

The Comparative Clinical Study of Shatapushpa Churna and Tilshelukarvi Kwatha on Artava Kshaya

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Abstract

On reviewing our Ayurvedic classics we found that Artava kshaya included symptoms like Yathochitkale Adarshanam, Yoni Vedana, Alpata. Nowadays, the menstrual disorders have become a very challenging problem for working ladies or housewives. They may involve the structural or functional disturbances and are mostly associated with the complaint of infertility, obesity etc. In modern science, Oligomenorrhea & Hypomenorrhea is treated by hormonal therapy & long term use of the drugs produces many side effects. To avoid this problem, in present study “**The comparative clinical study of Shatapushpa Churna And Tilshelukarvi Kwatha On Artava Kshaya**” was selected due to their Artavajanana, and Garbhashayashodhana properties. And results were assessed on the basis of improvement in the subjective symptoms. The study reveals that combine use of Shatapushpa Churna And Tilshelukarvi Kwatha with Guda as Anupana showed better results.

Keywords: Artava kshaya, Yathochitkale Adarshanam, Yoni Vedana, Alpata Vatashamaka, Artavajanana, Garbhashayashodhana, Oligomenorrhea & Hypomenorrhea,

हिन्दी सारांश—

आयुर्वेदिक ग्रन्थों के अनुसार, आर्तवक्षय व्याधि में यथोचितकाले अदर्शन, योनिवेदना, अल्पता ये लक्षण मिलते हैं। आधुनिक युग में कामकाजी और घरेलु महिलाओं के लिए आर्तव सम्बन्धी विकार दिनप्रतिदिन बढ़ते जा रहे हैं। ऐसी महिलाओं में रचनात्मक एवं क्रियात्मक परिवर्तन होने की सम्भावना बढ़ जाती है तथा बन्ध्यत्व, स्थायित्व विकारों से ग्रसित हो जाती है। आधुनिक विज्ञान में ओलिगोमेनोरिया एवं हाइपोमेनोरिया की चिकित्सा हॉर्मोनल थेरेपी के द्वारा की जाती है। इनके दीर्घकालीन प्रयोग से अनेक दुष्प्रभाव उत्पन्न होते हैं। इस समस्या के निवारण के लिए प्रस्तुत शोधपत्र में शतपुष्पा चूर्ण एवं तिलशेलुकारवी क्वाथ का आर्तवक्षय में चिकित्सीय अवलोकन का प्रयास किया गया। संहिताओं में इन औषधियों का प्रयोग आर्तवजनन एवं गर्भाशय शोधन में बताया गया है। परिणाम को व्यक्तिपरक लक्षण में सुधार के आधार पर मूल्यांकन किया गया। इस शोधकार्य में शतपुष्पा चूर्ण एवं तिलशेलुकारवी क्वाथ दोनों का एक साथ प्रयोग सार्थक सिद्ध हुआ।

Introduction

On reviewing our Ayurvedic classics we found, that "Artava kshaya" is described as a symptom not a disease.ⁱ When we compare the disease "Artava kshaya" with the modern medical science, "Hypomenorrhoea" and "Oligomenorrhoea" can be compared to some extent on the basis of its signs and symptoms.ⁱⁱ Women are the roots of progeny. Means, the woman is born for reproduction. Therefore it is important to cure the female who is suffering from "Artava kshaya".

A critical survey of Ayurvedic literature specially related to its pharmacopoeia reveals that compound formulations

and single drugs are very much indicated for the treatment of Artava kshaya. In the present study, we have formulated two types of trial drugs namely, 'Shatpushpa Churna' and "Tilshelukarvi Kwath" with the moto to validate the directives of classics on parameters of a systemic and scientific research work

Need of Present Research Work

On account of modernization & urbanization, there is intake of spicy diet, fried food, stress & social problems, the menstrual disorders have become a very challenging problem for working ladies or housewives.ⁱⁱⁱ They may involve the structural or functional disturbances and are mostly associated with the complaint of infertility, obesity etc. Now a days, in modern science, scanty & infrequent menstruation is treated by hormonal therapy & long term use of these drugs produce many side effects. So, it is very essential to find out some effective Ayurvedic medicine for this condition. Ayurvedic management seems to be more practical, effective, not costly, non-surgical and have negligible side effects.

Design of the Study

The method adopted in present study is Randomized, Clinical, Open study.

Aims & Objectives

The present research work has been undertaken with the following objectives.

1. To study the detail aetiopathogenesis and prevalence of Artava kshaya in the place where this study has been carried out.
- 2.To evaluate the efficacy of Shatapushpa Churna and Tilshelukarvi Kwatha in the management of Artava kshaya.
3. To compare clinically the effect of Shatapushpa churna and Tilshelukarvi Kwatha in the management of Artava kshaya.

4. To screen a critical review of available literature on Artava kshaya.
5. To study the complication if any during and after treatment.
6. To prevent the patient from further complications.
7. To assess the reduction in symptoms of both subjective as well as objective criteria.

Material and Methods

Selection of patients

Total 30 clinically diagnosed and confirmed cases of Artava kshaya were selected from the O.P.D. / I.P.D. of P.G. Department of Prasuti-Stree Roga, National Institute of Ayurveda (N.I.A.) Hospital, Jaipur.

A. Inclusion criteria

1. Age - 12 - 40 years
2. Patients with long term use of hormonal therapy.
3. Patients with nervous and emotional causes.
4. Patients suffering from PCOS (Poly cystic ovarian syndrome).

B. Exclusion criteria

1. Patients below 12 & above 40 years of age.
2. Patients suffering from diseases HIV, VDRL, HBsAg.
3. Patients suffering from diseases such as D.M., T.B., C.C.F., IHD, hypertension.
4. Patient having organic pathology of uterus and adnexae eg. Malignant growth etc.
5. Patients having sex chromosomal abnormality such as xxx arrangement.
6. Patients having physiological infrequent menstruation.
7. Patients belongs to perimenopausal period.

Posology: Patients were randomly divided into following two groups:

	GROUP-A	GROUP-B	GROUP-C
DRUG	<i>Shatapushpa Churna</i> ^{iv}	<i>Tilshelukarvi Kwatha</i> ^v	<i>Shatapushpa Churna & Tilshelukarvi Kwatha</i>
DOSE	3g twice a day with lukewarm water	20 ml twice a day with <i>Guda</i> as <i>Anupana</i>	3g & 20 ml twice a day with <i>Guda</i> as <i>Anupana</i>
ROUTE	Oral	Oral	Oral
DURATION	60 days	60 days	60 Days

Criteria of assessment: A special scoring pattern was applied in symptoms and associated complaints.

a. Subjective Parameters

1. Duration of menstrual bleeding
2. Interval between two cycles (inter menstrual period)
3. Amount of menstrual flow
4. Pain during menses.

b. Objective Parameters

1. Routine blood investigation :- Hb gm%, TLC, DLC, ESR, HIV, HBsAg, VDRL, MT, RBS, TSH were advised to all the patients before and Hb gm% , ESR, TLC, DLC after the completion of trial.
2. Complete urine examination
- 3.USG of uterus and adnexae (if possible)
- 4.Hormonal level tests (if possible)
5. Urine Pregnancy test (if necessary)

Statistical Evaluation of results

Further the effect of the treatment of signs and symptoms were analyzed statistically by Mean, SD, and SE, ‘paired Wilcoxon signed rank test ’and ‘ unpaired ONE WAY ANOVA- Kruskal-Wallis Statistic Test’ for non-parametric study

Statistical analysis - Statistical study was carried out in terms of mean (x) standard deviation (S.D), standard error (S.E.) paired test(t. value) Finally result were shown in terms of probability (P) as p>0.05-Insignificant, p<0.05-Significant, p<0.01, P<0.001- Highly significant.

Observation

Most of the patients were belonging to the age group 14 to 25 years (46.67%). 80% patients were belonging to the Hindu community. 100% patients were from Urban Habitation. Most of the women registered were Housewives i.e.60%. 33.33% of patients were graduates. Majority of the patients were from Lower middle class 46.67%. 33.33% patients had nil contraceptive history. 66.67% of patients were married. Majority of patients 33.33% each had a satisfactory and unsatisfactory sexual life. 40% patients were multipara Maximum no. of patients 80% having negative family history. 66.67% of the patients reported are of vegetarian. 30% of the patients had Vishama and Sama type of diet. 53.33% of the patients had Katu Rasa dominance, 30% of patients had Guru guna. 40% of the patients had moderate appetite. 33.33% of patients having height 5ft and maximum 30% of patients were in between 35-45kg. 100% of patients found normal development of secondary sex characters. Maximum 56.67% of patients had disturbed sleep. 43.33%of patient having irregular bowel habit. 70% of patients having normal bladder habit. 83.33% were addicted to tea. 66.67% had normal work. 46.67% of patients having Tanava. 53.33% had duration of illness 1 to 5year. 43.33% of the patients were Vatakapha prakriti. 53.33% were having Madhyama Sara. 53.33% were having Madhyama Samhanana. 46.67% were having Madhyama Pramana. 40% were having Madhyama Satmya.73.33% were having Madhyama Satva. 43.33% were having Madhyama koshta. 40% patients had Mandagni. 56.67% patients had Madhyama, Abhyavarana Shakti. 56.67% patients had Madhyama Jarana Shakti. 43.33% patients had Madhyama Vyayama Shakti. 46.67% patients had 13-14 years age of menarche. 60% of patients had been found with irregularity of the cycle. 53.33% patients had menstrual bleeding for 1-2

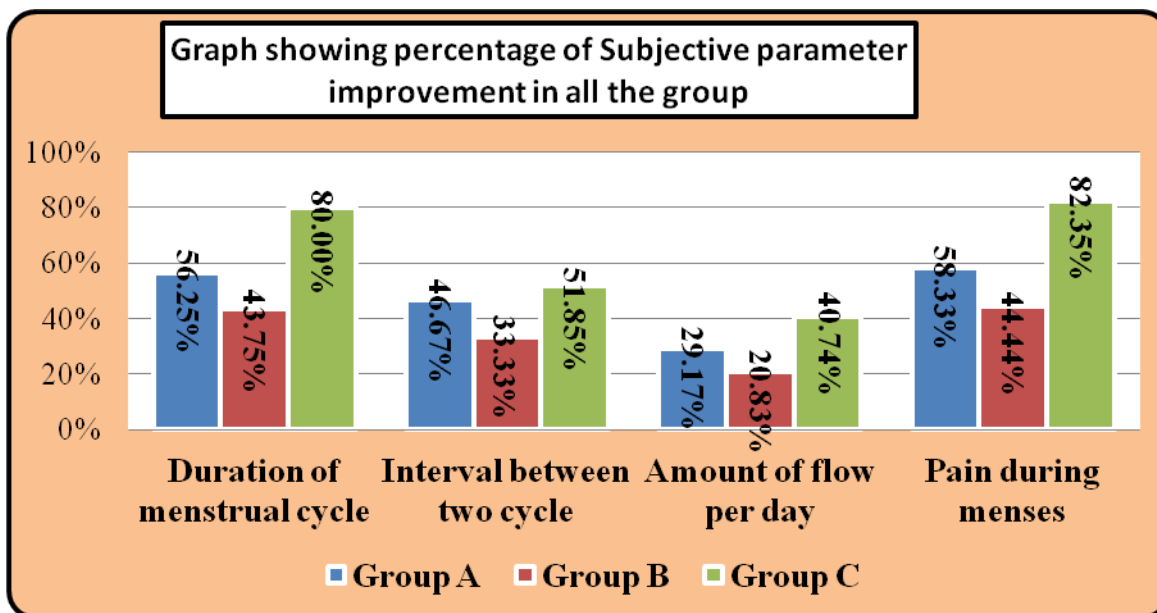
day. Maximum no. of patients having normal interval of menses 40%. 93.33% of patients had scanty menstruation 53.33% patients have absence of clot in menstrual blood. 53.33% patients have presence of foul smell in menstrual

blood. 40% patients have blackish & red colour of menstrual blood. 63.33% patients had dysmenorrhea.

Results

Table No 1: Shows the % improvement of symptoms in both groups:

S.NO.	Subjective Parameters (Graph no.48 and 50)	RESULT IN PERCENTAGE		
		GROUP A	GROUP B	GROUP C
1	Duration of flow	56.25%	43.75%	80.00%
2	Interval between cycle	46.67%	33.33%	51.85%
3	Amount of Flow	29.17%	20.83%	40.74%
4	Pain during menses	58.33%	58.33%	82.35%
	Average Percentage of relief	49.70%	39.06%	63.73%



ANOVA Test for Intergroup Comparison of various parameters.

Table No. 2:- Showing effect therapy on the parameter duration of menstrual cycle in all three group of patients.

Duration of menstrual cycle	Mean B.T.	Mean A.T.	Mean Dif.	Mean %	No.	S.D.	S.E.	p	S
Gp A	2.00	0.88	1.13	56.25%	6	0.99	0.35	0.013	S
Gp B	2.00	1.13	0.88	43.75%	5	0.83	0.30	0.021	S
Gp C	1.88	0.38	1.50	80.00%	7	0.93	0.33	0.009	H.S.

Comparative analysis of Groups on the parameter of Duration of menstrual cycle

Duration of menstrual cycle	No. of Points	Sum of Ranks	Mean of Ranks	P Value	Result
Group A	10	151	15.10	0.51	I.S.
Group B	10	136	13.60		
Group C	10	178	17.80		

Kruskal-Wallis Statistic KW = 1.31

Table No. 3 :- Showing effect therapy on the parameter Interval between two cycle in all three group of patients.

Interval between two cycle	Mean B.T.	Mean A.T.	Mean Dif.	Mean %	No.	S.D.	S.E.	P	S
Gp A	2.14	1.14	1.00	46.67%	6	0.58	0.22	0.013	S
Gp B	3.00	2.00	1.00	33.33%	3	0.82	0.41	0.054	I.S.
Gp C	3.00	1.44	1.56	51.85%	7	1.13	0.38	0.009	H.S.

Comparative analysis of Groups on the parameter of Interval between two cycle :

Interval between two cycle	No. of Points	Sum of Ranks	Mean of Ranks	P Value	Result
Group A	10	151	15.10	0.085	I.S.
Group B	10	116.5	11.65		
Group C	10	197.5	19.75		

Kruskal-Wallis Statistic KW = 4.91

Table No. 4 :- Showing effect therapy on the parameter Amount of flow per day in all three group of patients.

Amount of flow per day	Mean B.T.	Mean A.T.	Mean Dif.	Mean %	No.	S.D.	S.E.	P	S
Gp A	2.40	1.70	0.70	29.17%	6	0.67	0.21	0.013	S
Gp B	2.40	1.90	0.50	20.83%	5	0.53	0.17	0.021	S
Gp C	2.70	1.60	1.10	40.74%	9	0.57	0.18	0.0038	H.S.

Comparative analysis of Groups on the parameter of Amount of flow per day :

Amount of flow per day	No. of Points	Sum of Ranks	Mean of Ranks	P Value	Result
Group A	10	146	14.60	0.094	I.S.
Group B	10	122.5	12.25		
Group C	10	196.5	19.65		

Kruskal-Wallis Statistic KW = 4.72 **Table No.5** :- Showing effect therapy on the parameter Pain during menses in all three group of patients.

Pain during menses	Mean B.T.	Mean A.T.	Mean Dif.	Mean %	No.	S.D.	S.E.	P	S
Gp A	1.71	0.71	1.00	58.33%	6	0.58	0.22	0.013	S
Gp B	1.13	0.63	0.50	44.44%	4	0.53	0.19	0.033	S
Gp C	1.70	0.30	1.40	82.35%	9	0.70	0.22	0.0038	H.S.

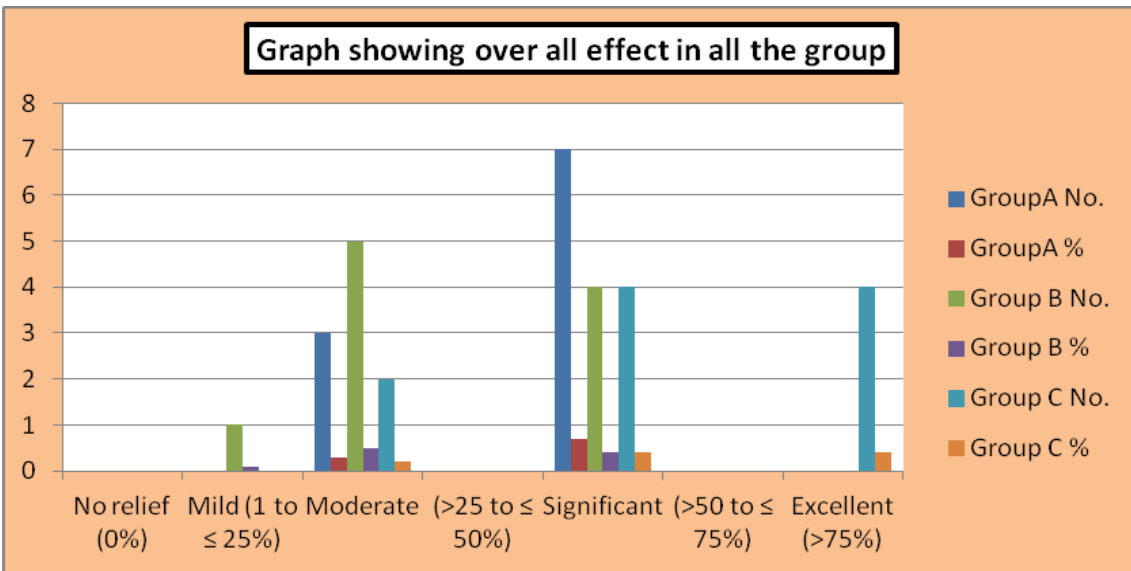
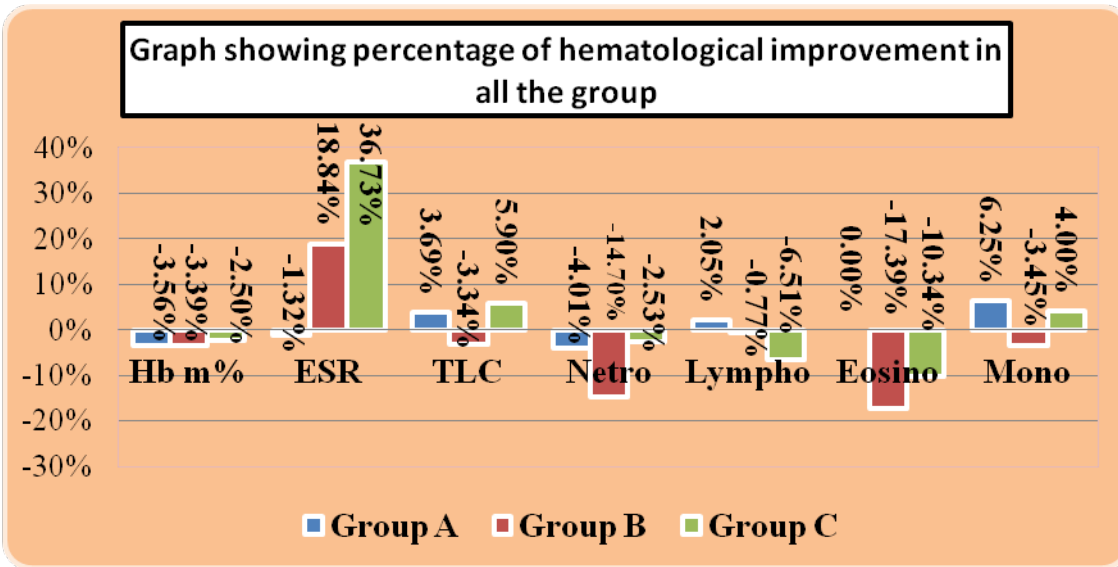
Comparative analysis of Groups on the parameter of Pain during menses :

Pain during menses	No. of Points	Sum of Ranks	Mean of Ranks	P Value	Result
Group A	10	141.5	14.15	0.01	S.
Group B	10	108	10.80		
Group C	10	215.5	21.55		

Kruskal-Wallis Statistic KW = 9.0

Table No.8:- Overall effect of therapy on all groups of patients

		Group A		Group B		Group C	
		No.	%	No.	%	No.	%
1	No relief (0%)	0	0.00%	0	0.00%	0	0.00%
2	Mild (1 to ≤ 25%)	0	0.00%	1	10%	0	0.00%
3	Moderate (>25 to ≤ 50%)	3	30%	5	50%	2	20%
4	Significant (>50 to ≤ 75%)	7	70%	4	40%	4	40%
5	Excellent (>75%)	0	0.00%	0	0.00%	4	40%



Discussion

1. **Subjective Parameter** : Considerable improvement was observed on all subjective parameter of *Artava kshaya* in all groups after the therapy. This is because *Shatpushpa churna* and *Tilshelukarvi Kwath* possess *Deepana & Pachana karma* due to *Usha Virya* and it lead to *Agnivardhana* i.e. *Jatharagni, Dhatavagni* increase the production of *Rasa Dhatu* which effect on *Aratva Updhatu*. It is also having *Aratavjanana*,^{iv} *Garbhashayshodana* and *Lekhana karma* due to this it

remove the obstruction in *Srotas* and dilate the passage, *Kapha Vilayan* occurs in this way they help in *Srotoshodhana*. As obstruction is cleared, free flow of *Artava* occurs into lumen. Due to its *Anulomana, Vata Shamaka, Vedanasthapana* properties it reduces pain during menses.

2.The effect of the therapy on general symptoms

It can be concluded from the above points that as *Artava kshaya* is a *Vata Kapha* predominant *Vyadhi*, the general Symptoms of *Vata* and *Kapha Vriddhi* and *Pitta Kshaya*

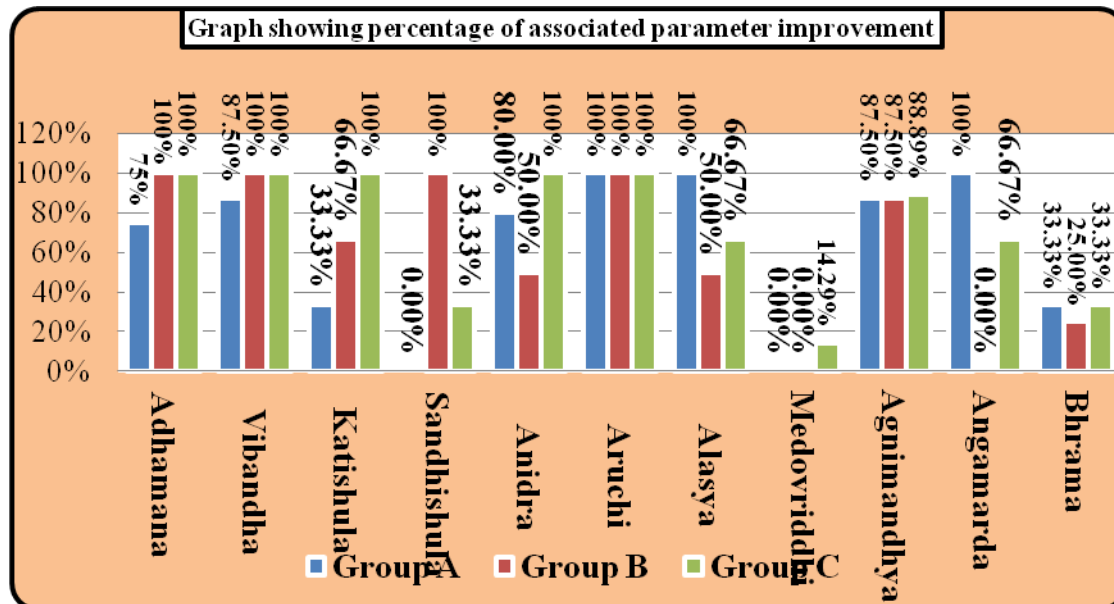
may be found along with the cardinal symptoms. 100% relief was found in *Alasya*, *Aruchi* and *Angamarda*, More than 70% relief was found in *Adhmana*, *Vibhandha*, *Anidra*, *Agnimandya*. 33.33% relief was found in *Bhrama* and *Katishula* in group A which is oral group of *Shatapushpa churna*. While nobody having *Sandishula* and *Medovridhhi* symptom in group A, so it is statistically not defined. 100% relief was found in *Adhmana*, *Vibhandha*, *Aruchi* and *Sandishula*. More than 70% relief was found in *Anidra*, *Agnimandya*, *Alasya*, *Katishula*. 25% relief was found in *Bhrama* in group B which is oral group of *Tilshelukarvi Kwath*. While nobody having *Angamarda* and *Medovridhhi* symptom in group B, so it is statistically not defined. 100% relief was found in *Adhmana*, *Vibhandha*, *Aruchi*, *Katishula* and *Anidra*. More than 70% relief was found in *Agnimandya*, *Alasya*, *Angamarda*. 33.33% relief was found in *Sandishula* and *Bhrama*. While 14.29% relief was found *Medovridhhi* in

group C which is oral group of *Shatapushpa churna* and *Tilshelukarvi Kwath*.

3. **Objective parameter:** On the comparative analysis of the three groups on the Objective parameter insignificant result was found in all Groups.

Comparison Of Both Therapies

The overall effects on all the therapies on cardinal symptoms of *Artava kshaya* showed that, the *Shatapushpa churna* and *Tilshelukarvi Kwath* is more effective to increase the duration of menstrual period, interval decreased between two menstrual cycles, increase in amount of menstrual blood and relief in dysmenorrhea suggests that combine effect of *Shatapushpa churna* and *Tilshelukarvi Kwath* i.e. group C is more efficacious than *Shatpushpa churna* i. e. group A and group B i.e. *Tilshelukarvi Kwath*.



Overall Effect Of Drug Therapy

The consideration of overall effect of therapy on 30 patients of *Artava kshaya* in all the groups has been made. In the group C 40 % of the patients have

excellent relief, 70% of the patients in group A, 40% of the patients in group B and 40% of the patients in group C have significant relief. 50% of the patients in group B, 30% of the patients in group A and 20% of

the patients in group C have moderate relief. 10% of the patients in group B have mild relief.

Conclusion

Following conclusion can be drawn from the current research project –

Better results was observed in Group C, patients suggest that probably both the drugs *Shatapushpa Churna* and *Tilshelukarvi Kwath* act synergistically, the therapeutic effects are potentiated with the use of *Shatapushpa Churna and Tilshelukarvi Kwath*.

Comparing the symptomatic improvement in all groups it was found that **overall relief was highest in group C followed by group A and group B** i.e. Hence it can be concluded that combined use of *Shatapushpa Churna and Tilshelukarvi Kwath* is effectively helps in managing the disease *Artava kshaya*.

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