

A LITERARY REVIEW OF ARTAV VYAPAD WSR TO PCOS

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ABSTRACT

Aartavyayapad 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 *vaatpradhaan 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: *aartavyayapad*, PCOS, lifestyle disorder.

INTRODUCTION

Anything causing discomfort, either to the mind or body is known as '*Vyadhi*'¹. Any disturbance of menstrual cycle viz. its formation, duration, frequency, quantity etc. can be called as *Artavyayapad*. Female of any age group from her menarche to menopause can suffer from the condition called as *artavyayapad*. Usually, it is being ignored but if it remains untreated then it can lead to various complications like, infertility, obesity, heart diseases, hyperinsulinemia etc. Owing to the similarity of symptoms *Artavyayapad* 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 (androgen) 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 *artavyayapad*.

AIMS AND OBJECTIVES

Aim:

To understand the concept of *aartav vapad* 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 *artavyayapad*. *Arjaska yoni vyapad*, *raktaja yoni vyapad*, *pitta avruttaapana*, *vandhya yoni*, *rakta yoni*⁴, *lohitakshaya*, *raktajgulma*, *granthibhutaartav* and *raktapradoshajavikara*. According to *Acharya Charaka* the causative factor responsible for any disease of female genitilia is *vatadosha*⁵. *Artavyayapad* is a syndrome which, occurs due to imbalance of *tridoshas*.

Table 1: Showing aetiological factors of *artavyayapad*

<i>Vatadushtikarhetu</i> ⁶	<i>Pitta dushtikarhetu</i> ⁷	<i>Kaphadushtikarhetu</i> ⁸
<i>Atirukshaaaharsevana</i>	<i>Lavana, amla, katu, guru and vidahi anna sevana</i>	<i>Guru, madhura, shita and snigdhaaharsevana</i>
<i>Ativyayama</i>	<i>Dadhi</i>	<i>Adhyashana</i>
<i>Ativyavaya</i>	<i>Madyapan</i>	<i>Diwaswapna</i>
<i>Adhyayana</i>		<i>Avyayam</i>
<i>Bhaya</i>		
<i>Shoka</i>		
<i>Ratrijagarana</i>		
<i>Pipasa and kshudhavagadharan</i>		
<i>Alpaashana</i>		

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 *vyanavayu* are responsible for *Artavyayapad*.

शुक्रदोषप्रमेहास्तुव्यानापानप्रकोपजा:। सु.नि.१/२०

Apama vayu in its *prakrutavastha* causes regular menstruation. Any hindrance in its activity leads to *artavdhusti*. According to *Acharya*

Vagbhata, vyanvayudushti leads to *punsatvanasha* i.e infertility.¹⁰

Along with *vatadosha*, *Kapha* and *Pitta dosha* also play a vital role in development of *Artavyayapad*. Presence of cyst is found in all the cases of PCOS because of aggravated *vaata*.¹¹ Hence, a *artavyayapad* can be categorized basing on the amount and duration of menstrual flow as *VaataKaphanubandhi* and *VaataPittanubandhi*.

VaatKaphanubandhiaartavyayapad

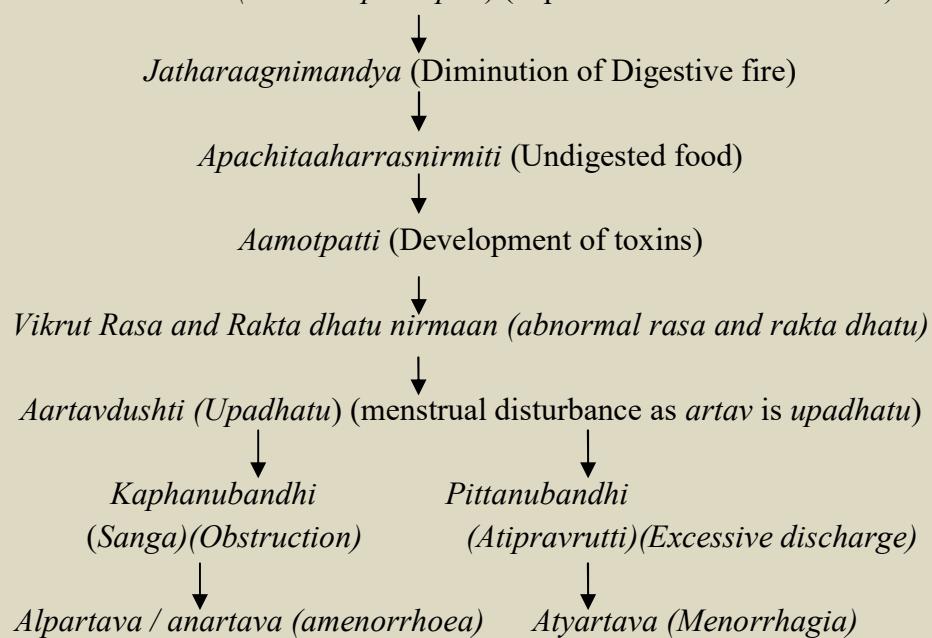
Vata and *kapha* vitiating diet and life style leads to aggravation of *vata dosha* by its *ruksha*, *sheeta* property and *kaphadosha* by its *guru*, *snigdha*, *manda* and *sthiraguna*. This leads to *artavvahastrotoavrodrh* further leading to

*anartav*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 *avarana* on *apanavayu* leading to development of symptoms similar to *prameha* i.e. diabetes¹³.

VaataPittanubandhiaartavyayapad

Flow chart of *Samprapti* can be demonstrated as follows,

Nidanasevana (Tridoshaprakopak) (exposure to causative factors)



MANAGEMENT AND THERAPEUTICS

Aartavyayapad 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.

Shodhana Chikitsa

1. *Basti*
2. *Vamana*

Pathyaapathyaya

Vata and *pitta* vitiating diet and lifestyle leads to aggravation of *vatadosha* by its *chala* property and *pitta dosha* by its *ushna, teekshna, sara* and *drava* property. This leads to *atipravrutti* of *aartav*¹⁴i.e menorrhagia or metrorrhagia. If this condition remains untreated aggravated *pitta* creates an *avarana* on *apanavayu* leading to excessive menstruation with burning sensation.

3. *Virechana* (Shall not be given in *Atyartav*)
4. *Nasya Shamana Chikitsa*
1. *Kaphanubandhi* –
Ushnatikshnaviryatmakdravya,
*Bhedandravya, swayonivardhandravya*¹⁵
2. *Pittanubandhi* – *Sheet rukshagunatmakdravya, Stambhandravya,*
Bhedandravya.

Aahar -

PathyaAahar	ApathyaAahar
Kaphanubandhi- Matsya (fish), Kulattha (Macrotyloma uniflorum), Amla Kanji, Gomutra,(Cows urine) Tila,(Sesamum indicum) Masha, (Vigna mungo) Sura, ArdhodakTakra,(clarified butter milk) Shukta-Chukra.	Vidahiaahaar, (fermented food) viruddhaahar, (incompatible food) paryushita anna.(Stale food)
Pittanubandhi-sharkara,(Sugar) dugdha,(Milk) ghrita,(Clarified butter) moong,(Vigna radiata) shastishali,(Rice which ripens in 60 days) jangal prani (wild animals) mansrasa.(soup)	

Vishaar-

PathyaVihaar	ApathyaVihaar
Rajasvalaparicharyapalan, Exercise like- Walking, Swimming, Running Etc. Meditation.	Ratrijaagaran,(late night sleeping) Diwaswap,(sleeping during day time) Avayam,(no exercise)
Yogasanas Like- Pavanmukta Asana, DhanuraAasana, Vara Asana, Surya Namaskara etc.	Ativayam,(excessive workout) Sedentary lifestyle, stress, anger, fights, negative thoughts.

DISCUSSION

Aarav 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 life style 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

Aartavyapad 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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