

## AYURVEDIC REVIEW ON ARTHAVA VYAPAD AND THEIR MANAGEMENT

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### ABSTRACT

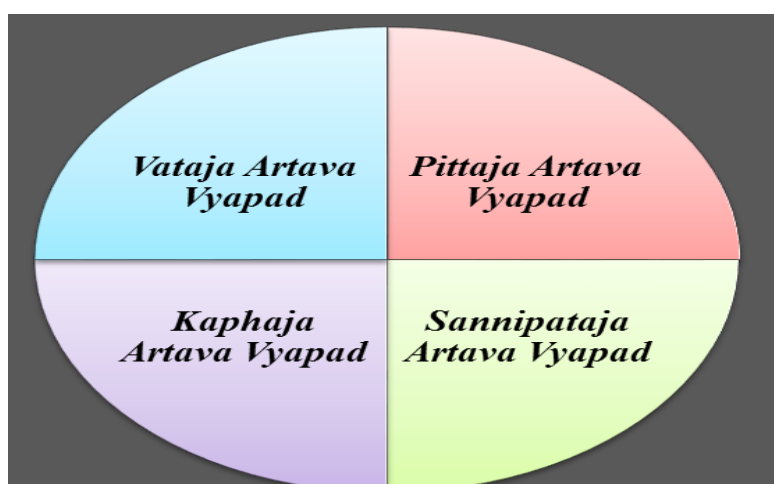
Menstruation health is very essential aspect of women's perspective and concept of menstrual fluid is referred as *Artava* in Ayurveda. *Artava* play vital role in maintaining balance of the menstrual cycle and it also ensures optimal reproductive health of women. When the any imbalances arise or vitiation of *Dosha* occurs then *Dushta Arava* aggravates which contributes towards the gynecological disorders. Menstrual disorders referred as *Artava Vyapad* in Ayurveda which is characterized by painful, scary and irregular menstruation. Excessive consumption of sour and hot foods, consumption of *Viruddha Ahara*, irregular food habits, stress, sedentary lifestyle and depression mainly cause *Artava Vyapad*. Ayurvedic treatment emphasizes approaches which balances *Dosha* and improves reproductive health. Diet & lifestyle changes along with herbal medicines and *Panchakarma* therapy offer valuable improvement in the prevention and treatment of *Artava Vyapad*.

**KEYWORD:-** Ayurveda, *Artava Vyapad*, Menstrual, Gynecological, Reproductive.

### INTRODUCTION

Menstrual health is an important component of woman's life since it regulates reproductive physiology. The menstrual fluid resembles Ayurvedic term *Artava*, which flow during the period of menstrual cycle. Any

imbalance or abnormality in this system may leads consequences of *Artava Vyapad* which are described as menstrual disorders in modern science. Ayurveda described various types of *Artava Vyapad* as mentioned in **Figure 1**.<sup>[1-3]</sup>



**Figure 1: Various types of *artava vyapad* based on *dosha* involvement.**

✓ ***Vataja artava vyapad*:** It is characterized by dark, frothy and dry menstrual flow. Severe and delayed menses, constipation, body pains and bloating are other symptoms. This may occur due to stress,

exposure to cold and excessive physical activities, etc.

✓ ***Pittaja artava vyapad*:** It is characterized by hot menstrual flow with foul smell, burning and

excessive thirst also observed in this condition. *Pittaja Artava Vyapad* mainly occurs due to the exposure in excessive heat and intake of hot, oily and spicy foods.

- ✓ ***Kaphaja artava vyapad***: It is characterized by white and thick discharge with a feeling of heaviness. Irregular periods, lethargy and white discharge are major symptoms of this condition. Sedentary life, intake of sweet and heavy foods may become cause of *Kaphaja Artava Vyapad*.
- ✓ ***Sannipataja artava vyapad***: The major symptoms include irregular periods, abnormal bleeding and discomfort. Inappropriate lifestyle, chronic stress and irregular eating habits, etc. may lead pathogenesis of *Sannipataja Artava Vyapad*.

As mentioned above, Ayurveda recognizes *Aharaja*, *Viharaja* and *Manasika* causes of *Artava Vyapad*. These are caused by aggravation of *Vata* through excessive dry foods, excessive exertion, mental tensions, irregular sleeping and restraint of natural tendencies such as hunger and thirst. *Pitta* imbalance is caused by pungent, sour, and heavy foods, whereas *Kapha* provocation is due to overconsumption of heavy, sweet, and oily foods. Common presentations of *Artava Vyapad* are irregular periods, amenorrhea, infertility, abdominal pain and foul smell, etc. Medical science mentioned obesity, hormonal imbalances and PCOD, etc. as associated conditions or complications of *Artava Vyapad*.<sup>[4-7]</sup>

#### ***Samprapti of artava vyapad***

The majority of female reproductive diseases are connected with *Vata Dosha* vitiation; derangement of *Apana Vayu* leads *Artava Dushti*. *Vata* is the predominant *Dosha* involved in *Artava Dushti*, but *Pitta* and *Kapha Doshas* also play role in the *Artava Vyapad*.<sup>[6-8]</sup>

The other pathological component or *Samprapti Ghatakas* of *Artava Vyapad* are as follows:

➤ <i>Dushya</i>	<i>Rasa Dhatu &amp; Rakta Dhatu</i>
➤ <i>Srotas</i>	<i>Artavavaha Srotas &amp; Raktavaha Srotas</i>
➤ <i>Agni</i>	<i>Jatharagni Mandya &amp; Dhatvagni Dushti</i>
➤ <i>Srotodushti</i>	<i>Sanga &amp; Atipravritti</i>
➤ <i>Udbhava Sthana</i>	<i>Amashaya &amp; Grahani</i>
➤ <i>Vyaktisthana</i>	<i>Garbhashaya &amp; Artavavaha Srotas</i>

#### **Ayurvedic management of artava vyapad**

Diet has an important function in the control of *Artava Vyapad*; different dietary can be suggested based on the involvement of *Dosha* in disease:

- ❖ In *Vataja Artava Vyapad*, hot and oily foodstuffs like stews and soups tend to balance *Vata*.
- ❖ In *Pittaja Artava Vyapad*, cooling foodstuffs such as cucumber, sweet fruits, and milk tend to subside aggravated *Pitta*.

- ❖ Light and warm foods in *Kaphaja Artava Vyapad* suggested to managing symptoms caused by *Kapha* vitiation.

Regular exercises stimulate circulation; *Pranayama* and meditation are useful to counteract stress, a root cause of disturbances in menstruation.

Therapy like *Panchakarma* helps to detoxify body and balances *Doshas*. *Vamana* can be used in *Kapha*-related disorders and *Virechana* advises in *Pittaja Artava Vyapad* to removing excess *Pitta*. *Basti* particularly *Niruha Basti*, can be used to treat *Vata*-related menstrual disorders.<sup>[8-10]</sup>

There are also several herbal preparations that benefit reproductive health and help to treat menstrual irregularities. *Shatavari* rejuvenates the reproductive organs and normalizes hormones, while *Ashoka* is a uterine tonic that is particularly helpful in *Pittaja* and *Kaphaja* conditions. *Lodhra* regulates excessive bleeding and inflammation, while *Guggulu* treats *Kapha*-induced stagnation and inflammation. Aloe Vera boots menstrual flow, which further treats *Vata*-related disturbances and *Brahmi Rasayana* efficiently treats stress-induced menstrual disorders. *Chyawanprash* feeds reproductive tissues and increases immunity, while *Chandraprabha Vati* maintains the overall reproductive health by balancing *Doshas*. In individual conditions, *Lodhrasava* is beneficial for controlling profuse bleeding and *Pitta* exacerbation, while *Kumaryasava* is beneficial for the treatment of amenorrhea and thin menstruation due to *Vata* derangement.<sup>[9-11]</sup>

#### **CONCLUSION**

*Artava Vyapad* is extremely important for the health and wellness of a woman because it is directly linked with menstrual and reproductive function. Ayurveda identifies that a harmony of *Artava*, or menstrual fluid, results from the subtle interplay between physical, emotional, and behavioral factors. In the case of imbalances within the *Doshas*, the disturbances are seen to manifest in menstrual disorders such as irregular, painful, or insufficient menstruation. The main reasons for *Artava Vyapad* are associated with eating habits, stress, inactive lifestyle, and emotional imbalance. Ayurvedic treatment aims at restoring equilibrium through individualized measures, such as dietary modifications, lifestyle modifications, *Panchakarma* procedures, and the administration of herbal drugs. In chronic conditions, *Rasayana* procedures are advised to nourish the body and promote long-term health. In this regards *Shatavari*, *Lodhra*, *Guggulu*, *Brahmi*, *Chyawanprash*, *Chandraprabha Vati* and *Ashoka*, etc. are play crucial role to balancing menstrual cycle.

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