

A REVIEW OF ALPAARTAV**Dr. Kamala Lakshmi Ranganathan*¹, Dr. Trupti Gawade² and Dr. Jayashree Patil**¹Ph.D. Sch. (Strirog-Prasutitantra),²Ph.D. Sch. (Strirog-Prasutitantra),³(Professor and Head)Article Received on
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Ranganathan**Ph.D. Sch. (Strirog-
Prasutitantra).**ABSTRACT**

Menstrual disorders are now becoming major issues in every woman's life. Artavkshaya which includes scanty menstrual flow and irregular menstrual cycle is commonly seen now a days. In modern medicine there is no any specific and permanent treatment for this. The complications of modern treatment weigh more to its success rate. Thus there is scope for alternate management. Ayurvedic understanding of disease points towards predominance of Vata. So in this state, Basti is choice of treatment for regularization of the menstrual cycle.

KEYWORDS: Alpartav, Artavkshaya, Kshinartava.**INTRODUCTION**

Since the evolution of the life on universe, women have been placed on extreme worshipping place due to her power of "Janani" (Capability of creation and care of new offspring of human beings). Ayurveda, a medical system of world which is serving the ailing humanity since the creation of life is not lagging behind in recognising the most pragmatic feature of a woman viz. women are the roots of progeny. Means, the woman is born for reproduction. The "Nari" is called "Stri" but she can be "Mata" only after giving birth to a child.

Alpartav is the most common disease in women. It has been stated that this is the fore-runner of Nastartava. It is also one of the Artava Doshas. It is a disease, which is having cardinal symptoms like irregular painful and scanty periods.

In the contextual references of Ayurveda, the word "Artava" has two meaning i.e. "Antahpushpa" (Ovum) and "Bahirpushpa" (Artava). These two meanings are inter related. Acharya Charaka has described that for the production of the "Garbha" the Shuddha Artava, Yoni and Garbhashaya are the essential factors and also said that vitiated Artava is one of the cause of Yonivyapada. The "Bahirpushpa" performs the "Shodhana Karma" of female genital tract. In Ayurvedic classics "Artavakshaya" is not explained as a disease in any text where as it has been described very systematically as a symptom of so many gynaec disorders in many classics.^[1]

PROPERTIES OF ARTAVA

In any gynaecological disturbances abnormality of 'Artava' is mainly seen. Shuddha Artava is very essential for fertilization. It is, therefore very important to consider Varna, Matra etc. to know 'Shuddha Artava Swarupa'.

Varna

According to Acharya Charaka normal colour of Menstrual blood is like Gunjaphala, Lal Kamala (Red lotus flower), Indragopa (An Insect), and Alaktaka.^[2]

Acharya Sushruta explained that the colour of shuddhartava should resemble with the Shasha Asrik (Rabbit blood) and Laksha Rasa. Achary Sushruta has mentioned the practical characteristics that it should not stain the cloth after washing. This characteristics resemble about not only the colour of Artava but also other properties like Matra, Gandha etc.^[3]

Matra

Artava being a liquid is measured in Anjali pramana. Acharya Vagabhata denotes Artava pramana measuring to Four Anjali.^[4]

Artava Srava Kala^[5]

Artava srava kala means duration of Menstrual bleeding. Artava srava Kala varies with individuals. Ayurvedic Classics have different opinion regarding duration of Menstruation. It describes Three to Five days and rarely up to seven days. Different opinions regarding Artava strava Kala are as follows:-

1. Charaka - 5 Days
2. Vagabhata - 3 Days
3. Bhavamishra - 3 Days

4. Harita & Bhel - 7 Days

ARTAVA UTPATTI HETU^[6]

- 1) Kala
- 2) Dhatuparipurnata
- 3) Karma
- 4) Swabhava
- 5) Vayu

ARTAVA CHAKRA^[7]

In all Ayurvedic classics, intermenstrual period has been given one month i.e. Mashatah. Thus entire period of one month is divided into three i.e.

- 1) Rajasrava Kala = 3 to 5 days
- 2) Ritukala = 12 to 16 days
- 3) Ritu Vyatita Kala = 9 to 13 days

ALPARTAV OR ARTAVKSHAYA^[8]

Artavakshaya is the most common disease in women. The Artava is one of the essential factor for the production of Garbha in the females and it makes its appearance only when the woman has attained adulthood. The reduced quantity of Artava from its normal measurement is called as Kshinartava or Alpartav.

In Artavakshaya, quantity (Pramana) as well as duration (intermenstrual period) of menstrual flow is reduced and does not last for three days, these are accompanied with a decrease in quantity of Artava. Going through the modern literature, the disease scanty and infrequent menstruation resembles with Alpa, Aniyamita, Artavapravriti.

SYMPTOMS OF ALPARTAV / ARTAVKSHAYA^[9]

1. Yathochitakala Adarshanam

It means that the menses (Artava) does not appear at the appropriate time or it may be delayed.

2. ALPATA

This is the second cardinal symptom of Artavakshaya. Where less amount of menstrual blood is seen.

3. YONIVEDANA

Due to Artavakshaya, Vedana occurs in Yoni. There is pain at and around vaginal region during menses.

MANAGEMENT^[10]

STHANIK / LOCAL

1. Basti Chikitsa

- a. Anuvasana Basti
- b. Shatavaryadi Uttar Basti

2. Varti

- a. Ikshvaku Beej
- b. Madanphala
- c. Surabija

ABHYANTAR CHIKITSA

1. Kwatha

- a. Krishna Tila Kwatha with guda

2. Churna

- a. Shatapushpa Churna

3. Vati

- a. Rajapravartini vati
- b. Rituvati Vati
- c. Kanya Lohadi vati

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