



## Case Study

### PITTAJA ARTAVADUSHTI AND ITS TREATMENT: A CASE STUDY

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#### ABSTRACT

In order to give rise to new offspring, female body undergoes menstrual cycle. It involves the shedding of endometrium manifested as *Māsānumāsika Rajah Pravṛtti* i.e., *Ārtava Pravṛtti*. Due to changes in life style of women in terms of *Āhāra*, *Vihāra*, there is more physical and emotional stress and this may result in *Ārtavaduṣṭi*, where the normal menstrual cycle gets disturbed or presented in altered form.

**Background:** A married Hindu female patient of 35 years came to NIA *Prasuti-stree Roga* OPD on 25<sup>th</sup> July, 2019 with complaints of painful menstruation since last 14 years, heavy bleeding during menstruation since last 10 years and mild burning micturition with increased frequency of micturition (on/off) since last 2 years.

**Methodology:** Mainly *Pitta Doṣa* vitiation symptoms were observed in the patient. Her complete *Nidāna Parivarjana* and *Prakṛti Vighāta* was done and *Pitta Doṣa Śāmaka Dravyas* were used in treatment including specific *Pittaja Ārtavaduṣṭi* line of treatment mentioned in Ayurvedic classics. She was given combination of *Yaṣṭimadhu Cūrṇa*, *Miśi* (Fennel), *Munakkā* (dried *Vitis vinifera*), *Goghṛta* twice a day in the form of *Kalka* with warm water, *Kuṭakī Cūrṇa*, *Munakkā*, *Dhāgā Miśrī* in equal parts in the form of pea sized *Guṭikā* twice a day with cold water, *Gokṣura Cūrṇa*, *Copcinī Cūrṇa* twice a day with water, *Avipattikara Cūrṇa* before meal, twice a day with water. The treatment was continued for 2 months.

**Result:** There was relief in menstrual and urinary symptoms after 2 months of treatment.

**KEYWORDS:** *Artava*, DUB, Menorrhagia, *Pittaja Artavadushti*, *Asrugdara*.

#### INTRODUCTION

During normal menstruation, there is cyclic loss of blood every month with its normal color, for a duration of 3-5 days as mentioned in Ayurvedic classics.<sup>[1-3]</sup> But when this normal menstrual bleeding pattern is altered in duration, amount, color and regularity, the condition is called *Ārtavaduṣṭi*. This condition can occur due to many reasons, including physical stress, emotional stress, nutritional status, infection, usage of medications including birth control pills and sexual arousal etc. Menstrual problems are increasing day by day due to sedentary lifestyle, faulty food habits and stressful life. Prevalence of menstrual disorders has been recorded as high as 87% in the India in 2012.<sup>[4]</sup> Different *Nidānas* are mentioned by *Ācāryas*, which are responsible for *Ārtavaduṣṭi*, these are - excessive intake of *Kaṭu*, *Lavaṇa*, *Uṣṇa*, *Tikṣṇa Āhāra Dravyas*, *Divāswapna*, *Cintā* and *Vegadhāraṇa* etc. As a result of these *Nidāna Sevana*, *Doṣa* vitiation takes place and which further leads to the vitiation of *Dhātus* and

*Srotasas*. So, *Nidāna Parivarjana* along with different *Yogas*, given by *Ācāryas* to treat the *Ārtavavyāpadas* based on *Doṣas* involved, helps to pacify these *Doṣas* and cures the disease symptoms. Thus, in this article, an attempt has been made to analyze the effect of Ayurvedic treatment in a case of Dysfunctional Uterine Bleeding.

#### Aim

To understand about the importance of *Nidāna Parivarjana*, *Rajaswalācaryā* and effect of different *Doṣa* and disease specific *Yogas* in treating *Pittaja Ārtavaduṣṭi*.

#### MATERIALS AND METHODS

**Selection of patient:** The patient was selected from *Prasuti Tantra evam Stree Roga* OPD, of NIA Jaipur, after obtaining voluntary informed consent.

#### Case Report

A married Hindu female patient of 35 years, who was a teacher, visited to the OPD of *Prasuti*

Tantra & Stree Roga of National Institute of Ayurveda on 25<sup>th</sup> July, 2019 with complaints of painful menstruation since last 14 years, heavy bleeding during menstruation since last 10 years and mild burning micturition with increased frequency of micturition (on/off) since last two years. Patient was having a married life of 14 yrs. Patient was taking modern medication since a long time, but not getting

cured. So, she came to the OPD of NIA Hospital in a hope for permanent relief & better treatment.

**Menstrual History**

Age of Menarche - 13 years

Duration - 7/ 28-30 days

LMP - 15-07-2019

**Table 1: Detailed menstrual history**

Pattern	Regular
Pain	Present, on initial 2 days (Relieves only on taking medication - Meftal)
Clots	Small sized, Initial 2-3 days
Color	Dark reddish
Smell	Present (Blood like)
Flow	Heavy

**Table 2: Initial pad History**

Day 1 <sup>st</sup>	7 pads
Day 2 <sup>nd</sup> , 3 <sup>rd</sup>	5 pads
Day 4 <sup>th</sup>	3 to 4 pads
Day 5 <sup>th</sup> , 6 <sup>th</sup>	2 pads
Day 7 <sup>th</sup>	Spotting

Pads were fully soaked on initial 4 days

**Obstetric History** - G<sub>2</sub> P<sub>2</sub> L<sub>2</sub> A<sub>0</sub>

G<sub>1</sub>- FTND, 14 years back, Male child delivered at hospital.

G<sub>2</sub>- FTND, 11 years back, Male child delivered at hospital.

**Contraceptive History** -Condom used by husband since last 10 years.

**Previous Medical History** - Taking Meftal Spas Tablet during menses since 4yrs (1-2tab./day for initial 2 days)

**Previous Surgical History and Family History** -Non - significant

**Personal History**

**Diet** - Vegetarian

**Appetite** - Normal

**Sleep** - Disturbed and late sleeping habits

**Bowel** - One time in morning/Regular/Satisfactory/Daily

**Micturition** - Mild burning (on/off) with increased frequency (1-2 times /hour),

During sleeping hours - 3-4 times

**Allergy History** - None

**Addiction** - No history of smoking, alcohol or tobacco intake. Daily intake of 200-250ml coffee.

**Physical Examination**

O/E -

**Table 3: Physical examination**

<b>G.C.</b>	Fair	<b>Weight</b>	61kg
<b>B.P.</b>	120/70 mm Hg	<b>BMI</b>	22.42
<b>P.R.</b>	76/min	<b>Body built</b>	Moderate
<b>Height</b>	5'5"	<b>Pallor</b>	Not present

**Systemic Examination**

**Respiratory system**

Inspection - B/L symmetrical chest

Auscultation- B/L air entry - Equal on both sides

**Cardio-vascular system**

Auscultation – Normal heart sounds

**Central nervous system** – Normal

Orientation – Well oriented to time, place and person

**Gynecological examination****P/S -**

Cervix – No abnormal discharge present

Healthy, No ulcerations, No erosion, No hypertrophy

Vaginal walls – Healthy, Pinkish

**P/V -**

Uterus – Anteverted, Anteflexed, Normal in size and shape, free mobile

Cervix – Downward, Firm

Cervical motion tenderness – Non - tender

All fornices – Non - tender

**Daśavidha Parīkṣya Bhāva****Table 4: Daśavidha Parīkṣya Bhāva**

1.	<i>Prakṛti</i>	<i>Pitto-Vātaja</i>	6.	<i>Sātmya</i>	<i>Sarvarasa Sātmya</i>
2.	<i>Vikṛti</i>	<i>Pittaja</i>	7.	<i>Satva</i>	<i>Madhyama</i>
3.	<i>Sāra</i>	<i>Asthisāra</i>	8.	<i>Āhāra Śakti</i>	<i>Madhyama</i>
4.	<i>Samhanana</i>	<i>Madhyama</i>	9.	<i>Vyāyāma Śakti</i>	<i>Madhyama</i>
5.	<i>Pramāṇa</i>	<i>Madhyama</i>	10.	<i>Vaya</i>	<i>Madhyamāvasthā</i>

**Investigations - (done on 26-07-2019)****Table 5: Routine investigations**

<b>Hemoglobin</b>	13.5g/dL	<b>Australian antigen (HBsAg)</b>	Negative
<b>ESR</b>	12mm	<b>HIV screening</b>	Negative
<b>CBC</b>	WNL	<b>TSH</b>	1.03 μ IU/ml (Normal)
<b>BT</b>	4 min	<b>RFT</b>	WNL
<b>CT</b>	6 min	<b>LFT</b>	WNL
<b>Random Blood Sugar (RBS)</b>	94mg%	<b>USG</b>	Normal Study
<b>VDRL</b>	Non-reactive	<b>Pap smear</b>	Normal smear

**Urine examination**

Routine – Color - Pale yellow, Clear

pH- 6.0

Protein, Sugar - Absent

Microscopic – RBCs - Nil/hpf, Pus cells - 1-2/hpf, Epithelial cells - 0-1 /hpf

**Vividha Nidāna**Following *Nidāna Sevana* was present in this case almost since 15yrs.

1. Daily intake of curd (*Dadhi*- nearly 1-2 bowls/day or 150-200gm)
2. Daily intake of Coffee (1-2 times /day)
3. Intake of pickle (Mango) daily
4. *Pāpada* and snacks fried in oil in evening snack.
5. *Rātrijāgaraṇa* (Sleeps after 12 am usually after phone or TV use)
6. *Aticintana* and *Viśāda* (Stressed due to alcoholism and bad behavior of husband)

7. History of *Vegadhāraṇa* during working hours esp. urine urge.

8. Less intake of fruits and salad

9. Lack of *Rajaswalācarya* or any other specific regime during menses**Role of Vividha Nidāna in Formulation of Samprāpti****Āhārajanya Nidāna****1. Dadhi**

- *Dadhi* used was the market packaged curd, she was taking almost daily since childhood.
- As it is formed from raw milk and not as the curd made in homes (*Madhuramla Dadhi*), so it acts as *Mandaka Dadhi* (Unfermented curd).<sup>[5]</sup>
- As per *Bhāvaprakāśa*, use of this *Madaka Dadhi* may lead to increased frequency of micturition and burning sensation during micturition.<sup>[6]</sup>
- *Mandaka Dadhi* is responsible for vitiation (Chart - 1) of all three *Doṣas*.<sup>[7]</sup>

➤ It is also called as *Ābhiṣyandakārī* by *Ācārya Caraka*.<sup>[8]</sup>

## 2. Coffee (*Coffea arabica*)

➤ It contains Caffeine (1,3,7-trimethylxanthine), which is an adenosine antagonist. Adenosine is an endogenous neuromodulator with mostly inhibitory effects.

So, excessive use of coffee is responsible for insomnia, high blood pressure, anxiety, frequent urination and urgency.<sup>[9]</sup>

➤ A study was conducted to determine whether there is an association between drinking caffeinated beverages and menstruation. In the results, heavy periods were reported by 13.4% and prolonged periods by 9.7% of patients.<sup>[10]</sup>

➤ *Caffeine* is also responsible for vitiating the *Pitta* and *Vāta Doṣas*.<sup>[11]</sup> Vitiating *Pitta* is responsible for *Raktaduṣṭi*, *Dāha* etc. *Vāta* vitiating, specifically that of *Apāna Vāyu*, causing the menstrual symptoms (Dysmenorrhoea, Excessive flow) and urinary symptoms (Frequency, Urgency).

## 3. Daily intake if mango pickle

➤ Different spices and oils used in pickles are *Uṣṇa*, *Tikṣṇa* and *Kaṭu*. These are responsible for *Pitta* vitiating.

➤ Along with this, *Ācārya Caraka* has mentioned that unripe mango fruit causes vitiating of *Pitta Doṣa*.<sup>[12]</sup>

## 4. Papada and snacks fried in oil in evening snack

➤ High levels of spices, chilies, oil present in these junks are the cause for vitiating of *Pitta Doṣa*.

➤ As per *Ācārya Caraka*, Potato used in these food items is worst among the tubers<sup>[13]</sup> and the excessive oil used is responsible for *Rakta* and *Pitta* vitiating.<sup>[14]</sup>

## 5. Less intake of fruits and salad

➤ Fruits and salad are high alkaline foods and balances the intake of acid-forming foods such as meat, fish, dairy, nuts, and grains.

➤ They form roughage helping in regulation of normal *Apāna Vāyu* functions.

➤ *Ācārya Caraka* also indicated their use on regular basis and called the *Phalavarga* as *Prāyopayogikaḥ*.<sup>[15]</sup>

## Vihārajanya Nidāna

### 1. Rātrijāgaraṇa

➤ It leads to the vitiating of *Vāta* and *Pitta Doṣas*.<sup>[16]</sup>

### 2. Aticintana and Viṣāda

➤ *Aticintana* (Chart - 2) is one of the causes of *Rasavaha Srotoduṣṭi*.<sup>[17]</sup>

➤ *Viṣāda* - It is one of the important factors in increasing the *Rogas*.<sup>[18]</sup>

*Pitta Pradhāna Tridoṣa Duṣṭi* (Chart-3) is resulting in disease symptoms.

## 3. Vegadhāraṇa

➤ *Mūtravega Dhāraṇa* may lead to *Mūtrakṛchra* as mentioned by *Ācārya Caraka* in *Navegāndhārṇiya* Chapter.

➤ *Doṣas* vitiating by their *Nidāna* intake, results in burning sensation in urinary tract and difficulty in micturition.<sup>[19]</sup>

➤ Vitiating of *Pitta* is responsible for frequent and burning micturition.<sup>[20]</sup>

## 4. Not following the Rajaswalācarya

➤ *Haviṣya Annam* is prescribed by *Ācārya Suśruta*, which is intake of *Śāli Odanam* (*Śāli* rice) along with *Ghṛta* and milk or *Yava Annam* (Barley) as explained by *Ācārya Dalhaṇa*.

➤ *Ghṛta* is helpful in raising the level of good cholesterol which is a plasma antioxidant.<sup>[21]</sup>

*Śāli* rice are *Tridoṣa Śāmaka* and *Bṛmhaṇa*. Milk is having *Bṛmhaṇa* and *Rasāyana* properties.

➤ *Yava* -It has *Guru*, *Madhura*, *Śīta*, *Sara* properties, and low Glycemic Index. It is used *Karṣaṇārtha*, *Koṣṭhaśodhanārtha* and *Agnivardhanārtha*. It is *Puriṣajanana* and *Kapha-Pitta-Rakta Vikārahara*. It is also mild *Vātakara* which is pacified by adding milk.

➤ As the patient was not following the *Rajaswalācarya* so she was unable to get benefits of *Rajaswalācarya*.

That is how the pathological condition is arising from different *Nidāna Sevana*.

## Nidāna Pancaka

1. *Nidāna* - Previously mentioned causes are the *Nidānas*.

2. *Pūrvarūpa* - *Kaṣṭhārtava*, *Mūtrakṛchra*

3. *Rūpa* - *Pittaja Ārtavaduṣṭi*

4. *Samprāpti*- Mentioned along with *Hetus* previously

5. *Upśaya* - *Pittasāmaka Āhāra Vihāra*,

- *Rajaswalācarya*

- *Yoga* and *Prāṇāyāma*.

- Stress releasing activities, meditation etc.

## Samprāpti Ghaṭaka

• *Doṣa* - *Pācaka Pitta*, *Apāna Vāyu*

• *Dūṣya* - *Rasadhātu*, *Raktadhātu*

• *Srotas* - *Rasavaha*, *Ārtavavaha*, *Mūtravaha Srotas*

• *Srotoduṣṭi* - *Atipravṛtti*, *Sanga*

• *Sthāna* - *Garbhāśaya*, *Mūtravaha Samsthān*

## Sāpekṣa Nidāna

1. *Pittaja Āsṛgdara*: In this condition, there is excessive menstrual bleeding along with pain (*Arti*) and feeling of warmth (*Uṣṇtā*). Different colours like *Nīla*, *Pīta*, *Asita* etc. are also given as a

symptom of *Pittaja Āsrgdara* by *Ācārya Caraka*.<sup>[22]</sup> *Ācārya Suśruta* mentioned *Atiprasanga* (excess in amount and with prolonged duration during menstrual bleeding phase) and *Anṛtau* (less in amount when occurring in intermenstrual period) as its features, explained by *Ācārya Dalhaṇa*.<sup>[23]</sup> But this case could be differentiated from *Pittaja Āsrgdara* on the basis of intermenstrual bleeding and fever etc. which was not present here in this case.

**2. Pittala Yonivyāpada:** Excessive intake of *Kaṭu*, *Amla*, *Lavaṇa*, *Kṣara Dravyas* may give rise to *Dāha* (burning sensation), *Pāka* (suppuration), *Jwara* (fever), *Uṣṇtā* (feeling of hotness) and different colours of *Ārtava* including *Nīla*, *Pīta*, *Asita* etc. similar to the *Pittaja Āsrgdara*.<sup>[24]</sup> *Varṇas* can be clinically correlated with the presence of the pieces of mucous membrane may give appearance of yellowish, bluish or blackish colour. Also, there is excessive purulent discharge from the *Yonimārga* due to vitiation of *Pitta*. In addition to this, *Ācārya Cakrapaṇi* has told intermenstrual bleeding as a feature of *Paṭtika Yonivyāpada*. All these conditions could be correlated with acute inflammatory conditions caused by pyogenic infection resulting in burning sensation, suppuration, foul smelling discharges, fever etc. Here, Hyperemia occurs due to inflammation which may give rise to menstrual irregularities and menometrorrhagia. So, the *Nidānas* and *Doṣas* involved in causing *Pittala Yonivyāpada* are similar to the current case but it could be differentiated on the basis of the clinical features like intermenstrual bleeding and excessive purulent discharge per vaginum, which were absent in the case taken.

**3. Lohitakṣarā:** As per *Ācārya Suśruta*, in this condition, there is *Prakṣaraṇa* (trickling or oozing) of *Asra* (blood) per vaginum along with burning

sensation.<sup>[25]</sup> Such a condition can be seen in case of Cervical erosion or Cervical polyp and is different from normal menstrual bleeding.

**4. Ārtava - Ativṛdhi:** The causes and features match the case taken but here, the *Ativṛdhi* of *Ārtava*<sup>[26]</sup> is taking place mainly due to *Dhātu Vṛdhi*, which could be correlated with increased estrogen level and abnormally thickened endometrium. But in the case taken, the vitiated *Doṣas* are causing *Dhātuduṣṭi* and USG is absolutely normal. Thus, on this basis it could be differentiated from *Ārtava - Ativṛdhi*.

### Final Diagnosis

#### Pittaja Ārtavaduṣṭi

- It includes all the causes which are responsible for *Pitta* vitiation and all the features which may result due to vitiated *Pitta Doṣa* including excessive menstrual bleeding along with painful menstruation.<sup>[27]</sup>
- *Ācārya Hārīta* mentioned difficulty in urine along with burning sensation and dark reddish colour of menstrual blood under its features.<sup>[28]</sup>
- *Aruṇadatta* mentioned blood like smell from menstrual blood as a feature of *Pittaja Ārtavaduṣṭi*.<sup>[29]</sup>
- *Aṣṭāṅga Saṁgrahakāra* mentioned about severe pain and burning sensation due to vitiated *Pitta*.<sup>[30]</sup>

So, on the basis of above points, this case could be correlated with *Pittaja Ārtavaduṣṭi* condition.

### Modern Correlation

This case could be correlated with the condition of Dysfunctional Uterine Bleeding which is a state of abnormal uterine bleeding without any clinically detectable organic, systemic, and iatrogenic cause (Pelvic pathology, e.g. tumor, inflammation or pregnancy is excluded).<sup>[31]</sup>

### Treatment Given

**Table 6: Treatment given to the patient**

1.	<i>Yaṣṭimadhu Cūrṇa</i> – 3gm <i>Miśi</i> (Fennel) – 2gm <i>Munakkā</i> – 3 in No. (without seeds) <i>Goghṛta</i> – 5 ml Twice a day in the form of <i>Kalka</i> with warm water	3.	<i>Gokṣura Cūrṇa</i> – 2gm <i>Copcīnī Cūrṇa</i> – 2gm Twice a day with water
2.	<i>Kuṭakī Cūrṇa</i> } Equal parts <i>Munakkā</i> } (Pea sized <i>Guṭikā</i> ) <i>Dhāgā Miśrī</i> } Twice a day with cold water	4.	<i>Avipattikara Cūrṇa</i> – 4gm Before meal, twice a day with water

\* The treatment was administered for 2 cycles

**Pathya**

Patient was advised to follow

- ✓ *Rajaswalācaryā* for first 3 days of menstrual cycle only including *Haviṣya*, that also in limited quantity.
- ✓ Barley *Roṭī* with *Goghṛta* or Barley Porridge
- ✓ *Yoga* and *Prāṇāyāma*
- ✓ Vegetables like *Ṭiṇḍā*, *Tori*, Spinach, *Bathuā*, *Parvala* etc.
- ✓ Seasonal fruits like Papaya, Banana, Pomegranate, Gooseberry, Watermelon etc.
- ✓ Include *Goghṛta* in daily diet
- ✓ Use of *Dhāgā Miśrī* at place of sugar

**Apathya**

- *Rātrijāgaraṇa*
- *Divāśayana*
- Oily, spicy and junk foods
- *Dadhi Sevana*
- Pickles
- Excess intake Coffee
- Stress

**Rationality of Drug**

1. *Ācārya Vṛdha Vāgbhata* prescribed the *Madhuka* (*Yaṣṭimadhu* - *Glycyrrhiza glabra*), *Madhurasā* (Fennel- *Foeniculum vulgare*), *Mrdvikā* (*Munakkā* - dried *Vitis vinifera*) along with *Ghṛta* in the form of *Kalka* in *Pittaja Ārtavaduṣṭi*.<sup>[32]</sup> *Yaṣṭimadhu* is *Hima* (*Śīta*), *Swādvī* (*Madhura*), *Susnigdā* and having *Pitta*, *Anila* (*Vāta*) and *Asra* (*Rakta*) pacifying properties.<sup>[33]</sup> *Madhurasā* (Fennel) is *Tikta*, *Swādu*, *Himā* and corrects vitiated *Vāta*, *Pitta* and *Rakta*.<sup>[34]</sup> It is also considered as *Dāhaśāmaka* in *Rājanighaṇṭu*, so also helpful in reducing burning micturition. *Mrdvikā* (*Munakkā*) is *Atimadhurā*, *Śītā*, pacifies *Pitta*, *Arti* (pain) and *Dāha* (burning sensation). It is *Mūtradoṣaharā* and *Vṛṣyā*.<sup>[35]</sup> *Ghṛta* is *Agnidīpaka*, *Yogavāhī*, *Yonīśodhaka*, *Yonīśūlahara*. Due to *Yogavāhī* property, it increases the qualities of other drugs used with it. It Facilitates absorption and digestion of drug and facilitates the drug delivery to the target organ due to its lipophilic action.
2. *Ācārya Suśruta* mentioned *Drākṣā* (*Munakkā*), *Sitā* (*Miśri*), *Tiktaroḥiṇī* (*Picrorhiza kurroa*) along with cold water in *Raktapitta pratīṣedha*.<sup>[36]</sup> *Tiktaroḥiṇī*/*Kuṭakī* is *Tiktā*, *Himā*, *Pitta-Rakta-Dāha Śāmaka*.<sup>[37]</sup> *Sitā* is *Himā* and *Vāta-Pitta Śāmaka*.<sup>[38]</sup>
3. *Gokṣura* (*Tribulus terrestris*) is *Śītala*, *Swādu*, *Vastiśodhana*, possessing *Mūtrakṛchra* relieving properties.<sup>[39]</sup> *Copcinī* (*Smilax glabra*) have *Śūlaghnī* and *Mūtraviśodhinī* properties.<sup>[40]</sup>

4. *Avipattikara Cūrṇa* is strong carminative, Antioxidant having *Śodhana* and Anti-inflammatory properties that aid in curing imbalances related to *Pitta Doṣa*, properties. It is *Mala-Mūtra Vibandha Nāśaka*.<sup>[41]</sup>

**RESULT**

Patient came to the OPD on 20-09-2019, after regular follow ups and taking medication for 2 cycles.

- ✓ There was complete relief in the previous complaints of heavy and painful menses.
- ✓ Relief in frequent burning micturition.

**Menstrual history\_- LMP-13-09-2019**

Duration - 6 days

Interval - 30 days

**Table 7: Menstrual history after treatment**

Pattern	Regular
Pain	Mild, bearable (analgesics not required)
Clots	Small, only on 1 <sup>st</sup> day
Smell	Not present
Flow	WNL

**Table 8: Pad History after treatment**

Day 1 <sup>st</sup>	3-4 pads
Day 2 <sup>nd</sup> , 3 <sup>rd</sup>	2-3 pads
Day 4 <sup>th</sup>	1-2 pads
Day 5 <sup>th</sup>	1 pad
Day 6 <sup>th</sup>	Spotting only

**DISCUSSION**

The treatment given in this case was *Doṣa* specific, mainly acting on vitiated *Pitta*, which was indicated in *Pittaja Ārtavaduṣṭi* by *Ācārya Vṛdha Vāgbhata* is helpful in reducing the symptoms like heavy menstruation and severe pain during menstruation. *Kuṭakī*, *Munakkā* and *Dhāgā Miśrī*s helpful in controlling excessive menstrual flow, thus told in *Raktapitta Cikitsā* by *Ācārya Suśruta*. *Gokṣura* and *Copcinī* helps in regulating the *Apāna Vāta*, by *Mala - Mūtra Viśodhana* property. Thus, relieving symptoms like pain and burning micturition. *Avipattikara Cūrṇa* is *Pittaśāmaka* and *Śodhanakārī*. So, these drugs are having an overall *Pittaśāmaka* effect along with regulation of *Apāna Vāta*.

**CONCLUSION**

From the above case study, it could be concluded that along with the medication, one should also pay attention to the *Nidāna*, its *Parivarjana* and then finally on the *Cikitsā* part according to the *Prakṛti* of the patient and *Doṣa Pradhānyatā* in the particular disease. So, *Pitta Śāmaka Āhāra - Vihāra*, following the *Rajaswalācaryā* along with

improvement in life style and *Pitta Śāmaka Cikitsā* are effective in treating *Pittaja Ārtavaduṣṭi*.

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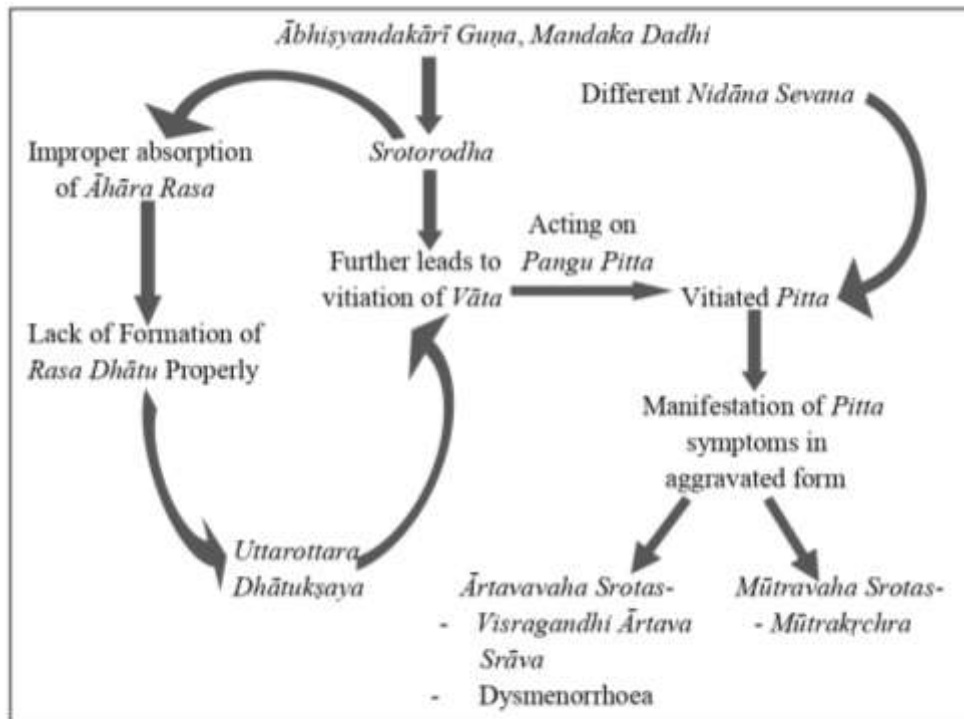


Chart – 1: Role of Mandaka Dadhi in Doṣa vitiation

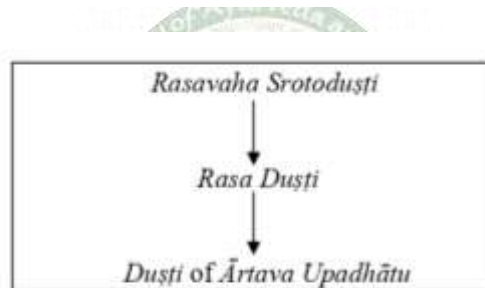


Chart – 2: Rasa Duṣṭi due to Aticintana

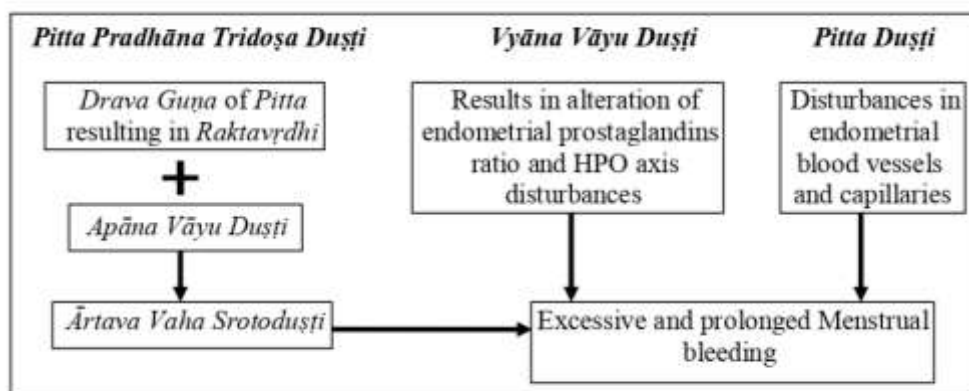


Chart – 3: Role of Tridoṣa in formulation of disease