



Review Article

AYURVEDIC ACCESS TOWARDS HYPOMENORRHOEA

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ABSTRACT

Every creation of God is made of so many systems like gastrointestinal system, respiratory system, cardiovascular system, reproductive system etc. Stability of every system and its contents are very important for maintaining a healthy lifestyle. A proper balanced menstrual cycle is the result of a balanced reproductive system. In Ayurveda also it is mentioned that equilibrium condition of *Agni, Dhatu, Mala* etc can make a person healthy both physically and mentally. Disturbance in menstruation in any form can affect a woman both physically and mentally.

Hypomenorrhoea is a menstrual condition where menstrual cycle is disturbed due to various factors. Hormonal imbalance, stress, local cause, defect in H- P-O axis etc can lead to any menstrual deformity. At the beginning of hypomenorrhoea, treatment should be started so that it can be resolved easily and in short period of time. Ayurvedic treatment can be done to treat the condition. For this condition also, treatment should be done with a aim to normalize the vitiated *Dosha* and *Dhatu*. Scanty *Artava* is seen in this condition and treatment is done for increasing *Artava*. By taking some diet containing some useful ingredients in day to day life can heal the condition. So, in this topic the Ayurvedic way to treat hypomenorrhoea is discussed concisely.

KEYWORDS: Ayurveda, Hypomenorrhoea, *Dosha*, *Artava*.

INTRODUCTION

Menstruation starts in a girl with menarche and ends with menopause. During the phase between menarche and menopause, menstruation should be occurred in a regular manner. It should not be excessive nor be scanty. Any abnormality in the normally regulated menstrual cycle regarding duration, interval, flow etc may be the sign and symptoms of many other diseases like PCOD, endometriosis, adenomyosis, fibro adenoma, thyroid disorder, uterine synechiae etc.

Hypomenorrhoea is a condition in which menstrual bleeding is unduly scanty and lasts for less than 2 days. An Ayurvedic treatment may be beneficial for this disease. In Ayurvedic system treatment should be done according to the person's *Prakriti*. *Prakriti* is nothing but the predominance of *Doshas* in the person. Treatment is also done according to the *Prakriti*.

In this disease there is less amount of *Artava*. so, our main aim is to increase *Artava*. Symptoms of this disease somehow similar with *Kshina artava* which is mentioned by *Sushruta*. In *Sushruta samhita*, *Astanga sangraha* and *Astanga hridaya*, *Kshina artava* is mentioned as one of the *Asta artava dusti*.

Aim and objective

To study about the Ayurvedic access towards hypomenorrhoea.

Material and methods

This conceptual study is made after reviewing all the available Ayurvedic classics and modern books thoroughly.

Description

Hypomenorrhoea

Uterine bleeding may be slight in amount, short in duration. Bleeding which lasts for 2 days or less is unusual, if not pathological termed as hypomenorrhoea [1].

Causes [2]

- **Constitutional**

In most of the cases scanty menstruation characterizes the whole menstrual life of a woman and is to be regarded as a constitutional trait of no significance.

- **Uterine**

Scanty loss sometimes means that the bleeding surface is smaller than normal and is occasionally seen after most of the cases like myomectomy or other operations of uterus.

- **Hormonal**

Disturbances in endocrine system do not ordinarily lead to scanty menstruation without altering the cycle at a time.

• Nervous and emotional

Psychological factors also may cause hypomenorrhoea. For example, pseudocyesis which is frequently characterized by scanty periods rather than amenorrhoea.

Kshina artava

Nidan of Artava dusti³

Classics did not mentioned directly about *Nidan* of *Artava dusti*. *Kasyapa* mentioned that –

- Use of *Nasya* in *Rajaswala*.
- Use of excessive hot eatables.
- Use of excessive medicines in *Mridu kosthi* people after *Snehan-swedan*.

Samprapti Ghatak

Dosha - Pitta, vata

Dushya- Artava

Srota- Artava vaha srota

Srota dusti- Sanga

Adhistan- Garbhasaya

Samprapti

Vata and Pitta vitiated Ahar vihar



Vitiation of Pitta with Vata



Pitta situated in yoni along with Vata vitiate Artava



Scanty Artava, delayed menstruation with pain in yoni



Kshina artava

DISCUSSION

In *Charak samhita Sutra sthan 1st chapter, Sloka no-44*, it is mentioned that “*Sarvada sarvabhavanam samanya briddhi karanam*”. It means if there is any deficiency of *Dhatu* in the body then by using their *Samanya dravya, Guna* and *karma*, one can increase that deficit one. In hypomenorrhoea there is deficiency of *Artava*. So, we can increase *Artava* by taking herbs, food & medicines which have the same quality with the *Artava*. It is called *Guna samanya*.

Artava and *Pitta* has same quality. Both are *Agneya* in nature. Some points regarding *Artava*:

- From *rasa Dhatu, Rakta* named *raja* is formed. [4]
- *Artava* is *Agneya* in nature. [5, 6]
- *Artava* has the characteristics of *Rakta*, forms *Garbha* and gives stability to *Garbha*. [7]
- Dominant *Mahabhuta* in *Artava* is *Agni*, but other *Mahabhutas* are also exist in *Artava* in smaller amount. [8]

Qualities of Pitta [9]

- *Sneha yukta*
- *Ushna*
- *Tikshna*
- *Drava*
- *Amla*
- *Sara*
- *Katu*

Sushruta did not mentioned *Amla rasa* in *Pitta* but in case of *Bidagdha abastha* [10].

Important points regarding Pitta:

- *Amla, Lavan, Katu rasa* has *Pitta prakupita* properties [11]. These 3 *Rasas* are *Agneya* [12].
- *Dravyas* which have the quality ‘*Tikshna* and *Ushna*’ are *Agneya* in nature [13].

So, for the management of the disease, we have to increase *Agneya guna* in the body and for this *Pitta vardhak ahar vihar* should be taken.

In *Sushruta samhita*, for the management of *Artava kshaya, Virechna* and *Uttara basti* is mentioned. These are *Samsodhan* therapy, after that *Agneya dravyas* like *Tila, Masa, Sura* etc should be used [14]. In modern point of view, if thickness of the endometrium is less due to estrogen deficiency then there will be less shading of endometrium and scanty menstruation will be there. So, we can prescribe phyto estrogens also like *Jirak* (cumin seed), *Satapuspa* (dil), *Satavari* (asparagus), soya products, *Lahsun* (garlic), dates, pistachios, green beans etc. In table 1, details of these drugs are mentioned.

Table 1: Properties of some Dravyas

Tila [15]	<p>Botanical name - Sesamum indicum Linn.</p> <p>Guna</p> <ul style="list-style-type: none"> • <i>Guna : Guru, Snigdha</i> • <i>Rasa : Madhur</i> • <i>Anurasa: Kashaya-tikta</i> • <i>Vipak : Madhur</i> • <i>Virya : Ushna</i> <p>Karma</p> <ul style="list-style-type: none"> • Due to <i>Ushna guna</i>, it acts as <i>Vajikarak, Artava janan</i> • Due to <i>Snigha guna</i>, it acts as <i>Stanya janan</i> • Due to <i>Snigdha madhur guna</i>, it acts as <i>Balya</i> and <i>Vrisya</i>
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Masa ^[16]	Botanical name – <i>Phaseolus mungo</i> Linn Guna <ul style="list-style-type: none"> • <i>Guna</i> : Guru, Snigdha • <i>Rasa</i> : Madhur • <i>Vipak</i> : Madhur • <i>Virya</i> : Ushna Karma <ul style="list-style-type: none"> • <i>Vrisya</i>, <i>Stany janan</i>, <i>Artava janan</i> • Due to <i>Snigdha madhur</i>, it is <i>Balya</i>, <i>Brimhaniya</i>, <i>Jivaniya</i>, <i>Meda vardhak</i>
Sura	Guna <ul style="list-style-type: none"> • <i>Rasa</i> : Amla ^[17] • <i>Virya</i> : Ushna ^[17] • <i>Vipak</i> : Amla ^[17] • <i>Tikshna</i>, <i>Ushna</i>, <i>Vata kapha nashak</i>, <i>Pitta janak</i> ^[18] • <i>Virechak</i> ^[18] • <i>Brimhaniya</i>, <i>Stanya rakta kshaya hita</i> ^[19] • <i>Vataghni</i>, <i>Stanya rakta kshayeshu annapa bidhyadhyay</i> ^[20]

So, we can prescribed medicines containing these above ingredients to the patient. also we can counsel them to take these ingredients in their daily diet. Some of compound medicines are mentioned in table number 2.

Table 2: Compound medicines and their benefits

Yograj guggulu ^[21]	In Sharangadhar Samhita, benefits of this medicine is mentioned as <i>Rajodosh har</i> (removes all menstrual problem) <i>Bandhayanam garbhastatha</i> (produce <i>Garbha</i> in infertile women) <i>Tridoshaghna</i> (suppresses all the 3 <i>Dosas</i>) <i>Rasayan</i>
Nastapuspantak Rasa ^[22]	In <i>Vaisajya kalpana</i> , benefits of this medicine is mentioned as <i>Nasta puspa</i> <i>Nasta sukra</i> <i>Yoni sula</i>
Raja pavartini vati ^[23]	In <i>Vaisajya kalpana</i> , benefits of this medicine is mentioned as <i>Rajo rodh</i> (improper menstrual flow) <i>Kasta raja</i> (dysmenorrhoea)
Chandraprabha vati ^[24]	In Sharangadhar Samhita, benefits of this medicine is mentioned as: <i>Streenam Artavajam rujam</i> (Menstrual disorders) <i>Pumsam sukra gatan doshan</i> (disorders related to semen)

CONCLUSION

- Any abnormality in normal phenomenon is a stressful condition.
- Due to the stress, again the condition becomes complicated.
- So, one has to encouraged to live a stress free life along with the medications.
- The medications should be followed for several cycles then only one can get result.
- *Uttara basti* should be given in any type of *Yoni gata* disorders as in that case *Vata* is definitely involved. *Basti* not only purifies the *yonis* but also make healthy.
- At the last, one has to take those *Agneya dravya* also. some of those are phytoestrogens also. As we now, without estrogen endometrium becomes thin. So, due to this sometimes there may be scanty menstruation. For this phytoestrogens are very beneficial for making the endometrium healthy.

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Cite this article as:

Smita Sarmah, Balen Baishya. Ayurvedic access towards Hypomenorrhoea. International Journal of Ayurveda and Pharma Research. 2017;5 (10):74-77.

Source of support: Nil, Conflict of interest: None Declared

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