

COMPREHENSIVE AYURVEDIC INSIGHTS AND MANAGEMENT STRATEGIES FOR
ARTAVA VYAPAD (MENSTRUAL DISORDERS)

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ABSTRACT

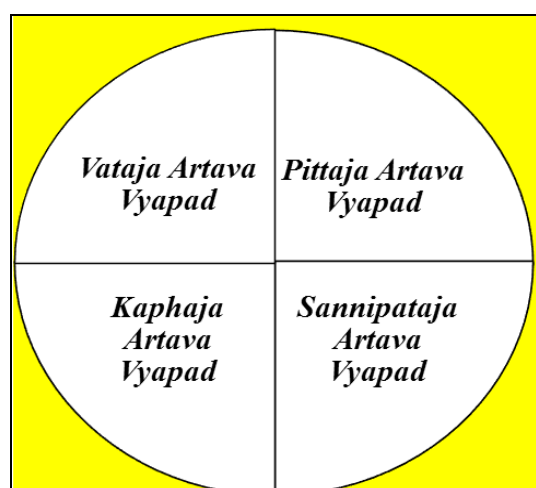
Menstrual health is considered as significant facts related to the women health in Ayurveda. The modern concept of menstrual flow/fluid is related with the concept of *Artava* according to Ayurveda. Imbalance in *Doshas* can lead to various problems affecting menstrual health which all comes under the heading of *Artava Vyapad*. *Artava Vyapad* encompasses menstrual disorders and various types of menstrual imbalances manifested according to the *Dosha* vitiation. *Vataja Artava Vyapad* manifests as painful and irregular flow, *Pittaja Artava Vyapad* resulting marked by inflammation, heavy bleeding and heat, etc. *Kaphaja Artava Vyapad*, presents with heaviness, thick discharge and delayed menstruation, etc. Combined imbalance may lead *Sannipataja Artava Vyapad* which involves multiple *Doshas* simultaneously and includes many of their common symptoms. Ayurvedic management for *Artava Vyapad* focuses on balancing *Dosha* involved in disease through lifestyle changes, herbal treatments and dietary adjustments along with therapies like *Snehana* and *Swedana*.

KEYWORDS: *Ayurveda, Artava, Menstrual, Reproductive, Stree Roga, Prasuti Tantra.*

INTRODUCTION

The menstrual system in women play important role in their reproductive physiology and this system described as *Artava* in Ayurveda. The pathological conditions associated with *Artava* termed as *Artava Vyapad* which denotes conditions associated with pain and abnormal

menstrual flow. These disorders are characterized by disturbances in functioning of *Artava* and in chronic stage condition involves irregular menstruation, abnormal bleeding and pain during periods, etc. Ayurveda classics described different types of *Artava Vyapad* as depicted in **Figure 1**.^[1,4]

**Figure 1: Artava Vyapad Types.**

As mentioned above there are four types of menstrual disorders according to Ayurveda which includes *Vataja Artava Vyapad*, *Pittaja Artava Vyapad*, *Kaphaja Artava*

Vyapad and *Sannipataja Artava Vyapad*. Their symptoms, characteristics and aetiology are mentioned in **Table 1**.^[4,6]

Table 1: Features of different types of Artava Vyapad.

Type of Artava Vyapad	Characteristics	Associated Symptoms	Etiology
<i>Vataja Artava Vyapad</i>	Menstrual flow is scanty, dark, dry, or frothy; may experience pain in the pelvic region, bloating, constipation, and generalized body ache.	Severe dysmenorrhea, delayed menstruation, scanty flow	Aggravation of <i>Vata Dosha</i> due to excessive physical activity, mental stress, cold exposure, and intake of dry, light, and cold food items.
<i>Pittaja Artava Vyapad</i>	Menstrual flow is bright red, hot, with a possible foul odor; may feel burning sensations and excessive thirst.	Heavy menstrual bleeding, intermenstrual spotting, hot flashes	Aggravation of <i>Pitta Dosha</i> due to excessive heat exposure, consumption of spicy and oily foods, and mental irritability.
<i>Kaphaja Artava Vyapad</i>	Menstrual flow is thick, pale, slimy, with a sensation of heaviness.	Irregular menstruation, weight gain, lethargy, white discharge	Aggravation of <i>Kapha Dosha</i> due to a sedentary lifestyle, consumption of sweet, heavy, and oily foods, and lack of physical activity.
<i>Tridoshaja Artava Vyapad</i>	Mixed symptoms due to the involvement of all three <i>Doshas</i> , causing complex menstrual disturbances.	Irregular menstruation, excessive bleeding or scanty flow, generalized physical and mental discomfort	Severe imbalance in all three <i>Doshas</i> due to improper lifestyle, erratic eating habits, and chronic stress.

Ayurveda identifies multiple causes for *Artava Vyapad* categorized under *Aharaja*, *Viharaja* and *Manasika*

factors. These all factors are depicted in **Table 2**, with their detailed descriptions.^[6,8]

Cause	Descriptions
Dietary Causes	Excessive intake of spicy, sour, salty, and processed foods. Consumption of incompatible foods (<i>Viruddha Ahara</i>) leading to <i>Ama</i> (toxins) formation. Irregular eating patterns, skipping meals, eating late at night
Lifestyle Causes	Excessive physical or mental stress Lack of sleep or disturbed sleep Sedentary lifestyle, excessive travel and overexertion
Psychological Causes	Emotional stress, anxiety, and depression Suppression of natural urges Mental strain due to work or personal issues

Ayurvedic Management of Artava Vyapad

Ayurvedic management of *Artava Vyapad* includes dietary changes, *Panchakarma*, herbal remedies and lifestyle modifications, etc. Management focuses on balancing the aggravated *Doshas* and improving overall reproductive health.^[7,11]

Dietary Guidelines

- ✓ Warm, unctuous foods and stews were suggested for *Vata Vyapad*.
- ✓ Cucumbers, sweet fruits and milk were advised for *Pitta Vyapad*.
- ✓ Light and warm foods for *Kapha Vyapad*.

Lifestyle Recommendations

- ✓ Regular sleep and avoidance of excessive stress.
- ✓ Mild to moderate exercise to stimulate circulation.
- ✓ Practices like *Pranayama* and meditation greatly helps to manage stress which sometimes becomes cause of *Artava Vyapad*.

Panchakarma Therapies

- ✓ *Vamana* is considered beneficial for *Kapha* associated condition since it balances excess *Kapha*.
- ✓ *Virechana* helps in *Pittaja Artava Vyapad* and detoxify body from aggravated *Pitta Dosha*.
- ✓ *Basti* is very useful in *Vata* condition; *Niruha Basti* is recommended for aggravated *Vata*.

Ayurveda and Natural Drugs

- ✚ *Shatavari* rejuvenates reproductive system, supports fertility and maintain balances of hormones.
- ✚ *Ashoka* is a uterine tonic, effective in *Pittaja* and *Kaphaja* disorders.
- ✚ *Lodhra* relieves symptoms of heavy bleeding and inflammation, etc.
- ✚ *Guggulu* is considered useful for *Kapha* related sluggishness and inflammation.
- ✚ *Aloe vera* stimulates menstrual flow, it cure *Vata* related disturbances.
- ✚ Stress is considered causative factor of such kinds of disease and *Brahmi Rasayana* is recommended here which helps in managing mental health.

- ✚ *Chyawanprash* provides nourishment and strengthens reproductive tissues, also prevents urinary infections by boosting immunity.
- ✚ *Chandraprabha Vati* is suggested for reproductive health since it helps to balancing *Doshas*.
- ✚ *Lodhrasava* is considered useful for heavy bleeding and *Pitta* related manifestation of menstrual disorders.
- ✚ *Kumaryasava* is used for treating amenorrhea and symptom of scanty menstruation, it is considered effective for menstrual disorders associated with *Vata Dosh*.

CONCLUSION

Artava Vyapad involves a multifaceted interaction of physical, psychological and lifestyle factors impacting menstrual health. Ayurvedic treatment addresses these through *Panchakarma* therapies, herbal formulations, lifestyle adjustments and dietary recommendations, etc. In chronic *Artava Vyapad*, *Rasayana* therapy is considered particularly valuable, as it works to nourish the body and restore systemic harmony. Ayurveda provides a comprehensive approach that not only improves reproductive health, but also cures menstrual disorders.

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