

**AYURVEDA VIEW ON COMMON MENSTRUAL DISORDERS, CAUSES, SYMPTOMS
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ABSTRACT

Menstrual abnormalities are common problems associated with women especially belongs from age of puberty. The modern pattern of life style also created these types of problems. The menstrual abnormalities possess some specific features i.e.; irregular menstrual bleeding, cramping, profuse bleeding, painful discharge and absence of menstruation, etc. As per Ayurveda aggravation of Vata Dosha and vitiation of Rakta Dhatu mainly initiates pathogenesis of menstrual abnormalities. The functioning of Srotas (channels) also get affected in such types of condition. Ayurveda advised uses of natural herbs, massage, detoxifications therapy, classical formulations and good conduction of living regimen for preventing and treating menstrual abnormalities. Present article emphasizes ayurveda and modern view on menstrual disorders and their management.

KEYWORDS: Ayurveda, Stree Roga, Menstrual, Disorders, Gynecology.**INTRODUCTION**

The common disorders related to female reproductive system are menstrual disorders. These disorders mainly related with disturbed functioning of menstrual system and large of female population facing these problems therefore it is require finding out a way to get rid of these ailments so to maintain health of female thereby health of society and nation. As per Ayurveda *Vataja Artavadushti*, *Ksheenartava* and *Artavakshaya*, etc. are common *Stree Roga* related to the menstrual disturbances. The lost of menstrual cycle described as *Nashta Artava* in ayurveda and these disease mainly arises due to the vitiation of *Vata*.^[1-4]

As per modern medical science hormonal imbalance, tumor in pituitary gland, hyperthyroidism, hypothyroidism, genetic factors, environmental hazards and dietary factors along with injury to genital organs, etc. are considered major cause of such problems.

As per ayurveda *Rasa Dhatu Vikritatva*, *Vayu* aggravation and indulgence in *Mithya Ahara-Vihara*, etc. mainly initiates *Artavadushti*. Improper hair growth, skin representation, inappropriate body mass index, stress,

lack of luster, abdominal pain, infertility and irritability, etc. are associated features of menstrual disorders.

Causes

Hormonal imbalance associated with dysfunction of pituitary, thyroid gland or adrenal gland. These consequences results malfunction in ovaries and affects secretion of female hormones.

Anatomic problems also imparts consequences of menstrual disorders, these anatomical problems are presence of uterine fibroids & polyps, reduced strength of uterine contraction, adenomyosis, excessively large surface area of uterus, endometrial abnormalities and tubular or channel obstruction, etc. can cause menstrual problems.

Clotting abnormality (*Rasa Dhatu Dushti*) causes heavy menstrual bleeding, responsible for blood loss, medical conditions like thrombocytopenia and Von Willebrand disease, etc. also causes menstrual problems.

There are some medicines and supplements which can causes menstrual irregularities; these include medicines like ibuprofen, aspirin, estrogen pills, hormonal therapy

and Vitamin E supplements, etc. Surgical trauma or injury may also causes menstrual abnormalities.

These are some diseases which are associated with menstrual abnormalities; these diseases are cervical cancer, liver diseases related to digestive malfunctioning, kidney diseases, ovarian tumors, uterine infections, stress and obesity, etc. Multiple miscarriages and uses of abortive pills may also become cause of abnormal menstrual bleeding.^[3-7]

Pathogenesis

The pathological cascade of menstrual disorders is depicted in **Figure 1**. *Mithya Ahara-Vihara* or others etiological factors including genetic and/or psychosomatic factors causes aggravation of *Vayu* and vitiation of *Vata*, *Kapha* vitiation also involved but *Vata Dosha* play major role in this regard. *Artavavahi srotas Dushti* associated with accumulation of *Ama* and *Rasa Dhatu Dushti* finally leads menstrual disturbances.

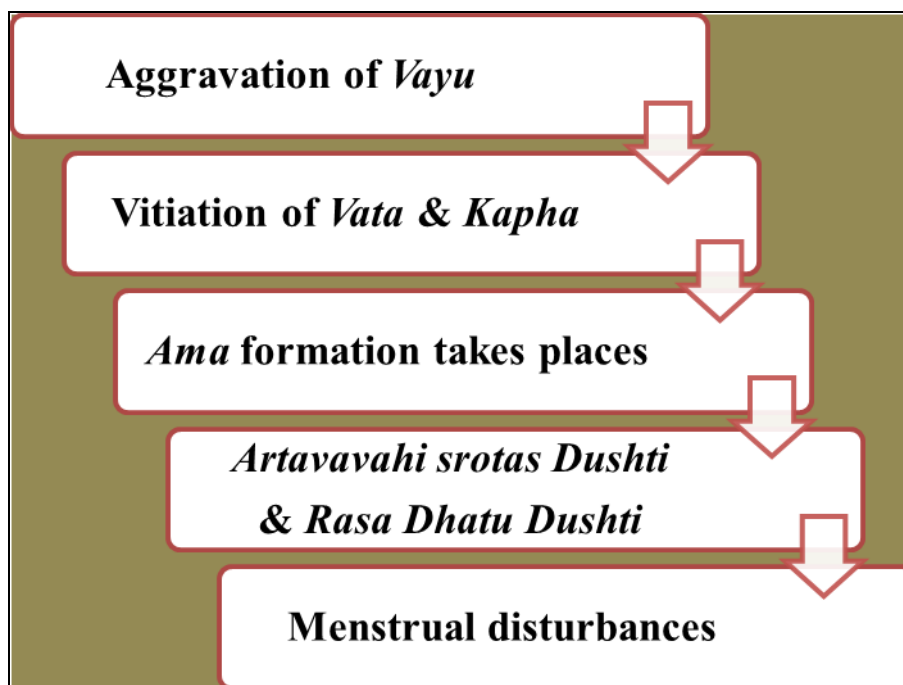


Figure 1: Pathogenesis of menstrual disorders.

The menstrual disorders can be examined on the basis of colour, smell, frequency and consistency of menstrual fluid. The healthy menstruation persisted bright red colour of fluid which not stain cloths and not possess unpleasant smell. The frequency and quantity of fluid also determines to assess chances of menstrual disorders. The bleeding with pus and mucous, scanty menstruation, heavy dark bleeding, cramps during menstrual bleeding and menstrual bleeding with putrefying smell, etc. are features associated with disturbed pattern of menstrual bleeding. The vitiation of particular *Dosha* leads specific symptoms of menstrual bleeding and on the basis of pattern and features of menstrual flow the involvement of *Dosha* vitiation can be predicated.

The disturbed menstruation associated with specific *Doshas* vitiation can be examined on the basis of following criteria

- ✓ Dark, scanty and painful bleeding resembles *Vata* vitiated menstruation associated with anxiety and fatigue.
- ✓ Heavy flow of menstrual bleeding with clotting resembles menstruation abnormalities associated with *Pitta* vitiation. This condition possesses symptoms of burning sensation and irritability.

- ✓ Heavy bleeding for prolonged period of time with mucous in fluid resembles *Kapha* vitiation which is associated with depression and infections.

Chikitsa

Shodhna therapy advocates to clear obstruction of *Artavavahi srotas* and maintains supply of nutrients through minute channels. *Shodhna* regulates hormonal balances by controlling mental stress and help in amenorrhea. *Shodhna* imparts calming & soothing effects effect thus reduces symptoms of depression and anxiety associated with menstrual disturbances. Some *Shodhna* measures like; *Abhyanga* and *Swedana* help to pacify *Vata* which is one of the major causative factors of menstrual abnormalities.

Ayurveda herbs such as; *Ashoka*, *Mulethi* and *Hing*, etc. also advised for managing irregular periods. *Ashoka* boost female reproductive system and control irregular periods. Similarly decoction of sandalwood is provides relief in irregular periods. *Mulethi* another natural herb regularizes menstrual cycle and relives stress while *Hing* improves digestive system therefore gives nutrients to the body, boost *Dhatu*s and maintain health of female

reproductive system by stimulating production of progesterone.^[7-10]

Ayurveda also advised some formulations for treating menstrual problems, these formulations are; *Pushyanug churna*, *Lodhrasava*, *Ashokarishta*, *Usheerasava*, *Chandanasava*, *Shatavari ghrta*, *Nagkesar churna* and *Lohasava*, etc.

Dietary & Lifestyle Modification

- ❖ Avoidance of causative factors including stress and anxiety.
- ❖ Uses of nourishing, toning and rejuvenating diets.
- ❖ Massage to maintain circulation, meditation and yoga for relieving stress.
- ❖ One should not avoid natural urges and maintain hygiene to prevent urinary tract infections.
- ❖ *Phala Ghritam* or cow *Ghee* offers therapeutic role in gynecological problems including menstrual abnormalities.
- ❖ Excessive indulgence in sexual acts or

CONCLUSION

Menstrual abnormalities are problems related with female reproductive system which possess symptoms of painful discharge, irregular menstrual bleeding, cramping, irritation and profuse bleeding, etc. *Artavakshaya*, *Ksheenartava* and *Vataja Artavadushti*, etc. are menstrual disturbances as per Ayurveda which mainly arises due to the vitiation of *Vata Dosha*, *Rakta Dhatu Dushti* and blockage of *Artavavahi srotas*. Ayurveda suggested various *Shodhana* procedures, natural herbs, classical formulations and *Pathya* and *Apathya* measures for regulating normal menstrual cycle. *Nidana parivarjana chikitsa*, *Yoga* and meditation also recommended. Ayurveda drugs like *Shatavari*, *Kumaryasavam*, *Rajahpravarthini Vati* and *Ashokarishta*, etc. offers health benefits in case of menstrual irregularities. These therapies balances hormonal functions, boost *Rakta Dhatu*, cleans body channels, normalizes *Vata*, balances *Pitta*, suppress production of *Ama*, stimulates ovarian function and maintain normal flow of menstrual fluids.

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