

**ROLE OF APANVAYU IN AARTAVNISHKARMA KARMA AND THE IMPACT OF
APANVAYU DUSHTI IN ASRIGDARA W.S.R. DUB.****Dr. Priyanka¹ and Dr. Meenu Kaushik*²**¹Asst. Professor, Maulik Siddhant evam Samhita Dept. Gangaputra Ayurvedic Medical College, Kandela, Jind - 126125.²Asst. Professor, Kriya Sharir Dept., Gangaputra Ayurvedic Medical College, Kandela, Jind - 126125.***Corresponding Author: Dr. Meenu Kaushik**

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Article Received on 25/10/2022

Article Revised on 15/11/2022

Article Accepted on 05/12/2022

ABSTRACT

Ayurveda states the verse “*Dosha Dhatu Mala Mulan Hi Shareeram*” it states that the body is made up of *Dosha*, *dhatu* and *mala* and the balance state of each element of body help in proper functioning and maintaining the health. All the elements of body functions normally and maintain balance. *Doshas* are said to be bodily humors and are *Vata*, *pitta* and *kapha*. *Apanvayu* is one of the types of *Vata* which help in elimination of *shukra*, *Aartava*, *shakrut*, *Mutra* and *garbha*. Any abnormality in the *Apanvayu* result it improper functioning of *Apanvayu*. *Asrigdara* is one of disease in *yonivyapat* which is because of the different *hetusevana* which vitiates the *Apanvayu* resulting in abnormal *Aartavanishkarmana* karma leading to heavy menstrual bleeding.

KEYWORDS: *Dosha*, *Apanvayu*, *Aartavanishkarmana*, *Asrigdara*.**INTRODUCTION**

The god has blessed the female with the most valuable gift of motherhood. The preparation of motherhood starts with puberty and ends with menopause. As stated in *Asthang Sangrah Sharirsthana*, too young or aged plants, flowers do not come up as in bud and decaying flower or fruit fragrance is not explicit Similarly in males, *shukra* before 16 and after 70 years of age and in females *raja* and *stanya* before 12 and after 50 years of age are not visible.^[1] *Rakta* reaching uterus coming out in every month is called *aartava*.^[2] *Garbhashaya* is the *sthana* of *artava*. Bleeding/menstrual phase extends from the 1st to 4th/5th day of cycle.^[3]

The normal menstruation is that which has instrumental period of 1 month, duration of blood loss is 5 days, is not associated with pain or burning not very scanty or excessive in amount.

Synonyms

Aartava, *shonita*, *asruka*, *raja*, *rakta*, *lohita* etc. words are used in the classics to denote menstrual blood or ovum at different places, while *rudhira* and *pushpa* denote only menstrual blood and *beeja* is used for ovum.

Mula Sthana of Aartava^[4]

Acharya *Sushruta* stated that *garbhashaya*, *Artavahi Strotas*, *Dhamani* and *Yoni* are the main sites of *Aartava*.

Aartava

Aartava is considered as *Upadhatu*.^[5] *Upadhatu* is the word used for all other things which are same like *dhatu* and does help in holding (*Dharana*) of *Sharir* but they are not capable to do nourishment of others like *dhatu*'s do. *Upadhatu* are formed during the action of *DhatvAgni* on their respective *Dhatu*'s.

According to *Aacharya Charak & Sushruta*, *Asthi*, *majja* & *Shukra dhatu* don't have any *Upadhatu* but *Aacharya Sharangdhar* had described *Upadhatu* of all 7 *Dhatu*'s. It helps to sustain body.

Aartava Utapatti

Rasa dhatu is first generation of *AaharRasa* and is produced by digestion of *AaharRasa* in *Rasavaha Strotas* by *RasadhatvAgni*. In all 3 laws of *dhatu poshana nyaya*, *Sara* portion from *AaharRasa* after digestion by *RasadhatvAgni* is turned into *Rasadhatu*. After generation of *Rasa dhatu*, it nourishes its *Upadhatu Aartava* and *Stanya*.

Apan Vayu

Apan vayu is one of the type of *vata*, stated in all *samhita*.^[6] *Apan shetra* is the *sthana* of *apan vayu*, and the main *sthanas* of *apan vayu* are *shroni*, *basti*, *mendhra*, *uru*. The main functions of *apan vayu* are elimination of *shukra*, *aartava*, *shakrut*, *mutra*, *garbha*.

Vagbhat stated that, *Apan vayu* mainly responsible for the *Aartavasrava*. *Apan vayu* helps in all excretory

activities like *mala, mutra, shukra, aartava, garbha nishkraman kriya*.^[7]

Ethymology

Apan word is made up of *Ap+ Aa + Nayati iti Apana*. *Apan* as the ability to *apsaran adhogati* means downward movement.

Intake of *ruksha, sheeta, alpa ahara, ativyavaya, jagrana, visham upachara, langhana, ati cheshta, chinta, shoka, atikarshanat, dukha shayya, krodha* due to this reason *vata* gets vitiated. And this vitiated *Vata* goes to *rikta sthana* and manifest diseases. Vitiating of *apan vayu* leads to manifestation of disease related to *shukra* and *aartva nishkramana* etc.

Asrigdara

The word *Asrigdara* has described in *Brihatrayee* for excessive bleeding per vaginum.

Definition of Asrigdara

Due to *Dirana* (excessive secretion) of *Asrik* (menstrual blood) in this disease, it is known as *Asrigdara*. It is also known as *Raktapradara* due to *pradirana* of *Raja* (Excessive excretion of menstrual blood).^[8]

Hetu/Etiology

Excessive intake of *Lavana, Amla, Katu, Vidhai, Payas, Dahi, Mastu, Guru, Snigdha* and other *Mithya Ahar Sevana*.^[9]

Samprapti

According to *Aacharya Charak*, due to different *hetu sevana, apna vayu* gets aggravated and it affects uterine vessels and endometrium and increases amount of blood in uterus, this increase in menstrual blood creates *Rakta – pradara*.^[10]

According to *Aacharya Sushruta* and *Vagbhat*, *Pittavritta Apana Vayu* gets vitiated and causes *Asrigdara*.

Asrigdara Lakshana

Asrigdara is one of disease in *yonivyapat* which is because of the different *hetusevana* which vitiates the *Apanvayu* resulting in abnormal *Aartavanishkarmana* karma leading to heavy menstrual bleeding.

Acc. to *aacharya charak* and *Vagbhat*, Excessive vaginal bleeding during menstruation is the symptom of *asrigdara*.

Acc. to *aacharya Sushruta*, Body ache, pain, burning sensation in lower abdomen.

Dysfunctional Uterine Bleeding

DUB is defined as state of abnormal uterine bleeding without any clinically detectable systemic and iatrogenic cause. Currently, DUB is defined as a state of abnormal uterine bleeding following anovulation due to dysfunction of hypothalamo – pituitary- ovarian axis. It is irregular uterine bleeding that occurs in the absence of

recognizable pelvic pathology, general medical disease, or pregnancy.

It reflects a disruption in the normal cyclic pattern of ovulatory hormonal stimulation to the endometrial lining. The bleeding is unpredictable.^[11]

Etiology of DUB

1. PCOS: is an endocrine disorder that causes a woman to produce an increased amount of sex hormones. This may lead to imbalance of estrogen and progesterone, making the menstrual cycle irregular.
2. Hormonal imbalance.
3. Ovulatory DUB: occurs with loss of local endometrial hemostasis leading to cyclic heavy bleeding.
4. Anovulatory DUB: often caused by impairment of hypothalamo-pituitary-ovarian axis. Persistent unopposed estrogen secretion produces an excessively thickened, unstable endometrium with subsequent uncoordinated, painless sloughing.

Symptoms^[12]

1. Heavy menstrual bleeding.
2. Bleeding that contains many clots or large clots.
3. Bleeding that lasts more than seven days.
4. Bleeding that occurs less than 21 days from the last cycle.
5. Spotting
6. Bleeding between periods.

DISCUSSION

Apan vayu is mainly responsible for the *Aartavasrava*. *Apan vayu* helps in all excretory activities like *mala, mutra, shukra, aartava, garbha nishkraman kriya*. Any vitiation in *Apan vayu* results in diverting the normal *karma* of *Apan*. Thus, result in pathology of various *yonivyapat vyadhi*. vitiated *apan vayu* leads to painful menstruation, or abnormal excessive bleeding or obstruction in *aartavavahi dhamanis* and preventing normal flow of menstruation. *Asrigdara* is the word used for excessive bleeding per vaginum.

CONCLUSION

Prakrut Apan vayu is responsible for normal functioning of *aartavaniskramana*, any vitiation in *apan vayu* leads to pathology of various *yonivyapata* diseases. *Asrigdara* is one of the *yonivyapata* in which due to different *hetu sevana, apna vayu* aggregates and it affects uterine vessels and endometrium and increases amount of blood in uterus, this increase in menstrual blood creates *Rakta – pradara*.

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