

**“THE PHYSIOLOGICAL STUDY OF ARTAVA IN
RELATION WITH DIFFERENT PRAKRUTI”**



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Scholar

Dr.Vinita Patil

**Under the supervision of
Guide**

Dr.Aparna Karnad

M. D. (Ayu.)

Professor

Department of Kriya Sharir

DEPARTMENT OF KRIYA SHARIR

PARUL INSTITUTE OF AYURVEDA

PARUL UNIVERSITY, LIMDA,

VADODARA, GUJARAT-391760 (INDIA)

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Abstract:

Ayurveda is serving the ailing humanity since the creation of life is not behind in recognizing the most pragmatic feature of a woman. There is many normal physiological phenomenons taking place in the body which is carried out in a cyclic manner. Among all these physiological changes, Menstruation (Aartava) is an essential physiological function of women during their reproductive age.

The practice of Ayurveda, the traditional medicine of India, is based on the concept of three major constitutional types (Vata, Pitta and Kapha) defined as “Prakriti”. In the era of modern science, evidence has surfaced connecting the concepts of *tridosha* and *prakriti* with metabolic pathways, chronic diseases, and various genotypes. Such evidence has thrown up insights about the universality of Ayurvedic concepts as well as their apparent association with concepts in current science. This review was undertaken to consolidate the evidence of such associations which exist between *prakriti* and menstrual cycle (artava) in females. As far as present work is concerned, the word "Artava" has been restricted to "Bahirpushpa" (menstrual blood) only. The present works aim to study the impact of three major constitutional types on the artava (menstrual flow) in healthy females.

This work understand the normal physiological variations of artava in females of different prakruti. This study shall encourage the work on the subjects for drawing out the clear linkages that might exist for *prakritis* being distinct phenotypes representing certain genotypes.