

International Journal of Research in AYUSH and Pharmaceutical Sciences

Review Article

CLINICO-ANATOMICAL ASPECTS OF AARTAVA AAGNEYATVYA WITH REFERENCE TO POST MENOPAUSAL SYMPTOMS

Sarang V. Ingle

Associate Professor, Dept. of Rachana-Sharir, A&U Tibbia College and Hospital, Karol Bagh, New Delhi.

ARTICLE INFO

Article history:

Received: 26-08-2023

Accepted: 16-09-2023

Published: 03-10-2023

Keywords:

Aartava, *Agni*,
Menopause.

ABSTRACT

Menopause means permanent cessation of menstruation at the end of reproductive life due to the loss of ovarian follicular activity. Due to increased life expectancy about 1/3rd of life span of the female will be spent during the period of estrogen deprivation stage with long term symptomatic and metabolic complications.

According to Ayurveda menstruation starts from 12 years of the age and ends at the age of 45 years and structure is termed as *Aartava*. This *Aartava* is *Agni Guna* Dominant. In this article focus is on various Clinico-anatomical aspects of Post Menopausal Symptoms with respect to *Aagneyatvya* of *Aartava*

INTRODUCTION

Menstruation and Menopause are two important physiological milestones in the life of female. Both these things causes significant effect on Anatomical-physiological and psychological aspects of female body. At the age between 45-55 Years due to loss of ovarian follicular activity there is permanent cessation of menstruation that is called as Menopause.

Post menopause period refers to period after menopause. This long period of estrogen deprivation causes long term symptomatic and metabolic complications that collectively described as Post Menopausal Syndrome.

In Ayurveda all these association is related with *Aartava* and which has *Agni Mahabhut* Dominance.

The main objective of this review to summarize Clinico-anatomical facts of Post Menopausal Symptoms on the basis of *Aartava Aagneyatvya* so that Clinicians/Readers/Researcher can get insight regarding Drug treatment of Post Menopausal symptoms.

Access this article online

Quick Response Code



<https://doi.org/10.47070/ijraps.v7i8.149>

Published by Mahadev Publications (Regd.)
publication licensed under a Creative
Commons Attribution-NonCommercial-
ShareAlike 4.0 International (CC BY-NC-SA 4.0)

The review of this article will be focused on collection of Literature Review of Post Menopausal Syndrome, *Aartava*, Anatomical Attributes of *Agni Mahabhuta*, *Sira*, *Asthi* etc and then conclusion will be drawn.

Review

Menopause

Menopause means permanent stoppage of menstruation at the end of reproductive life due to loss of ovarian follicular activity. [1] The clinical diagnosis is confirmed following stoppage of menstruation for six consecutive months. [2] Post menopause period refers to period after the menopause. The age of menopause ranges between 45-55 years average being 50 years. [3]

Clinical Importance

Due to estrogen deprivation stage it may causes Long terms symptomatic and metabolic complications. [4]

Endocrinology of Menopause [5]

Disturbed folliculogenesis in few years prior to menopause may result in anovulation, Oligo-ovulation, premature corpus luteum/Corpus luteal insufficiency. There is decrease level of estrogen, progesterone, Estrogen: Androgen Ratio. However there is increase of secretions of FSH and LH.

Effects of Menopause on Various Organs

Menopause play effects on Various body organs like Ovary, Fallopian Tube, Uterus, Breat, Urinary Bladder, Urethrae, Muscle Tone and Bone Metabolism etc. [6]

Following menopause there is loss of Bone Mass by about 3-5% per year. Post menopausal women's runs a high risk of fracture of bones due to the Osteoporosis.^[7]

Menopausal Symptoms appear may be grouped as follow^[8]

- 1) **Vasomotor:** The Characteristic symptom of the menopause is Hot Flush. Hot flush is the sudden onset of feeling warmth.
- 2) **Genital and Urinary:** These include Dyspareunia, Features of Atrophic Vaginitis, Endometritis, Dysuria, Urinary Urgency and Recurrent Urinary Tract Infection etc.
- 3) **Psychological:** There is increased frequency of Anxiety, Headache, Insomnia, Irritability, Depression, Dementia, Mood Swing and Inability of Concentrate.
- 4) **Health Hazards**
 - i) Following Menopause there is decline in collagenous bone matrix resulting in osteoporotic changes. Fracture of Bone is a major health problem.
 - ii) Risk of Ischemic Heart Disease, Coronary Artery disease and Strokes are increased.
 - iii) Skin Collagen Content is reduced. Skin is thin and prone to damage and infection.

Aartava

In Ayurveda the Term *Aartava* has been described in following various aspects:-

- A) *Aartava* is one of the factor which is important for the formation of *Garbha*.^[9]
- B) *Aartava* is responsible for the sex determination of future *Garbha*.^[10]
- C) *Aartava* is slightly black-red in color and due to influence of *Vayu* in every month this expel out through *Yoni-mukha* i.e. Vaginal Opening.^[11]

Properties of Aartava^[12]

This *Aartava* is *Aagneya* according to Sushruta. The meaning of *Aagneya* by *Dalhana* is *Agni Guna Bhuyushista* that means which have dominance of *Agni Guna*.

Anatomical Consideration of Agni Mahabhuta^[13]

Agni Mahabhuta has considerable impact on the below mentioned attributes of the body.

- 1) **Rupa-** means *Lavayana* that means Texture/Glow.
- 2) **Rupendriya** i.e. **Chakshu-** it includes all that structure which are associated with Sight and Color.
- 3) **Varn** i.e. Color of the Body Parts.
- 4) **Santap/Ushma-** Inside and Outside Temp. of the Body

- 5) **Diptata-**
- 6) **Pakti-** Digestive Capacity of the Individual
- 7) **Amarsha** means *Krodha*
- 8) **Tekshyna-** Quick response to any movement.
- 9) **Shourya**
- 10) **Pitta**
- 11) **Darshana**
- 12) **Medha-** Intellectual Capacity.

Asthi

Asthi is fifth *Dhatu* in the body which is responsible for stability of the body. According to Charka *Ashti* is formed when *Prithvi-Vayu-Agni* etc united and due to *Ushma* when this union become *Khara* i.e. Rough/Hard then it is called *Asthi*.^[14]

Sira^[15-17]

Sira is that body structure which not *Stula*, *Rajavakara* and internally hollow, which shows branching pattern and have contraction-relaxation properties. *Sira* are formed by the *Mrudu Paka* of *Meda Dhatu*

DISCUSSION

Menopause has significant effects on Anatomical-Physiological-Psychological and Pathological aspects on the female body. In the modern literature there is well description about clinic-anatomical facts about Post Menopausal Symptoms.

Aartava is the important feminine characteristic which is responsible for the Formation of Fetus, It's Sex-determination, Post pregnancy effects and Significant Role in the process of menstruation.

This *Aartava* is *Aagneya* that means there is an influence of *Agni Mahabhuta* on the Clinical-Anatomical and Physiological actions of *Aartava* on the body.

In the Post Menopausal period there is possibilities of vitiation of this *Agni Mahabhuta Guna* in the body.

Agni Mahabhuta plays an important role on the Glow & Color of Skin, Maintenance of *Ushma*/Temperature, Intellectual Capacity, Effect on *Krodha*, Digestive capacity etc and formation of *Asthi* and *Sira*.

CONCLUSION

From the above review and discussion it is cleared that during the menopausal and post menopausal period there is vitiation of *Agni Mahabhuta Guna* of *Aartava* that causes various effects on the body.

Clinico-anatomical Aspects of Aartava Aagneyatvya in Post Menopausal symptoms may be concluded below

- 1) **Hot Flushes:** Due to vitiation of *Agni Mahabhuta Guna* of *Aartava Santap/Ushma* aspect of body may fluctuate causing Hot flushes/Feeling of Warmness.

- 2) Increased frequency of Anxiety/Mood Swing:** In this there is imbalance in *Amarsha* Aspect that will lead to Mood Swing and Increased frequency of Anxiety in female.
- 3) Dementia and Inability to concentrate:** In this there is imbalance in *Medha* Aspect that will lead to Dementia / Inability to concentrate.
- 4) Osteoporotic Changes:** Due to vitiation of Agni *Mahabhuta Guna* there is excessive loss of *Khara Guna* of *Asthi* that causes softness of *Asthi* which will lead to Osteoporotic Changes in the Bone.
- 5) Risks of Ischemic Heart Disease and Stroke:** Due to vitiation of Agni *Mahabhuta Guna* there is disturbance in the *Mrudu* aspect of *Sira*, that will lead to hardness in the *Sira* which will lead to Risks of Ischemic Heart Disease and Stroke.
- 6) Effect on Skin:** As *Varna* and *Kanti* of the Body depends on Agni *Mahabhuta*, vitiation of *Agni Guna* causes thinness of skin and loss of Glow.

REFERENCES

1. D.C. Dutta, Text Book of Gynecology- 4th Edition, New Central Book Agency(P) Ltd Calcutta, India- Page No. 51.
2. D.C. Dutta, Text Book of Gynecology- 4th Edition, New Central Book Agency(P) Ltd Calcutta, India- Page No. 51.
3. D.C. Dutta, Text Book of Gynecology- 4th Edition, New Central Book Agency(P) Ltd Calcutta, India- Page No. 52.
4. D.C. Dutta, Text Book of Gynecology- 4th Edition, New Central Book Agency(P) Ltd Calcutta, India- Page No. 52.
5. D.C. Dutta, Text Book of Gynecology- 4th Edition, New Central Book Agency(P) Ltd Calcutta, India- Page No. 52.
6. D.C. Dutta, Text Book of Gynecology- 4th Edition, New Central Book Agency(P) Ltd Calcutta, India- Page No. 53.
7. D.C. Dutta, Text Book of Gynecology- 4th Edition, New Central Book Agency(P) Ltd Calcutta, India- Page No. 53.
8. D.C. Dutta, Text Book of Gynecology- 4th Edition, New Central Book Agency(P) Ltd Calcutta, India- Page No. 53-54.
9. Sushruta, Sushruta Samhita with Nibandhan sangraha Commentary of Dalhana, Reprint-2003, Varanasi Chaukhamba Surbharati Prakashan-2008-Page No. 348.
10. Sushruta, Sushruta Samhita with Nibandhan sangraha Commentary of Dalhana, Reprint-2003, Varanasi Chaukhamba Surbharati Prakashan-2008-Page No. 351.
11. Sushruta, Sushruta Samhita with Nibandhan sangraha Commentary of Dalhana, Reprint-2003, Varanasi Chaukhamba Surbharati Prakashan-2008-Page No. 351.
12. Sushruta, Sushruta Samhita with Nibandhan sangraha Commentary of Dalhana, Reprint-2003, Varanasi Chaukhamba Surbharati Prakashan-2008-Page No. 350.
13. Sushruta, Sushruta Samhita with Nibandhan sangraha Commentary of Dalhana, Reprint-2003, Varanasi Chaukhamba Surbharati Prakashan-2008-Page No. 343.
14. Agnivesha Elaborated by Charaka and Dridhbala, Charak Samhita with Ayurveda-Dipika Commentary by Chakrapanidatta, Reprint-2008, Varanasi Chaukhamba Surbharati Prakashan-2008-Page No. 515.
15. Sushruta, Sushruta Samhita with Nibandhan sangraha Commentary of Dalhana, Reprint-2003, Varanasi Chaukhamba Surbharati Prakashan-2008-Page No. 357.
16. Sushruta, Sushruta Samhita with Nibandhan sangraha Commentary of Dalhana, Reprint-2003, Varanasi Chaukhamba Surbharati Prakashan-2008-Page No. 376.
17. Vriddha Vagbhata, Ashtang- Sangraha with Sashilekha Commentary by Indu, Reprint-2006, Chowkhamba Sanskrit Series Office Varanasi-2006-Page No. 308.

Cite this article as:

Sarang V. Ingle. Clinico-Anatomical Aspects of Aartava Aagneyatvya with Reference to Post Menopausal Symptoms. International Journal of Research in AYUSH and Pharmaceutical Sciences, 2023;7(8):1-3.

<https://doi.org/10.47070/ijraps.v7i8.149>

Source of support: Nil, Conflict of interest: None Declared

*Address for correspondence

Dr. Sarang V. Ingle

Associate Professor

Dept. of Rachana-Sharir

A&U Tibbia College and

Hospital, Karol Bagh, New Delhi.

Email: sarang2905@gmail.com

Mobile No: 9970194682

Disclaimer: IJRAPS is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJRAPS cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJRAPS editor or editorial board members.