

RECOMMENDED BOOKS

AYURVEDIC

- Ayurved Prasuti Tantra Evam Streerog (PART 1 & 2)- **Premvati Tiwari**
- Streerog Prasuti Tantra – **Nirmala Rajwade**
- Prasuti Tantra – **Dr. Madhuri Bhojar**
- Instruments – Yantra Shastra Vidnyaniya –**Dr. Yogesh Narkhede et**

MODERN

- Text Book Of Obstetrics - **D.C. Datta**
- Text Book Of Gynecology – **D.C.Datta**
- Text Book of Obs & Gyneco – **C. S. Down**
- Text Book of Gynecology- **Shaws**

RAJOVIDNYAN

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रजोविज्ञान

(Paper I – PRASUTI TANTRA (PART-A))

- Description of Raja , Artav
- Pratham Rajodarshan Vay
- Rutuchakra (SAQ , LAQ)
- Rajaswalacharya
- Ritumati Lakshana (SAQ)
- Ritumatcharya
- Ritukala (SAQ)

We Refresh our memory

- ◎ Puberty – Transitional period from where female from childhood enters in adulthood
- ◎ Changes –
 - Thelarche (Breast development) -Estradiol
 - Adrenarche (Pubic & Axillary Hair) -Androgens
 - Growth spurt - GH, IGF-1, E2
 - Menarche (first menstruation) - Midpubertal E2
 - Anatomical / Physiological changes in Genital organs
- ◎ TANNER STAGES OF PUBERTY

Common disorder of puberty

- **Precocious Puberty:-**

 - Breast Development < 8 yrs OR

 - Menstruation < 9 yrs

- **Delayed Puberty:**

 - Breast / Pubic Hair < 14 yrs

 - Menarche < 16 yrs

- **Menstrual Problems** like Irregularities,
Dysmenorrhoea etc

Description of Raj / Artav

- Rajastrav / stree beej :-

Artav, Shonit, Asruk, Raj, Rakt, Lohit,

- Only for Rajastrav:-

Rudhir, Pushp

- Only for Streebeej :-

Beej

Know about “Raj”/ “Artav”

● आर्तव स्वरूप :-

आर्तवं शोणितं तु आग्नेयम् ॥ .. सु.सू. १४/७

रक्तलक्षणं आर्तवं गर्भकृच्च ॥ .. सु.सू. १५/५

चक्रपाणी :

आर्तव - आविर्भाव काल (Formation Stage) = सौम्य
तिरोभाव काल (Excretion Stage) = आग्नेय

● आर्तव परिमाण

चत्वारो रजसः स्त्रियाः ॥ ... अ.ह.शा. ३/८१

प्रथम रजोदर्शन व रजोनिवृत्ती वय

- "तद् वर्षाद् द्वादशाद् उर्ध्वं याति पञ्चाशतः क्षयम् ॥" ... सु.सू. १४/६

Menarche = 12 yrs

Menopause = 50 yrs

Arunadatta – These are Probable ages.

Menarche may occurs earlier

Menopause may occurs late

- षोडशवर्षयोहि शोणितशुक्रयोः मध्ये प्रभवतः, अर्वागपि यदाहारविशेषाद् आरोग्याच्च पूर्णं भवत इति परिषत् । ... का.शा.५/४

Menarche = 16 yrs

ऋतुचक्रः

सामान्य काल - १ चन्द्रमास (२८ दिवस)

Phases

१. रजःस्राव काल - ३ दिन - ५ दिन

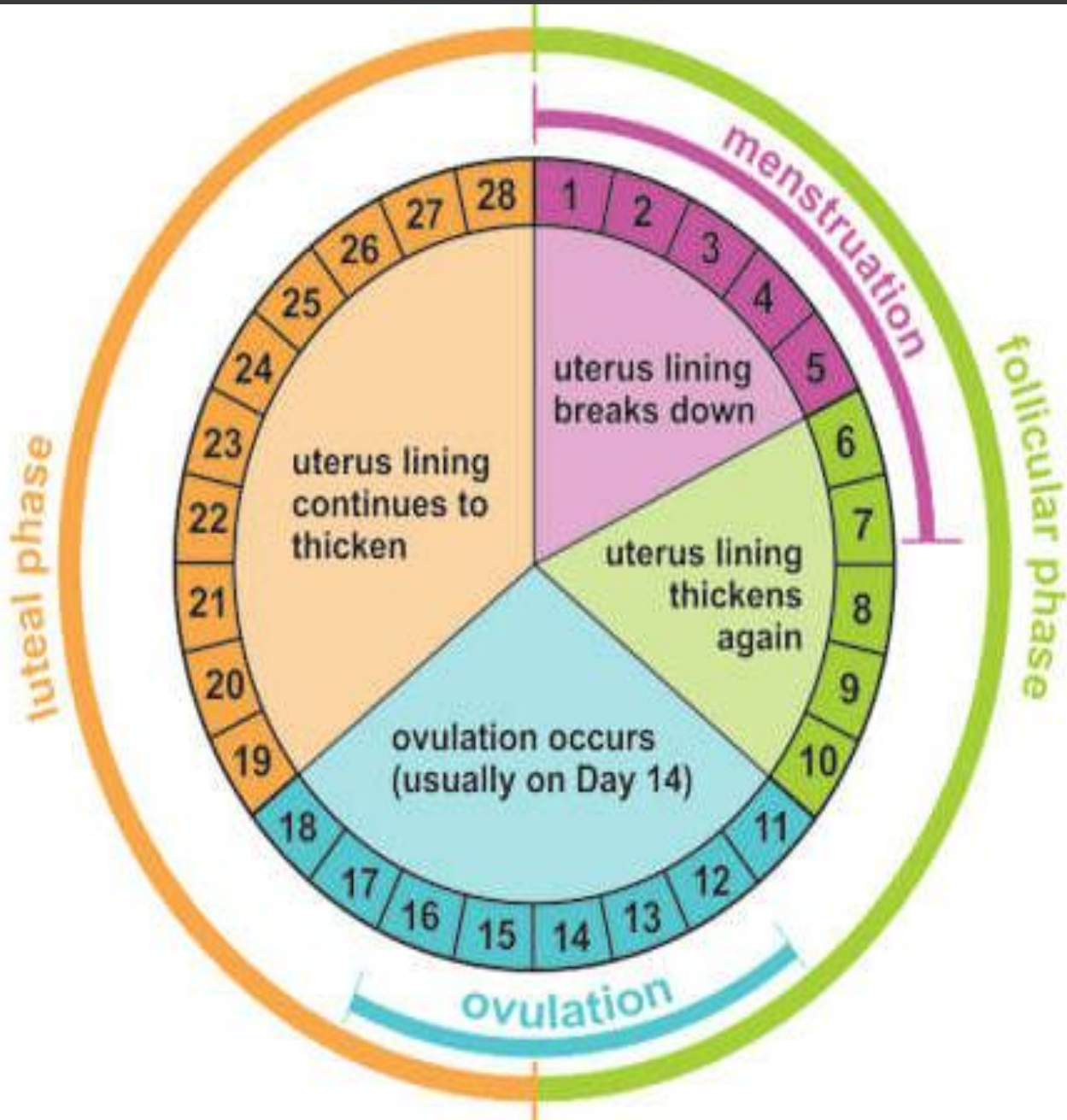
(Menstruation phase)

२. ऋतुकाल - १२ दिन / १६ दिन

(Proliferative Phase including ovulation)

३. ऋतु व्यतीत काल

(Secretory Phase / Post ovulatory period)



Physiological Points of Menstruation

रज निर्माण:

- रसधातु --- रज (चरक, सुश्रुत, इल्हण, वाग्भट)
- रसधातु के प्रसादभाग से उत्पत्ती -- चक्रपाणी
- आहार रस से उत्पत्ती --- अरुणदत्त
- रक्त का उपधातु - भा.प्र. , शारंगधर
- गर्भाशय मे एकत्रित होने वाला रक्त -- अ.सं.शा.१/१०
- विना योगेन (बिना किसी प्रयत्न से) ---- हारित

“मासेन उपचितं काले धमनीभ्यां तद् आर्तवम्।
ईषत् कृष्णं विवर्णं च वायुः योनिमुखं नयेत्॥”

...सु.शा.३/१०

“सूक्ष्मकेशप्रतीकाशा बीजरक्तवहाः सिराः ।

गर्भाशयं तर्पयन्ति मासाद् बीजाय कल्पते ॥”

विश्वमित्र , सु.सू.१४ /१४

network of blood vessels – Endometrial development

- आर्तववह धमनी द्वारे पुरे मास मे गर्भाशय का पुरण / तर्पण होता है।
- गर्भाशय मे एकत्रित होने वाला रक्त - आर्तव
- बीजग्रहण करने के लिये गर्भाशय का पुरण होता है।
- (मास के अंत मे) वायु उस ईषत् कृष्ण रज को योनि मुख से उदिरण (बाहर निकालना) कर देते है।

शुद्ध आर्तव स्वरूपः

"शशासृक् प्रतिमं यत् तु यद्वा लाक्षारसोपम् ।

तदार्तवं प्रशंसन्ति यद् वासो न विरञ्जयेत् ॥... सु.शा. २/१७

“मासन् निष्पिच्छदाहार्ति पञ्चरात्रानुबन्धि च।

नैवातिबहु नात्यल्पम् आर्तवं शुद्धमादिशेत् ॥२२५॥

गुञ्जाफलसवर्णं च पद्मालक्तकसन्निभम्।

इन्द्रगोपकसङ्काशं आर्तवं शुद्धमादिशेत् ॥२२६॥ ..च.चि.३०

काल - प्रतिमास ५ दिन रजस्राव

प्रमाण - न अति अल्प , न अति बहु

(योग्य मात्रा = ??)

वर्ण =

चरक- गुंजाफल, पद्म/अलकतक पुष्प, इन्द्रगोप समान

सुश्रुत- शश(Rabbit) के रक्त समान, लाक्षारस समान

इतर लक्षणे – पिच्छिलता रहित, दाह रहित, वेदना रहित

Artav

Shuddha

Ashuddha

**Physiological
Menstrual
Flow**

**Timely
Ovulation**

**Pathological
Menstrual
flow /
Infective**

**No
ovulationn
Premature or
Delayed
Ovulation**

रजःस्राव काल

- Period during which accumulated blood flows out through vagina(Shedding of Endometrium)

Predominant Dosha :- Vata

रजस्राव काल (Menstrual Phase)-

चरक	- ५ दिन
वाग्भट / भा.प्र.	- ३ दिन
हारीत / भेल	- ७ दिन

भावप्रकाश आर्तव मात्रा नुसार काल वर्णन किया है

१. अत्यधिक रजप्रवृत्ती - ३ दिन
२. मध्यम रजप्रवृत्ती - ५ दिन
३. अल्प रजप्रवृत्ती - १६ दिन

ऋतुकालः-

Definition:

“ऋतुः च निषिक्तस्य बीजस्य फ़लप्रसव अनुगुणः कालः ।”

... अ.सं.शा.१/१० इन्दु टीका

- Period after menstrual phase
- Period favorable for Fertilization

Duration :-

सु.शा.३/६ = 12 days

अ.सं.शा.१/४० = 12 days / 16 days

= 1 month (in case of shuddha yoni,
garbhashaya, aartava)

Varna Vyavastha	<u>RUTUKAL</u>	
	KASHYAP	BHAVPRAKASH
BRAMHAN	12 Day	12 Day
KSHATRIYA	11 Day	10 Day
VAISHYA	10 Day	8 Day
Shudra	9 Day	6 Day

Visheshata :-

- Pradhan Dosh – Kapha Dosh
- Navin Raj ka Garbhashay me samchay hone lagata hai
- Yoni mukh vivrut – facilitate Shukra Pravesh
- Suitabale period for conception
- Rutumati Stree specific features mentioned in our literature

"घृतक्षीरादिनित्यासु मुदितासु कफात्मसु।
आर्तवं तिष्ठति चिरं विपरीतासु अतोऽन्यथा ॥"
.. अ.सं.शा.१/६७

Artava stays for longer duration in woman who used to eat Ghee, Milk daily, and having Kapha predominance.

Why Rutukal is Only favorable period for conception?

During Rutukal -- Yonimukh vivrut – Facilitate bijagrahan

Estrogen --- Cervical mucus – Thin & Watery, Elastic,

Internal Os – Funnel Shaped

Glycoprotein network – Parallel thus Facilitate Sperm

Penetration

After Rutukal – Yonimukh samvrat – bijagrahan not possible

Progesterone – Cervical Mucus – Thick & Viscid

- Internal Os – Tightly closed

- Interlacing bridges prevent sperm penetration

ऋतुमती स्त्री किसे कहते हैं?

"गते पुराणे रजसि नवे च अवस्थिते शद्धस्नातां स्त्रियं
अव्यापन्नयोनिशोणितगर्भाशयं ऋतुमतीं आचक्ष्महे ॥"

... च.शा.४/७

"सप्तरात्रात् योनिशुद्धिः तस्माद् ऋतुमती भवेत् ।"

.. हारीत

Lady with Following characteristics termed as Rutumati :

1. Who sheds out old raj (which is accumulated during previous cycle)
2. Lady takes bath after rajastrava
3. New raj starts to accumulate in uterus.
4. Her genital organs are healthy.

ऋतुमती स्त्री लक्षण --

Oestrogen (Love Hormone)

शारीरिक लक्षण :-

- मुख स्वस्थ प्रसन्न (looks bright & healthy)
- शरीर, मुख, दंत क्लेदयुक्त (Body,teeth,mouth moist)
- कुक्षि, नेत्र, शिर शिथिल (Laxity in flanks, eyes, head)
- भुजा, स्तन, श्रोणि, जंघा, नितम्ब प्रदेश में स्फुरण (twitching over arms, breast, pelvis, thighs, hips)

मानसिक स्थिति-

- प्रेम कथाये सुनना पसंद करती है (like to hear love stories)
- पुरुष संभोग की अपेक्षा (Sexual relations)

⦿ Avoid use of following during Rutumati

Period :

- Kshar karm (internal / Exteranal Use)
- Vaman Karm
- Nasya Karm --- Yoni Shosh

ऋतुव्यतीत काल

- Closure / Constriction of Yoni
- No other physical or physiological changes described
- Secretory Phase of Menstrual Cycle

Dosha Awastha:

	VAAT	PITTA	KAPHA
Rajastrav	<u>Prakop</u>	Shaman	Samchay
Rutukal	Shaman	Samchay	<u>Prakop</u>
Rutu Vyatitkal	Samchay	<u>Prakop</u>	Shaman

रजस्वला परिचर्या

(Mode of Living During Menstruation)

- Stay separate from all
- Sleep on separate bed (made up of Darbh, kush)
- Kalyandhayini (Positive good thoughts)
- Advised to take special diet

Sushrut – Ghrut + Shali odan, (Havishya)

Kshir sanskrut Yavanna

Vagbhat – Yava + Dugdh

Purpose – Koshth Shodhan, Sharir Karshan

- Restricted Acts:

Divaswap, Anjan, Ashrupat, abhyang, Nakha kartan,
excessive walking, talking, laughing, running

Kesh prasadhan

Coitus (Bhel)

Why?

- Vata prakop
- Aam Sanchan, Agnimandya
- No sexual urge (herself / Husband)
- Abortion, IUD, Anomalous Baby

Restricted treatment modality:

Sushrut - Nasya

Vagbhat - Swedan

kashyap - Nasya, Vaman

Divaswap	Day sleeping	Swapshil	Over Sleepy
Anjan	Use of Collyrium	Andh	Blind
Rodan	Crying	Vikrut Drushti	Vision Abnormalities
Snan Anulepan	Bath & anointing	Dukhshil	Sad
Abhyang	Oil Massage	Kushth	Leprosy / Skin Disease
Nakh kartan	Nail Cutting	Kunakhi	Nail deformity
Dhavan	Fast Running	Chanchal	Fickle
Hasanat	Laughing	Shyav dant oshth, talu, jivha	Black Color teeth, lips, tongue
Ati Kathan	Over Talking	Pralapi	Garrulous
Ati Shravan	Over Hearing	Badhir	Deafness
Avalekhan	Combing	Khalitya	Baldness
Marut Sevan	Exposure to draught & exertion	Unmatta	Insane
Bhumi Khanan	Digging of earth	Skhalate	Falls During walking
Nasya		Rutu Vyapad	Menstrual abnormalities

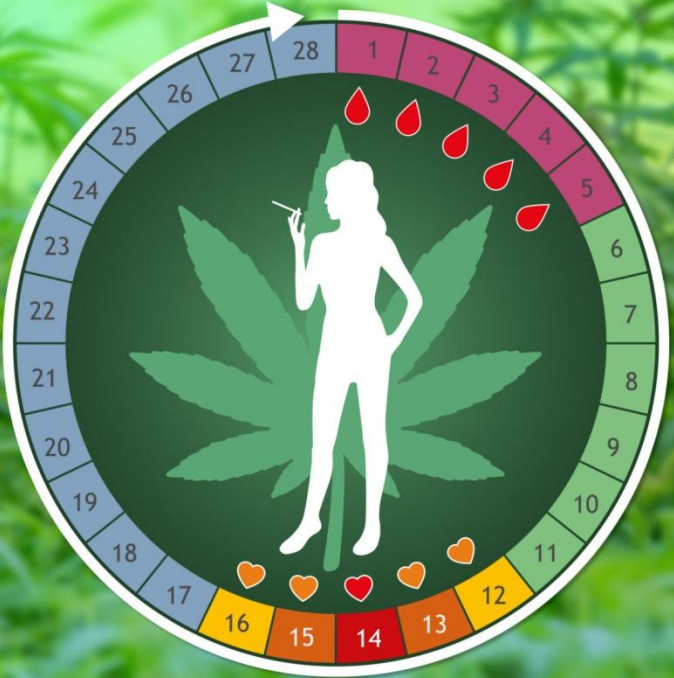
Effect of coitus during period of menstruation:

	Shushrut	Ashtang Sangrah	Kashyap
First Day of Menses	Lifespan of Husband Shorten	Intrauterine Death of Fetus	Falshunya Vatagarbha (Pseudocyesis)
Second Day of Menses	Death of baby soon after birth	If Delivered – Less Longevity, weak, Unhealthy, Abnormalities	Garbhastrav (Abortion)
Third Day of Menses	Anamoly Short Life		Defective body part, Short life span

शुद्धस्नाता – Ready for Conception

On 4th Day:- (Shuddhasnata stree)

- Take bath and Hair wash
- Wear white new garmetns, ornaments, garland of flowers
- Swastivachan / Mangalacharan (Chanting mantras, worship)
- Pati darshan (See her husband)



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