

**AYURVEDA AND MODERN VIEW ON PHYSIOLOGICAL PROCESS OF
MENSTRUATION, RELATED ABNORMALITIES AND THEIR MANAGEMENT**

*Dr. Rahul Sukhdev Bankar

Associate Professor, Department of Kriya Sharir, Shree Ram Ayurvedic Medical College and Hospital, Meerut, Uttar Pradesh, India.

*Corresponding Author: Dr. Rahul Sukhdev Bankar

Associate Professor, Department of Kriya Sharir, Shree Ram Ayurvedic Medical College and Hospital, Meerut, Uttar Pradesh, India.

Article Received on 12/12/2019

Article Revised on 01/01/2020

Article Accepted on 22/01/2020

ABSTRACT

Menstruation means menstrual cycle described as *Rituchakra* in ayurveda involving various phases i.e; *Rajahsravakaal*, *Ritukaala* and *Rtuyatiikaala*. Characteristically menstruation defined as discharge of blood or menstrual fluid every month (*Maasaata*) along with abdominal cramps and pain which may persist for 3-5 days. The general consideration related to menstrual cycle is that it persisted periodicity of 28 days described as one *Chandramasa* in ayurveda. The prevalence of normal menstruation is important for the health status of women and it is essential for fertility while abnormal menstrual phases impart health problems including infertility. Diseases like *Aartavadushti*, *Yonivyapat* and *Bandhya* etc. are consequences of abnormal menstrual cycle. Present article summarizes some medical aspects related to menstruation along with its abnormalities and their treatment.

KEYWORDS: *Ayurveda*, *Menstruation*, *Rituchakra*, *Ritukaala* and *Rtuyatiikaala*.

INTRODUCTION

Rituchakra or menstrual cycle is physiological process occurs in female body during their reproductive ages. This cycle play important role towards the fertilization and healthy progeny. The abnormalities in *Rituchakra*

can leads many *Strivyadhis* (gynecological diseases) like; amenorrhea, irregular menstrual bleeding, dysmenorrheal and premenstrual dysphoric disorder, etc. The normal menstrual cycle also possess some common symptoms as depicted in **Figure 1**.

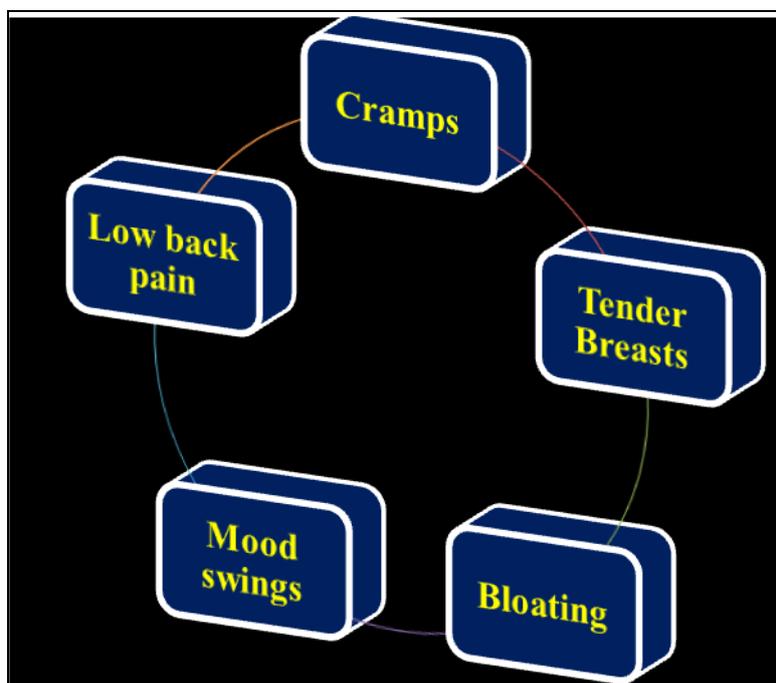


Figure 1: Common symptoms of menstrual bleeding.

Menstruation process

Artavvimochinidhamani in the *garbhashaya* collects blood to be discharged with menstrual fluid and whole menstrual fluid expelled out through *Yonimukha* every monthly under the influence of *Apanavayu*. The discharge normally takes place every month and remains for maximum five days. Menstrual fluid or *Artava* is considered as *Upadhatu* of *Rasa Dhatu*. *Jatharagni* and *Bhutagni* forms *Aahar Rasa* from *Aahar* then *Rasadhatwagni Kriya* forms *Artava*. *Vyana Vayu* and *Apana Vayu* support in menstrual cycle and abnormalities in *Vayu* affects normal flow of menstrual fluid.

As per modern science coordination between hypothalamus and anterior pituitary initiate process of menstrual cycle under the influence of hormonal activities.

The three phases of menstruation can be correlated with each other as per ayurveda and modern science as follows:

- *Ritukala*: Preovulatory Phase and Ovulatory Phase
- *Rituvyateetakala*: Post Ovulatory Phase
- *Rajakala*: Menstrual Phase

Rajakala mainly persisted for 3 to 5 days, *Ritukala* remains for 12 to 16 days (approx.) while duration of *Rituvyateetakala* not specifically mentioned in ayurveda.

Characteristics of menstruation fluid

The non scanty discharge in little amount possess colours of *Gunjaphala* is characteristics of menstrual blood. Menstrual fluid should not stain the cloth clothes. Total blood loss during period should be around 2-3 tablespoons.

Doshas Predominance in Menstruation Phases

Ayurveda strongly emphasizes involvement of *Doshic* imbalance during menstruation phases and there is predominance of specific *Doshas* in particular menstruation phases. The predominance of *Dosha* in different menstruation phases are as follows:

➤ *Doshas* predominance in *Ritu Kala*

Kapha Dosha is predominating since this stage seeks growth and regeneration. In this stage follicles developed by ovaries for ovulation process.

➤ *Doshas* predominance in *Ritu Vyateeta Kala*

After *Ritu Kala* when ovulation takes over *Pitta dosha* is predominant when there is need of enhanced blood and nutrients supply to the uterine tissue.

➤ *Doshas* predominance in *Rajasrava Kala*

Vata dosha is predominant in this phase which requires discharge of menstrual fluid in the absence of fertilization. *Vata dosha* along with *Apana Vayu* helps to control movement of menstrual fluid.

Physiological events in various menstrual phases as per modern science

➤ *Follicular Phase*

This phase occurs approximately for 1-14 days ended with ovulation. Pituitary gland releases “follicle stimulating hormone”, development of single mature egg through the follicles take places. The estrogen hormone increases support follicular phase, simultaneously lining of uterus becomes thicker, later on estrogen produces “gonadotropin-releasing hormone” resulting stimulation of pituitary gland leading to “luteinizing hormone” secretion. These all events facilitate release of egg from the follicles.

➤ *Ovulatory Phase*

In this stage released egg enters into fallopian tube, disintegrates after some times and sealing of follicle take places which formed corpus luteum.

➤ *Luteal Phase*

The level of “follicle stimulating hormone” and “luteinizing hormone” decrease in this stage and disintegration of corpus luteum suppress levels of progesterone resulting shedding of endometrial lining.

MENSTRUATION ABNORMALITIES

Causes

Menstrual cycle irregularities can occurs due to the following reasons:

- Abnormal pregnancy or breast feeding
- Weight loss tendency or weight gains tendency
- Anorexia, diabetes, stress, anger and depression
- Polycystic ovary syndrome (PCOS)
- Pelvic inflammatory disease (PID)
- Uterine fibroids
- Hormonal irregularities
- Bad conduction of dietary and living regimen/alcoholism/smoking, etc.

The pathological/clinical symptoms of menstrual cycle irregularities

- Painful Menstruation
- Irregular Menstruation
- Delayed Menstruation
- Excessive Bleeding
- Absence of Menstruation

Ayurveda Management of Menstruation Abnormalities

- ✚ *Ashwagandha*, *Shatavari* and *Dashmoolarishta*, etc. pacify *Vata* vitiation thus helps in irregular menstrual flow.
- ✚ *Manjishtha* and *Sariva*, etc. pacify *Pitta* vitiation thus facilitate menstrual flow and suppress burning sensation.
- ✚ *Cinnamon*, *Pepper* and *Ginger*, etc. pacifies *Kapha* thus removes blockages of menstrual flow and relieve feeling of heaviness due to the irregular menstruation.

✚ *Sundari Kalp, Rajaprawartini Bati, Ashokarishta, Dashamoolarishtha, Chandanasava and Navayas Lauh*, etc. some ayurveda formulations which helps in the management of menatrual abnormalities.

Management of Menstruation Abnormalities through Modern Science

- ✚ Oral contraceptives
- ✚ Cyclic progestin
- ✚ Hormone-releasing intrauterine device
- ✚ Surgical removal of uterine fibroids
- ✚ Endometrial ablation and Hysterectomy
- ✚ Hormonal therapy.

CONCLUSION

The menstrual cycle is mainly controlled by pituitary gland and hypothalamus activities, the menstrual bleeding persisted for 3-5 days, in ayurveda it is described as *Rituchakra* including various phases i.e; *Rajahsraavakaal, Ritukaala* and *Rtuyatitkaala*. Modern science also described these phases as Follicular Phase, Ovulatory Phase and Luteal Phase. The normal menstruation is good for female reproductive health while abnormal menstruation can leads pathogenesis of disease like; *Aartavadushti, Yonivyapat* and *Bandhya* etc. Ayurveda suggested that use of herbs, classical ayurveda formulations and good conduction of *Aahar-Vihara* helps to treat menstruation irregularities similarly modern science mentioned use of oral contraceptives, hormonal therapy, surgical interventions and hysterectomy, etc. for the management of menstruation abnormalities.

REFERENCES

1. Sushruta, Sushrutasamhita edited with Ayurveda-tattva-sandeeepika Hindi Commentary by Kaviraj Ambikadutta Shastri (AMS) forwarded by Dr. Pranjivan Manekchand Mehta, Part 1, Chaukhambha Sanskrit Sansthan, Varanasi, Sutrasthana, Chapter 14, Verse 6, Page 61.
2. Kashyap Samhita by Vriddh Jeevaka revised by Vaatsya with Sanskrit introduction by Pandit Hemaraj Sharma with Vidyotini hindi commentary by Shri Satyapaala Bhisagacharya, Chaukhambha Sanskrit Sansthan, Varanasi, Shaarira Sthana, Jatisutriya Adhyaya, verse 4, page 79.
3. Tiwari Premwati (Ed.), Ayurvediya Prasuti Tantra evum StriRoga, Chaukhambha Orientalia Varanasi, 2nd edition, 2003, Part 1, Page 60.
4. Sushruta, Sushrutasamhita edited with Ayurveda-tattva-sandeeepika Hindi Commentary by Kaviraj Ambikadutta Shastri (AMS), Part 2, Chaukhambha Sanskrit Sansthan, Varanasi, Uttarantra, Chapter 38, Verse18, Page160.
5. Ambica Dutta Shasthry(editor). Sushruta Samhita of Sushruta, Shareera sthana, chapter 2, Verse no 35, 3rd edition, Varanasi, Chowkhambha Sanskrit Series Office, 1972; 15.
6. Guidice LC. The endometrial cycle. Reproductive Endocrinology, Surgery and Technology. In: Adashi

- EY, Rock JA, Rosenwaks Z editor. Philadelphia: Lipincott-Raven, 1996; 13: 272.
7. William F. Ganong (editor). Review of Medical Physiology, Chapter 23, 22nd edition, McGraw- Hill Companies, Inc.; 2005: 434-435.
8. Fraser IS, Critchley HO, Broder M, Munro MG. The FIGO recommendations on terminologies and definitions for normal and abnormal uterine bleeding. Semin Reprod Med., 2011; 29(5): 383-90.
9. Treloar AE, Boynton RE, Behn BG, Brown BW. Variation of the human menstrual cycle through reproductive life. Int J Fertil, 1967; 12(1 Pt 2): 77-126.