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 Kashypa, “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
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 doshas¹.

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 (clod)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 Artava².

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
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 removed.

**Shaman Treatment**

Shati or Karpoor Bhasm\(^4\) is prescribed 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).

### Table 1 Drugs used in Granthi Artav Chikitsa

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

**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 nature , it does not vitiate the kapha dosha, so its helps to treat vata dosha without vitiating the kapha .

Black sesamum is considerd as the best variety as a shukral(increase semen) in nature while white variety is said to be moderate in quality. So black seseum 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 it’s *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.
REFERENCES
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