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## Analysis of Artava in text of Sharirkriya

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<p><b>*Corresponding author:</b> <a href="mailto:chandrashribaronia@gmail.com">chandrashribaronia@gmail.com</a></p>	<p><b>Abstract:</b> “Shukra” is important factor in the formation of embryo , similarly female have “Artava” . It’s of two types - <i>Anthapushpa</i>, <i>Bahipushpa</i> . As per modern view its called as “Menses”. We are going to study in this topic <i>ayurvedic</i> physiology of menses. Here we have considered “<i>Bahipushpa</i>” as menses. For the formation of <i>Garbha</i> it is important that <i>Artava</i> should be “<i>Shuddha</i>” that is Normal in nature . There are effects of <i>Rajapravrutti</i> that occurs on health of female, hence basic knowledge about <i>Rajapravrutti</i> must be known to every female. It’s need of now days for maintaining proper health of female. Now in this topic we are going to study- Definition of <i>Artava</i>, types of <i>artva</i>, <i>Shudha</i> and <i>Ashudhaartava lakshana</i>, <i>Artava Pravrutti kala</i>, <i>Artava Nivrutti kala</i>, <i>artavadarshanam</i>, etc.</p>
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## Introduction:

As per *Ayurveda*, *Garbha* that is embryo is formed by “*Shruka* and *Artava Sanyoga*”. As per *Ashtangasangraha* – *Shleshmamishrita* blood comes out from *Garbhashaya* through *Yoni* is called as *Artava* or *Bahipushpa*. In poor economic class, people are not aware about menses. Some people do not accept that menstruation is normal physiological process. *Rajapravrutti* is important process and it is very helpful in maintaining of female health and her beauty. *Shukra* is important factor in formation of embryo as like that female have “*Artva*”. It's of two types- *Anthapushpa*, *Bahipushpa*. As per modern its called as “*Menses*”. We are going to study *ayurvedic* physiology of menses in this topic. We considered “*Bahipushpa*” as menses.

For formation of *Garbha* there are its importance that *Artava* should be

“*Shudha*” that is Normal in nature. There is effect of *Rajapravrutti* that occurs on health of female, hence basic knowledge about *Rajapravrutti* must be known to every female. In this article we are touches to various point related to *artava*.

## Aims and objectives:

- To study concept of *Artava* as per *Ayurveda*.
- To study physiological aspect of *Artava* as per *Ayurveda*.

## Material-method:

1. For this study we referred *Samhita* like *Acharya Charka*, *Sushruta* etc. for various references of *artava*.
2. Related modern text book for also referred to understand some concepts like menstruation.

## Review of literature

### A. Definition –

*Shleshmamishrita* blood comes out from *Garbhashayathrough* Yoni it's called as *Artava* or *Bahipushpa*<sup>1</sup>. *Prakruta* that is Normal *artava* is mixed with *Shleshma* that is mucous and its secreted by *Shleshmikkalagatgranthi* that is *endometrium* layer.

For normal embryo formation *Artava* should be in normal form , it's called *ShudhaArtava*. *Acharya* said features of "*ShudhaArtava*".

### Types:

1. *Antapushpa* –menstrual blood.

2. *Bahipushpa*- Ovum.

#### B. *ShudhaArtava*:

- *Varna*: As per *Acharya sushruta* normal *artava* has colour like "*Laksha* rasa or *Sashak asruka*"<sup>2</sup> that is blood of rabbit. *Acharya charaka* said that Normal *artava* has "*Gunjafalasadrushya varna*"<sup>3</sup>
- *Gandha*: *Acharya charaka* said that *shudhaartava* is – "*Nirgandha*"<sup>4</sup> *shudhaartava* has no type of *gandha*.

- *Sparsha*: *Acharya charaka* said *Sparsha* of *artava* is "*Picheel*"<sup>4</sup>.

- *Lakshna*:

- Pain in lower abdomen and leg cramps.
- Heaviness in breasts and pricking sensation.
- Excess urine formation.
- "*Anavasthitachittata*" that is unstable mind

- *Matra*: *Acharya charaka* said about *Artavamatra*- "*Na-atibahula, Na-atialpa Matra*"<sup>4</sup>. It has 4 anjali pramana.

- *Panchbhautikatwa*:

As per *panchabhautik siddhanta* everything contains all five *mahabhuta* but as per *Acharya Sushruta* *Artava* has *Agni mahabhuta* - *adhikya* period of flow .

*Artava pravrutti kaal* : it's called as period of flow or menstrual habitat. As per modern science its time period is 4-5 days.

*Artava antah kaal* : it's called as inter menstrual period. that's time is 28 days.

*Aartavapravruti*: As per Acharya Sushruta this period is from 12 years to 50 years <sup>6</sup>

**Synonyms-** *Artava, Shonita, Bija, Rakta, Pushpa, Raja.*

### Discussion:

*Artava* is one of the essential factor in formation of embryo. It is the secretion of *Shleshmik kala* of *Garbhashaya*.

### Conclusion:

If *artava* is normal, then fetus will be normal hence awareness about *Artawapravrutti* is necessary.

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