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THE EFFECT OF ARKAPUSHPA YOGA ON ARTAVAKSHAYA A CLINICAL STUDY

Dr.Pushkala Badarinarayan* Dr.Pramodini Patil**

*Author, Associate professor, Department of Prasooti tantra and stree roga, SDMIAH,
Bangalore

**Co-author, Assistant professor, Department of Prasooti tantra and stree roga, SDMIAH,
Bangalore

kala4rg@gmail.com

ABSTRACT:- Hypomenorrhoea and Oligomenorrhoea are two very common symptoms seen in gynecological practice. These conditions are compared to Arava Kshaya in Ayurveda. The treatment options in contemporary science are hormonal supplementation which are having their own side effects. Several formulations have been mentioned in Ayurveda for Artava Kshaya and Arka Pushpa Yoga¹ is one of the formulations. This is easy to procure, simple to prepare and is cost effective. Present Study is on the effect of Arka Pushpa Yoga on Hypomenorrhoea and Oligomenorrhoea conducted on 10 patients. It was observed that the medicine helped in attaining menstruation and also there was substantial increase in quantity of bleeding.

Keywords:- Artava Kshaya, Arka Pushpa Yoga, Hypomenorrhoea , Oligomenorrhoea

INTRODUCTION

In India nearly 13.5% of women in reproductive age suffer from Hypomenorrhoea where the menstrual bleeding is unduly scanty which lasts for less than 2 days and Oligomenorrhoea where the menstruation occurs more than 35 days apart which remains constant at that frequency.

Artava Kshaya² is explained as having Yathochitakala adarshanam (not seen in proper time), Alpartava (less in quantity) and Yoni vedana (pain). Artava can be understood in two different contexts -Beeja roopa artava (Egg) and Dhatu roopa artava (Menstrual fluid). When we take Yathochita kaala adarshana it can be considered as delayed menstruation as in Oligomenorrhoea / Amenorrhoea of varying period or Anovulation. Alpartava can be understood as Hypomenorrhoea or Oligo ovulation.

Presently the treatment option in contemporary science is hormonal therapy which has its own side effects. In Ayurveda the treatment mentioned for Artava kshaya is mainly Agneya dravya prayoga³. Arka Pushpa Yoga is selected as it is described as '*Rudhira sraava kaaricha*', means that which initiates bleeding and has agneya property. The present study has been done on the Effect of Arka pushpa yoga in Dhaatu roopa artava with special reference to Oligomenorrhoea and Hypomenorrhoea

MATERIALS AND METHODS

Preparation of the Drug - The ingredients of Arka pushpa yoga are Arka pushpa, Guda and Tila taila. Arka flowers are collected, cleaned, dried and fried in Tila taila. Double the quantity of Guda is added and titrated. Vati of 3g each is prepared in the practical hall of SDMIAH, Bangalore

CLINICAL STUDY

Paitents fulfilling the inclusion and exlution criteria with hypomenorrhea and oligomenorrhea are randomly selected from OPD of SDM Institute of Ayurveda and Hospital (SDMIAH), Bangalore.

Inclusion criteria:-

- Patients under the age group of 18 to 40 years,
- Symptoms of Hypomenorrhea and oligomenorrhea

Exclusion criteria:-

- Systemic Disorders like Diabetics Mellitus, Hypertension and patients with malnutrition

Duration Of Treatment:- 30days or until attainment of menstruation whichever is earlier

Follow up: - Once a week, till completion of 30 days or attainment of menstruation

INTERVENTION: - One tablet twice a day before food with water

ASSESSMENT CRITERIA- Based on the symptoms qualitative and quantitative assessment is done

OBSERVATION AND RESULTS

Study was conducted on 10 patients who are having artavakshaya and fulfilling the inclusion and exclusion criteria. Among them 30% patients had spotting for few days and other 70% had delay in cycle of more than 50 days. 60% belongs to 16-25 age group and 40% belongs to 26-35 age group.

It is observed that 30% of the patients who already had spotting started to have proper menstrual bleeding within 4 days. Among remaining 70% of patients having delay in menstruation, 29% started with menstrual bleeding within 1-3 days, 31% within 4-6 days, 12% within 16-18 days and remaining 28% had no bleeding at the end of the study period. Statistical analysis reveals that Arka Pushpa Yoga has highly significant results.

DISCUSSION

The main ingredients of Arka pushpa yoga are Arka pushpa, Guda and Tila taila. Though Arka is mentioned as Upavisha, toxicity of Arka pushpa is not mentioned anywhere in classics. There are studies and research papers on Arka which mention Ksheera, Patra, Kanda, Mula parts as toxic but does not mention about Arka pushpa. Arka pushpa⁴ has

kaphanashana, paachana and gulma hara properties. Guda⁵ is snighdha and vataghna. Tila taila⁶ has vyavayi, vikashi, vata kapha hara, rakta pitta kara, lekhana, garbhashaya vishodhana gunas. The yoga is used as rudhira sraava kaari that which produces bleeding. It acts on Tridosha, has lekhana and garbhashaya shodhana gunas which helps in establishing proper menstrual bleeding.

CONCLUSION

Arka pushpa yoga is found effective and can be used in bigger population. Effect of Arka pushpa yoga on regulating the menstrual cycle needs a longer durational study. Its effect on beeja rupa artava with special reference to ovulation can be studied further.

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