



ORIGINAL RESEARCH PAPER

Ayurveda

AYURVEDIC CONCEPT OF ARTAVAHA STROTO DUSTI, CAUSES AND ITS MANAGEMENT

KEY WORDS: Ritucharya, Artava Dusti, Menstrual Cycle

Dr. Neha Yadav*

P.G scholar, Dept. of Dravyaguna Govt. Dhanwantari Ayurved Medical College ,Ujjain ,M.P,India. *Corresponding Author

Dr. Sunita D. Ram

Associate Prof. and HOD, Dept. of Dravyaguna Govt. Dhanwantari Ayurved Medical College ,Ujjain ,M.P,India.

ABSTRACT

Ayurveda is ancient science that follows the principle of health restoration along with treatment of diseased. It is supported by *Tridoshas*, *Saptadhatus* and *Trimalas*. *Saptadhatus* are responsible for the formation of *updhatus*, in which particularly *Artava* is *updhatu* of *Rasa Dhatu*. *Artava* is the entity responsible for fertility in females, thereby playing vital role in reproductive health. *Ritucharya* is the term used for menstrual cycle in ayurveda. Menstruation starts from the age of 12 and ends by the age of 50. Bleeding period per cycle is 3 to 5 days. *Artava* slightly blackish red like rabbit's blood and that leaves no stain on clothes while washing, considered *shudha Artava* by Acharya Sushrut. Vitiating of *Artava* leads to change in colour, smell, constancy and duration of flow. Eight types of *Artava Dusti* is mentioned in various Ayurveda texts i.e *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Granthi bhuta*, *Putipuya*, *Kshina* and *Mutra Purisha Gandhi*. These *Artava dusti* can leads to infertility in females, thereby affecting reproductive health. Symptoms and management of *Artava Dusti* were described in this article.

INTRODUCTION

The common disorders related to female reproductive system are menstrual disorders. These disorders mainly related with disturbed functioning of menstrual system and large of female population facing these problems therefore it is require finding out a way to get rid of these ailments so to maintain health of female thereby health of society and nation. As per Ayurveda *Vataja Artavadushti*, *Ksheenartava* and *Artavakshaya*, etc. are common *Stree Roga* related to the menstrual disturbances. Acharya Sushrut had described twenty types of *Yonivyapad*, responsible for infertility in women.

As per modern medical science hormonal imbalance, tumor in pituitary gland, hyperthyroidism, hypothyroidism, genetic factors, environmental hazards and dietary factors along with injury to genital organs, etc. are considered major cause of such problems.

Causes

Acharya Kashyap had described that use of sternutatory drugs during menstruation, consumption of excessive hot eatables and use of excessive medicines for cleansing purposes to the women of *mrada kosta* (having purgation with mild dose) having received oleation and sudation are the causes of all menstrual disorders.

Anatomic problems also imparts consequences of menstrual disorders, these anatomical problems are presence of uterine fibroids & polyps, reduced strength of uterine contraction, adenomyosis, excessively large surface area of uterus, endometrial abnormalities and tubular or channel obstruction, etc. can cause menstrual problems.

Types And Symptoms

There are eight types of *Artavadusti*

Table - 1

NAMES	DOSHA	SYMPTOMS	MODERN CORRELATION
Vataja	Vata	Red, black in colour and painful	Oligomenorrhoea along with dysmenorrhoea caused by general weakness.

Pittaja	Pitta	Yellow or bluish in colour with severe burning sensations.	Infective disorders exhibit either menorrhagia or oligomenorrhoea associated with cellulitis.
Kaphaja	Kapha	Whitish or slightly yellowish in colour	Chronic endometritis associated with oligomenorrhoea.
Kunapagandhi	Rakta	Smells like dead body and other symptoms same as pittaja dusti	Early stage of endometrial carcinoma.
Granthi bhuta	Kapha+ Vata	Clotted appearance	Malignant disorders specially cervical malignancy.
Putipuya	Kapha+ Pitta	Putrid or Purulent	Severe endometritis leads to pyometra.
Kshina	Vata+ Pitta	Menstruation is delayed ,menstrual blood is scanty and painful	Hyper estrogenic conditions caused by nutritional deficiencies.
Mutra Purisha Gandhi	Vata+ Pitta+ Kapha	Smells like urine and feces	Advanced cervical malignancy.

Treatment

Shodhna therapy advocates to clear obstruction of *Artavavahi srotas* and maintains supply of nutrients through minute channels. *Shodhna* imparts calming & soothing effects effect thus reduces symptoms of depression and anxiety associated with menstrual disturbances. Some *Shodhna* measures like; *Abhyanga* and *Swedana* help to pacify *Vata* which is one of the major causative factors of menstrual abnormalities.

Sweta Chandan (*Santalum album* Linn.) or *Rakta Chandan* (*Pterocarpus santalinus*) decoctions is beneficial in putrid or

smelly menstrual blood.

Local treatment in the form of pessaries and application of medicinal pastes prepared as per condition shall be used.

Ayurveda also advised some formulations for treating menstrual problems, these formulations are; Pushyanug churna, Lodhrasava, Ashokarishta, Usheerasava, Chandanasava, Shatavari ghrita, Nagkesar churna, Lohasava, Yohraj guggul, Chandraprabha vati and Pugpaak.

Dietary & Lifestyle Modification

- Avoidance of causative factors including stress and anxiety.
- Uses of nourishing, toning and rejuvenating diets.
- Massage to maintain circulation, meditation and yoga for relieving stress.
- One should not avoid natural urges and maintain hygiene to prevent urinary tract infections.
- Phala Ghritam or cow Ghee offers therapeutic role in gynecological problems including menstrual abnormalities.
- Excessive indulgence in sexual acts.

CONCLUSION

Menstrual abnormalities are problems related with female reproductive system which possess symptoms of painful discharge, irregular menstrual bleeding, cramping, irritation and profuse bleeding, etc. *Artavakshaya*, *Ksheenartava* and *Vataja Artavadushti*, etc. are menstrual disturbances as per Ayurveda which mainly arises due to the vitiation of *Vata Dosha*, *Rakta Dhatu Dushti* and blockage of *Artavavahi srotas*. Ayurveda suggested various *Shodhana* procedures, natural herbs, classical formulations and *Pathya* and *Apathya* measures for regulating normal menstrual cycle. *Nidana parivarjana chikitsa*, Yoga and meditation also recommended. Ayurveda drugs like Shatavari, Kumaryasavam, Rajahpravarthini Vati and Ashokarishta, etc. offers health benefits in case of menstrual irregularities. These therapies balances hormonal functions, boost *Rakta Dhatu*, cleans body channels, normalizes *Vata*, balances *Pitta*, suppress production of *Ama*, stimulates ovarian function and maintain normal flow of menstrual fluids.

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