

# Conceptual Study of Efficacy of Artavpravartani Vati on Delayed Menses (Artavakshaya)

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## ABSTRACT

Woman's health is the primary factor to be considered for wellbeing of family, society and culture. Any physical, physiological disorder disturbs her life. Physiological changes and development occur right from birth but markedly during the reproductive period. Due to changed life style of women, increased the physical and emotional stress which alters the physiology of 'Hypothalamus- Pituitary- Ovarian- Uterine axis' which leads to many gynaecological problems. Among all gynaecological problems, the most common one is menstrual problem that is Delayed menses (Artavakshaya) being more common. The basic physiology of the menstrual cycle is a complex mechanism. This involves sequence of phases in coordination with the hypothalamus, anterior pituitary, ovary and endometrium. Normal and rhythmic menstruation are prime factors for normal reproduction. The menstrual cycle with all its complexities can be easily perturbed and lead to Oligomenorrhoea and Hypomenorrhoea, the most common conditions seen in the present era. In today's scenario the hormonal treatment which has a good therapeutic utility, is not devoid of side effects, rather than hormonal treatment from contemporary science Ayurvedic herbo-mineral, non-hormonal, non-toxic preparations are proved effective for Delayed menses (Artavakshaya). Therefore there is increasing demand to address the problem from view of Ayurvedic medicine which gives better relief without causing any harms. Many formulations have been documented in Ayurveda and which are effective in Delayed menses (Artavakshaya).

**Keywords:** Delayed menses, Oligomenorrhoea, Artavakshaya

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## INTRODUCTION:

Menstruation—being a central physiological process that reflects reproductive health. This cyclic shedding of the endometrium is orchestrated by the hypothalamus –pituitary–ovarian axis, requiring precise hormonal coordination and a responsive endometrial lining. A healthy menstrual cycle typically ranges from 21 to 35 days, yet modern lifestyle disruptions have led to a surge in menstrual irregularities, particularly delayed menses. Now a days, commonly observed fact is the frequent use of oral progesterone pill to manage the delayed menses. Repeated and excessive use of hormonal therapy—poses significant health risks.

One such remedy is Artavpravartani Vati, a classical formulation described in Yogaratnakara. This herbal compound is traditionally used to stimulate and

regulate menstruation without introducing hormonal therapy. It aligns with the Ayurvedic understanding of Anartava, Nashtartava, and Artavakshaya, offering a holistic approach that restores systemic balance rather than merely suppressing symptoms.

Hence, this study aims to evaluate the efficacy of Artavpravartani vati, a classical formulation described in Yogaratnakara, as a potential intervention for menstrual irregularities.

## DISEASE REVIEW AYURVEDIC ASPECT

Artavakshaya is one of the menstrual disorder which indicate scanty menstrual flow associated with pain in variable duration where vitiation of vayu and kapha are predominant. Artava is a upadhatu formed from rasa within a month after proper metabolization of Rakta dhatu by its Dhatwagni and Bhutagni. Therefore

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decrease or kshaya of a rasa dhatu causes Artavkshaya and simultaneously rakta kshaya is developed.

Kshaya word is derived from kshi dhatu means to cease or to reduced. According to charak kshaya is hrasa nyunata, apachaya. The reduced quantity of artva from its normal Pramana is called artava kshaya or kshinartava.

### • Nidana-

No specific etiological factors responsible for artavkshaya were mention in Samhita.Mithya ahara, vihara, factors responsible for rasa - rakta dhatu kshaya. Causative factors for vitiation of tridoshas can be mentioned as nidanas of artavkshaya. Dalhana the comentary of sushrut has described the various etiological factors responsible for this condition,they are

- 1) Atisamshodhana-Vigorous curettage, Excess of detox(inadequate panchakarma procedures)
- 2) Atisamshamana-Prolonged administration of drugs decreasing amount of menstrual discharges.
- 3) Vega dharan-Atiprajagranan,Purisha vega dharan,mutra vega dharan
- 4) Asatmya anna-Ati ruksha,laghu,sheeta ahara,Viruddhaa hara,Abhojana,Aniyamita bhojana
- 5) Manastap-Chinta (stress),bhaya(fear),krodha(anger),shoka(depression)
- 6) Vyayama-Excessive exercise
- 7) Anashana-Nutritional amenorrhoea,chronic disease
- 8) Atimathuna-Repeated intercourse
- 9) Abhighataja hetu-The mula of artavaha strotas being garbhashaya and artvavahi dhamani where injury causes infertility , dyspareunia and amenorrhoea.

### • Samprapti-

The samprapti of artavakshaya involves two mechanism-

1)Margavrodha janya

2)Dhatu shaya janya

Nidan →Vitiation of→ Agni → Dhatwagni→ Rasa - Rakta →Upadhatu → Atavkshaya

Sevana Tridoshas mandya mandya kshaya kshaya

Nidan →Kapha - vata →Kapha avaran →Artavaha →Avarodha of apana → Artavakshaya

Sevana prakopa to artavahastrotas strotodushti vata

➤ Samprapti ghataka

▪ Dosha-

✓ Vata- Apana vata,Saman vata

✓ Pitta- Pachaka pitta

✓ Kapha - Kledaka kapha

▪ Dushya - Rasa, Rakta

Upadhatu - Artava

Agni-Jataragni, Dhatvagni

Strotas - Rasavaha, Raktavaha

Strotodushti-Sanga

Udhabhavansthan - Amashya

Adhishtana - Garbhashya

Sancharsthana - Sarvashareer

Vyakta sthana - Yoni, Garbhashaya

### Roopa

The three characteristic features :

Yathochitkalat Adarshanam – Absence or delay of menstrual cycles, equivalent to amenorrhoea.

Alpata – Decreased menstrual blood volume(hypomenorrhoea, oligomenorrhoea)

Yonivedana – Spasmodic, radiating, and infrequent pain during menstruation (dysmenorrhoea).

### Vyadhi vinishaya(Differential diagnosis)

Vatala yonivyapad- This disorder is differentiated in characteristic with Artavakshaya, as there is Ayama, Suptata etc. It also produces Gulma and Yonibhramsha.

Arajaska Yonivyapada : This disorder is mainly Pittapradhana, it differentiated in characteristics such as Daha, Karshyata, Vaivarnyata.

Vandhya Yonivyapada :In this disorder the main causative factor, of this disease is the only Vata dosha.

Shandhi Yonivyapada :In this, Yonivyapada – Anartava, Ashtani etc. are the cardinal symptoms which is different from Artavakshaya.

### ● Chikitsa

The main objectives of chikitsa is samprapti vighatana.

This mainly can be achieved in four ways

❖ Samshodhana

❖ Use of agneya dravyas

❖ Swayoni vardhana dravyas

❖ Nidana parimarjana

### 1)Samshodhana-

Samshodhana includes Panchakarma which can be defined as therapeutic measures applicable to cleanse excess accumulated dosha from the body.This is for bahu dosha avastha.Dalhana says that for purification, only Vamana karma should be used, no Virechana, because it reduces pitta which in turn decreases Agneya nature in body, consequently artava also decreases.

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Chakrapani says that vama and virechana clear upward and downward channels respectively, thus both should be used.

In case of female body, certain drugs called as garbhashaya-shodhaka are helpful to wash out the uterine cavity. Thus samshodhana means medicinal operative curettage.

	CHIKI TSA	NAME OF YOGA
1	BASTI	ANUVASAN BASTI- SHATAVARI TAILA UTTARBASTI-ARKA PUSHA TAILA, SHATPUSHPA TAILA
2	VARTI	MANDANPHALA, SURABEEJA, Y AVASHUKA, SNUHI SHEERA, DANTI, CHAPALA, GUD A VARTI

### 2) Agneya dravya-

Pitta is the predominant dosha in rakta dhatu and responsible for the agneyatav of it. Since the artava has similarities with rakta it also gain agneyatav but as we know that artava is formed from the rasa dhatu which has soumya guna so artava is soumya at the time of formation but at time of expulsion it will gain agneya guna.<sup>20,21</sup>

Agneya dravyas is said to be the antidote for increased vata and kapha. They are

also said to be pittakara. Vidhivat upayoga of such drugs should be done. Following are the ideas behind its uses-

- It is vata kaphghana , amenorrhoea is said to be caused by the imbalance of vata and khapha.
- It is ushna, so help in digestion so it would be useful in case of amenorrhoea due to astamyanna or anashana. There are many agneya dravya mention in the classics which are having atravjana properties. The drugs taken for the study i.e jyotishmati, rajika, yavani, vijaysara possess ushna virya and vata kapha samaka properties.

### 3) Swayoni vardhan Dravyay-

It is a treatment given to wipe off deficiencies that cause the trouble. These are the drugs having same seat of origin on the basis of dravya, guna & karma. Drugs capable of increasing rakta and rajo vardhaka drugs should be used. Such as Shtavari, Ashwagandha, Lodhra, yashtimadhu, Ksheera, ghrita

### 4) Nidana parivarjana-

It is the base of the management of all diseases. In short eradication of the causative factors is the treatment of the disease.

#### Pathya:

- ✓ Sali rice and Yava etc. capable of increasing pitta
- Fish, kulattha, kanji, takra, sura etc. be used in diet, Lasuna is beneficial
- ✓ Tila, masha, sura, sukta, etc
- ✓ Fish, kanji, tila, udaswihcha, curd

#### Apathya:

- ✓ Ahara capable of aggravating nidanas are contraindicated.
- ✓ Diwaswpna, ratri jagarana, etc.

## MODERN REVIEW

### 1) Oligomenorrhoea-

It can be defined arbitrarily as one in which the cycle last longer than 35 days with only 4-9 cycles in a year. Menstruation may be infrequent and irregular or may be regularly infrequent.

#### Pathological factors-

It is quiet common for the women at the beginning and end of reproductive lives to miss our have irregular cycles. This is normal and usually the result of imperfect co-ordination between the hypothalamus-pituitary-ovarian axis.

Pregnancy

Lactation

#### Physiological factors-

Nutritional factors-Extreme obesity, Severe anemia, Malnutrition, Chromosomal factors

Drugs-contraceptive pills, Anti depressant, Anti hypertensive

Thyroid factors-Hypothrodism, Graves disease

### 2) Hypomenorrhoea-

Uterine bleeding may be slight in amount short in duration or both. Bleeding which last for 2 days or less is unusual and this pathology is termed as hypomenorrhoea.

Uterine factors-

Uterine hypoplasia

Destruction of endometrium - Due to infection, traumatic curettage

Hormonal factors-Disturbance to endocrine system, can also occur with long term used of low dose oral contraceptives as a result of progressive endometrial atrophy.

### 3) Secondary amenorrhoea-

Absence of menses for > 3 months in regular cycles or >6 months in irregular cycles after previously normal menstruation.

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- Hypothalamic dysfunction-These suppress GnRH pulsatility, leading to anovulation.
  - Premature ovarian insufficiency-Leads to early depletion of ovarian follicles.
- Polycystic Ovary Syndrome (PCOS)-One of the leading causes in reproductive-age women.

### Drug Review-

The aim of this study is to establish an ayurvedic medication as a remedy of artavkshaya in reproductive life of women which mimics the normal life span of present era. Hence, this study aims to evaluate the efficacy of Artavpravartani vati, a classical formulation described in Yogaratnakara, as a potential intervention for menstrual irregularities.

### DRUGS DETAILS:-

Dravyas	Latin Name/ Family	Ras Virya Vipaka
JYOTISHMATI (LEAVES)	Celastrus paniculata Celastraceae	Tikta, katu Ushna Katu
RAJIKA (SEEDS)	Brassica Junecca Brassicaceae	Katu Ushna Katu
YAVANI (FRUITS)	Trachyspermum Ammi Apiaceae	Katu Ushna Katu
VIJYASAR (HEARTWOOD)	Pterocarpous Marsupium Fabaceae	Tikta,kashay Sheeta Katu

Guna	Karma	Doshghanta	Chemical Composition
Laghu Ushna Snigdha	Artavpravarta k Vatahara Deepan	Vata kaphahara	Celastrine, Alkaloids,Beta- Sitosterol, Triterpenes
Laghu Ruksha Tikshna	Deepan Pachan	Vata kaphahara	Allyl, Isothiocyanate, Gluosinolates
Laghu Ruksha Tikshna	Deepan Vatanulohan	Vata kaphahara	Isoflavonoids Terpine Saponins, Thymol
Guru Ruksha	Artavshodhak Kapha pitahar	Kapha pitahar	Isoflavonoids Saponins, Tanin

- ❖ Jyotishmati is a well-documented **Artavpravartaka dravya**. Its Ushna Virya and Katu Vipaka help in alleviating **Avarana of Apana Vata**, which is a prime pathological factor in Artavakshaya. By improving pelvic circulation and stimulating uterine activity, it facilitates timely menstruation.  
Tikta katu rasa, Ushna veerya and artavjana karma of jyotishmati patra helps in increasing the pitta,result in production of artava.
- ❖ Rajika is a potent **Agni Deepaka** and **Amapachaka** drug. In Artavakshaya, Mandagni and Ama lead to obstruction of Artavavaha srotasa. Rajika clears these

obstructions due to its Tikshna and Ushna properties. Katu rasa, ushan veerya of rajika relieves the avarana of kapha, enhance the flow of artava. The ushna veerya of rajika helps in digestion of ama, result in proper formation of Rasa dhatu, ultimately ends the production of artava.

- ❖ Yavani is highly effective in **Vatanulomana**, making it useful in cases of delayed menses associated with pain and abdominal distension. It regulates Apana Vata and relieves spasmodic uterine pain (Yonivedana).
- ❖ Vijaysar acts as a **Rakta Shodhaka** and **Artava Shodhaka** drug. Its Kashaya Rasa helps in correcting Rakta Dushti and improving endometrial receptivity.

Though Sheeta in Virya, it balances Pitta and supports the quality of menstrual blood.

Almost all the Dravya contains guru, Snigdha, teekshna guna, ushna veerya, katu vipaka, so vatakapashamak and enhance the pitta properties in the body. Pittakara properties of this dravyas increasing the agneyatava of the body help in the production of artava. Finally we conclude that the all the dravyas included in the yoga are vatakapashamak, pitta vardhaka and artavjanya

### Role of drugs

*Celastrus paniculatus* (Jyotishmati) -contains alkaloids, triterpenoids and sterols; phytochemical analyses and reviews report antioxidant, CNS-stimulant and some emmenagogue uses in traditional medicine, which could plausibly modulate systemic stress responses and neuroendocrine axes that influence GnRH secretion.

*Brassica juneca*. seeds (Rajika) - are rich in volatile oils (allyl isothiocyanate, glucosinolates) that are stimulatory/irritant and historically used as counter-irritants and “stimulants” with reported uterine/menstrual uses in folk medicine; such actions could produce local uterine stimulation or reflex effects.

*Trachyspermum ammi* (Yavani ) - essential oil (thymol, terpenes) has documented carminative, antispasmodic and uterine stimulant/emmenagogue uses in traditional pharmacopeias and reviews. These pharmacologic actions may help relieve uterine spasm/dysmenorrhea and, by modulating smooth muscle tone, could support menstrual flow initiation.

*Pterocarpus marsupium* (Vijaysar) - heartwood extracts show metabolic and reproductive effects in preclinical models (e.g., restoration of ovarian parameters in TP-induced PCOS rats), suggesting

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potential for normalizing ovarian function/folliculogenesis in anovulatory states. This provides a plausible ovarian-protective or endocrine-modulating mechanism.

### Conclusion:

The aim of this study is to establish an Ayurvedic medication as a remedy of *Artava kshaya* in reproductive life of women which mimics the normal life span of present era. *Artava kshaya* mainly occurs due vitiation of vata and kapha. This vitiated vata and kapha causes *Angni mandya* and *margavarodha* of *Artava vaha srotas* and leads to *Artava kshaya*. So the line of treatment is to maintain normalcy of Agni and Vayu and to remove the vitiated kapha. In the classics both *shodhana* and *shamana chikitsa* has been explained for *Artava kshaya*. *Dalhana* says that for purification, only *Vamana karma* should be used, no *Virecana*, because it reduces pitta which in turn decreases *Agneya* nature in body, consequently *artava* also decreases. *Chakrapani* says that *vamana* and *virechana* clear upward and downward channels respectively, thus both should be used. For *shamana pittavardhaka* drugs are advised these drugs helps in increasing the quality of *Artava* „as *Artava* is” *Agneyam*” .and also removes the kapha which does *avarana* to *apana vayu* .

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