gain, changes in blood pressure and subsequently on other systems also. All these effects may disturb woman’s health and daily routine. So to prevent all these adverse effects & to achieve good physical & mental health of women we have taken Shatapushpa Churna mentioned by Kashyapa Samhita[5] after detailed study of its Beeja (seed) efficacy to prevent Artavakshaya w.s.r. to Hypomenorrhoea without any harmful effect.
Incidence:-

- 162 (11.89%) Hypomenorrhoea, 1362 (18.23%) AUB [6].
- 36.4% menstrual irregularity-6.7% Hypomenorrhoea. [7]

CASE REPORT

A 24 years old Muslim married (since 2years) woman who is a student visited the OPD of Prasuti Tantra and Stree Roga department, Rishikul Ayurvedic Post Graduate College and Hospital, on 11th October 2019 with the complaints of scanty menstrual flow (Duration-6 days, No. of pad used-2 pad 1st day not fully soaked then 1 pad/day not fully soaked) and lower abdominal pain (++) with pain & burning sensation during coitus since 1 year.

Past history:- H/O Typhoid & Dengue fever 2 yrs back, H/O Migraine since 1.5 yrs. Not any H/O Diabetic mellitus, Hypertension, Tuberculosis and Thyroid disease or any other medical or surgical history.

Family history:- No history of similar problem in any of the family members.

H/O drug administration:- Patient took local medication on & off when pain of migraine aggravates since 1.5 yrs.

Menstrual history

Age of Menarche:-15year

Recent LMP:-13sep.2019

Previous LMP:-11Aug.2019

Recent M/H:-6days/28-30days (2pad 1st day not then 1pad/day not fully soaked, Pain++)

Normal M/H (1yr back):-6days/28-30days (2-3pad/day fully soaked, Pain+)

O/H:-G1P0A1

(A1)-1month 10days embryo got spontaneous abortion on 2018.

C/H:- male condom.

ASHTAVIDHA PARIKSHA

1. Nadi: - 76/min. Dwandaj Dosha type, Madhyama Gati, Ushna Sparsha


3. Mala: Sama (once a day unsatisfactory evacuation).


5. Shabda: Prakrita

6. Sparsha: Ushna

7. Drik: Prakrita

8. Aakriti: Madhyama

DASHVIDHA PARIKSHA

1. Prakriti : Vata-Kapha

2. Vikriti: Madhyama

3. Sara: Madhyama

4. Samhanana: Madhyama

5. Pramana: Madhyama (Height :160 cm Weight :62kg)

6. Satmya: Sarvarasa

7. Satva: Avara

8. Aharashakti: Madhyama Abhyavaran Shakti & Jaran Shakti and Sama Agni

9. Vyayam Shakti: Madhyama

10. Voya: Yuvati (16-40yrs)

Personal history

a) Appetite: normal

b) Diet: mixed

c) Thirst: normal

d) Micturition: normal

e) Bowel: regular

f) Sleep: normal (8hrs/night and 1 hrs/day)

g) Sexual Life: Frequency-2-3times/weeks, Satisfactory, Dyspareunia+

General examination

G.C: average

BP: -100/70mmHg

PR: 76/min

Temp: 97.2°F

Height: 160cm

Weight: 62kg

Pallor: (+)

Icterus: not present

Thyroid: not enlarge

Pedal Edema: not present

Clubbing: not present
Neck vein: - not engorged
Lymph node:- not palpable

Systemic examination
CNS:-Patient was conscious and well oriented.
CVS:-S1 S2 heard no added sound present.

R/S:-
Inspection: - No scar seen bilateral chest movement present.
Auscultation: - Bilateral chest wall clear no added sound present.

P/A:-
Inspection: - No scar, rashes & lesion present, Umbilical centrally placed.
Palpation:-Soft, no tenderness present, no organomegaly present.
Percussion:-Resonance sound present.
Auscultation: - Normal bowel sound present.

Gynaecological examination
P/S:-Mucoid discharge+ from cervix, cervix hypertrophid.
P/V:-AV Uterus, fornices clear, tenderness+, I ant.vaginal wall descent.

**DIAGNOSTIC INVESTIGATIONS:**

<table>
<thead>
<tr>
<th>Sample</th>
<th>Particulars</th>
<th>B.T.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood</td>
<td>Hb gm%/ ABO Rh</td>
<td>11.66gm%, B +ve</td>
</tr>
<tr>
<td></td>
<td>TLC/mm³</td>
<td>8900/mm³</td>
</tr>
<tr>
<td></td>
<td>DLC - N%</td>
<td>62%</td>
</tr>
<tr>
<td></td>
<td>B%</td>
<td>00%</td>
</tr>
<tr>
<td></td>
<td>E%</td>
<td>01%</td>
</tr>
<tr>
<td></td>
<td>L%</td>
<td>36%</td>
</tr>
<tr>
<td></td>
<td>M%</td>
<td>00%</td>
</tr>
<tr>
<td></td>
<td>ESR mm/hr</td>
<td>22mm/hr</td>
</tr>
<tr>
<td>Urine R&amp;M</td>
<td>Pus cells</td>
<td>2/HPF</td>
</tr>
<tr>
<td></td>
<td>Epi. Cells</td>
<td>3/HPF</td>
</tr>
<tr>
<td></td>
<td>RBC</td>
<td>NIL</td>
</tr>
<tr>
<td>RBS</td>
<td></td>
<td>117.1mg/dl</td>
</tr>
<tr>
<td>Serological Test</td>
<td>VDRL</td>
<td>Negative</td>
</tr>
<tr>
<td></td>
<td>HbsAg</td>
<td>NR</td>
</tr>
</tbody>
</table>

**SPECIAL INVESTIGATIONS:-**
UPT:-Negative
Serum Prolactin:-20.92ng/ml

**Hormonal assay**
(on 2nd/3rd day of menses)
- LH-14.14mIU/ml
- FSH-3.68mIU/ml
- Sr.Testosterone-0.60ng/mL
- Sr.Estradiol-88.0pg/ml

**Thyroid profile**
- T3-114.00mIU/ml
- T4-9.02nmol/L
- TSH-0.664µIU/mL

**USG (Abdominal):-**
- 08/10/19:-Endometrial small calcified mass.
- 23/12/19:-Normal study.
Intervention

- **Deepana Pachana** with **Triku Churna** 3-5gm twice a day (according to patients Agni Bala) for 3 days before using drug then Koshth-Shuddhi was done by using Trivrit Avileha 10-15 gm with Ushodaka Anupana once in morning hour for 3 days before using drug.

- Means both the drugs used for 6days before using drug.

- Then Shatapushpa Churna 6gm BD with luke warm water for three consecutive menstrual cycle.

- Total 4 follow ups was done, at every one month interval for three cycles with medicine and last follow up of one month without medicine after completion of treatment.

### OBSERVATION AND RESULTS

<table>
<thead>
<tr>
<th>Signs and symptoms</th>
<th>Before treatment</th>
<th>Completion of 1st menstrual cycle after treatment</th>
<th>Completion of 2nd menstrual cycle after treatment</th>
<th>Completion of 3rd menstrual cycle after treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interval between two cycles</td>
<td>28-30days LMP:13/09/2019</td>
<td>30days LMP:14/10/2019</td>
<td>30days LMP:14/11/2019</td>
<td>30days LMP:12/01/2020</td>
<td></td>
</tr>
<tr>
<td>Duration of bleeding</td>
<td>6days</td>
<td>6days</td>
<td>6days</td>
<td>6days</td>
<td></td>
</tr>
<tr>
<td>No. of pad used per day</td>
<td>1 pad/day not fully soaked</td>
<td>3pad fully soaked 1st day 2pad not fully soaked 2nd day then 1pad/day NFS</td>
<td>3pad Fully soaked 1st day then 2pad/day NFS</td>
<td>2pad Fully soaked 1st day then 2pad/day NFS</td>
<td></td>
</tr>
<tr>
<td>Pain during menstruation</td>
<td>Moderate (+) lower abdomen pain</td>
<td>Mild (+) lower abdomen pain</td>
<td>Moderate (+) lower abdomen pain</td>
<td>Mild (+) lower abdomen pain</td>
<td></td>
</tr>
</tbody>
</table>

### DISCUSSION

By keeping present study patient age, which was 24year. This age group include under Middle age (Yuvati) according to our classics, in this age normal status of Doshas are Pittolavana-Kapha Madhyama -Vayu Heena(Pitta++,Kapha+,Vata+). But patient has Kaphalavana-Vata Madhyama-Pita Heena status of Doshas which responsible for Srotavaradha and leads to Artavakshaya: - Yathochitakala Adarshnam (irregular interval & less duration of menstruation), Alpartava (scanty flow of menstrual blood) and Yonivedana (pain during menstruation).[9] Aagneya (Pittavardhaka) Dravya (Shatapushpa Beeja Churna) removes Srotavaradha and helps to achieve normal monthly menstrual cycle.

Probable mode of action of Shatpushpa Churna in Artavakshaya

- **Rasa**: Shatpushpa have Katu, Tikta & Madhura Rasa. Katu Rasa has Agneya (helps in increasing metabolism) properties & Tikta Rasa has Deepana (stimulate Agni)-Pachana (digest Ama) properties, which improve Jathragni Daurabalya and form Nirama Rasa Dhatu & helps in Artavakshaya. Tikta Rasa also has Lekhana properties due to this it works on Avarana & improves Picchila and Kleda properties of Kapha Doshha.[10] Madhura Rasa has Rasadi Saptadhatu Vardhaka properties[11] which nourish Rasadi Dhatu and cure Artavakshaya.

- **Guna**: Laghu, Ruksha, Tikshna Guna of Shatpushpa helps in Kapha Shamam[12]which improve Avaranatmaka Dushti (Apana Vayo Dushti) & produce normal flow of menstrual blood.

- **Virya**: Ushna Virya of Shatpushpa removes Srotavarodha[13] and increases the blood circulation in the Yoni and Garbhashaya, due to this Garbhashaya gets proper nutrition which helps formation of healthy endometrium and thus menstrual cycle becomes normal in amount, duration and interval.

- Vipaka: Katu Vipaka of Shatpushpa has Kapha Shamam properties which improve vitiation of Tridosha in Rituchakra and menstrual cycle becomes normal in amount, duration and interval.

- According to Acharya Kashapa Karma of Shatpushpa is:-

  ".......कलुप्पर्वती धन्यः गोत्निकादित्विजोधषी।
  का के क्रणि ॥६॥"

### CONCLUSION

The present study was undertaken to cure Artavakshaya (scanty menstrual flow with pain during menstruation) and to improve quality in the daily routine activities. In this patient, the overall effect was found near 80-90%. In our Ayurveda classics Artavakshaya not described as separate disease besides this it concluded under the result of Dhatu Kshaya and symptom of Aartava Vikara. As our classics says that Artavakshaya is result of vitiated Doshas. Its classical treatment (by Acharya Sushruta) is Samshodhana and Samshmana. Shatpushpa Churna is Shama treatment in the form of Aagneya Dravya. It is easily available and affordable for every status of patients. Its taste is good for long term use as treatment. It is very effective also, if Artavakshaya diagnosed early and this treatment is given for till needed time period most of it can cured and we can also prevent its most common complication i.e. infertility.

### Conflict of Interest

The authors declare no conflict of interest.

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