

## VAMANA KARMA: A SUCCESSFUL TREATMENT OF ARTAVA KSHAYA (OLIGOMENORRHOEA)-A CASE REPORT

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### ABSTRACT

Ayurveda is based on the fulcrum of Atharvaveda and is considered as its Upaveda which envisages the importance of preventive, promotive and curative aspects of health. In Ayurvedic classics, all Gynecological problems are described under the umbrella of Yonivyapadas and Artava Vikaras. Nowadays increasing number of patients with various forms of menstrual irregularities is seen attending the outpatient, among these arthavakshaya is important one. Ayurveda observes "Alpatvam" [oligomenorrhea] as one of the features. Panchakarma is an important therapeutic branch of Ayurveda used for all 3 dimensional health concern which is also known as apunarbhava chikitsa, Dosha Pratyaneeka chikitsa, shodhana chikitsa, has its own place in the management of Artavakshaya. Ayurveda offers some hope for this condition in the form of vamana karma and in this context Acharya Dalhana says, Shodhana karma should be carried out using vamana and not Virechana. Present case is the success story of the patients treated with Vamana karma.

**KEY WORDS:** Ayurveda, Atharvaveda, Yonivyapads, Artavakshaya

### INTRODUCTION

The word "Artava" denotes two meanings, one of them is "Bahirpushpa" and another one is Antahpushpa. Both Bahirpushpa and Antahpushpa are interrelated. Bahirpushpa is outward manifestation of appropriate work of Antahpushpa, which is necessary for conception. Bahirpushpa is considered as the menstruation. Artavavaha srotas is an important srotas to achieve motherhood-a special place at the top of the world every woman aspires. To keep this srotas healthy, potent and clean for eugenesis, the role of panchakarma is highlighted. Ayurveda observes this condition as arthavakshaya

where in "Yathochitakale artavasya adarshanam" [menstrual disturbance] "Alpatvam" [oligomenorrhea], "Yonivedana" [Pelvic discomfort] are the features. Ayurveda offers some hope for this condition in the form of vamana karma and in this context Acharya Dalhana says, Shodhana karma should be carried out using vamana and not Virechana. Since virechana causes depletion of pitta which further decreases Artava while vamana removes soumya dhatu thereby increasing Agneyatatva, consequently increasing Artava. This line of treatment may prevent

the necessity of taking prolonged hormonal therapy or to avoid surgical interventions.

### **CASE STUDY**

A 24 year old Female patient, was consulted the outpatient department, Department of Prasuti Tantra and Stree Roga, NKJAMC Bidar with chief complaints of increased duration of menstrual cycle since 2years after menarche. On history she revealed that she had regular menstruation 2years after the menarche. Then after, gradually the intermenstrual period has been increased. But there was no change in the quantity of the bleeding. She underwent all the investigations including the hormonal essay but no abnormal values quoted. She took all kind of medical assistance by Allopathic and Ayurvedic physicians but no relief found. Her menstrual history was all normal except the increased intermenstrual period. Family history revealed the history of same complaint in her mother but it is regularised after assisted conception. Examination findings were within normal limits without any deviations.

### **Personal History:**

Appetite was moderate, Bowel constipated, normal Micturation with sound sleep. All the vitals were within the normal limits and no systemic illness are noted.

### **Menstrual History:**

LMP: 12/06/2012

Duration of bleeding: 3-4 days

Interval of bleeding: 45-50days

Quantity of bleeding: 2-3pads/day

Associated with Mild pain, no clots, no foul smell

### **Examinations:**

All the vitals were within the normal limits and no systemic illness are noted.

### **Diagnosis:**

With all the normal investigations and examination findings the patient was diagnosed as Artava kshaya where one of the symptom is “Yathochita kala adarshana”<sup>1,2,4</sup> of Artava which can be quoted as Oligomenorrhoea in the modern science.

### **Planning of the treatment<sup>1,2,4</sup>:**

Sushrutacharya says that the best line of treatment is shodhana karma. Dalhana says that for shodana is the main only Vamana karma should be used.

By observing all the above factors, the Vamana karma<sup>3</sup> is selected as the treatment.

### **Intervention:**

Deepana pachana : Chitrakadi vati for 3 days.

Snehapana : Phala gritha

Vamana karma : classical method with Madanaphala.

Samsarjana karma: Followed for 5days.

Deepana-Pachana: Chitrakadi vati is used with hot water thrice daily till nirama lakshanas observed in the patients. Chitrakadi vati has vata kaphahara quality along with deepana pachana effect which helps in attaining nirama avasta easily, thus increases rasa dhatu indirectly increasing Artava.

Sneha pana: It was started with Phala gritha and the dose of 30ml on the basis of time taken to digest the first day of sneha, a subsequent dose of gritha was planned. The sneha was given in arohana Marta till patients developed samyak snigdha lakshanas. During the sneha pana there was improvement in Agni was noted.

Vamana is a medicated emesis therapy, which removes morbid Kapha collected in

the body. This intervention is done only when there is high Kapha imbalance. Systematic daily treatment starting from pachana to swedana involves loosening and mobilizing the morbid dosha in an effort to eliminate them. Vamana is the purificatory/cleansing procedure to eliminate, expel vitiated dosha through the upper gastro-intestinal track particularly the augmented kapha. By this treatment, vitiated kapha dosha is totally eliminated from its roots (*kosta*) through the mouth. Ayurveda identifies dominance of kapha dosha-soumya dhatu as important causative factor in Artvakshaya and removal of this is achieved by Vamanakarma.

## RESULTS

Patient got her menstruation after 32 days of her LMP. She noticed that the discomfort during her menstruation was totally cured. There was no alteration in any other factors.

## DISCUSSION

### Artava Utpatti<sup>2</sup>

Considering Dhatu's parinama according to Kedarakulya nyaya the rasadi seven dhatus are successively formed by the transformation of proceeding dhatus from the transformed "Ahara rasa". The soumya rasa, acted upon by Pitta gets converted into rakta dhatu and Artava of Agneya character in due course of time. Rasa remains in each dhatu for a period of thousand and fifteen kala. In this manner rasa becomes Sukra in male and Artava in females. The blood collected for whole month by both Dhamanies (uterine vessels & their endometrial capillaries) assumes slight black colour and brought downwards by means of Apanavata to be excreted through the vaginal orifice.

### Nidana:

While going through the classics, the probable causes of Artava kshaya are margavarodha and the dhatu kshaya. In marga avarodha janya artava kshaya, involvement of doshas vata and kapha. According to Charaka<sup>3</sup> the vitiation of artava vaha srotas occurs by means of sanga. This avarodha (obstruction) is caused either by kapha or vata alone or vata- kapha together. According to Sushruta<sup>4</sup>, vata – kapha are the factors causing avarana to artava vaha srotas. Pitta is not included because it causes artava vriddhi. When sleshmaja prakriti stree (obese) consumes kapha prakopak ahara then it vitiates the doshas mainly kapha which causes the meda vriddhi leading to abnormality in ritu chakra (prolonged ritukala). Further, vitiation of tridosha mainly vata causes avarna to artavahastrotas and it will lead to artavavaha stroto dusti in terms of Artavakshaya (Alpapushpa Nastapuspa) along with this meda vriddhi leads to alpa prana, alpa beeja, alpa maithuna.

### Treatment:

Shodhana karma is the treatment of choice. Dalhana<sup>4</sup> says that only Vamana karma is to be selected as Shodhana karma not the Virecana, because it reduces pitta which in turn decreases Agneya nature in body. Vamana removes soumya dhatu thereby increasing Agneyatatva, consequently increasing Artava.

## CONCLUSION

Ayurveda is a boon for mankind in the treatment of the Gynaecological disorders. Shodhana karma is one of the treatments which removes the root cause of the disease and cures them. Vamana karma in Artava

kshaya patients helped in removing the margavarodha by removing the sowmya dhatu and in turn increases the proper formation of the Artava.

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