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### A Critical Interpretation on *Artava* : A Brief Review

Dr. Jyoti Dhakad<sup>1</sup>, Dr. Ashwin Pandya<sup>2</sup>, Dr. Shivaji Pawar<sup>3</sup>

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1. PG Scholar, Dept. of Samhita Siddhant, Shubhdeep Ayurved Medical College, Hospital & P.G. Institute Indore, Madhya Pradesh, India
2. PG Scholar, Dept. of Samhita Siddhant, Shubhdeep Ayurved Medical College, Hospital & P.G. Institute Indore, Madhya Pradesh, India
3. Professor, Dept. of Samhita Siddhant, Shubhdeep Ayurved Medical College, Hospital & P.G. Institute Indore, Madhya Pradesh, India

**Corresponding Author :-** Dr. Jyoti Dhakad, PG Scholar, Dept. of Samhita Siddhant, Shubhdeep Ayurved Medical College, Hospital & P.G. Institute Indore, Madhya Pradesh, India. Email: drjyotid@gmail.com

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#### ABSTRACT: -

According to Ayurveda, a woman's health begins during the fetal stage, which defines the steps to produce a healthy female infant. The ancient Ayurvedic sages carefully studied the anatomical and physiological characteristics of women of different ages. Similarly, to the river. In Ayurveda, the regimens to follow during menstrual and post-menstrual cycles are well advised. Women's disobedience to these regimens is the leading cause of gynecological and systemic diseases. Aside from the systemic diseases. *Artavavaha Srotas* (female reproductive system) is extensively defined in Ayurveda in terms of *Moolsthana* (source), pathophysiology, clinical conditions, and ayurvedic management. *Artavavaha Srotas* (female reproductive system) resembles the female reproductive system as it is described in modern medicine. One of the most common causes of poor obstetric history may be anatomical defects of the reproductive system. It tends to be a definition of the diameter of the entire vulva rather than the vaginal introitus. This explains why women are immune to a wide variety of diseases. In Ayurveda, the regimens to follow during menstrual and post-menstrual cycles are well advised. The most common cause is disobedience to these laws. In Ayurveda, the word *Bhaga* refers to the *Smaramandira* and *Yoni*, which are similar to Vulva. It has a length of 12 *angul*. (9 inches). It tends to be a definition of the diameter of the entire vulva rather than the vaginal introitus. This explains why women are immune to a wide variety of diseases. In Ayurveda, the regimens to follow during menstrual and post-menstrual cycles are well advised.

**Keywords:-** Ayurveda; *Artavavaha Srotas*; Female Reproductive System; *Yonivyapad*; *Moolsthan*.



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## INTRODUCTION

*Ayurveda* explained different structures or parts of the *Artavavaha Srotas* (female reproductive system) which are similar to the structures of the female reproductive system. The *Artavavaha Srotas Srotas* (female reproductive system) have various structures or sections that are identical to the female reproductive system, according to *Ayurveda*. It tends to be a definition of the diameter of the entire vulva rather than the vaginal introitus. This explains why women are immune to a wide variety of diseases. In *Ayurveda*, the regimens to follow during menstrual and post-menstrual cycles are well advised. Women's disobedience to these regimens is the leading cause of gynecological and systemic diseases. It tends to be a definition of the diameter of the entire vulva rather than the vaginal introitus. This explains why women are immune to a wide variety of diseases. In *Ayurveda*, the regimens to follow during menstrual and post-menstrual cycles are well advised. Women's disobedience to these regimens is the leading cause of gynecological and systemic diseases. Thus, the term *Bhaga* has the sense of *Yoni*, (vulva) which refers to a female's external genital organs, such as the vulva or vaginal introitus. *Smaratpatra* (clitoris) is located in the upper portion of the vagina, near the clitoris, which is a highly stimulated/erectile structure during sexual activity. In *Ayurvedic* literature, the term *Yoni* (vagina) is used.

### ***Moolsthan* (source) of *Artavavaha Srotas* (female reproductive system)-**

When deciding the *Moolsthan* (source) of any *Srotas* (channels), the following factors are considered: *Utpattisthan* (point of origin), *Sangrahasathan* (storage), and *Vahanasthan* (conduction). The *Moolsthan*, or source, is the

location that regulates the entire functional dealings and processes of that specific carrier of body nutrient and without which the origin, maintenance, and destruction of that specific carrier of body nutrient would be impossible. Additional *Srotas* (channels), known as *Artavavaha Srotas* (female reproductive system), are explained in females. The *Garbhasaya* (Uterus) and *Artavavahi Dhamani* (uterine blood vessels and capillaries) are listed in *Ayurveda* as a *Moolsthan* (source) of *Artavavaha Srotas* (female reproductive system). *Garbhashaya* (Uterus) is primarily responsible for *Artava's* (menstrual blood) conception, creation, and expulsion.

## AIM & OBJECTIVES-

**Aim-** An Overview on *Artav* (menstrual blood): A Review Study

**Objectives-**To Consider *rogas* (diseases) related to *Artava vaha Srotas* (female reproductive system).

## METHOD AND MATERIALS

Materials related to *Artav* (menstrual blood) have been gathered from various publications & journals, *Ayurvedic* and Modern texts, authentic websites (PubMed, Medicinal Plants, etc.), Authentic Magazines, Literature, Manuscripts, Sanskrit Dictionary, *Shabdakosha*, etc.

It has a triangular shape with the apex at the mouth, suggesting that the mouth is small and mean while the internal cavity is wide. The organ's blood supply is the *Rajovahi Sira* (uterine vessels). *Artavavaha Srotas* (female reproductive system) can be understood through its functions, such as *Moolsthan* or retrogression process, which means symptoms created due to injury (*Viddha Lakshana*) or *Dushti*

*Lakshana* (pathological changes) occur in *Artavavaha Srotas* (female reproductive system). *Artavavaha Srotas* is a physio-anatomical structure found in the female pelvic cavity, with the most

important parts being (uterus) and *Artavavahi Dhamani* (uterine blood vessels and capillaries). It has a lot to do with the modern female reproductive system, which includes the uterus. (Table 1).

**Table 1:** Shows the structure mentioned in Ayurveda having similarity with the organs of female reproductive system.

Sr. No.	Name of the organ of <i>Artava vaha Srotas</i>	Similar Organ In Female Reproductive System
1.	<i>Bhaga</i>	Vulva or introitus
2.	<i>Smaratpatra</i>	Clitoris
3.	<i>Yoni</i>	Whole Reproductive system
4.	<i>Garbhashaya</i>	Uterus
5.	<i>Antarphala</i>	Ovary

There are a few things to bear in mind when it comes to "anatomical disorders" that cause menstrual irregularities. To begin with, uterine cancer accounts for less than 1% of these cases. While cancer is one of the triggers of menstrual disorders, it is uncommon in women under the age of 50 and is a highly curable disease if detected early. Despite this, the majority of women in their 30s and 40s who have heavy cycles due to anatomical causes do not have cancer. For most women, it's at least helpful to know that, however inconvenient or debilitating their symptoms might be, uterine cancer affects only a small percentage of women who have heavy periods. The inner lining (en) of the uterus is made up of two types of tissue.

According to the *Sushruta Samhita*, the *Yoni* (vulva) has four "whorls" that are shaped like a conch shell and each whorl represents a part of the female genital system. When it comes to physical deformities, Women's wellbeing is a hot subject in

medicine, as women play an important role in the development of healthy offspring. Their health has been jeopardized by environmental factors, rapidly changing habits, and multiple addictions (drug abuse) as well as improper use of drugs (such as steroids). Anatomical abnormalities, whether congenital or acquired, remain essential factors in the investigation of recurrent pregnancy loss. Preterm birth happens when there are numerous losses in the first or second trimester.

#### ***Artav Yapad* (menstrual disorders) -**

*Artavyapad* (menstrual disorders) refers to the following conditions as described in Ayurvedic classics. *Arjaska yoni vyapad* (DUB), *raktaja yoni vyapad*, *pitta avruttaapana*, *vandhya yoni*, *rakta yoni* (Primary amenorrhea), *lohitakshaya* (loss of blood), *raktajgulma*, (Hematometra), *granthibhutaartav* (Clots / cystic appearance in the menstrual blood) are some examples of *raktapradoshaja vikara* (Diseases due to vitiated

blood). The causative factor for any disease of the female genitalia, according to Acharya Charaka, is *vata dosha*. *Artavyapad* (menstrual disorders) is a condition that occurs when the *Tridoshas* are out of control.

## DISCUSSION

When it comes to the female genital organ, two Mullerian ducts are responsible for the development of the entire system. These two combines to form a full system, and the system as a whole is one and the same. This defies the *Aartava Vaha Srotas* (female reproductive system)' overall "Copulate" existence and is ideal in terms of the comparison of various Ayurvedic and Modern Anatomical Sciences ideas. Second, every system performs properly when all of its components are in good working order; even small, insignificant cells play an important role in the system's overall efficiency. When it comes to the human body, we should take a subjective rather than an empirical view. Anatomy is not mentioned in the text to decide what an anatomical structure is. This was the next move in the process of answering the questions. The *Yoni* (vulva) and *Garbhashya* (uterus) are mentioned in detail in the text, and they clearly cover the entire female genital system.

### **Artava Kshaya (scanty menstrual flow) –**

*Artava Kshaya* (scanty menstrual flow) is a menstrual condition characterized by infrequent menstrual flow and pain of varying length, with *Vayu* and *Kapha* vitiation predominating.

**Upadhatu (sub tissue)-Artava** (Menstrual blood) is an *Upadhatu* (sub tissue), formed from *Rasa* (Plasma) within a month after proper metabolization of *Rakta dhatu* (blood tissue) by its *Dhatwagni* and *Bhutagni*.<sup>[10]</sup>

The decrease or *kshaya* (astringent) of *Rakta dhatu* (blood tissue) causes *Artava kshaya* (scanty menstrual flow) and simultaneously *Rakta kshaya* (depletion of blood) is developed.<sup>[11,13]</sup> Maharshi Sushruta has mentioned that *Artava* (Menstrual blood) is *Agneya*, in *Artava kshaya Agneya* or *Pitta* and simultaneously *Rakta*

(Blood) and *Artava* (Menstrual blood) are increased. *Shatapushpa* (*Foeniculum vulgare*) mentioned in *Kashyapa Samhita* is a *Vata Kapha shamaka* and *Pitta vardhaka* drug due to its *Katu - Tikta Rasa* (bitter-pungent essence), *Tikshna – Snigdha guna* (Sharp-unctuousness) and *Ushna Veerya* (hot in potency).<sup>[12]</sup> In various clinical trials, it was discovered that the majority of patients (40 percent) were between the ages of 31 and 35. The age group described above is called late reproductive age, and physiological hormonal changes are normal. The highest number of single patients. It appears that this condition is more prevalent in single individuals, likely as a result of psychological stress, over consciousness, shyness, and spicy pungent sour diets that modify physiological hormones, resulting in less *Artava* (menstrual blood) development. Painful menstrual bleeding was the most common clinical feature. It may be due to an excess of schooling, insufficient hormone formation, or insufficient food intake. Following the administration of the trial medication, a substantial increase in painful menstrual bleeding was reported. In 80% of the patients, there was insufficient menstrual bleeding. In all of the instances, the Hb g percent increased.

## CONCLUSION

*Artavavaha Srotas* (female reproductive system) has a lot in common with modern medical science's female reproductive system. It can be calculated in two ways: macro and micro. It is the reproductive tract as a conducting point of view macroscopically, and the capillary network of the uterus as a nutrition point of view microscopically. *Artavavaha Srotas Moolsthan* (source of female reproductive system) are the regions or structures in the body where *Artava* originates, stores for a short time, and then ejects outside the body. The *Moolsthan* (source) of *Artavavaha Srotas* (female reproductive system) are *Garbhashaya* (uterus) and *Artavavahi Dhamani* (uterine blood vessels and capillaries). *Rituchakra* (Menstrual cycle)-related clinical disorders are the result of resulting from a number of factors

including hormone levels, anatomical deformities, central nervous system activity, and reproductive organ health.

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