

To Study the Efficacy of Lashunksheerpak in Scanty Menses w.s.r.t. Artavakshaya

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Abstract: Menstruation refers to the cyclic flow occurring every month. The duration, interval, and amount of flow ensure an intact and active HPO axis. Any disturbance in the duration, interval, or amount leads to a disturbance in the menstrual cycle, thereby disturbing the physiology of the woman. Artavakshaya, as described in Ayurveda, is characterized by delayed, scanty, or painful menstruation and can be correlated with scanty menstrual flow (hypomenorrhea).

Keywords: To Study the Efficacy of Lashunksheerpak in Scanty Menses w.s.r.t. Artavakshaya

I. INTRODUCTION

Artavakshaya is a gynecological disorder characterized by delayed menstruation and scanty menstrual flow, which is mainly due to Vata and Kapha predominance.

Lashunksheerpak is a classical Ayurvedic formulation prepared using Lashun (garlic) with Ksheer (cow's milk). This combination minimizes the vitiation of Vata and Kapha dosha, thereby maintaining the balance between the doshas. It promotes deepana, pachana, vatanulomana, and artava janana, which aid artava formation and normalize the menstrual flow.

II. MATERIALS AND METHODS

Only literary material (i.e., Ayurvedic classical texts along with research papers, journals, and magazines) was reviewed to collect the data for this work. Websites such as PubMed, Google Scholar, and Wikipedia were also used.

III. DRUG

Lashun (Garlic)

रससाधारणात्वाच्चसाधारणरुजापहम् ।
आयुष्यदीपनंवृष्यधन्यमारोग्यमग्निमम् ॥१५॥
स्मृतीमेधाबलवयोवर्णचक्षुः प्रसादनम् ।
मुखसौगन्ध्यजननंस्तोतसांचविशोधनम् ॥१६॥
शुक्रशोणितगर्भानांजननंहीनिषेधयोः ।
(का. सं. क. २/१५-१७)
च्युतभग्न अक्षिरोगेषु सर्वेष्वनिलरोगेषु ।
पुष्परेतोभ्रमेकासेकुष्ठरोगेषु सर्वेषु ॥
लशुनान्युपयुंजीतमेधाग्निबलवृद्धये ।
मुच्यतेव्याधिभिः क्षिप्रंवपुश्चमाधिकमाप्नुते ।
(का. सं. क. २/२७-३०)



रसनोबृहणोवृषः स्निग्धोष्णोपाचनःसरः ।
रसेपाकेचकटुकस्तीक्ष्णोमधुरकोमतः ।
भग्नसंधानकृतकण्योगुरूपित्तास्त्वृद्धिदः ॥
(भा. नि. हरितक्यादीवर्ग-२२३)

Dugdha / Ksheer (Cow's Milk)

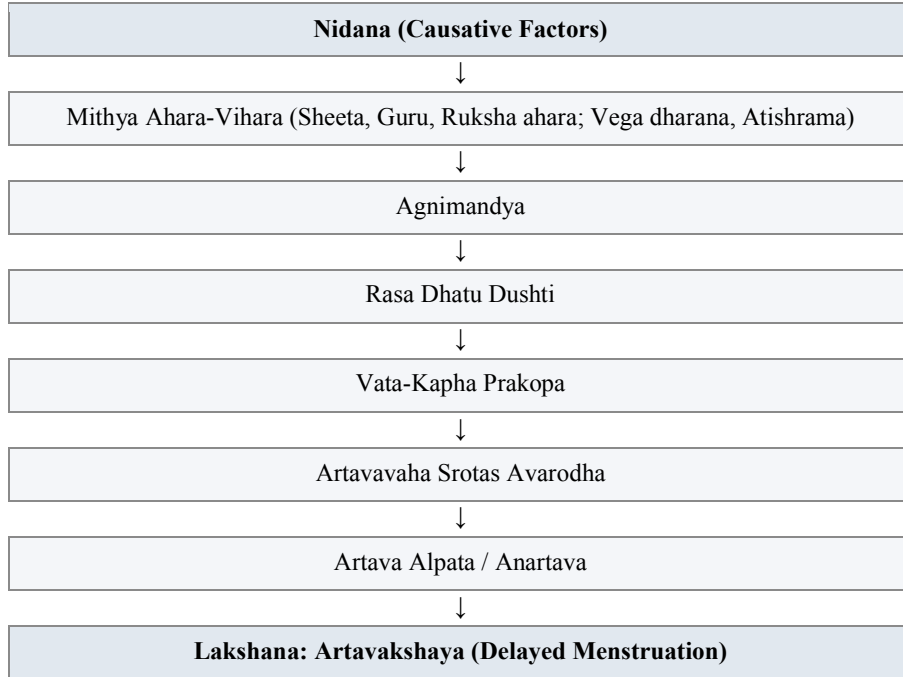
दुग्धक्षीरं पयः स्तन्यं बालजीवनमित्यपि । दुग्धं सुमधुरं स्निग्धं वातपित्तहरं सरम् ॥१॥
सद्यः शुक्रकरं शीतं सात्म्यं सर्वशरीरिणाम् । जीवनं कृणु बल्यं मेध्यं वाजीकरं परम् ॥
वयः स्थापनमायुष्यं सन्धिकारिरस
(भाव प्रकाश निघंटु)

Drug Formulation Details

द्रव्यादष्टगुणं क्षीरं क्षीरात्तोयं चतुर्गुणम् ।
क्षीरावशेषकर्तव्यक्षीरपाके त्वयं विधिः ॥
(शा. सं. म. अ. 2/161)

Ingredient	Proportion	Quantity
Lashunkalka (garlic paste)	1 part	5 g
Godugdha (cow's milk)	8 parts	40 ml
Water	32 parts	160 ml

Samprapti (Pathogenesis)



III. MODE OF ACTION

Vata-Kapha Shamana - The vitiated doshas are balanced by the Ushna, Tikshna, and Snigdha guna of Lashunksheerpak, thereby balancing the main doshas involved in Artavakshaya.

Srotoshodhana - The Ushna and Tikshna guna cause removal of the obstruction in the Artavaha srotas, hence normalizing the flow through the srotas.

Deepana - Agnimandya is the main cause of Artavakshaya. Lashunksheerpak improves Jatharagni and Dhatvagni and ensures adequate formation of Rasa and Artava dhatu.

Vatanulomana - The vitiated Vata dosha, along with its vitiated gati, is normalized by Lashunksheerpak, which in turn also reduces the pain associated with it (shulahara).

Artava Janana and Pravartaka effect - Lashunksheerpak causes artava janana and regular expulsion of artava, helping timely and adequate menstruation.

IV. DISCUSSION

Lashunksheerpak helps in normalizing the menstrual cycle through its deepana, vata anulomana, artava janana, and pravartaka effects. The basic guna of Lashun, as mentioned by Kashyapa in the Kalpasthana (Snigdha and Tikshna guna; Katu rasa; Ushna virya; Katu vipaka), are suitable for menstrual disorders and thereby act on Artavakshaya effectively.

V. CONCLUSION

The use of Lashunksheerpak in Artavakshaya is justified, as the nidana-karaka guna of Artavakshaya (i.e., Agnimandya, Vata-Kapha prakopa, and Artava sroto-avarodha) are counteracted by Lashunksheerpak through its guna of Deepana, Pachana, Vata-Kapha shamana, Srotoshodhana, Rasa-Artava dhatu poshana, and Artava janana and pravartana. It brings about samprapti bhanga of Artavakshaya, hence normalizing the menstrual cycle.

