ROLE OF VIRECHANA IN ANARTAVA – A CASE STUDY

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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 (nastartava)[2] or non-appearance of Artava (anartava)[3] has been described by Sushrutha 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 compliant of absence of menstruation since 7 years. Patient was diagnosed to have poly cystic 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, rajapravartini 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.

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 go well with the menstrual irregularities observed in PCOS regarding the status of doshas, dhatus, 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

SUMMARY
A female patient was approached with the compliant of absence of menstruation. Patient was diagnosed to have poly cystic 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, rajapravartini 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, Rajapravartini vati, Phalaghruta, PCOS.

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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 yoni dosha (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 \(^10\).

**Table 1: Showing the treatment plan executed**

<table>
<thead>
<tr>
<th>Date</th>
<th>Treatment principle</th>
<th>Medicine</th>
<th>Observations</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/2/14 to 15/2/14</td>
<td>Amapachana</td>
<td>Agnitundivati(^{11})1-1-1</td>
<td>Samyak kshudha pravruttii, shareera laghutva</td>
</tr>
<tr>
<td>16/2/14 to 18/2/14</td>
<td>Snehapana</td>
<td>Phalaghruta(^{12})30ml, 60ml, 90ml</td>
<td>Samyak snigdha lakshana- twak mardavata, snigdha twak, snigdha varchas.</td>
</tr>
<tr>
<td>19/2/14 to 20/2/14</td>
<td>Vishrama kala</td>
<td>Abhyanga with madhuyashthi taila(^{13})Swedana (hot water bath)</td>
<td>Samyak swinna lakshanas were observed</td>
</tr>
<tr>
<td>21/2/14</td>
<td>Virechana</td>
<td>Trivruth lehya(^{14})30gms</td>
<td>Vegas- 18 vega</td>
</tr>
<tr>
<td>21/2/14 to 23/2/14</td>
<td>Samsarjana karma</td>
<td>Peya, vilepi, akruta yusha, kruta yusha – 2 anna kalas each</td>
<td>Samyak shuddi lakshanas were seen</td>
</tr>
<tr>
<td>25/2/14 onwards</td>
<td>Shamanoushadhi</td>
<td>Rajapravartini vati 1-1-1</td>
<td>Artava pravritti seen after 3 months of treatment.</td>
</tr>
</tbody>
</table>

**REFERENCES:**

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