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Conceptual Study of Dietary Advice in *Granthi Artav Chikitsa* w.s.r. to *Sushrut Samhita*

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ABSTRACT

In various Ayurvedic text ovarian cyst is co-related with *Granthi Artav*. As per their signs and symptoms *Granthi Artav* is *kaph-vata* in origin. Now a days in modern science many treatment are available for the management of this disease, but many times they are not able to eradicate root cause of disease, and therefore, recurrence occurs. Dietary advice has main role in Ayurvedic treatment. Ayurvedic drugs (substances) may provide maximum advantage with cost efficiency, least side effect and increased patient fulfillment. The main aim of this article is to explore the scientific basis for Ayurvedic treatment of *Granthi Artav*. Ayurveda gives lots of emphasis on *Ahariya dravya*. According to *Acharya Kashyapa*, “In the whole universe there is no medicine like food”. Only a well balanced diet can cure numerous diseases. Sometimes good medicines are unable to cure certain disease without balance diet. That’s why food is said to be most important medicine. Improving diet and life style is a critical component to cure and prevent the present epidemic of life style associated disorder.

KEYWORDS

Granthi Artav, Kaph –Vata, Dietary Advice



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INTRODUCTION

Ayurveda is a science dealing not only with treatment of some disease but is a complete way of life. Formation of cyst in ovary is a global phenomenon and is described in Ayurvedic scripture as *Granthi Artav*. This is one of the most troublesome disorder and it is becoming a major factor for infertility. Recurrence of ovarian cyst even after treatment is becoming a great problem and constant efforts are being made to evolve an efficient treatment as well as prevention of recurrence of the disease. *Acharya Sushruta* has advised some drugs for the treatment of *anartva* which are playing supportive role to the ayurvedic treatment so as to avoid the incidence of recurrence after *panchkarma* and *shaman* treatment of *Granthi Artav* and in search of effective conservative treatment present work is designed.

Aim of the study

This literature review aims to study the importance of dilatory advice in *Granthi Artav* treatment.

Review of *Granthi Artava*

There were eight types of *Artava doshas* (deformities of ovum) explained in *Sushruta Samhita*. *Granthi Artava* is one of these *Artava dushti* which has dominance of vitiated *kaph – vata doshas*¹.

Samprapti of Granthi Artava (Pathogenesis)

According to *Acharya Sushruta* *Granthi Artav* has vitiated *kaph and vata dosha* that affects the reproductive system of the woman. The *kapha dosha* with its *snighdha, sheeta* and *sthira guna* affect the ovulation function of ovary. As *Artav* itself *ushna* (hot) in nature but due to *sheeta* (cold) *guna* of vitiated *kapha dosha* the *Artav uttapti* (ovulation process) get affected resulting in restriction of development of ovum and this undeveloped ovum become hard like a cyst called as *Granthi Artava*².

Sampraptighataka (Major Factors of Pathogenesis)

Nidan(Causitive Factors) – *kaph – vataprokopaknidana*

Doshas- kaph pradhan vata

Dushya – Artava

Srotas – Artavavaha

Srotodushti - sang

Doshmarga – kostha

Rogmarga – Abhyantar

Treatment of *Granthi Artav*

Shodhan Chikitsa -Vaman

According to *Acharya Shushrut* the vitiated *Kaph dosha* obstruct the normal functioning of *vata dosha* in *Artav vaha srotas* so the *shodhan* treatment for vitiated *kaph dosha* is prefers first. According to *Acharya Dalhana*



(commentator on Sushrut Samhita)
Vaman karma Treatment is useful to increase ushna guna of Artav as vitiated kapha dosha of sheeta guna get expelled out. This results into disrupting of cyst and normal functioning of Artav (ovulation) as the obstruction in Artav vaha srotas gets removed³.

Shaman Treatment

Table 1 Drugs used in Granthi Artav Chikitsa

Sr.No.	Name of Drug	Botanical Name	Features
1.	Kulattha ⁵	Dolichos biflorus	Katu-Kashaya Rasa ,Katu vipaka, Laghu, Vidahi, Ushna
2.	Krushna Til Tail ⁶	Sesamum Indicum	kashay- madhura -.tikta –katu rasa . guru,singdgha ,Ushna
3	Gomutra ⁷	-	madhura rasa and..it is considered to be best among all types of urine.
4	Shukta-chukra ⁸	sweet ingredients (sugar, carbohydrates) which are converted in to sour ferment it is called shukt or chukra	tikshna-ushna,laghu, rukshagunas.

DISCUSSION

Kulattha –

Kulattha is katu –kasaya rasa ,ktu vipaka, Raktapittahra, lagu, vidahi, ushna virya ,kaphavatahara. With all these characters kulatha is mainly used in bhedana of vitiated kapha

Til-

It is kashay- madhura - Tikta –katu rasa .Madhur rasa gunaguru,singdgh ,grahirakt ,kaph pitta vardhana, Balya, ,kashy, sitsapara, tvachya, and varnaropan by nature.though the til is snigdha in natur , it does not vitiate the kapha dosha, so its

Shati or Karpoor Bhasm⁴ is prscribed as shaman chikitsa for the rest of doshas in Artav vaha srotas.

Dietary Advice

Acharya Shushrut has given dietary advice in Artav treatment. The details of the drugs which are used in Granthi Artav chikitsa are given in the following table (Table 1).

helps to teat vata dosha without vitiating the kapha .

Black sesamum is considered as the best variety as a shukral(increase semen) in nature while white variety is said to be modrate in quality. So black sesaum is used to increase the fertility rate.

Gomutra-

Madhura rasa and tridoshhara are indicated in krimi and kusth especially in treatment of udar. It is considered to be best among all types of urine. It is used for dipan, pachan and bhedana actions as it is kaph - vata hara and also indicated in krimi, pandu, gulm. It works on



destruction of cyst with its *ushna guna* and *bhedana karma*.

Shukta-chukra -

It acts as *kaphara*, *rochka*, *pachana*, *panduroghara*, *krimighana*, *bhedana*, and *Raktapittajayna* due to its properties like *tikshna-ushna*, *laghu*, *rukshagunas*. It is also used in *bhedana karma* but it is used for normal ovulation also.

CONCLUSION

The hetus play an important role in pathogenesis of a disease. So in this article Ahar (diet) with special reference to Shushrut samhita are focused.

All these drugs having *katu tikta kashaya rasa* and *ushna virya* which is used for kapha shaman treatment. The *tikshna* and *ushna guna* are used to break down the obstruction of kapha dosha. This results into normal development of Artav (normal ovulation). So for healthy life one must follow *dincharya* and *rutucharya* and to cure diseases one must avoid the causative factors and take proper Ayurvedic treatment as early as possible.



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