



EFFECT OF KULATTHA YUSHA AND MASHA YUSHA IN AARTAVA KSHAYA: COMPARATIVE CASE STUDY

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ABSTRACT

Ayurveda, an ancient holistic system of medicine, prioritizes the preservation of health and the prevention of diseases. Its fundamental principle, "Swasthyashya Swasthya Rakshanam" underscores the maintenance of health in individuals already in a state of wellness over "Aturashya Vikara Prashamanacha" which pertains to the treatment of diseases in those who are unwell. Aartava has been considered as an important Updhatu in women. It is responsible for the sexual activity, healthy conception and progeny production. It is one of the important components for the ideal and healthy conception. In Ayurveda, the menstrual cycle is considered a reflection of a woman's overall health and well-being, and any disturbances in this cycle are seen as indicators of underlying imbalances in the body. Aartava Kshaya, also known as oligomenorrhea, is a term rooted in Ayurveda, which describes as a condition characterized by irregular or infrequent menstruation in women. One of the important principles of Ayurveda is "सर्वदासर्वभावानां सामान्यवृद्धिकारणम्" According to this principle Katu, Ushna and Tikshana Ahara Dravya are advised as Pathya in Aartava Kshaya and Aartava Nasha. Among those Kulattha and Masha has been taken as test group Ahara Dravya in the form of Yusha Kalpana. It is indicated by Acharya Sushruta along with other food preparations in the management of Nasta-Aartava and Aartava Kshaya. Kulattha and Masha is easily available and its Yusha Kalpana is palatable and easily adaptable to the patient.

KEYWORDS : Aartava, Oligomenorrhea, Food preparation, Yusha, Irregular menses

INTRODUCTION:

According to Ayurvedic principles, Aartava Kshaya occurs due to an imbalance in the doshas¹, which are the fundamental energies that govern various physiological and psychological processes in the body. In the case of menstrual irregularities, the Doshas involved are primarily Vata and Kapha².

When Vata Dosh becomes imbalanced, it can lead to erratic menstrual cycles, characterized by variability in cycle length and scanty flow³. Pitta Dosh imbalance can manifest as excessive heat in the body, leading to symptoms such as inflammation and hormonal disturbances, which may contribute to irregular menstruation⁴.

Aartava Kshaya can be influenced by various factors, including diet, lifestyle, stress, hormonal imbalances and underlying health conditions. Poor dietary habits, inadequate nutrition, excessive physical or mental exertion, chronic stress and emotional disturbances can all disrupt the delicate hormonal balance and lead to irregular menstrual cycles.

In present scenario diet is a major factor to influence health or disease. No medicine equivalent to food, hence it is considered as "Mahabhaishaja" by Acharya Kashyapa⁵. Food article are classified into twelve subdivision like cereals, legumes, fruit, vegetable etc. Kritanna Varga is one among them⁶. It is a group consisting of food preparation such as Manda, Yavagu, Vilepi, Saktu, Yusha etc. Yusha is a classical preparation made from variety of Kritanna Varga which is indicated as a wholesome diet for a healthy or diseased person under Ayurveda medication or use as Samsarjana Karma after Panchkarma therapy⁷.

Aartava Kshaya has been described by Acharya Sushruta along with the clinical features of Kshaya of all the Dosh, Dhatu, Updhatu and Mala etc. Aartava Kshaya can correlate with oligomenorrhea/ hypomenorrhoea. Oligomenorrhea/ hypomenorrhoea is one of the important symptom of the ovarian and reproductive dysfunction. This symptom is also feature of polycystic ovarian syndrome (PCOS). It is very much common in young girls. If we go in the depth of the problem it is result of various hormonal disturbances at various levels. Hormonal disturbances are fairly common in current era due

to life style and circadian rhythm disturbances. In this way haphazard life style can be considered as root cause of Aartava Dusti specially Aartava Kshaya. Life-style management along with diet and exercise can play a key role in the correction of hormones as well as Aartava Kshaya.

From an Ayurvedic perspective, the treatment of Aartava Kshaya involves restoring balance to the doshas through a holistic approach that includes dietary and lifestyle modifications, herbal remedies, detoxification therapies, and stress management techniques.

1. Dietary Recommendations: A balanced diet consisting of nourishing and wholesome foods is essential for maintaining hormonal balance and supporting reproductive health. Foods that are sweet, grounding, and nourishing, such as whole grains, fruits, vegetables, nuts, seeds, and healthy fats are recommended. Avoiding processed foods, refined sugars, caffeine, and spicy or excessively hot foods can help pacify aggravated Pitta and Vata doshas.

2. Lifestyle Modifications: Establishing a regular daily routine that includes adequate rest, relaxation and moderate exercise is important for balancing the doshas and promoting overall well-being. Practices such as yoga, meditation and pranayama (breath control techniques) can help reduce stress, improve circulation and regulate hormonal function.

3. Herbal Remedies: Ayurvedic herbs and formulations are commonly used to address menstrual irregularities and hormonal imbalances. Some herbs that are traditionally used for treating Aartava Kshaya include Ashoka (Saraca asoca)⁸, Shatavari (Asparagus racemosus)⁹, Lodhra¹⁰ (Symplocos racemosa) and Dashamoola¹¹.

4. Detoxification Therapies: Ayurvedic cleansing therapies, such as Panchakarma, can help remove accumulated toxins (ama) from the body and restore balance to the doshas. These therapies may include procedures such as Abhyanga (oil massage), Swedana (herbal steam therapy) and Basti (medicated enema), tailored to individual constitution and imbalances.

5. Stress Management: Chronic stress can disrupt

hormonal balance and exacerbate menstrual irregularities. Stress-reducing techniques such as mindfulness, relaxation techniques and spending time in nature can be beneficial for managing stress and promoting emotional well-being.

It's important to note that Ayurvedic treatments for Aartava Kshaya should be personalized according to individual constitution (prakriti), imbalances (vikriti) and specific underlying causes.

Previous studies were carried out by using of Ayurveda drugs in which most of drugs are non-palatable and cannot be taken as regular basis by patients, so by using Ahara-Kalpana an attempt is made to give an easy adaptable treatment option to patients.

Need of Study:

According to contemporary scientific understanding, the treatment of Aartava Kshaya involves hormonal therapy utilizing a combination of estrogen and progesterone, despite the associated side effects. Hence, there is a pressing need to explore efficacious Ayurvedic interventions for this condition that are perceived to be more pragmatic, potent, palatable, non-invasive and cost-effective. Ayurvedic literature offers numerous modalities and techniques to treat Aartava Kshaya. Ongoing research endeavors aim to identify a treatment modality within Ayurveda that approaches a semblance of permanent remedy devoid of adverse effects. Moreover, such a treatment should be facile to administer and readily accepted by patients across various socio-economic strata.

Aim:

To evaluate the effect of Kulattha Yusha and Masha Yusha as Pathya in management of Aartava Kshaya

MATERIAL AND METHODS:

Literature Study:

Literary references have been collected from Ayurveda classics, commentaries, modern literature, related websites, other recently published book and research thesis.

Case Report: Two patients of same age group were taken in comparative study. 19 years of two patients visited the OPD of National Institute of Ayurveda, Jaipur with the complaint of Irregular menstruation and pain during menstruation. Their OPD Reg. no. was 53982 and 53848. Her Menstruation history was taken and her Hemoglobin was below 10.

Past treatment History: The patients have history of Hormonal treatment but no improvement in the symptoms.

Ayurvedic Treatment Plan: Table 1

Table 1. Ayurvedic Treatment Plan

Patient	Pathya Kalpana	Dose	Timing	Total Duration
First Patient	Kulattha Yusha	30 gm(Bean) 300 ml Yusha	Once a day before food	Two Menstrual Cycle
Second Patient	Masha Yusha	30 gm(Bean) 300 ml Yusha	Once a day before food	Two Menstrual Cycle

Yusha Preparation Method:

In present study Yusha was prepared according to Sharangdhara Samhita. Acharya Sharangdhara¹² clearly mentioned Yusha preparation method that is-

The Kalka (Ahara Dravya) is administered in a quantity of one Pala, while the Theekshna Dravyas are taken in half Karsha added as Prakshepa Choorna (seasoning). One Prastha of water is utilized for cooking the Kalka Dravyas, resulting in a liquid preparation. This method of preparation is unanimously agreed upon by the Bruhathrayees. No specific

indications for the Paka (cooking) process are explicitly mentioned. It should be noted that Yusha is predominantly employed as Anupanas (accompanying substances) alongside primary Aahar (dietary intake) or Aushadhas (medicinal substances).

In the present study patients were instructed Yusha preparation method in simple language that is-

1. Patients were instructed to consume approximately 30-40 grams of Masha beans/Kulattha beans based on their assessed Agni Bala (metabolic strength determined during the trial), along with sixteen parts of water (approximately 450-500 milliliters).
2. Boil the mixture in an open pot until the volume of water is reduced by half.
3. Thoroughly mash the beans into the water and strain the mixture.
4. Patients are advised to consume this preparation once daily before meals.
5. Subsequently, patients should eat their regular meals when feels hunger.
6. It is recommended not to consume Yusha (a type of dietary formulation) during menstruation.

Observation and Result: Satisfactory improvement in amount and pain in menstruation was observed. The observation was made before and after treatment. No untoward effects were noticed during the whole procedure. Kulattha Yusha has more effect on symptom other than Masha Yusha (Table 2). Scoring method was assessed according to below pattern-

(A) Amount of menstrual blood

- 0 - >3pads /day
- 1 - 3 pads /day
- 2 - 2 pads /day
- 3 - 1 pad /day or Spotting without pads

(B) Pain during menses

- 0 - No pain
- 1 - Mild pain
- 2 - Moderate pain
- 3 - Severe pain

Note: - Pain is difficult to measure, so here it was assessed by the verbal multi-dimensional scoring system.

- No Pain (Menstruation is not painful and daily activity is unaffected)
- Mild Pain (Menses painful but daily activities not affected)
- Moderate Pain (Daily activity affected, analgesic drugs or therapies were needed)
- Severe Pain (Activity clearly inhibited, poor effect of analgesics, she cannot do even her normal routine work and was to be absent from class or office during menses. Somatic symptoms e.g. headache, tiredness, nausea, vomiting etc.)

Table 2. Showing effect of therapy on Amount and Pain during menstruation

	Kulattha Yusha		Masha Yusha	
	Before Treatment	After Treatment	Before Treatment	After Treatment
Amount	3	0	3	1
Pain	3	0	3	2
Hb	8.5	11	9.3	10.5

DISCUSSION:

Due to Ushna Veerya and Katu Vipaka Kulattha acts as Vata-Kapha Shamaka and inhibits the vitiated Vata- Kapha in Aartava Kshaya. Acharya Varita¹³ mentioned that Kulattha Yusha has property of Agni Vardhak and by maintaining Agni in proper amount other Dhatu and Updhatu also remain in proper amount so Aartava formation also in proper amount. Kulattha has been directly mentioned by Acharya Sushruta in

the food articles indicated for the management of Aartava Kshaya due to its Kapha Vata Shamaka and Pitta Vardhaka properties. Due to its Aagneya Guna, it directly pacifies the Aartava Kshaya. It possesses Aartavajanana properties also. Yusha Kalpana has been indicated in Sansarjana Karma which is an essential part of post Panchakarma procedure for Agni correction. So, here Kulattha Yusha corrects Agni for the proper digestion and assimilation of food articles. Kulattha is rich in proteins, carbohydrates, vitamin B complex. It is a rich source of iron, manganese and zinc which corrects the general health and iron deficiency anemia.

Masha is also effective in Aartava Kshaya due to its Ushna Guna and Vatashamak property. Masha has been directly mentioned by Acharya Sushruta in the food articles indicated for the management of Aartava Kshaya due to its Kapha Vata Shamaka and Pitta Vardhaka properties. According to Vagbhatta Masha is unctuous, increase strength, Kapha, faeces and Pitta, helps movement of materials insides the body, hard to digest, hot in potency, mitigates Vata, is sweet causes increase of semen and purgation.

CONCLUSION:

According to this study Kulattha and Masha both are effective in Aartava Kshaya. Kulattha Yusha is more beneficial than Masha.

Conflicts of Interest: None

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