

**Clinical study on the efficacy of
satapuspa (Anethum graveolens Linn.) and
krisnajiraka (Nigella sataiva Linn.)
on *kshina artava dusti*.**

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5.1 SUMMARY

Woman is a special creation in the world. The anatomical structure and the physiological functions give her sponsorship towards this end. During her life time a healthy reproductive system is shown from menarche to menopause, by the monthly regular menstrual cycle.

Among the many menstrual disorders of women *kshina artava dusti* is commonly exhibited in the present day society. Both married and unmarried women are subjected to this disease and also causing infertility in many.

The *samprapti* of *kshina artava dusti* is caused, by the vitiation of *vata*, *pitta* and *kapha* *dosas* resulting in *aharajanya*, *viharajanya*, *manasika*, *abhighatajanya* and *anya hetus*.

This research was carried out in the gynaecological clinic at the Ayurvedic Teaching Hospital Borella. Irrespective of whether they are married or unmarried hundred patients were enrolled for the research.

All the information gathered from the patients and relevant investigations were done both at the pathological laboratory Medical Faculty Colombo and Ayurvedic Teaching Hospital Borella.

The patients were divided into two groups at random. Then two research drugs (drug 1) *satapushpa churna* and (drug 2) *krisnajiraka churna* were administered separately to the two groups of the patients. (group 1 were given drug 1 and group two were given drug 2). The treatment period was one month, the follow-up period was three months. And the final analysis of the results of patients were taken after the final follow up period.

According to the results; a marked improvement in the appetite of the patients in both groups were distinctly seen (group 1 - 70% group 2 - 68%). Total relief of the general and local symptoms of the patients in both groups has shown higher and almost similar percentages (ref. table 3:36, 3:37). When the cardinal symptoms were separately taken the effectiveness of both drugs was seen to be similar and higher in both groups of patients.

◆ Duration of menstruation (in days)

(cardinal symptom - 1) - (group 1 / 46%), (group 2 / 46%),

difference shown after the treatment of both drugs.

◆ Interval between two cycles (in days)

(cardinal symptom - 2) - (group 1 / 84%), (group 2 / 74%)

- ◆ *Yoni vedana* (painful menstruation)
(cardinal symptom – 3) - (group 1 / 48%), (group 2 / 52%)

- ◆ Amount of menstrual blood (pads)
(cardinal symptom – 4) - (group 1 / 44%), (group 2 / 54%)

According to the total effect of therapy of drug 1 and drug 2; the number of patients who were completely cured was 10%, 24% respectively. Markedly improved patients were 40% and 28% for drug 1 and drug 2 respectively. Moderately improved patients were 28% and 20% for drug 1 and drug 2 respectively. Also the patients with no change of symptoms shown were 16%, 24% respectively for drug 1 and drug 2.

In accordance with the results, it can be concluded, that both drugs *satapushpa churna* and *krisnajiraka churna* were highly and equally effective for the cure of *kshina artava dusti*.

Estragon hormonal level increased after treatment of both drugs (drug 1 – *Anethum graveolens*, drug 2 - *Nigella sataiva*). Similarly there was no difference shown after the treatment of both drugs.

5.2 CONCLUSION

- ◆ Etiological factors of *kshina artava dusti* recorded in *ayurveda* and modern texts, could be confirmed and proved by the clinical study carried out in this research work.
- ◆ Results obtained so far indicate, that the drug 1 *satapuspa churna* was highly effective in the cure of *kshina artava dusti*.
- ◆ According to the research obtained so far the efficacy of drug 2 *krisnajiraka churna* in curing *kshina artava dusti* was highly effective.
- ◆ Both drugs were equally effective in the cure of *kshina artava dusti*.