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# Clinical efficacy of *Shatapushpa Taila Matra Basti* in *Artava Kshaya* with Low AMH - Case Study

Archana<sup>1</sup>, Sheela Mallikarjun<sup>2</sup>, Sonalika Hiremath<sup>3</sup>, Sridevi Swamy<sup>4</sup>, Ishwari Patil<sup>5</sup>

<sup>1</sup>Post Graduate Scholar, Dept. of Prasuti Tantra and Stree Roga, N.K. Jabshetty Ayurvedic Medical College and P.G. Research Centre, Bidar, Karnataka, India.

<sup>2</sup>Professor, <sup>3</sup>Assistant Professor, <sup>4</sup>HOD and Professor, <sup>5</sup>Associate Professor, Dept. of Prasuti Tantra and Stree Roga, N.K. Jabshetty Ayurvedic Medical College and P.G. Research Centre, Bidar, Karnataka, India.

## ABSTRACT

Ayurveda is a branch of Medicine, which has been serving for humanity since ancient time by both preventive and curative aspects. In today's fast and competitive world, many gynecological cases are rapidly increasing because of sedentary life style, faulty food habits etc. In gynecological disorder, *Artava Kshaya* is a common menstrual disorder. According to different studies 13.5% and 12.95% of woman are suffering from Oligomenorrhea and Hypomenorrhea respectively. In modern science on basis of signs and symptoms of *Artava Kshaya* can be compared to oligomenorrhea and hypomenorrhea. According to *Acharya Kasyapa* in *Kalpasthan*, *Shatapushpa* is just like nector to the women who suffer from menstrual problems like amenorrhea, oligomenorrhea, hypomenorrhea, menometrorrhagia, infertility etc. *Shatapushpa* can be used in the form of *Churna*, *Kwatha* and *Taila*. *Shatapushpa Taila* should be used in form of *Nasya*, *Pana*, *Abhyanga* and *Basti* according to *Kasyapa* and *Charaka*. Hence in this study *Shatapushpa Taila* was selected for *Matra Basti* in *Artava Kshaya* as it is having the *Agneya* property and *Aritava Janana*.

**Key words:** *Artava Kshaya*, *Shatapushpa Taila*, *Matra Basti*

## INTRODUCTION

In Ayurveda, Prasuti Tantra and Stree Roga is a specialized branch of science contributed purely for women ailments and their managements including pregnancy. A healthy women is a promise of healthy family in different phases of women's life, from Puberty to Menopause. In today's fast world due to lack of time, mode of life and mental stress, gynecological problems are increasing day by day. The

common one is *Artava Kshaya*. In Ayurveda the clinical condition of Oligomenorrhea<sup>[1]</sup> and Hypomenorrhea<sup>[2]</sup> is known as *Artava Kshaya*. If we review our classics *Artava Kshaya* has not been mentioned as a separate disease but it has described as a symptom of many gynecological disorders. Acharya Sushruta explained the symptoms of *Artava Kshaya*<sup>[3]</sup> i.e., *Yathocita Kala Adarshanam* - The menstruation does not appear in its appropriate time or delayed (intermenstrual period is prolonged), *Alpa Artavam* - scanty menstruation, *Yoni Vedana* - Pain in vagina.<sup>[4]</sup> *Artava Kshaya* is one of the *Artava Dusti* described in *Brihatrayee* and *Laghutrayee*.<sup>[5,6]</sup> In Ayurvedic literature the *Chikitsa* for *Artava Kshaya* is *Samshodhana* and *Agneya Dravyas*<sup>[7]</sup> (*Tila*, *Masha*, *Sukta*, *Sura* etc.). *Acharya Kasyapa* mentioned *Artava Vyapads*, for all the *Artava Vyapads* *Shatapushpa Shatavari* acts as *Amruta Samana*.<sup>[8]</sup> In this study the *Shatapushpa Taila* is selected due to its *Vatakapha Shamaka* and *Pitta Vardhaka* properties, it may act as *Yonivisodhana* and *Artavajanana*. *Shatapushpa Taila* can be used in the form of *Pana*, *Abhyanga*, *Nasya* and *Basti*. *Basti* is one of the most

### Address for correspondence:

Dr. Archana

Post Graduate Scholar, Dept. of Prasuti Tantra and Stree Roga, N.K. Jabshetty Ayurvedic Medical College and P.G. Research Centre, Bidar, Karnataka, India.

E-mail: swamyarchu34@gmail.com

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important *Samshodhana* procedures which can be used in the management of *Artava Kshaya* as it not only balances the vitiated Doshas (*Vata, Pitta, Kapha*) but also provides nutrition hence correcting the overall condition of the patient.

### AIM AND OBJECTIVES

To evaluate the efficacy of *Shatapushpa Taila Matra Basti* in *Artava Kshaya* with Low AMH.

### METHODS AND MATERIALS

It is a conceptual study of *Artava Kshaya* and role of *Matra Basti* with *Shatapushpa Taila* in management of *Artava Kshaya* gathered from Ayurvedic classics and modern books.

### CASE STUDY

A 25yrs old married woman visited to OPD of SSCH and RC on 19|08|2023 with the complaints of delayed menstrual cycle with scanty menstrual flow since 7 months associated with lower abdominal pain with H/O 8 years married life.

#### Past History

**Medical history** - No H/O HTN, DM, TSH

**Surgical history** - No any surgical history

**Family History** - All family members are healthy

#### Personal History

Diet - Mixed (Veg and Non veg)

Appetite - Good

Sleep - Sound

Bowel - 1-2 times/day

Micturition - 4-5 times/day

#### Menstrual History

Menarche - 14years

Menstrual cycle - Irregular

Interval - 40 – 45 days

Amount - 1pad/day

Pain - present

Clots - absent

Duration - 1-2 days

LMP - 18/08/23

#### Asthavidha Pariksha

a) *Nadi* - 72times/min

b) *Mala* - 1-2 times/day

c) *Mutra* - 4-5 times/day

d) *Jihwa* - *Nirlipta*

e) *Shabda* - *Avisesha*

f) *Sparsha* - *Anushna sita*

g) *Drik* - *Prakruta*

h) *Akruti* - *Madhyama*

#### Dashavidha Pariksha

▪ *Prakruti* : *Vata - Kapha*

▪ *Vikruti* : *Pitta*

▪ *Sara* : *Madhyama*

▪ *Samhanana* : *Madhyama*

▪ *Pramana* : *Madhyama*

▪ *Satwa* : *Madhyama*

▪ *Satmya* : *Madhyama*

▪ *Ahara Shakti* : *Madhyama*

▪ *Vyayama Shakti* : *Madhyama*

▪ *Vaya* : *Youvana*

#### General Examination

a) Built : Lean

b) Height : 5.1ft

c) Weight : 60kg

d) Temperature : 97.4°F

e) B.P : 120/70mmHg

f) Pulse : 84bpm

g) Pallor : Absent

h) Odema : Absent

- i) Cynosis : Absent
- j) Icterus : Absent
- k) Lymph nodes : Normal

**Systemic Examination**

CVS : S<sub>1</sub> S<sub>2</sub> Heard  
 RS : BLAE Clear  
 CNS : Concious and Well Oriented  
 P/A : Soft

**Investigations**

- 1) Hb% - 9.4gms%
- 2) HIV - Negative
- 3) HBSAg - Negative
- 4) USG - Appears Normal
- 5) TSH - 1.98 µIU/ml
- 6) AMH - 0.48ng/mL
- 7) FSH - 2.43mIU/L
- 8) LH - 8.64 mIU/L
- 9) Prolactin - 6.64 mIU/L

**Differential diagnosis**

- Ksheena Artavadushti
- Vataja Artavadushti
- Artava Kshaya

**Diagnosis:** Artava Kshaya

**Treatment given**

Date	Treatment
30/09/23	Matra Basti with Shatapushpa Taila for 7 days. Dose : 70ml  Given after complete cessation of menstruation.  Follow up - on 5 <sup>th</sup> day of cycle
06/11/23	Matra Basti with Shatapushpa Taila for 7 days. Dose : 70ml  Given after complete cessation of menstruation.  Follow up - on 5 <sup>th</sup> day of cycle

07/12/23	Matra Basti with Shatapushpa Taila for 7 days. Dose : 70ml  Given after complete cessation of menstruation.  Follow up - on 5 <sup>th</sup> day of cycle
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**OBSERVATIONS AND RESULTS**

SN	Signs and Symptoms	Before treatment	After treatment	2 <sup>nd</sup> cycle	3 <sup>rd</sup> cycle
			1 <sup>st</sup> cycle		
1.	Duration of menstrual flow	1-2 days	2-3days	3-4 days	4-5 days
2.	Amount of blood loss	1pad/day	1-2 pads/day	1-2 pads/day	1-2 pads/day
3.	Inter menstrual period	40-45 days	35-40 days	30-35 days	28-30 days
4.	Yoni Vedana (Pain)	Severe lower abdominal pain on 1 <sup>st</sup> day	Mild lower abdominal pain	Mild lower abdominal pain	Absent

**Before Treatment**

**ULTRASOUND - ABDOMEN**

**Liver:** Normal in size measuring 11.3cms with normal echo pattern. No evidence of any obvious focal lesion seen. The intrahepatic biliary radicles are normal. Portal vein and common bile duct are normal.

**Gall bladder:** Gallbladder is well distended. It does not show any intraluminal contents. The thickness of the gallbladder is normal. No pericholecystic edema.

**Pancreas:** is normal in size and echo pattern. Pancreatic duct is normal.

**Spleen:** Normal in size measuring 8.5cms with normal shape, position and echo pattern.

**Right kidney:** Normal in size measuring 10.1x3.1cms. The parenchymal echogenicity, thickness and collecting system is normal. No evidence of hydronephrosis / calculi

**Left kidney:** Normal in size measuring 9.8x4.3cms. The parenchymal echogenicity, thickness and collecting system is normal. No evidence of hydronephrosis / calculi

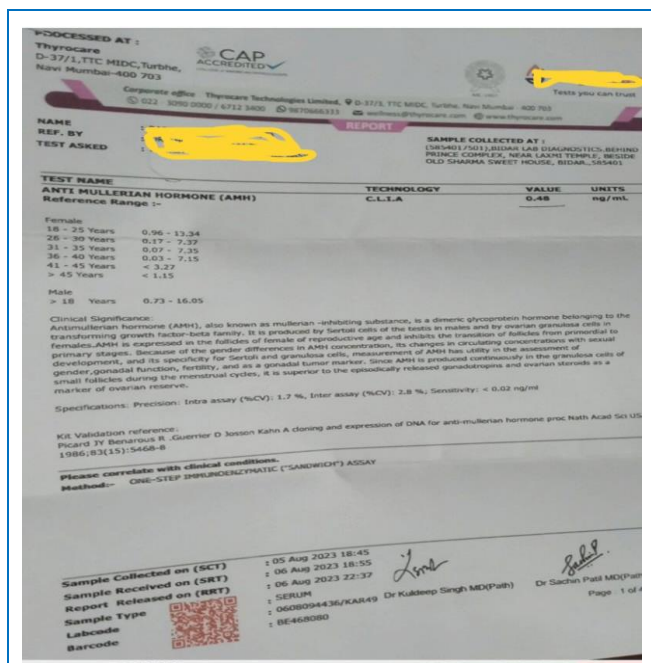
**Uterus:** Appears Anteverted measures about 7.0x2.5x3.3cm with no obvious focal lesion. Endometrial thickness - 7.6mm.

**OVARIES:** Both ovaries appear normal. RO: 3.8x1.7x3.7cm, with follicular count of 11-12 in number, shows dominant follicle measuring 12x12mm. LO: 3.1x1.2x2.9cm, with follicular count of 9-10 in number, no e/o dominant follicle.

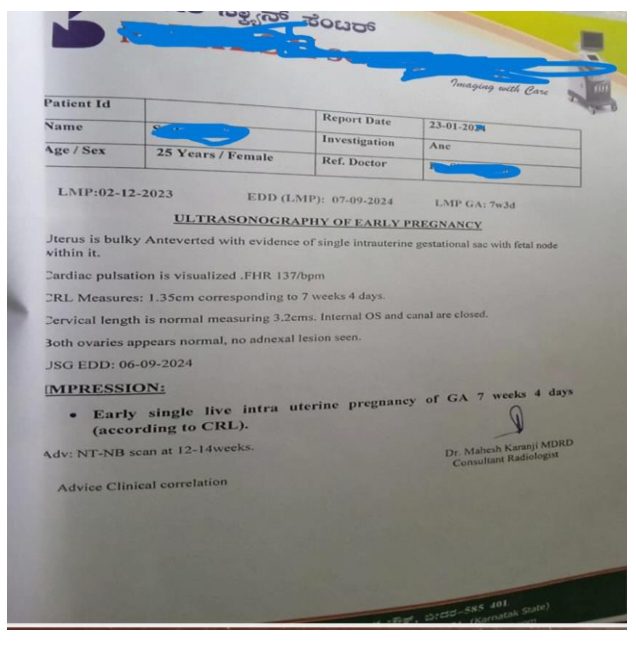
**Urinary bladder:** Urinary bladder is well distended with normal bladder wall thickness. No focal lesion or calculi seen. There is no evidence of lymphadenopathy / ascites / pleural effusion. Right iliac fossa appears normal.

**MPRESSION:**  
 • No significant abnormality detected at the time of imaging.

Dr. Mahesh Kumar M.D.M.D.  
 Consultant Radiologist



After Treatment



DISCUSSION

The Menstrual cycle is essential physiological phenomenon observed in female reproductive era i.e., *Ritu Chakra*. In *Artava Kshaya* the vitiation of *Vata* and *Kapha Doshas* takes place, due to this the menstruation does not appear in its appropriate time or delayed (intermenstrual period is prolonged), scanty menstruation, Pain in *Yoni* and also due to low AMH there is irregular ovulatory functions. In this condition, the 4 main principles - *Nidana Parivarjana*,

*Swayonivardhana Dravyas*, *Samshodhana* and use of *Agneya Dravyas* are beneficial to remove *Srotoavarodha* and brings up the normal menstrual flow. In *Artava Kshaya*, *Tikshna Ushna Gunas* and *Agneya Dravyas* are beneficial. It will be helpful in removing *Ama* and *Srotorodha*. In this study *Matra Basti Chikitsa* is selected. As it does *Vatanulomana* and there by normalizes *Apana Vata* and physiological functioning of *Vata*, which may help in regularization of menstruation and ovulation. Here *Shatapushpa Taila* is used for *Matra Basti* and the *Gunas* of *Shatapushpa* are *Balya*, *Deepan*, *Pachan*, *Yonivishodhana*, *Artavaajanana*, and *Beejotsarga*. Hence *Matra Basti* is effective on various parameters of *Artava Kshaya* like it has improved the interval, duration, flow of menstruation as well as it was effective in reducing the pain during menstruation in the management of *Artava Kshaya* and also patient got conceived in next cycle.

CONCLUSION

In our classics *Artava Kshaya* is not directly explained as a disease but has been explained under *Artava Vikaras* as a symptom. *Artavavaha Srotas* are obstructed by the *Vikruti* of *Apana Vata* and *Kapha*, results in *Artava Kshaya*. To maintain the normalcy of *Agni* and *Vata*, removing *Kapha* is the basic line of treatment. It can be achieved by *Samsodhana* and *Samshamana* (in the form of *Agneya Dravyas*). Hence for the present study the use of *Matra Basti* with *Shatapushpa Taila* was found to be effective in the management of *Artava Kshaya*.

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