

DISEASES RELATED TO DISTURBANCES OF MENSTRUAL CYCLE; AN AYURVEDA PERSPECTIVE

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ABSTRACT

Menstrual abnormalities are very common pathological problems in women of puberty age and current scenario of imbalanced life pattern enhances incidences of such diseases. Delay or absences of menstrual bleeding, painful discharge, cramping and profuse bleeding, etc. are some clinical presentation of menstrual abnormalities. Aggravation of *Vata Dosh* and *Rakta Dhatu* along with disturbed functioning of channels can affect menstrual blood flow. Ayurveda mentioned various treatment modalities for the management of menstrual problems including herbs, massage, *Yoga* and detoxifications measures. The high prevalence of such types of disorders needs special attentions from medical fraternity so that the back bone of society; women protected from undesired health events. Therefore present article explore ayurveda perspective on menstrual disorders.

KEYWORDS: Ayurveda, Artava, Menstrual Fluid, Menorrhoea.

INTRODUCTION

The disorders of menstrual cycle disturbances are common disorders related to female reproductive system (*Stree Roga*). The diseases mainly involves lost of menstrual cycle (*Nashta Artava*), the *Vata* vitiation is one of the major cause of disease. *Vataja Artavadushti*, *Artavakshaya* and *Ksheenartava*, etc. can be correlated with modern diseases of menstrual disturbances. As per classical text of ayurveda *Rasa Dhatu Vikritatva* leads diminishment of *Artava* that ultimately causes depletion of *Artava*, moreover *Vayu* aggravation in female genital tract also initiate pathogenesis of such problems. The absence of menstrual cycle even after age of puberty may occur due to the hormonal imbalance, tumor in pituitary gland, hypothyroidism, hyperthyroidism and PCOD. Lack of menstrual cycle for three or more months even after previous history of regular menstrual cycle may occur due to the estrogen imbalance, illnesses, and anxiety, pituitary and thyroid problems. The common symptoms of menstrual disturbances as per ayurveda depicted in Figure 1.



Figure 1: Common symptoms of menstrual disturbances as per ayurveda.

Ayurveda mentioned various herbs for the management of such health problems depending upon vitiation of specific *Doshas*; *Ashwagandha*, *Shatavari* and *Dashmoolarishta* pacify *Vata* vitiation during menstrual disturbance, *Sariva* and *Manjishta* pacify *Pitta* vitiation thus maintain blood flow while *Cinnamon* and *Pepper* help to pacify *Kapha* vitiation and removes blockages of menstrual pathways. **Table 1** depicted major *Samprapti ghataka* involves in menstrual disturbances.

Table 1: Samprapti ghataka involve in pathogenesis of menstrual disturbances.

S. No.	Samprapti ghataka	Predominance
1	Dosha	Vata, kapha
2	Dhatu	Rasa, Raktha
3	Srotas	Rasavaha, Artava vaha
4	Upadhatu	Artava
5	Rogamarga	Abhyantara
6	Adhishtana	Yoni & garbhasaya

Symptoms of menstrual disorders

- Absence of menstruation cycle
- Disturbed pattern of hair growth
- Skin manifestation
- Disturbed fat metabolism leading to weight gain or weight loss
- Symptoms of hyperthyroidism
- Stress, lack of luster and sexual desire
- Painful menstruation
- Pain during bowel movements
- Infertility

Pathogenesis

Etiological/causative factors can aggravate *Vayu*, vitiate *Vata* or *Kapha* and induces production of *Ama*, this *Ama* blocks channels (*Artavavahi srotas*) due to which flow of menstruation get stopped. These all factors along with *Rasa Dhatu Dushti* cause menstrual disturbances.

Chikitsa

- *Shodhna* therapy clean channels thus enhance nutritional supply and improve production of *Rasa Dhatu*.
- *Shodhna* therapy maintains hormonal regulation thus help in amenorrhea.
- *Shirodhara* provides calming effect and reduces severity of symptoms associated with menstrual disturbances like; depression and anxiety.
- *Abhyanga* and *Swedana* pacify *Vata* thus relief early manifestation of menstrual disturbances.

Natural drugs for menstrual disturbances

Turmeric

Regulates menstrual cycle, open *Artavavahi srotas* and pacify *Pitta*.

Shatavari

Shatavari balances hormonal functions, maintain *Rakta Dhatu* and help to maintain health of reproductive system.

Kumaryasavam

Cleans body channels, balances *Vata* and maintain nutritional flow.

Rajahpravarthini Vati

Balances *Pitta*, reduces *Ama* production and regulate normal menstrual flow.

Pathya

- ❖ Diet which pacifies *Vata* such as; grains and vegetables recommended.
- ❖ Fruit which provide nutrition (apples, oranges, grapes and pomegranate) can be suggested.
- ❖ *Yoga*, *Surya Namaskar* and *Matsyasyana* to stimulates ovarian function.

Apathya

- ❖ Excessively dry and cold food materials.
- ❖ Oily and spicy foods
- ❖ Foods containing fat or cream in high amount
- ❖ Excessive sexual intercourse during growing age
- ❖ Stress, late night awakening and anger

CONCLUSION

Menstrual abnormalities are common pathological problems associated with women of puberty age, disturbed dietary and daily regimen enhances such events like; painful discharge, absences of menstrual bleeding, cramping and profuse bleeding, etc. *Vataja Artavadushti*, *Artavakshaya* and *Ksheenartava*, etc. are major problems related to menstrual disturbances. Vitiating of *Vata Dosh*, *Rakta Dhatu* and blockage of channels are major causes of menstrual disturbances. Ayurveda mentioned herbs, massage therapy, *Yoga* and detoxifications measures as therapeutic modalities for the management of menstrual disorders. The considerations of concepts of *Pathya* and *Apathya* as per Ayurveda also help to prevent prevalence of menstrual problems.

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