A LITERARY REVIEW OF ARTAV VYAPAD WSR TO PCOS

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ABSTRACT

Aartavvyapad is a complex condition with psychological and reproductive manifestations that impacts the health across the lifespan. The changing lifestyle of women under the name of modernization is the key factor for the development of the disease. If it is left untreated it can lead to various life threatening conditions. This is a vaatradhaan tridoshjanyavyadhi. It can be correlated to PCOS owing to the similarity in sign and symptoms. A review study has been conducted to show the etiological factors and pathogenesis of the disease. The study also includes the treatment aspect of the different conditions of the same.

Keywords: aartavvyapad, PCOS, lifestyle disorder.

INTRODUCTION

Anything causing discomfort, either to the mind or body is known as ‘Vyadhi’. Any disturbance of menstrual cycle viz. its formation, duration, frequency, quantity etc. can be called as Artavvyapad. Female of any age group from her menarche to menopause can suffer from the condition called as artavvyapad. Usually, it is being ignored but if it remains untreated then it can lead to various complications like, infertility, obesity, heart diseases, hyperinsulenimia etc. Owing to the similarity of symptoms Artavvyapad can be correlated with PCOS. It is one of the most common endocrinopathy affecting women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (andro-gen) levels. The ovaries may develop numerous small collections of fluid (follicles) and fail to regularly release eggs². The prevalence rate of PCOS varies between 2.2% to 26%.³ Hence a review study was conducted to identify the symptoms, pathology and management of artavvyapad.
AIMS AND OBJECTIVES

Aim:
To understand the concept of aartav vyapad and its correlation with PCOD.

Objectives-
1. To evaluate aartav vyapad from various samhitas.
2. To correlate symptoms of aartav vyapad with PCOD.
3. To understand line of treatment of aartav vyapad.

ARTAV VYAPAD

The following conditions described in classics of Ayurveda can be considered as artavvyapad. Arjaska yoni vyapad, raktaja yoni vyapad, pitta avruttaapanam, vandhya yoni, raka yoni⁴, lohitakshaya, raktajgula, granthibhutaartav and raktapradoshajavikara. According to Acharya Charaka the causative factor responsible for any disease of female genitilia is vatadosha⁵. Artavvyapad is a syndrome which, occurs due to imbalance of tridoshas.

Table 1: Showing aetiological factors of artavvyapad

<table>
<thead>
<tr>
<th>Vatadushtikarhetu⁶</th>
<th>Pitta dushtikarhetu⁷</th>
<th>Kaphadushtikarhetu⁸</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atrukshaaharsevana</td>
<td>Lavana, amla, katu, guru and vidahi anma sevana Dadhi Madyapan</td>
<td>Guru, madhura, shita and snigdhahaaharsevana Adhyashana Diwaswapan Avayam</td>
</tr>
<tr>
<td>Atyavyayama</td>
<td></td>
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<tr>
<td>Atyavyaya</td>
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<td>Adhyayana</td>
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<td>Shoka</td>
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<td>Ratrijagarana</td>
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<tr>
<td>Pipasa and kshudhavegadharan</td>
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<tr>
<td>Alpaashana</td>
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</tr>
</tbody>
</table>

SIGNS AND SYMPTOMS

Irregular menstruation
Amenorrhoea
Oligomenorrhoea / Menorrhagia / Metrorrhagia
Infertility
Obesity
Diabetes

SAMPRAPTI OF ARTAV VYAPAD

Most disorders of female reproductive system are due to vata dosha vitiation⁹. Among the five types apanavaayu and vyayanaayu are responsible for Artavvyapad.

Vaghbata, vyanvayudushti leads to punsatvanasha i.e infertility.¹⁰
Along with vatadosha, Kapha and Pitta dosha also play a vital role in development of Artavvyapad. Presence of cyst is found in all the cases of PCOS because of aggravated vaata.¹¹

Hence, a artavvyapad can be categorized basing on the amount and duration of menstrual flow as VaataKaphanubandhi and VaataPittanubandhi.

VaatKaphanubandhiartavvyapad

Vata and kapha vitiating diet and life style leads to aggravation of vata dosha by its ruksha, sheeta property and kaphadosha by its guru, snigdha, manda and sthiraguna. This leads to artavvahastroavrodh further leading to
anartav\textsuperscript{12} (amenorrhoea), alpartav (oligomenorrhoea) or mucus discharge from vagina for a long duration of time. If this condition remains untreated then vitiated kaphadosha creates an avaran on apanavayu leading to development of symptoms similar to prameha i.e. diabetes\textsuperscript{13}.

\textbf{VataPittanubandhiaartavvyapad}

Flow chart of \textit{Samprapti} can be demonstrated as follows,

\begin{itemize}
  \item \textit{Nidanasevana (Tridoshaprapak)} (exposure to causative factors)
  \item \textit{Jatharaagnimandya} (Diminution of Digestive fire)
  \item \textit{Apachitaaharrasnirmiti} (Undigested food)
  \item \textit{Aamotpatti} (Development of toxins)
  \item Vikrut Rasa and Rakta dhatu nirmaan (abnormal rasa and rakta dhatu)
  \item \textit{Aartavdushti (Upadhatu)} (menstrual disturbance as \textit{artav} is \textit{upadhatu})
  \item \textit{Kaphanubandhi} (Sanga)(Obstruction)
  \item \textit{Pittanubandhi} (Atipravrutti)(Excessive discharge)
\end{itemize}

\textbf{Alpartava / anartava (amenorrhoea)} \hspace{1cm} \textbf{Atyartava (Menorrhagia)}

\textbf{MANAGEMENT AND THERAPEUTICS}

\textit{Aartavvyapad} is difficult to cure so we can not follow same regimen throughout the course of treatment. It should be changed according to symptoms and condition of the patient.

\textbf{Shodhana Chikitsa}
1. Basti
2. Vamana

\textbf{Pathyaapathy}\textbf{a}
**Aahar -**

<table>
<thead>
<tr>
<th>PathyaAahar</th>
<th>ApathyaAahar</th>
</tr>
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<tbody>
<tr>
<td>Kaphanubandhi- Matsya (fish), Kulattha (Macrotyloma uniflorum), Amla Kanji, Gomutra,(Cows urine) Tila,(Sesamum indicum) Masha, (Vigna mungo) Sura, ArdhodakTakra,(clarified butter milk) Shukta-Chakra.</td>
<td>Vidhahaaahar, (fermented food) viruddhaahar, (incompatible food) paryushita anana.(Stale food)</td>
</tr>
<tr>
<td>Pittanubandhi–sharkara,(Sugar) dugdha,(Milk) ghrita,(Clarified butter) moong,(Vigna radiata) shastishali,(Rice which ripens in 60 days) jangal prani (wild animals) mansrasa.(soup)</td>
<td></td>
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**Vihaar-**

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<thead>
<tr>
<th>PathyaVihaar</th>
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<td>ApathyaVihaaar</td>
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**DISCUSSION**

Aaratv vyapad is a complex condition which occurs due to imbalance of tridoshas. Basing on the involvement of doshas it can be considered as kaphanubandhi and pittanubandhi along with vata, as mentioned earlier. Faulty diet and lifestyle are the key factors responsible for the development of the disease.

Dosha- vata pradhana tridosha
Dushya- rasa, rakta dhatu and aartav. Strotas- rasavaha strotas and aartavvaha strotas.
Strotodushti hetu- atipravrutti(pittanubandhi)/sanga (kaphanubandhi) / granthi (both the conditions).

Early diagnosis and proper treatment are utmost necessary for this disease as it is responsible for development of infertility among females.

**CONCLUSION**

Aartavvyapad is a Vaatpradhaan tridoshajavyadhi which is curable if treated with precision. If ignored for a long duration it can lead to various complications. Symptoms of PCOD have a great effect on social and mental health of a woman hence, it is the need of hour to go a step further and understand the condition completely for its proper diagnosis and treatment.

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