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# Role of *Ayurvedic* interventions in treating *Artava Kshaya* associated with hypothyroidism - A Case Report

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## ABSTRACT

*Artava Kshaya* is one of the common menstrual disorders which is caused due to sedentary lifestyle, faulty food habits and changes in physical and mental state. According to *Acarya Sushruta*, menstruation that does not appear in appropriate time or delayed menses along with pain in yoni is termed as *Artava Kshaya*. In contemporary science Oligohypomenorrhoea shows similar clinical presentation and its incidence rate is 22.5%. Oligohypomenorrhoea as a symptom can be seen in other condition like hypothyroidism. The prevalence of hypothyroidism leading to oligohypomenorrhoea is 5 to 6%. Hypothyroidism also causes irregular menstrual cycle along with weight gain and several other complications. A 33-year-old female with irregular menstruation since 4 years having weight gain with raised level of TSH was treated with *Ayurvedic* procedure and formulations. The *Artava Kshaya* and Hypothyroidism was treated by *Shodhana* and *Shamana Aushadis*. The assessment was done after every menstrual cycle and the patient showed marked improvement.

**Key words:** *Artava Kshaya, Oligohypomenorrhoea, Hypothyroidism, Shodhana, Shamana Aushadi.*

## INTRODUCTION

A woman is known as the source and sustainer of life. She is the root of genesis of the human race. Hence the concept of women reproductive health care has been given prime importance. Menstruation is an essential physiological function of women during their reproductive

age. Any physical or psychological disturbance alters the physiology of "Hypothalamus- Pituitary-Ovarian Axis". This may lead to many menstrual problems. In *Ayurveda* menstrual problems are explained under *Astha Artava Dusti, Artava Kshaya* and *Asrigdhara*. Among them *Artava kshaya* is a condition which can be co-related to Oligohypomenorrhoea which has varied causes and can also be one of the symptoms of Hypothyroidism. *Artava Kshaya* and hypothyroidism occurs due to faulty food habits and sedentary lifestyle particularly indulging in *Vata-Kapha Kara Ahara* and *Vihara* which leads to *Jataragni mandya* further *Dhatwagni Mandya* leading to *Avarana of Rasa, Rakta* and *Medovaha Srotas* by vitiated *Kapha Dosha* along with *Vata Dusti*. The patients having *Artava Kshaya* presents with the symptoms like *Yathochita Kaala Adarsharshana, Alpata* and *Yonivedana* as mentioned by *Susrutha Acharya*.<sup>[1]</sup> Oligomenorrhoea is defined as menstrual bleeding occurring more than 35 days and which remains constant at that frequency.<sup>[2]</sup> and

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Hypomenorrhea where menstrual bleeding is unduly scanty and lasts for less than 2 days.<sup>[3]</sup>

## CASE REPORT

A moderately built unmarried women aged 33years visited the OPD of Prasooti Tantra and Stree Roga, SKAMCH &RC Bengaluru on 16<sup>th</sup> August 2020 with chief complaints of 5 months of amenorrhoea, delayed and scanty menstrual cycle since 4 years. She had associated complaints of 8kg weight gain since 6 months.

**Past History** - Patient is a known case of Hypothyroidism since 5 years

**Surgical History** - Patient has not undergone any surgery

**Family History** - Mother is a known case of Diabetes Mellitus and Hypertension.

### Personal History

- Diet: Non-Vegetarian, sweets, bakery products, Fried items
- Appetite: Low
- Bowel: once per 2 days, Hard stools
- Micturition: 5 to 6 times/day, no pain /burning micturition
- Sleep: Disturbed (sleeping at late night)
- Habits: Coffee twice per day

### Menstrual History

- Menarche - 15 years of age

### Menstrual cycle

- Duration - 1 to 2 days/ 3- 4 months once since 4 years
- Amount - 1 pad/day
- Colour - Brownish red
- Clots - Present
- Foul Smell - Present
- Dysmenorrhoea - On 1<sup>st</sup> day of menstruation.
- LMP - 12/3/20

### Asta Stana Pareeksha

*Nadi* - 78/min

*Mala* - once per 2 days, Hard stools

*Mutra* - 5 to 6 times/day

*Jihwa* - *Lipta*

*Shabda* - *Prakruta*

*Sparsha* - *Prakruta*

*Druk* - *Prakruta*

*Akruti* - *Madhyama*

### General Examination

- Height - 155cm
- Weight - 69 kg
- BMI - 28.7 kg/m<sup>2</sup>
- Respiratory Rate - 18 times/min
- Pulse Rate - 78/min
- B.P - 130/80 mm Hg
- Temperature - 98.3°F
- Tongue - coated

### Systemic Examination

CVS: S1 S2 heard no added murmurs.

RS: Normal Vesicular Breadth sounds heard no added sounds.

P/A: Soft, non-tender, Peristaltic sounds heard.

CNS: Well oriented to place, person, time, Conscious.

### Investigations

On 30/6/2020

Hb% - 10.2 gm/dl

TSH - 12.700 mIU/ml

T3 - 1.260 ng/ml

T4 - 7.960 Ug/dl

USG Abdomen and Pelvis - No sonographic abnormality detected.

### Interventions

- *Udwartana* with *Kolakullatadi Churna* and *Triphala Churna* followed by *Bhaspa Sweda* for 7 days.
- After completion of *Udwartana* 3 days of *Amapachana* was done with
  - a. Tab. *Agnitundi vati* 1 TID before food with luke warm water
  - b. Tab. *Chitrakadi vati* 1 TID after food with luke warm water
- Followed by 5 days of *Snehapana* with *Varunadi Ghrita*
- *Vamana Karma* was administered on 23/9/2020 with *Madanaphala Phanta*
- *Samsarjana Karma* was given for 5 days
- Later *Shamana Aushadis* was administered from 1/10/2020 for 3 months
  1. *Saptasara Kashaya* 2 tsp BD (After food)
  2. *Hingwastaka Churna* 1tsp TID with Luke warm water (Before food)
  3. *Vayu Gulika* 1 TID (After food)
  4. *Raja Pravartini Vati* 1 TID (After food)

### OBSERVATIONS AND RESULTS

The patient got her menstruation on 7/11/2020,12/12/2020,16/1/2021 and 20/2/2021 with 4-5 days of duration and normal quantity of menstrual flow.

Investigations on 1<sup>st</sup> November 2020

TSH - 3.630mIU/ml.

T3 - 0.867ng/ml

T4 - 8.100Ug/dl

Signs and Symptoms	Before Treatment	After Treatment			
		1 <sup>st</sup> Menstrual cycle with <i>Shamana Aushadi</i>	2 <sup>nd</sup> Menstrual cycle with <i>Shamana Aushadi</i>	3 <sup>rd</sup> Menstrual cycle without <i>Shamana Aushadi</i>	4 <sup>th</sup> Menstrual cycle without <i>Shamana Aushadi</i>
Interval Between 2 cycles	3 to 4 months	33-35 days	30 to 32 days	30 to 32 days	30 to 32 days
Duration of Menstrual flow	1 to 2 days	2 to 3 days	4 to 5 days	4 to 5 days	4 to 5 days
Number of pads used per day	1 pad /day	1 to 2 pads/day	2 to 3 pads/day	2 to 3 pads/day	2 to 3 pads/day
Dysmenorrhea	Present	Present	Absent	Absent	Absent

### DISCUSSION

*Artava Kshaya* associated with Hypothyroidism occurs due to the *Nidana* like *Adhyasana*, *Virudha Ahara Sevana*, *Ratrijagarana* and sedentary lifestyle which leads to vitiation of *Vata* and *Kapha Dosha* which also causes *Jataragni Mandya* and *Dhatwagni Mandya* followed by *Rasavaha*, *Raktavaha* and *Medovaha Sroto Dusti* like *Sanga*. This leads to *Uttarotara Dhatu Kshaya*. *Artava* being *Upadhatu* of *Rasa* is also affected leading to *Artava Kshaya*. Oligohypomenorrhoea is the similar condition which is also a symptom of Hypothyroidism.

According to *Acharya Sushruta* the main line of treatment in *Artava Kshaya* is *Shodana* and he mentions use of *Agneya Dravya* helps in relieving the symptoms.<sup>[4]</sup> According to *Acharya Dalhana Vamana* is advised as *Shodana* in *Artava Kshaya* as it does *Nirharana* of *Soumya Dhatu* which results in increase of *Agneya Dhatu* consequently increasing *Artava*.<sup>[5]</sup>

Even in case of Hypothyroidism there is *Avarana* of *Srotas* due to *Kapha Dosh*. *Vamana Karma* is the best line of treatment in order to correct the *Kapha Dusti*. *Saptasara Kashaya* is indicated in *Yonishoola* and *Agnimandya* which corrects the *Jataragni* and *Dhatwagni*. It also has ingredients like *Shunti*, *Sahachara* and *Eranda* which are *Ushna Virya* thus increases the *Agneya Guna*, it also does *Vata Anuloma* thereby correcting the *Artava Dusti* caused due *Apana Vata Vigunya*. *Agnimanta* and *Shunti* does *Amapachana* and *Deepana* which acts as *Vata Kaphahara* thereby corrects *Jataragni* in turn *Dhatwagni* and *Upadhatu* of *Rasa* that is *Artava* is also corrected. *Raja Pravartini Vati*<sup>[6]</sup> having *Katu- Tikta Rasa*, *Ushna Virya*, *Tikshna Guna* acts as *Vata Kapha Shamaka* which increases *Pitta* and thus helps in improving the *Artava*. It is also mainly indicated in *Rajorodha* and *Kastartava*. *Vayu Gulika*<sup>[7]</sup> does *Vata Shamana*, *Vata Anuloma*, *Agni Deepana* and *Ama Pachana* correcting the *Apana Vayu Dusti* thus regulating the menstrual flow. *Hingwastaka Churna*<sup>[8]</sup> is mainly indicated in *Jataragni Vikara* and *Vataroga*, it contains drugs which are *Ushna Veerya Vata Kapha Hara Agni Deepana and Ama Pachana*. The treatment adopted in this condition helps in correcting the *Samprapti* of both Hypothyroidism and *Artava Kshaya*. This drug also does *Sroto Shodhana* thereby clearing the *Sroto Sanga*.

## CONCLUSION

*Artava Kshaya* is a condition where we can see symptoms like delayed menstruation and scanty bleeding which is compared to oligohypomenorrhoea. Oligohypomenorrhoea is also associated with hypothyroidism. The principal line of treatment in *Artava Dusti* is *Shodhana* based on *Dosha* vitiation and as *Kapha Dosh* is aggravated in this condition *Vamana*

*Karma* proves to be effective. *Shamana Aushadis* like *Rajapravartini Vati* helps in initiating and regulation of the menstrual cycle, *Hingwastaka Churna* does *Agni Deepana* correcting the *Jataragni* and *Dhatwagni*, *Vayu Gulika* and *Saptasara Kashaya* corrects the *Apana Vayu Vigunya* hence helps in regulating the menstrual cycle and finally corrects *Artava Dusti* and also corrects Hypothyroidism. Hence Ayurvedic line of management adopted here helps in balancing thyroid hormone and regulating the menstrual cycle.

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