RATIONAL MANAGEMENT OF VATAJA ARTAVA DUSTI W.S.R. TO NUTRITIONAL HYPOMENORRHOEA

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ABSTRACT

Introduction: Main etiology behind vataj artava dusti is vata pradhan ruksha aahar vihar leading to kshaya of rasa dhatu, which in turn is not sufficient to form its updhatu i.e; Raja in appropriate quantity and quality. Vitiation of vata leads to various general symptoms like body ache, mailaise, fatigue and local pain. This reflects nutritional deficiency leading to hypomenorrhoea which can be managed in a best way by pathya aharadi. Material and methods: A total 40 female patients, age group in between 13-30 years were selected from OPD of Prasuti Tantra Evam Stri Roga, Uttaranchal Ayurvedic College & Hospital, Dehradun. Cases having symptoms of vataja artava dushti (hypomenorrhoea due to nutritional deficiency) were included in the study where as all other causes (endocrinal, metabolic and genetic) were excluded. A total therapy of 90 days was given with two follow ups, one after each month. Necessary investigations were done for registration of patient and to assess effect of therapy accordingly. Observation and Result: On observation over predefined parameters most of the patient got highly significant improvement (p<0.001) in riturajamatra (amount of menstrual flow), rituchakra antaral (duration), rajahsravakala vedana (pain during menses), sthanik lakshana (local symptoms) and sarvadaihik lakshana (generalised symptoms), where as significant change (p<0.05) was observed in rajahsrava avadhi and rajahvarna. Percentage changes before and after treatment in rituchakra antaral and sthanik lakshana was found maximum (94.82%), 87.28% in sarvadaihik lakshana, 73.69% in rajahsravakala vedana. Conclusion: Result was encouraging with marked relief.
in the most of the symptoms of nutritional hypomenorrhoea by pathya aharaadi management approach of Ayurveda.

KEYWORDS: Vataj artava dusti, Hypomenorrohea, Pathya aharaadi, Riturajamatra.

INTRODUCTION

In present era due to changes in life style, food habits, work load etc., women are facing a lot of stress and strain. Because of complicated structure of the female body, women are subjected to a large number of complaints connected with reproductive physiology. Hypomenorrhoea is one of them. When the menstrual bleeding is unduly scanty and lasts for less than 2 days, it is called hypomenorrhoea.\[1\] The causes may be local (uterine synechiae or endometrial tuberculosis), endocrinal (use of oral contraceptives, thyroid dysfunction, and premenopausal period), or systemic (malnutrition).\[2\] Lifestyle factors that contribute to hypomenorrhoea are low body fat, excessive exercise and stress.\[3\] Excessively low body weight, interferes in hormonal functioning in different way, even potential enough to cease ovulation. Women who have an eating disorder, such as anorexia or bulimia, often stop menstruating. Menstrual disturbances occur in women who participate in activities that require rigorous training, their cycles get interrupted. Mental stress can temporarily alter the functioning of hypothalamus, an area of brain that controls hormones that regulate menstrual cycle. Ovulation and menstruation may stop as a result. Several factors combine to contribute, including low body fat, stress and high energy expenditure. In ayurveda classics formation of artava (menstrual blood) is from Rasa (Dhatu),\[4\] the Rakta named raja is formed\[5\] ,get accumulated in Uterus and come out for three days every month.\[6\] All anuloman kriyas of reproductive system are under the control of apanvata, including monthly cyclical flow aartava.\[7\] Ritu chakra kala (interval between two menstrual cycles) is of one month.\[8,9,10,11,12\] Duration of the bleeding time (Rajastrava Kāla) is three,\[13\] five,\[14\] seven,\[15\] [16] days by different acharays. Artava varna has been compared with Gunjaphala, Alaktaka and Indragopa\[17\] but due to vitiation of artava by Vayu, its colour becomes krishna and aruna.\[18\]

The entire period of one month of Rituchakra is divided into three phases Rajastrava Kāla, Ritu Kāla and Rituvyatita Kāla. There is Doshika predominance in Rituchakra. Rajastrava Kāla is Vata Pradhana. Vata dosha is the leading dosha in the disease production and may be vitiated due to indulgence of Vātaj ahara vihara, due to dhatukshaya or due to margavarodh.\[19\] Due to consumption of Vata prakopaka ahara vihara, the vata gets
aggravated leading to dhatukshaya starting from Rasa and then Rakta. Thus there will be reduction in formation of upadhatu i.e. artava will be produced in less quantity then normal which will further vitiates vata dosha and it further produces kshobha in garbhashaya (uterus), this stage resembles to ischaemic condition of the uterus resulting in various symptoms like the menstrual blood produced will be thin, dry, frothy, and scattered. It will be excreted slowly with pain and is associated with generalised and local symptoms like body ache, piercing and perforating pain etc.

MATERIALS AND METHOD
A total 40 female patients, age group in between 13-30 years were selected from OPD of Prasuti Tantra Evam Stri Roga, Uttaranchal Ayurvedic College & Hospital, Dehradun. Patients having symptoms of vataja artava dushti (hypomenorrhoea due to nutritional deficiency) like scanty, frothy menstrual flow, brownish black in colour, associated with localised and generalised symptoms like body ache, piercing and pricking pain etc. were included in the study where as all other causes like endocrinal, metabolic and genetic causes were excluded. Blood investigations like CBC, hormonal profile and thyroid profile were done for registration of patient, for assessment of patient under exclusion criteria and to assess effect of therapy accordingly. A total therapy of 90 days was given with two follow up, Follow up I after one month and Follow up II at end of second month. Following management of ahara, vihara and aushadha was adopted.

Ahara (Dietary Regimen)
1. Krishna Til (sesame seed) prepared with Jaggery in morning (Breakfast)
2. Takra (Butter milk) with Yava (Barley) during day time (Lunch)
3. Shaali anna (Rice) and Mansa rasa (meat soup) in night (Dinner)

Vihara (Life Style Modification)
1. Sarvadaihik Bala taila abhyanga (Whole body oleation / massage)
2. Ushnodaka snana (Luke warm water bath)
3. Tittali asana (butterfly posture), dhanurasana (Bow Posture)
4. Pranayam (Breathing exercise)

Aushadha (Drug Therapy)
1. Shatpushpa phant (cold decoction of Anthem soya)- 40 ml BID
2. Lashun-Shatavari ksheerpaka (Milk preparation of Allium sativum & Asparagus racemosus) 20 ml BID
Assessment criteria

A scoring system was adopted to provide score to each sign and symptom manifested in patients registered as per inclusion and exclusion criteria. Thereafter, a statistical analysis was done to get mean $\pm$ SD, ‘t’, ‘p’, values by using SPSS software. To assess the effect of rational management in patients (n=40), who were suffering from nutritional hypomenorrhoea, an overall assessment of clinical features was made at the time of registration and on subsequent follow ups by adopting the modified scoring system (Table no.1). Thereafter, change in scores of various features on subsequent follow up were analyzed by means of unpaired ‘t’ test, and recorded accordingly.

Parameteres of assessment

A modified scoring system was adopted to assess the response of drugs in signs and symptoms produced due to vataj artava dusti.

Table No. 1: Scoring criteria for sign and symptoms of Vataj artav dusti to assess the response of drug:

<table>
<thead>
<tr>
<th>Parameters</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ritu raja matra</td>
<td>$\geq$ 2 pads/day</td>
<td>1-2 pad/day</td>
<td>1 pad/day</td>
<td>Spotting only</td>
</tr>
<tr>
<td>Ritu chakra antral</td>
<td>21-28 day</td>
<td>28-35 day</td>
<td>35-40 day</td>
<td>$\geq$ 40 days</td>
</tr>
<tr>
<td>Raja Srava kala vedana</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>-</td>
</tr>
<tr>
<td>Sthanik lakshana</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>-</td>
</tr>
<tr>
<td>Sarva daihik lakshana</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>-</td>
</tr>
<tr>
<td>Raja srava avadhi</td>
<td>3-7 days</td>
<td>2-3 days</td>
<td>1-2 days</td>
<td>$\geq$ 1 day</td>
</tr>
<tr>
<td>Rajah varna</td>
<td>Red</td>
<td>Brown</td>
<td>Black</td>
<td>-</td>
</tr>
</tbody>
</table>

Observation and Results

During the period of management no any adverse effect was observed. On statistical analysis of gathered data, following observations were made:-

Table No. 2: Mean values, percentage change, t-value and p-value of all symptoms/signs in patients of Vataj artav dusti (Nutritional hypomenorrhoea) before and after treatment.

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Mean Values</th>
<th>% change</th>
<th>SD</th>
<th>SE</th>
<th>t value</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ritu raja matra</td>
<td>2.80</td>
<td>0.85</td>
<td>1.950</td>
<td>69.64</td>
<td>0.826</td>
<td>0.018</td>
</tr>
<tr>
<td>Ritu chakra antral</td>
<td>2.90</td>
<td>0.15</td>
<td>2.750</td>
<td>94.82</td>
<td>0.444</td>
<td>0.099</td>
</tr>
<tr>
<td>Raja Srava kala vedana</td>
<td>2.85</td>
<td>0.75</td>
<td>2.100</td>
<td>73.69</td>
<td>0.641</td>
<td>0.143</td>
</tr>
<tr>
<td>Sthanik lakshana</td>
<td>2.90</td>
<td>0.15</td>
<td>2.750</td>
<td>94.82</td>
<td>0.444</td>
<td>0.099</td>
</tr>
</tbody>
</table>
On observation over predefined parameters most of the patients got highly significant improvement (p<0.001) in riturajamatra (amount of menstrual flow), rituchakra antaral (duration), rajahsravakala vedana (pain during menses), sthanik lakshana (local symptoms) and sarvadaihik lakshana (generalised symptoms), where as significant change (p<0.05) was observed in rajahsrava avadhi and rajahvarna. Percentage changes before and after treatment in ritu chakra antaral and sthanik lakshana was found maximum (94.82%), 87.28% in sarvadaihik lakshana, 73.69% in rajahsravakala vedana.

DISCUSSION

As vata is the main causative factor for the diseases manifestation, so it should be treated first. According to ayurveda in vitiation of vata dosha mainly apana vayu, is responsible, which occurs due to its own prakopa (due to vata vardhaka nidana), dhatukshaya or avarana. There is no medicine upon oil for the treatment of vata dosha. After applying oleation and sudation, should be given repeatedly. In menstrual disorders caused by vata dosha, the specific treatment prescribed for suppressing that particular dosha should be used. Unctuous, hot, sour and salty diet is given for the relief from menstrual disorders due to vata. For avrita apanavayu, treatment module should be agnideepaka, grahi, vatanulomana and pakvashaya shuddhikara. In present study shatpushpa phant and lashun-shatavari ksheerpaka has been used in aushadhi chikitsa. Shatpushpa, a constituent of asthapana gana by Charaka and kapha samshamana gana by Sushruta. It pacifies vata and kapha dosha by virtue of its property mainly ushna veerya. deepan, pachana, anulomana, yonishodhana and artavajana guna. Shatpushpa and Shatavari are phytoestrogens, also known as “dietary estrogens”. Phytoestrogens are diverse group of naturally occurring nonsteroidal plant compounds that, because of their structural similarity with estradiol, have ability to cause estrogenic effect.

CONCLUSION

Nutritional hypomenorrhoea can be taken parallel to vataj artava dusti, which is a disease mainly seen in patients having poor nutritional status and who are anxious in nature (patients of vata prakriti and people indulging in vata vardhaka, ahara vihar). Present research work...
was on the basis of facts of observations and results of trial drug and regimen. Result was encouraging with marked relief in the most of the symptoms of nutritional hypomenorrhoea by *pathya aharaadi* management approach of Ayurveda.

**REFERENCES**