



The Artava Chakra as a Biological Clock: A Phase-Specific Protocol for the Management of Artava Kshaya and Vandhyatva

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 - Category: Prasuti Tantra & Stri Roga
 - Key Concepts: Dosha-Gati, Srotovishodhana, Hormonal Synergy

Abstract: In Ayurveda, Artava encompasses both the internal follicle (Antah-pushpa) and external menstrual blood (Bahir-pushpa). The Artava Chakra (menstrual cycle) serves as a vital indicator of female reproductive health and the functional integrity of the Hypothalamus-Pituitary-Ovarian (HPO) axis. Artava Kshaya, characterized by delayed cycles (Yathochita Kaala Adarshanam) and scanty flow (Alpa Pravrutti), is the ancient precursor to modern Oligomenorrhea and Hypomenorrhea. This paper aims to elucidate the physiological phases of the menstrual cycle in relation to the Tridoshas and provide a phase-specific management protocol to rectify Artavadusti (specifically Artava Kshaya) and optimize fertility (Garbhasambhava Samagri). Information was synthesized from classical Ayurvedic texts (Sushruta Samhita, Charaka Samhita, Bhavaprakasha), contemporary medical literature, and research journals to correlate ancient wisdom with modern endocrinology. The Rutuchakra consists of three phases:

- Rajasravakala (Menstrual): Driven by Apana Vayu, focusing on Srotovishodhana (cleansing).
- Ritukala (Proliferative): A 12-day period of Kapha dominance where the Yoni remains open for Bija (sperm) reception, correlating with follicular growth.
- Rutuvyatita Kala (Secretary): A Pitta-dominant phase where the Yoni constricts, preparing the endometrium for implantation.

Menstrual health depends on Dosh Samya (homeostasis). Artava shaya arises from a Vata-Pitta imbalance, often where Vata/Kapha obstruct the channels. Clinical management involves a “Phase-Alignment” protocol: warm/light foods for Vata (Phase 1), nutritive/bulking foods for Kapha (Phase 2), and cooling/calming measures for Pitta (Phase 3). Disruption of this biological clock leads to “Phase-Mismatch” disorders. Modern lifestyle stressors and dietary imbalances trigger Vikruti (abnormality) in

the Artava Chakra. By treating the menstrual cycle as a chronobiological system and aligning lifestyle with the dominant Dosha of each phase, we can effectively manage infertility (Vandhyatva) and restore reproductive harmony.

I. INTRODUCTION

- In Ayurveda, the term Artava carries a dual significance, functioning as both Antah-pushpa (the internal ovum/follicle) and Bahir-pushpa (the external menstrual blood). While Bahir-pushpa is the visible manifestation of a woman's reproductive health, it is the invisible interplay of the Artava Chakra (Menstrual Cycle) that dictates fertility. A normal menstrual cycle, characterized by an inter-menstrual period of approximately one month (Maasika), is the prime indicator of a functional Hypothalamus-Pituitary-Ovarian (HPO) Axis.

- clinical correlation -ayurveda and morden

Artava Kshaya is the ancient precursor to what modern science labels as Oligomenorrhea (infrequent menses) and Hypomenorrhea (scanty menses).

- Sushruta defines its cardinal signs as Yathochita Kaala Adarshanam (delayed cycles), Alpa Artava Pravrutti (scanty flow), and Yonivedana (pelvic pain).
- Acharya Dalhana quantifies this, suggesting a flow duration of less than three days as a diagnostic marker.
- Acharya Bhela contributes to the etiopathogenesis, noting that even with systemic blood circulation, Raktalpata (anemia/deficiency) and Vikruti prevent the nourishment of Artava, leading to its depletion.

- 4-Role of dosa

- The fundamental cause of Artava Kshaya is a disturbance in the Vata-Pitta balance. According to Bhavaprakasha, patients often exhibit a natural craving (Ichha) for Ushna (hot), Vidahi (pungent), and Amla-Lavana (sour-salty) foods. This is a physiological compensatory mechanism; the body seeks Pitta-vardhaka substances to counteract the cold, obstructive nature of vitiated Vata and Kapha that leads to Kshaya.

- **AIM AND OBJECTIVE**

- To explain about female menstrual cycle and its relation with Tridosha to manage the aarathvdusti(aarahvkahsay)

- **MATERIAL AND METHOD**

- All the information regarding Rutuchakra and their related dosa was collected from ancient ayurvedic literature, related journals, research and review articles, and other authentic sources.

- **REVIEW OF IITRETURE**

- The menstrual cycle occurring in females has been termed in Ayurveda as Rutuchakra
- Consisting three phases which are Rajashravakala, the Rutukala and the Rutuvyatita Kala.
- Menstruation is the visible manifestation of cyclic physiologic uterine bleeding due to shedding of the endometrium following interplay of hormones through HPO axis, whereas menstrual cycle refers to the time period extending from the beginning of a period to the beginning of the next one.
- While explaining about the normal characteristics of "Artava" Acharya Charak mentioned "that should be regarded as healthy or normal mensus which occurs every month, which is not slimy, not associated with burning sensation or pain, lasting for five days and which is neither excessive nor very scanty. It should be the colour of the jequirity seed or the lotus or of lac or which resembles the trombidium, the scarlet insect.
- Rajahsrava Kaala (Menstrual Phase)
- This phase comes at one month interval for three to five days. Acharya Sushrut has explained that dark coloured blood gets collected for whole month by Artava Vimochini Dhamani in Garbhasya which is expelled out by the action of Apanavayu through Yonimukha. This phase is called Rajashrav. According

to contemporary theory, this phase is the menstrual flow phase, signifying that a new cycle starts when fertilization does not take place during the secretory period and the superficial two-thirds of the endometrium sheds.

- Rutu Kaala (Follicular Phase)
- The stage of Rutuchakra that follows the Rajahsrava Kaala is known as Rutukaala. The duration of this phase, as per Acharya Sushruta, is twelve days. Rutukaala is the name given to this stage of a woman's menstrual cycle because, similar to breeding season, there is a chance of conception if her Garbhashaya absorbs the seeds (sperms). The explanation for why conception occurs during Rutu Kaala is as follows: Just as a lotus flower closes itself after sunset, so too does a woman's Yoni become constricted after Rutu Kaala and refuses to allow Shukra or the entry of Beeja (sperms) into its inner parts, such as the uterus and fallopian tubes. Various characteristic features of Rutumati woman have also been mentioned. The Rutumati woman looks charming, her mouth and teeth are moist, she looks excited to hear love stories and wants to have sex, her flanks, eyes and hair are lax, she feels quivering or twitching over arms, breasts, pelvis, umbilicus, thighs and hips and looks very happy and excited. This Rutukaala corresponds to the menstrual cycle's proliferative phase, which signifies the endometrial epithelium's recovery from the previous menstrual cycle.
- Rutuvyatita Kaala (Luteal Phase)
- This stage concludes with the start of the Rajahsrava Kaala and occurs shortly after the Rutu Kaala. The Yoni is closed or constricted during this stage of Rutuchakra. As a result, sperm entrance is prohibited, making fertilization impossible during this stage. The secretory phase of the Menstrual cycle, or the uterus getting ready to implant the fertilized ovum, correlates with the Rutuvyatita Kaala.
- Rutuchakra and Tridosha

Prakriti of an individual is solely based on the predominance of Doshas at the time of conception till death which cannot be changed. Each and every physiological function of human being depends upon Doshas including menstruation. Accordingly to our Ayurvedic classics, during the early stage of life, the Kapha Dosha predominates and as soon as adolescent stage reaches there is dramatic increased in Pitta Dosha which tends to dominate the body function until early thirties. Lately the Vata Dosha dominates. Generally, a female in her reproductive age experiences some discomforts in their menstrual cycles without any specific pathology which can be regarded as the causative factor. The menstrual cycle happens to be optimally if the Doshas are functioning in their normal state. Normally in a specific prakriti person, there is predominance of a particular Dosha so technically there will be some variations in her cycles according to that Dosha. It is mentioned that Vata is responsible for pain in all cases, so in an individual of Vata Prakriti there are increased possibilities of painful menstruation. Pitta Prakriti individuals are more prone

Kapha	Pitta	Vata
At Rutukala, Kapha Dosha is prominent. Rutukala, or Navina Raja Nirmana, is reported to occur during this time. Tarpana of the Garbhasaya, according to Acharya Vishwamitra, occurs at this time. This is made possible by Beejavaha Siras, which are similar to the Sukshma Kasha. Kapha Dosha is primarily responsible for the Tarpana process. Prithvi Mahabhuta and Jala Mahabhuta are more common in this period. This is done each month with the hope that if pregnancy happens, the Garbhashaya is prepared for implantation.	Because the Yoni Mukha closes during the Ritu Vyatita Kaala, it is an unsuitable time to conceive. Concurrently, there are a number of adjustments made in the Artava; the Navina Raja is now referred to as Purana raja and is eventually driven out. Pitta dosha is important for the change from Navina Raja to Purana Raja. The Ushmata of Shareera also rises during this time. The progesterone hormone is at a higher level than other hormones during this period, and it has also been noted that the basal body temperature rises during this period, supporting the current concept. A number of alterations are observed in the endometrium's constituent parts aside from this. Thus, it can be said that Pitta Dosha is prominent during this time.	Vayu brings the blood that has been drawn for the entire month by the Dhamanis—the uterine veins and their endometrial capillaries—down to the vaginal opening for excretion. The blood has a faint black tint and a certain odour. Thus, Raja Srava Kala is primarily affected by Vata dosha.

to mood swings (variations) whereas Kapha Prakriti individuals subjects to have more clots in their menstrual blood.

This integrated Fertility Calendar and Dietary Protocol is designed to align your lifestyle with the four phases of the menstrual cycle (Artava Chakra). In Ayurveda, this ensures that the Doshas (Vata, Pitta, Kapha) work in harmony with your hormones to optimize the Garbhasambhava Samagri (the factors of conception).

The Ayurvedic Fertility Calendar

The cycle is divided into three distinct Ayurvedic phases. To optimize fertility, we focus on nourishing the specific Dhatu (tissue) dominant in each phase.

Phase 1: Rajasravakala (Menstrual Phase)

Duration: Days 1–5 Dosha Focus: Apana Vayu (Vata)

- Goal: Complete elimination of the old endometrium to ensure a clean “field” (Kshetra).

- Diet: Warm, light, and easily digestible foods. Think “comforting.”
- Key Foods: Ginger tea, red rice, thin moong dal soup. Avoid cold or “gas-forming” foods (like raw salads or broccoli).
- Activity: Rest is paramount. Avoid strenuous exercise to allow Apana Vayu to flow downward without interruption.
- Phase 2: Ritukala (Proliferative Phase)
- Duration: Days 6–14 (Post-menstruation to Ovulation)
- Dosha Focus: Kapha Goal: Building the uterine lining and maturing the follicle (Bija).
- Diet: Nutritive and Brimhana (bulking) foods.
- Key Foods: Ghee, almonds (soaked and peeled), walnuts, dates, and fresh pomegranate (to build Rakta Dhatu).
- Activity: This is the time for yoga and strengthening. Focus on pelvic opening poses like Baddha Konasana (Butterfly Pose).
- Phase 3: Ritu Vyatita Kala (Secretory Phase)
- Duration: Days 15–28 (Post-ovulation)
- Dosha Focus: Pitta Goal: Maintaining warmth and blood flow to the uterus for potential implantation.
- Diet: Cooling but cooked foods. Avoid overly spicy or fermented foods that increase heat (Pitta) excessively.
- Key Foods: Coconut water, asparagus (Shatavari), cooked leafy greens, and whole grains like rajgira
- Activity: Moderate walking and calming Pranayama

DISSCUSSION

- In Ayurveda, the menstrual cycle (Artava Chakra) is a biological clock governed by the Doshas. Maintaining Dhātu-Samya (homeostasis) through phase-specific management is essential for treating infertility (Vandhyatva) and optimizing reproductive health.

The Three Phases of the Artava Chakra

1. Rajasravakala (Menstrual Phase)

- Dominant Dosha: Apana Vayu (Vata).
- Priority: Srotovishodhana (Cleansing of channels).
- Insight: Vata facilitates the downward flow and shedding of the endometrium. Obstruction from cold foods or stress leads to Dustasrava (pain/scanty flow).
- Management: Warm, comforting foods to prevent uterine vasospasm and ensure a clean “field” (Kshetra).

2. Ritukala (Proliferative Phase)

- Dominant Dosha: Kapha.
- Priority: Brimhana (Nourishment and growth).
- Insight: Kapha provides the stability and cellular blocks for the follicle (Bija) and lining. This aligns with rising Estrogen levels.
- Management: Ghee and nutritive foods to support Rasa and Rakta Dhatus; pelvic-opening yoga (e.g., Baddha Konasana) for blood flow.

3. Ritu Vyatita Kala (Secretory Phase)

- Dominant Dosha: Pitta.
- Priority: Agni-Sthapana (Metabolic warmth).
- Insight: Pitta’s Ushna (heat) transforms the lining for receptivity, paralleling thermogenic Progesterone. Excess Pitta can cause inflammation or early miscarriage.
- Management: Maintain warmth but avoid spicy/fermented foods; practice Nadi Shodhana (Pranayama) to calm the nervous system.

CLINICAL CONCLUSION

Menstrual disorders like Artava Kshaya or Asrigdara are often “Phase-Mismatches”—where lifestyle contradicts the dominant Dosha. By regulating Vata, nourishing Kapha, and modulating Pitta in sequence, we restore the natural biological rhythm.

• CONCLUSION

In today’s fast forward world, every person is just going after work commitments and other things not even considering their health and diet schedule. Tending to have a lots of health issues considering the fact that people’s eating habits and preferences have drastically changed and are certainly not appropriate, eating a lot of junk and fast food, not consuming a balanced diet. Especially women who have to balance both professional and personal lives are facing a lot of health issues. In Ayurveda, the menstrual cycle (Artava Chakra) is a biological clock governed by the three Doshas. Achieving Dhatu-Samya (homeostasis) through phase-specific lifestyle choices is the key to managing infertility (Vandhyatva) and optimizing reproductive health (Garbhasambhava Samagri).

Menstrual abnormalities like Artava Kshaya (scanty flow) or Asrigdara (heavy flow) result from “Phase-Mismatch.” By treating the cycle as a biological clock, we restore balance across both Prakrit (healthy) and Vikrit (abnormal) states.

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