

**A CONCEPTUAL STUDY OF MĀNAS VIKĀRAS DESCRIBED IN
BRĤATTRAYĪ & THEIR ROLE IN IRREGULAR MENSTRUAL CYCLE
WITH SPECIAL REFERENCE TO STRESS**



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ABSTRACT

Bṛhatrayī possesses a unique concept of Mānas Vikāras, its Utpatti & its role in etiopathogenesis of various diseases via psychosomatic and somatopsychic route is described in various Samhitās.

Our goal is to conceptualize the knowledge of Mānas Vikāras & to understand how these Mānas Vikāras are being responsible for Irregular Menstrual Cycle which is the burning problem of today's women. To fulfill this, Mānas Vikāra Utpatti, Ārtava Utpatti, Ārtava Duṣṭi Hetu, Samprāpti of Ārtava Duṣṭi, Role of Mānas Vikāras in Ārtava Duṣṭi, correlation between Mānas Vikāras with Modern Stress have been studied with the help of different Samhitās and modern texts.

Here Humble efforts have been carried out to elaborate description of Mānas Vikāras on the respect of its role in Irregular Menstrual Cycle and at the same time to establish the correlation between Mānas Vikāras with Stress.