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 is it is mentioned that equilibrium condition of Agni, Dhatus, 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 Dhatus. 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 menstrual condition where menstrual cycle is disturbed due to various factors. 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.

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].

Aim and objective
To study about the Ayurvedic access towards hypomenorrhoea.

Abstract
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 Dhatus. 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.

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- 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 dusti**

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
Adhisthan- Garbasaya

**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 sarvabhavanan 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],
- Drayyas 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 Sushrutha samhita, for the management of Artava kshaya, Virechana and Uttara basti is mentioned. These are Samsodhan therapy, after that Agneya drayyas 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**

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Guna</strong></td>
<td>Guna : Guru, Snigda</td>
</tr>
<tr>
<td></td>
<td>Rasa : Madhur</td>
</tr>
<tr>
<td></td>
<td>Anurasa: Kashaya-tikta</td>
</tr>
<tr>
<td></td>
<td>Vipak : Madhur</td>
</tr>
<tr>
<td></td>
<td>Virya : Ushna</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Karma</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Due to Ushna guna, it acts as Vajikarak, Artava janan</td>
</tr>
<tr>
<td>Due to Snigha guna, it acts as Stanya janan</td>
</tr>
<tr>
<td>Due to Snidhga madhur guna, it acts as Balya and Vrisya</td>
</tr>
</tbody>
</table>

**Masa**<sup>[16]</sup>  
**Botanical name** – Phaseolus mungo Linn  
**Guna**  
- Guna : Guru, Snigdha  
- Rasa : Madhur  
- Vipak : Madhur  
- Virya : Ushna  
**Karma**  
- Vrisya, Stany janan, Artava janan  
- Due to Snigdha madhur, it is Balya, Brimhaniya, Jivaniya, Meda vardhak

**Sura**  
**Guna**  
- Rasa : Amla<sup>[17]</sup>  
- Virya : Ushna<sup>[17]</sup>  
- Vipak : Amla<sup>[17]</sup>  
- Tikshna, Ushna, Vata kapha nashak, Pitta janak<sup>[18]</sup>  
- Virechak<sup>[18]</sup>  
- Brimhaniya, Stanya rakta kshaya hita<sup>[19]</sup>  
- Vataghni, Stanya rakta kshayeshu annapa bidhyadhyay<sup>[20]</sup>

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**

<table>
<thead>
<tr>
<th>Compound medicines</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yograj guggulu</strong>&lt;sup&gt;[21]&lt;/sup&gt;</td>
<td></td>
</tr>
</tbody>
</table>
In Sharangadhar Samhita, benefits of this medicine is mentioned as  
- Rajodosh har (removes all menstrual problem)  
- Bandhayanan garbhadstatha (produce Garbha in infertile women)  
- Tridoshagha (suppresses all the 3 Dosas)  
- Rasayan  

| **Nastapuspantak Rasa**<sup>22</sup> |  
In Vaisajya kalpana, benefits of this medicine is mentioned as  
- Nasta puspa  
- Nasta sukra  
- Yoni sula  

| **Raja pavartini vati**<sup>[23]</sup> |  
In Vaisajya kalpana, benefits of this medicine is mentioned as  
- Rajo rodh (improper menstrual flow)  
- Kasta raja (dysmenorrhoea)  

| **Chandraprabha vati**<sup>[24]</sup> |  
In Sharangadhar Samhita, benefits of this medicine is mentioned as:  
- Streenam Artavajam rujam (Menstrual disorders)  
- Pumsam sukra gatan doshan (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 yoni 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.

**REFERENCE**


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Cite this article as:

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