

ROLE OF VIRECHANA IN ANARTAVA – A CASE STUDY

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SUMMARY

A female patient was approached with the complaint of absence of menstruation. Patient was diagnosed to have polycystic ovarian syndrome (PCOS) and underwent hormone replacement therapy. After discontinuing the therapy patient again developed amenorrhea and she approached our hospital for further treatment. Patient was planned for virechana karma. After samsarjana karma, rajapravarthini vati one tablet thrice a day was given for 3 months as shamanoushadi. As a result of the treatment regular menstruation cycle was reported by the patient.

Key Words: Anarthava, Virechana, Rajapravarthini vati, Phalaghrita, PCOS.

INTRODUCTION:

"Stree" being the root cause of progeny, extreme attention should be given to guard her from any ailments that disturb her motherhood^[1]. PCOS is one of the ailments affecting this exceptional capacity of woman. In Ayurvedic classics there is no direct mentioning of this disease; rather symptoms are found under various diseased conditions at various references i.e. destruction of arthava (*nasartava*)^[2] or non-appearance of *Artava* (*anartava*)^[3] has been described by Sushruta and Vagbhata respectively.

CASE REPORT:

A female patient of 21 years approached the OPD of Deof Ayurveda Siddhanta at Charaka government Ayurveda PG centre, Mysore with the chief complaint of absence of menstruation since 7 years. Patient was diagnosed to have polycystic ovarian syndrome 7 years back and underwent hormone replacement therapy for the duration of six months. After discontinuing the therapy patient again developed amenorrhea and she approached our hospital for further treatment.

After admitting the patient following investigations were done.

1. Hb% - 14.9 gm/dl
2. T3- 1.22ng/dl
3. T4 -12mcg/dl
4. TSH- 1.86 mIU/ml
5. FSH- 4.81mIU/ml
6. LH- 15.58mIU/ml
7. USG- abdomen and pelvis

Impression: Both the ovaries are bulky in size with multiple small peripherally located cysts, polycystic ovarian disease.

RESULT:

After 3 months from virechana, patient had scanty menstrual flow for 2 days.

Next menstruation was after 26 days; flow was more than the previous time and lasted for 3 days.

Third menstruation occurred after 25 days; the flow was regular and lasted for 5 days.

At present, patient is having regular 3-5 days/25-26 days menstrual cycle.

DISCUSSION:

Depiction provided by Acharya Sushruta goes well with the menstrual irregularities observed in PCOS regarding the status of *doshas*, *dhatu*s, *srotas* and *lakshanas*. The *doshas*, here provoked *Vata* and *kapha*, obstructs the channel or outlets of channels carrying *artava*, thus *artava* is destroyed. Though *artava* is not terminated completely, it is not discharged monthly. Here, the '*marga*' can be taken as *artavavaha srotas* which is *avrita* by vitiated *doshas*.

The treatment of *anarthava* with the above mentioned treatment yields a good result. Even though *arthava* is not totally destroyed in *nashtaarthava*, it is not evident due to obstruction of orifices. In this condition though ovarian hormones are normal yet the blood is not properly

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accumulated in endometrium by uterine arteries, naturally menstruation does not occur.

As per the classics, *Virechana* is indicated in *granthi* (cyst) and *yonidosh* (diseases of female reproductive system)^[8]. Hence *virechana* was planned as the line of treatment for this present case.

Probable mode of action of treatment protocol:

Virechana helps for *stroto shuddhi*^[9]. Hence pathogenesis involved for the occurrence of *anartava* was cured by *virechana*. *Rajapravartini vati* causes *arthava uthpatti*^[10].

Most of the contents in *rajapravartini vati* are *ushna veeryatamaka* and *vataghna*. Due to *agneyaguna* of *rajapravartini vati*, *agneya gunayukta artava* will be improved.

CONCLUSION:

As per the case study the importance of *Shodhana* in the form of *Virechana*, *Rajapravartini Vati* as *Shamanaushadhi* proved to be effective in the management of *Anartava*.

Further detailed clinical research studies are needed to draw final conclusion of the efficacy of treatment.

Table 1: Showing the treatment plan executed

Date	Treatment principle	Medicine	Observations
11/2/14 to 15/2/14	<i>Amapachana</i>	<i>Agnitundivati</i> ^[4] 1-1-1	<i>Samyak kshudha pravrutti, shareera laghutva</i>
16/2/14 to 18/2/14	<i>Snehapana</i>	<i>Phalaghruta</i> ^[5] 30ml, 60ml, 90ml	<i>Samyak snigdha lakshana- twak mardavata, snigdha twak, snigdha varchas.</i>
19/2/14 to 20/2/14	<i>Vishrama kala</i>	<i>Abhyanga</i> with <i>madhuyashti taila</i> ^[6] <i>Swedana</i> (hot water bath)	<i>Samyak swinna lakshanas</i> were observed
21/2/14	<i>Virechana</i>	<i>Trivruth lehya</i> ^[7] 30gms	<i>Vegas- 18 vegas</i> <i>Samyak shuddi lakshanas</i> were seen
21/2/14 to 23/2/14	<i>Samsarjana karma</i>	<i>Peya, vilepi, akruta yusha, kruta yusha – 2 anna kalas each</i>	
25/2/14 onwards	<i>Shamanoushadhi</i>	<i>Rajapravarthini vati</i> 1-1-1	<i>Artava pravritti</i> seen after 3 months of treatment.

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