

A DETAILED STUDY ON ARTAVA VAHA SROTAS W.S.R. TO ARTAVA DUSHTI AND ITS MODERN CORRELATION

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ABSTRACT

Maharishi Sushruta in Sharir sthan (*Dhamani Vyakaran adhyay*) described eleven types of *srotas* among which *Artava Vaha Srotas* is one. *Artava Vaha Srotas* are two; their *mulas* are *Garbhashaya* (uterus) and *Artava Vahi Dhamani* (artery carrying menstrual blood and other accessory materials). Injury to these leads to sterility, intolerance of copulation and loss of menstrual flow (amenorrhoea). According to Ayurvedic texts, *Artava* is also known as *Pushpa*, and *Pushpa* is of two types -first, the blood which is discharged from the vaginal tract every month, and second is the ovum which is released every month from the ovary and is called *Antah Pushpa*. According to Ayurveda, there are eight types of *artava dushti* vitiated by three *Doshas* (*Vata, Pitta, Kapha*), by *Rakta Dosha* (*Kudapganghi*) separately, by their combination in two (*Granthibhut Putipuya Artava- Kshin Artava*) or all together (*Mutrapurishgandhi*). I have selected this topic to establish a correlative bridge between Ayurveda and Modern Medical Science in *Artava vaha srotas* and *Artava dushti*.

Keywords: *Artava Vaha Srotas, Garbhashaya, Artava Vahi Dhamani*

INTRODUCTION

Ayurveda, the traditional Indian medicinal system is said to be an eternal science with a holistic approach

to health and personalised medicine. According to Maharishi Sushruta, there are eleven types of *srotas*

in which *artava vaha srotas* is one. *Artava vaha srotas* are two in number ; their mulas are *Garbhasaya* (uterus) and *Artava Vahi Dhamani* (artery carrying menstrual blood and other accessory materials). Injury to these leads to sterility, intolerance of copulation and loss of menstrual flow (amenorrhoea).

GARBHASHAYA-

Maharishi Sushruta described the position of uterus near and lateral to *Basti*(urinary bladder) in Chikitsasthan. According to Modern Medical Science, the uterus is situated between the bladder and rectum. Thus, from the above discussion when the opinions of different Acharyas are analysed on the basis of Modern Medical Science then the opinion of Maharishi Sushruta seems to be more rational and appropriate.

ARTAVA VAHI DHAMANI-

According to Dr. Gananath Sen, female *Anu-garbhashaya dhamani* joins with the branches of *Anubeejakoshika dhamani*, *Anuyonika dhamani* and other *dhamani* with some other name and forms *Dhamani Chakra* around *Yoni* (vulva), *Garbhashaya* (uterus) and *beeja kosh* (ovaries). This artery gets engorged especially during pregnancy. Other Acharyas didn't mention this in detail. This dhamani resembles with the Uterine artery mentioned in Modern Medical Science which supplies the uterine body, uterine cervix, uterine tubes and upper part of vagina. Although there are anastomoses with the ovarian and vaginal artery, the dominance of uterine artery is indicated by its marked hypertrophy during pregnancy.

ARTAVA

According to Amarkosh, the blood which is discharged from vaginal tract is known as *Artava* or *pushpa*.

According to Acharya Charak, the menses which occurs every month, which is not slimy, which is not accompanied by burning or pain, which lasts for five days and is neither evasive nor scanty is regarded as healthy or normal menses.

The menses is considered normal which has the colour of jequirity seed or of lotus or which resembles the colour of scarlet inset.

According to Maharishi Sushruta, the menstrual blood which resembles the blood of a rabbit hare, resembles the solution of lac and that which does not stain the cloth is considered as healthy.

MENSTRUAL CYCLE-

According to oxford dictionary, the process in a woman of discharging blood from the lining of womb each month from puberty until menopause except during pregnancy is menstrual cycle.

The cyclic event that takes place in a rhythmic fashion during the reproductive period of a woman's life is called menstrual cycle. It starts at the age of 12 to 15 years, which mark the onset of puberty. The commencement of menstrual cycle is called menarche. The menstrual cycle ceases at the age of 45 to 50 years. The permanent cessation of menstrual cycle at the old age is called menopause.

According to Modern Medical Science, the menstrual blood contains mucus, fibrinolysin, fragments of endometrium, serous fluid, prostaglandins which makes it slightly slimy in nature. Thus, from the above discussion it is clear that the Ayurveda and Modern Medical Science differs features of *Shudha Artava* only in context of its sliminess.

PRAMAN OF ARTAVA-

According to Ashtang Sangraha, Ashtang Hridaya and Bhava Prakash, the praman (quantity) of menstrual blood is four Anjali. Maharishi Sushruta in Sutrasthan, described that composition of human body varies from person to person and the composition is unstable. So, the quantity of *Doshas*, *Dhatus* and *Ma-la* cannot be stated accurately. According to Modern Medical Science, the amount of blood lost during normal menstruation is 35 ml and an additional 40 ml plasma is lost (a total of 75 ml).

According to Sharangdhar Samhita,

1 Anjali = 16 Tola

4 Anjali = 16×4 Tola = 64 Tola

1 Tola = 12 gm

4 Anjali = 64×12 gm = 768 gm

According to Metric System of solid and liquid weight,

1kg = 1000gm

1 litre= 1000ml

Thus, 1gm = 1ml

Therefore, 4 Anjali praman equals 768 ml of *Artava* which does not seem to relate with the amount of menstrual blood mentioned by Modern Medical Science.

ARTAVA DOSHA

According to Maharishi Sushruta, there are eight types of *Artava Doshas* (Su.Sha.2/5).

The *artava* (menstrual blood) vitiated by the three *doshas* and *sonita* (rakta) each separately, by their combination in two, or all together, becomes incapable of producing children, features like colour and discomfort of such vitiated with cadaveric smell, formation of small clots, foul smelling pus, decrease in quantity, that resembling urine and faeces in smell are impossible to purify, whereas other kinds are purifiable. According to Maharishi Sushruta and Vagbhatta, the *Artava* which is vitiated by *Vata Dosh*a has the colours and discomfort produced by *Vata*. The menstrual bleeding which is unduly and lasts for less than 2 days (scanty menses) is called Hypomenorrhoea. Dysmenorrhoea is painful menstruation. Thus, from the above discussion it is clear that Hypomenorrhoea associated with Dysmenorrhoea resembles with the *Vataj Artava Dushti* mentioned in Ayurveda. According to Maharishi Sushruta and Vagbhatta, the *Artava* which *Pitta Dosh*a vitiates has the colours and discomfort produced by *Pitta*. P.I.D. (Pelvic Inflammatory Disease) which resembles the features of *Pittaj Artava Dushti*. Its features are- fever, lassitude, abnormal vaginal discharge (purulent), congested external urethral meatus and tenderness. As per Sushruta Samhita and Ashtang Hridaya, the *Artava* which is vitiated by *Kapha Dosh*a has the colours and discomfort produced by *Kapha*. This resembles Chronic Cervicitis, in which there is excessive mucoid discharge. According to Maharishi Sushruta, Vriddha Vagbhatta and Vagbhatta, *Kudap-gandhi Artava* is large in amount and smells like cadaver. This condition resembles the early stage of cervical carcinoma which has following clinical features- continued vaginal bleeding, offensive vaginal discharge, leg oedema. As per Sushruta Samhita, Ashtang Sangraha and Ashtang Hridaya, the *Artava*

is solidified due to *Kapha* and *Vata Dosh*a. During menstruation, the menstrual blood in the uterine cavity coagulates but soon liquifies by plasmin (protease) unless the bleeding is brisk and rapid. Thus, in case of Menorrhagia- heavy bleeding leads to formation of menstrual clots. According to Sushruta Samhita and Ashtang Sangraha, *Puti puya Artava* is vitiated by *Pitta Dosh*a and *Kapha Dosh*a and has smell of pus. This condition resembles Endometrial carcinoma which has clinical features like irregular heavy cycles, purulent vaginal discharge, associated with Pyometra (collection of Pus in the uterine cavity). According to Maharishi Sushruta, Vriddha Vagbhatta and Vagbhatta, *Kshina Artava Dushti* is caused due to *Vata* and *Pitta Dosh*a. Here, *Artava* becomes scanty in amount. According to Modern Medical Science, in Hypomenorrhoea, bleeding lasts for 2 days and is scanty. This condition can be correlated with *Kshin Artava Dushti*. According to Maharishi Sushruta and Vriddha Vagbhatta, *Mutrapurishgandhi Artava* is vitiated by all the three *Doshas* and smells like urine and faeces. The above condition resembles the later stage of cervical carcinoma which has clinical features like- irregular or continued bleeding, offensive vaginal discharge, haematuria, rectovaginal fistula, genito-urinary fistula. Fistula formation leads to mixing of faeces or urine with the menstrual blood which leads to offensive odour.

The female genital tract consists of external and internal genital organs and is composed of vulva, vagina, cervix, uterus, fallopian tubes and ovaries. In general, diseases of female genital tract are common and include congenital anomalies, infections, hormonally induced abnormalities and tumours. The pathological condition of uterine artery can be correlated to following abnormalities- Amenorrhoea, Oligomenorrhoea, Menorrhagia, Metrorrhagia, Hypomenorrhoea, DUB (dysfunctional uterine bleeding).

CONCLUSION

Thus, it can be concluded that the mulas of *Artava Vaha Srotas* – the *Garbhashaya* and *Artava vahi dhamani* can be correlated with the Uterus and Uterine artery respectively mentioned in Modern Medi-

cal Science. Hypomenorrhoea associated with Dysmenorrhoea resembles the *Vataj Artava Dushti* mentioned in Ayurveda. The P.I.D. (Pelvic Inflammatory Disease) resembles the features of *Pittaj Artava Dushti*. Chronic Cervicitis or Endometritis resembles *Kaphaj Artava Dushti*. *Kudapgandhi Artava Dushti* resembles the early stage of cervical carcinoma. *Granthibhuta Artava Dushti* shows resemblance with Adenomyosis and Endometriosis mentioned in Modern Medical Science. *Puti puya Artava Dushti* resembles the Endometrial carcinoma mentioned in Modern Medical Science. *Kshin Artava Dushti* shows resemblance with Hypomenorrhoea, in which bleeding lasts for two days and is scanty. *Mutrapurishgandhi Artava Dushti* shows resemblance with the later stage of cervical carcinoma.

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