



International Journal of Research in Academic World



Received: 10/July/2024

IJRAW: 2024; 3(8):290-292

Accepted: 19/August/2024

Ayurvedic Management of Irregular Menstruation with Lifestyle Modification and Panchakarma: A Single Case Study

*¹Dr. Suvidha Patil and ²Dr. Rajesh M Shah¹PG Scholar, Department of Swasthavritta and Yoga, Smt. K.C. Ajmera Ayurved Mahavidyalaya Dhule, Maharashtra, India.²Guide, Department of Swasthavritta and Yoga, Smt. K.C. Ajmera Ayurved Mahavidyalaya Dhule, Maharashtra, India.

Abstract

This case study examines the Ayurvedic management of irregular menstruation in a 38-year-old woman, highlighting the importance of lifestyle modification and Panchakarma. The patient presented with various *Vata*-related symptoms, including irregular menses, lower back pain, abdominal discomfort, headache, nausea, and decreased appetite, attributed to long-term suppression of *Mutra* (Urine) urges. A comprehensive treatment protocol was implemented, including Panchakarma (purification therapies) and Shamana (palliative therapies), which involved body massage, fomentation, medicated enemas, and specific Ayurvedic medications. Significant improvements were observed within two weeks, with relief from all symptoms and normalization of menstrual cycles. The study emphasizes the necessity of addressing both physical and psychological factors contributing to women's health issues and the effectiveness of Ayurvedic interventions in restoring balance and well-being.

Keywords: Irregular menstruation, Lifestyle modification, Panchakarma, Natural urge suppression, Ayurvedic medications.

Introduction

The menstrual cycle is a crucial aspect of women's health. It contributes significantly to maintaining the health of women and the overall health of the family. Women prioritize the health of other family members, often ignoring their own well-being. In the overall study population, the prevalence of PCOS, Dysmenorrhea, Menorrhagia, Polymenorrhea, Hypomenorrhea and the irregular menstrual cycle was found at 14.14%, 15.14%, 6.29%, 3.70%, 5.16% and 44.83% respectively¹ Suppressing urges is a common phenomenon, especially among women who face societal pressures related to family and work.

People may consciously or unconsciously suppress various urges, including physiological ones. Women often suppress their needs due to societal expectations, family responsibilities, and work-related constraints. Prolonged urge suppression can lead to stress, anxiety, and physical discomfort which leads to Diseases. Due to prioritizing the family and society over their own health, many women find it difficult to manage their own physical routines, resulting in irregularities in their menstrual cycle. This can lead to various discomforts and complications for them.

Case Report

A case study was conducted on a 38-year-old woman who had been experiencing following complaints with History of suppression of micturition for 20 years.

Table 1: Patient Complaints

Complaints	Duration
Irregular menses	Since 8 months
Katishul (Lumbar and Sacral region pain)	Since 8 months
Vaam adha prushtha shul (Left side of back ache)	Since 2 months
Vaam Udar shul (Left side of abdominal pain)	Since 2 months
Shirshul (Headache)	Since 1 month
Aruchi (No desire for food intake)	Since 8 days
Hrulhaas (Nausea)	Since 8 days
Kathin Mala pravrutti (Constipation)	Since 1 day (intermittent)
Gud daah (Anal region burning)	Since 1 month (intermittent)
Kshudha mandya (decreased Hunger)	Since 8 days

The patient have Fissure in Ano since 5 years

On examination of sentinel tag present at 6 o'clock on anal region

Pathophysiology (*Samprapti*)

Apaan vayu (Apaan Vayu, which governs downward and outward movements in the body, becomes disturbed) gets vitiated i.e. region which include *Vaat* location like *guda* (rectum and anus), *kati* (Lumbar and sacral region), *pakwashaya* (Large intestine), *mutrashaya* (Urinary system),

and hence *Garbhashaya* (Female Reproductive system specially Uterus) in between gets affected.

Pratiloma gati (Opposite movement of *vaat*). The vitiated *Apaan Vayu* moves in the opposite direction, affecting the balance of doshas and the digestive system. Which Results in *Pittashaya* and *Aamashaya* janya *ajirna* (i.e. Enzymatic and Food processing system of abdomen) and related symptoms Which Impacts on *Pittashaya* and *Aamashaya* as below vitiation leads to disturbances in:

Pittashaya: Region associated with *Pitta* dosha, which affects digestion and metabolism.

Aamashaya: Stomach, involved in enzymatic and food processing.

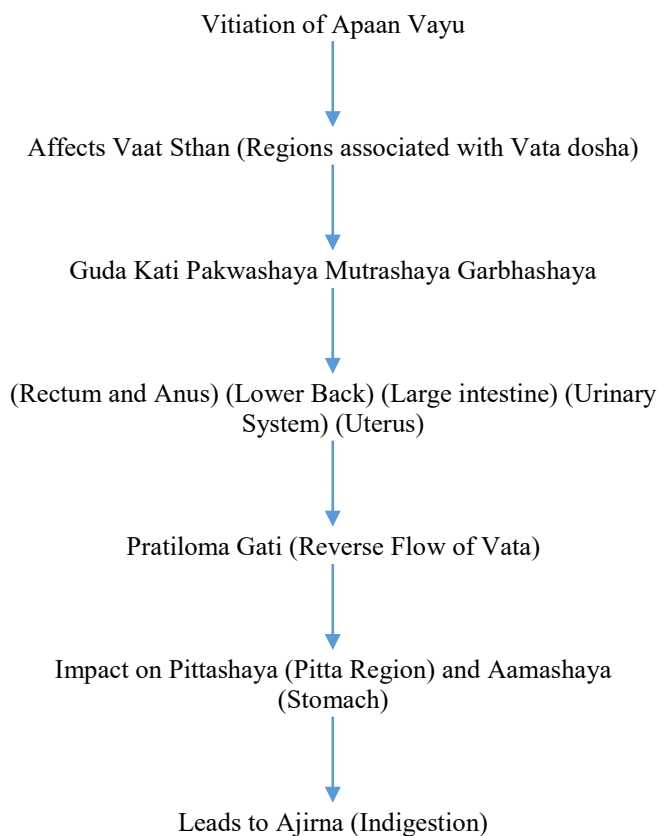
Resulting in *Ajirna* (Indigestion): Improper digestion and enzymatic imbalance occur due to the disturbed *Vata* movement.

Symptoms Like

- Pain in the lower left side of the back (*Vaam Adha Prushtha Shul*)
- Lack of appetite or no desire for food intake. (*Aruchi*)
- Constipation (difficulty in bowel movements). (*Kathin Mala pravrutti*)
- Burning sensation in the anal region. (*Gud Daah*)
- Decreased hunger. (*Kshudha mandya*)
- Irregular menstrual cycles.

In essence, the vitiation of *Apaan Vayu* causes reverse movement of *Vata*, affecting the digestive system (*Pittashaya* and *Aamashaya*) and leading to symptoms such as back pain, loss of appetite, constipation, burning in the anal region, decreased hunger, and irregular menstruation.

Flow Chart



Symptoms

- i). *Vaam Adha Prushtha Shul* (Pain in lower left back)

- ii). *Aruchi* (Loss of appetite) *Kathin Mala pravrutti* (Constipation)
- iii). *Gud Daah* (Burning sensation in anal region)
- iv). *Kshudha mandya* (Appetite loss)
- v). Irregular Menses

Treatment Protocol

Panchakarma (For Purification of Body)

- *Sarvaang abhyanga* (Body massage), *Swedan* (Fomentation)
- *Yog basti kram* (Yoga method of Enema,)

Shamana

Aushadhi (Medication)

- *Pachanarth Musta siddha Jal muhurmuhu* (Cyperus Rotundus i.e. Nut grass boiled with water)
- ***Gokshuradi Guggulu*:** 1 tablet two times a day
- ***Sutshekhar Ras*:** 2 tablets two times a day
- Use of *Asoka* and *Lodhra* used in syrup form

***Annam*:** *Aypidak Ghrita* (cow ghee before and after food) and also *Navneeta* (fresh butter) *empty stomach*

Table 2: Dincharya Correction (Daily Routine)

Routine	Before	Correction (After)
Morning wake-up time	6am	No correction
Empty stomach water intake	~750ml	Stopped
Exercise	15-20minutes	Increased duration up to 1 hour
Tea	At 7.30am	Stop OR Black tea OR Green
1 st Meal (vegetarian)	1.30pm	10am
2 nd Meal (vegetarian)	9.30pm	7pm
Water intake during Meal	2- 3glass (~1000ml)	Reduced to 250ml
Day Sleep	1 hour	Stopped and advised to Sleep in sitting position if needed
Bed time	11.30pm	Before 10pm

Observation and Result

- i). The patient was suffering from irregular menses and various *Vata*-related symptoms, such as *Katishula* (pain in the lumbar and sacral regions), *Vaama adha prushtha shula* (left-sided backache), *Vaama udara shula* (left-sided abdominal pain), *Shirashula* (headache), and *Kathin Mala pravrutti* (constipation), all of which were relieved within two weeks.
- ii). Digestive issues, including *Kshudha mandya* (diminished appetite), *Aruchi* (lack of desire to eat), and *Hrillasa* (nausea), were completely resolved.
- iii). Symptoms such as *Guddaah* (burning sensation in the anal region) have completely disappeared just because of *Navneet*

Discussion

- i). *Gokshuradi guggul* works on *prameha*, *pradar*, *mutraghata*, *vatarakta*, *vataroga*, *shukra vikara* and *ashmari* as per *sharangdhar Samhita* [1]
- ii). As we can see, *Gokshuradi Guggul* works on the *vikara* of *apaan pradesh* (i.e., the region below the umbilicus),

- so the roga caused by the aforementioned hetu (causes) is corrected by Gokshuradi Guggul.
- iii). *Sutshekhara rasa* works on *Amlapitta* (indigestion with acidity), *Vamana* (vomiting), *shula* (pain), *gulum* (abdominal tumour), *kaas* (cough), *Grahani* (intestinal disease), *atisar* (diarrhoea), *shwas* (asthma), *mandagni* (low digestion), *Ugra hikka* (heavy hiccups), *Udavarta* (inversion movement of flatulence)
 - iv). The patient has *pratiloma gati* of *Vata* (inverted movement of flatulence) associated with *Pitta*, causing *Aruchi* (lack of interest in food), *Hrillasa* (nausea), and *Agnimandya* (low digestive fire). Therefore, *Sutshekhara Rasa* works to correct these symptoms^[2].
 - v). *Abhyang* (warm oil massage) works as *Vaat Nashak* (*Reduces symptoms created by Vaat*)^[3]
 - vi). The properties of fomentation, which are *Ushna* (hot) and *Guru* (heavy), work opposite to the properties of *Vata*, which are *Sheet* (cold) and *Laghu* (lightness)^[4]. Hence *abhyang swedan* minimizes *Vaat*.
 - vii). *Basti* (Medicated enema, A Panchakarma) works for *Vaat nashak* (reducing properties of vaat) and *balvardhak* (builds strength)^[5]
 - viii). *Musta* (*Cyperus rotundus* belonging to *Cyperaceae* family) used for *Aam pachak* (digestion of indigested food) caused by *Ajirna* (indigestion)^[6]
 - ix). *Navneet* (fresh butter) used to reduce *Guda daah* (burning of anal region), *balvardhak* (increases strength) and to do *agni vridhhi* (boosts digestive fire)^[7]
 - x). *Asoka* and *lodhra* works as *pitta shaman*, *rakta prasana* because of *tikta rasa* and works on *yoniroga* too^[8]. *lodhra* - *Kashaya ras raktapitta* and *rakt dish nashak*^[9]
 - xi). The patient was drinking water empty stomach in morning.
2. Ayurved Sar Sangrah, Shree Baidyanath Ayurveda Bhavan Private limited, Nagpur 2017: Ras Rasayan Prakaran, Sutshekhara ras, Page no 411.
 3. Tripathi B., Ashtang hridayam, Choukhamba Surbharti Prakashan, Varanasi 2019: Sutrasthan, Chapter 3, Verse no.08, page no. 29.
 4. Tripathi B., Ashtang hridayam, Choukhamba Surbharti Prakashan, Varanasi 2019: Sutrasthan, Chapter 17, Verse no.18, page no.216.
 5. Tripathi B., Ashtang hridayam, Choukhamba Surbharti Prakashan, Varanasi 2019: Sutrasthan, Chapter 13, Verse no.02, page no. 185.
 6. Sharma P, Kaiyadeva nighantuh, Chaukhambha Orientalia Varanasi 2019: Aushadhi Varga, Verse 1358, Page no 252.
 7. Tripathi B., Ashtang hridayam, Choukhamba Surbharti Prakashan, Varanasi 2019 : Sutrasthan, Chapter 05, Verse no.35, page no.72
 8. Chuneekar K., Bhavaprakash Nighantu, Chaukhambha Bharati Academy Varanasi, 2018: pushpa varga, Verse 48, Page no 487.
 9. Chuneekar K., Bhavaprakash Nighantu, Chaukhambha Bharati Academy Varanasi, 2018: Haritakyadi varga, Verse 216, Page no 124.

In morning after digestion of food, *Agni* (Digestive fire) is increased, if a person drinks water, it decreases the *Agni* (digestive fire).

- i). Also patient was drinking water (Approx 1000ml) during meal, she is advised to reduce amount of water (approx 250ml or less) during meal
- ii). As the patient was doing breakfast so, there is no context of breakfast given in the Samhitas, so full meal is recommended as per *dwikaal annam*. (Two meals per day)
- iii). Patient was doing day sleep, and Sleeping in day time increases *kaph pitta*, also causes low digestion hence she is advised to stop sleeping in daytime, also advised for *Aasinprachalit nidra* (sleep while sitting)

Suppression of any natural urges in the body is harmful and should be avoided, especially by women. They should take care to follow these guidelines.

Conclusion

As a result of implementing *Dinacharya* modifications with lifestyle management and *Panchakarma* treatment, improvement in patient's *Aniyamit Rajsrav* (Irregular and *Mutra vega avrodh janya vaataj* symptoms).

References

1. Tripathi B., Sharangdhar Samhita, Chaukhamba surbharti Prakashan Varanasi 1998: Madhyam khand, Chapter 7, Verse 84-87, Page no 206.