

Effect of Sukshma Vyayamas and Pranayamas in Aartav Dushti

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Abstract

Menstrual Irregularities are called as AartavDushti in Ayurveda. It includes Aartavkshay, Rajovruddhi, Vataj, Pittaj & Kafaj Aartav Dushti, Anartav (Amenorrhoea), Atyartav (Menorrhagia) &Kashtartav (Dysmenorrhoea). So many digestive problems, pains & emotional imbalance also occur with this AartavDushti. All these irregularities occurs due to the imbalance of Tridoshas (i.e.Vat, Pitt, Kaf).

Method

The Study was of duration of 90 days. Experimental research method especially Pre & Post method was used for the study. 30 Girls between 18 to 21 years with menstrual irregularities were selected. Sukshma Vyayamaespecially affecting pelvic area from Pawanmuktasan Series II (Supt Udakarshanasan, Ardhpawanmuktasan&Uttanpadasan) & III (Udarakarshanasan, Vayunishankasan, chakkichalanasan,Rajjukarshanasan) , Shavasan and Pranayamauseful to get the balance of Tridoshas in human body (Anulom-Vilom, Ujjayi, Bhastrika, Shitali&Bhramri) were progressively introduced to the girls on 6 days in a week for one hour from 4 to 5 pm. A Questionnaire was used for study which was made on the basis of 'Bruhatrayee' (Charak, Sushrut&VagbhatSamhita). The result was analyzed using 't' test in statistical analysis.

Conclusion

Sukshma Vyayamas&Pranayamas collectively are strongly helpful in managing menstrual irregularities i.e. AartavDushti.

Keywords Sukshma Vyayamas, Pranayamas, Menstrual Irregularities.

Introduction:

Motherhood is the most important part of a women's life. But sometimes this motherhood comes from which phase of a women's life is neglected by her and due to this she suffers from so many problems of menstrual period. Some girls suffer from starting of the menses. This trouble is not only the physical but it's a mental also. From menarche, they suffer from bleeding with lot of pain, gastric problems such as anorexia, nausea, constipation. Abdominal pain, chest pain, breast tenderness, sometimes very few bleeding with abdominal spasms, vomiting, sometimes heavy bleeding with cramps, severe headache, sometimes giddiness, vaginal pain, white discharge before or after bleeding, weakness these are the symptoms which often observed. Due to this mood swings, irritation low confidence, aggressiveness are the commonly observed outcomes. Completely physio-psychological system gets disturbed. Temporarily they use to take some pain killer pills to get relief from this

trouble. But there are so many side effects of these continuously taking pills and suffers from more complications in entire life. There are some ayurvedic remedies to cure from this trouble, but this is also temporary in some ladies. To address all these issues allopathic medicines are widely used which further leads to different side effects. Adoption of yogic and ayurvedic practices will help to address all these health issues without any side effects. Current study is an attempt to examine the impact of Yogic Practices on menstrual irregularities.

In this paper following concepts are used

Aartav:-

In Ayurveda the definition of Aartav is given as,

तथारक्तमेवचस्त्रीणांमासेमासेगर्भकोष्ठमानुप्राप्यत्र्यहंप्र
वर्तमानमार्तवमित्याहुः अ.सं.शा.१/५
तदवर्षाद्द्वादशादुर्ध्वयातिपञ्चाशतः क्षयम्
सु.सू.३/११

The blood which comes out three days from woman's uterus in every month is called as Aartav. It starts from 12th year of her age up to near about 50th age and the cycle is of 28 days to 35 days.

Quality of Pure Aartav:-

सशासुकप्रतिमंयत्तुयद्वालाक्षारासोपमम
तदार्तवंप्रशंसंतियद्वासोनविरन्जयेत

सु.शा. २/१७

Aartav is like the blood of a rabbit or like the Lac Wax and it can be cleaned after wash of hot water. Also it is as says that, 'निष्पिच्छादाहार्ति' (चरक) But there are some symptoms are seen in ladies normally, i.e. Pain in pelvic region, heaviness in pelvic area, cramps in calf muscles, may be slight pain and heaviness in breast, frequently urination, weakness, tastelessness, anger, mental stress, headache, high temperature of body, laziness, lowers the pulse rate, blood pressure and RBC count also. But whenever the imbalance of Tridoshas and Dhatus occurs in body with improper diet, due to highly sedentary life, indigestion, stressful routine, Aartav Dushti occurs. Menstrual Irregularities are called Aartav Dushti in Ayurveda. It is divided into 3 parts as per its quantity and quality of bleeding. In Ayurveda, it is called as "Hinyog, Atiyog and Mithyayog." These are called as Rajksheenata (Aartavkshay), Rajovruddhi (Atyartav), Rajodushti (Aartav Dushti). Commonly all these are included in

Menstrual Irregularities. Here we are thinking of Menstrual irregularities in Ayurveda aspect and also in the main cause of Mithya aaharvihar and Stress induced due to this not of any anatomical deformities.

Aartavkshay:

आर्तवक्षयेयथोचीतकालादर्शनमल्पतावायोनिवेदानाच्च
तत्रसंशोधनमाग्नेयानांचद्रव्याणांविधिवदुपयोगः

सु.सू. १५/१२

Menstrual period doesn't occur in proper age or time, menstrual bleeding in a very small quantity or it comes with lot of pains or pains only in vagina. Delayed Menstruation, Amenorrhoea, Oligomenorrhoea, Dysmenorrhoea are included in this type.

Atyartav:

आर्तवमद्भृगमर्दमतिप्रवृत्तिदौर्बल्यमच.....तेषांयथास्वमसं
शोधनंक्षपणमचक्षयादविरुद्धैः क्रियाविशेषैः

प्रकुर्वीतसु.सू. १५/१७-१८

Body-ache, heavy bleeding, weakness these three types of symptoms are mainly found in Atyartav.

Aartav Dushti:

आर्तवमपिन्निभिर्दोषैः शोणितचतुर्थैः पृथग्द्वैः

समस्तैश्चोपसृष्टमबीजंभवतितदपिदोषवर्णवेदनादिभि
र्विज्ञेयमतेषुकुणपग्रंथीपुतिपूयक्षीणमूत्रपुरीषप्रकाशमा
साध्यमसाध्यमन्यञ्चेति सु.शा. २/५

Aartav Dushti is of eight types i.e. Vataj, Pittaj, Kafaj, Raktaj, Vaatpittaj, Vaatkafaj, Kafpittaj, and Sannipaataj as explained in Table 1.

Table 1: Symptoms of All Doshaj Aartav Dushti

Sr. No.	Type of Aartav Dushti	Symptoms
1	Vataj	Liquid, very dry, foam type, reddish, in a small quantity, with pain small pieces are expelled
2	Pittaj	Bluish or yellowish in color, foul smelling and expelled with burning sensation
3	Kafaj	Whitish, sticky, heavy bleeding
4	Raktaj	Very bad smelling and in a large quantity bleeding
5	Vatkafaj	Bleeding in pieces
6	Pittakafaj	Bleeding like pus smell
7	Vatapittaj	Bleeding in a very small quantity
8	Sannipataj	White in color, sticky with burning sensation, smell like urine or stool and not useful for reproduction

Methodology

The Study was of duration of 90 days. Experimental research method

especially Pre and Post method was used for the study. Thirty Unmarried Girls between ages 18 to 21 years with menstrual irregularities were selected. The study was carried out at K.C. E. Society's M. J. College, Girls Hostel. Sukshma Vyayama especially affecting pelvic area from Pawanmuktasan Series II (Supt Udarakarshanasan, Pawanmuktasan and Uttanpadasan) and III (SuptaUdarakarshnasan, Chakkichalanasana, NaukaSanchanasana), Shavasana and Pranayama useful to get the balance of Tridoshas in human body (Anulom-

Vilom, Ujjayi, Bhastrika, Shitali and Bhramri) were progressively introduced to the girls on six days in a week for one hour from 4 to 5 pm. A Questionnaire was used for study which was made on the basis of 'Bruhatrayee' (Charak, Sushrut and Vagbhat Samhita). The result was analyzed using 't' test in statistical analysis. Table 2 and Table 3 enlist types of Sukshma Vyayamas and Pranayamas with their execution time respectively and Figure 1 shows the steps to be followed for Sukshma Vyayamas and Pranayamas

Table 2: Types of Sukshma Vyayamas with their execution time

Sr. No	Sukshma Vyayamas	Time
1	Uttanpadasana	2 aawartanas of 2 min
2	Pawanmuktasan	2 aawartanas of 2 min
3	Supt Udarakarshana	2 aawartanas of 2 min
4	Chakkichalanasana	2 aawartanas of 2 min
5	NaukaSanchalanasana	2 aawartanas of 2 min
6	Shavasana	8 min

Table 3: Types of Pranayamas with their execution time

Sr. No	Pranayamas	Time
1	Anulom-Vilom Pranayama	5 min
2	Bhastrika Pranayama	5 min
3	Ujjaayi Pranayama	5 min
4	Sheetali Pranayama	5 min
5	Bhramari Pranayama	5 min

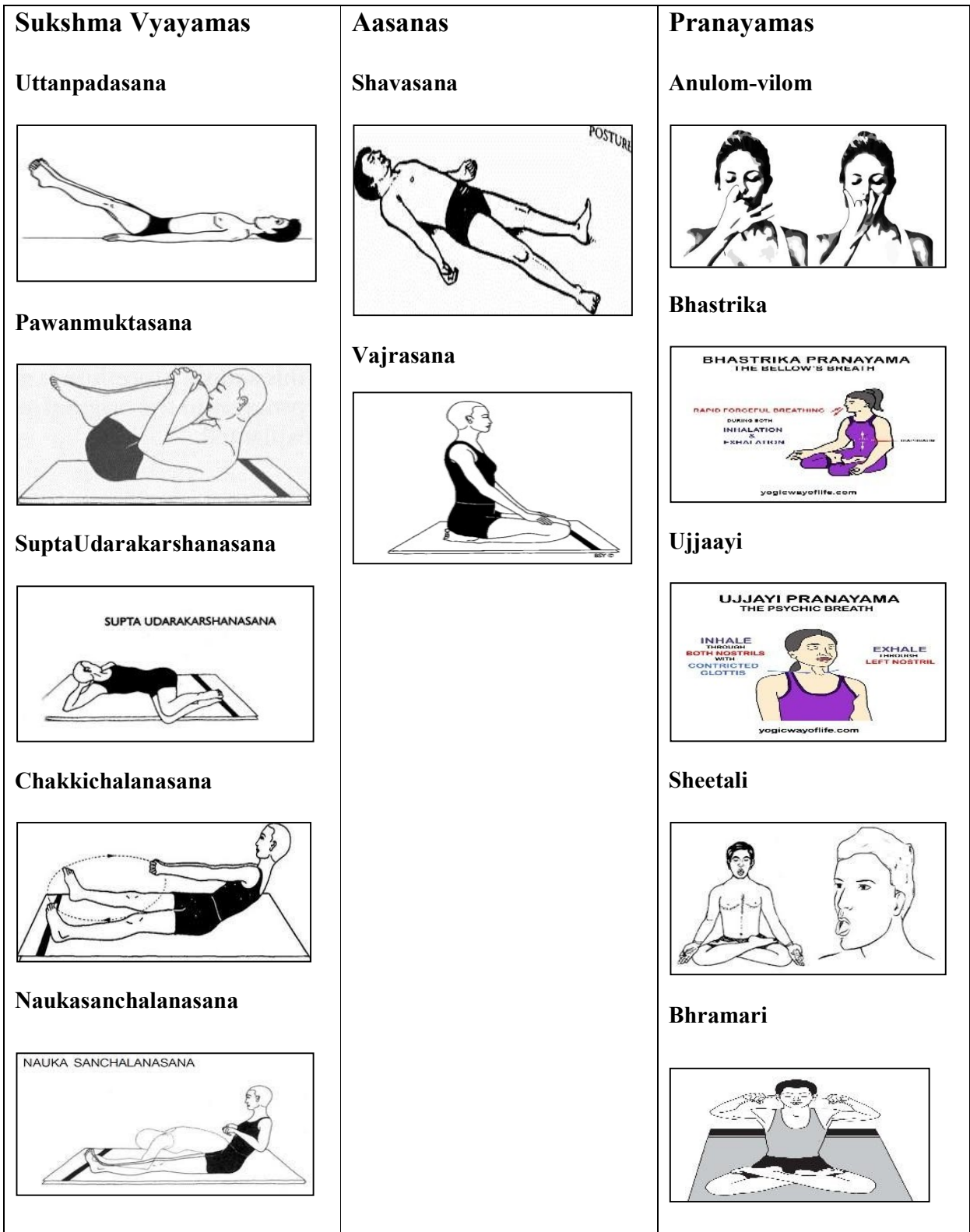


Figure 1: Images of Sukshma Vyayamas and Pranayamas

Results:-

In the current study effect of Sukshma Vyayamas and Pranayamas are studied in managing Aartav Dushti. The questionnaire consists of 25 questions asked pre and post Sukshma Vyayamas and Pranayamas. Figure 2 and Figure 3 shows pre and post-test analysis of 30 samples collected respectively.

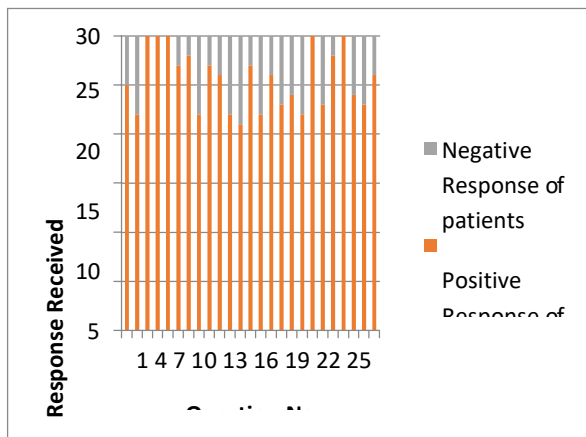


Figure 2: Pre-test response analysis

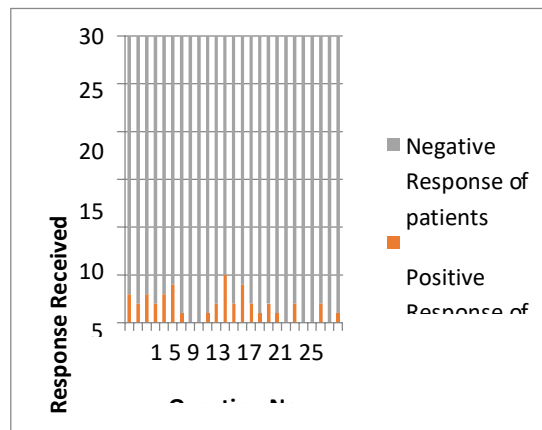


Figure 3: Post-test response analysis

From above figures, it can be seen that most of responses with pains (pre-test) are converted into positive results with no pains. After yogabhyas practice respondents are observed with less pelvic pains, gastric problems, bleeding disturbances etc.

Discussion:

Sukshma Vyayamas i.e. Uttanpadasana, After this Shavasana was given to girls. It relaxes the whole psycho-physiological system. It develops Body Awareness, when the body is completely relaxed awareness of the mind increases. It gives a very positive result to the patients. In Shavasana if patients concentrate on their Body, Breath and Thoughts, they will give excellent physical, mental and even emotional tranquility to them.

Then Pranayamas were practiced especially in Vajrasana, because Vajrasana alters the flow of blood and nervous impulses in the pelvic region and strengthens the pelvic muscles. It increases the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity. It reduces blood flow to the genital organs and massages the nerve fibers which helps to alleviate menstrual disorders.

At last Pranayamas (Anulom-Vilom, Bhastrika, Ujjaayi, Shitali and Bhramari) were practiced. All Pranayamas ensure that whole body is nourished by an extra supply of Oxygen. Carbon dioxide is efficiently expelled and the body is

purified of toxins. The brain centers are stimulated to work nearer to their optimum capacity. It also induces tranquility, clarity of thoughts and concentration. It increases vitality and lowers levels of stress and anxiety by harmonizing the Pranas. According to Hathapradipika, Bhastrika Pranayama burns up toxins and removes the imbalance of Tridoshas. It is because of rapid exchange of air in lungs so there is increase in exchange of O₂ and Co₂ into and out of the bloodstream. This stimulates the metabolic rate producing heat and flushing toxins. The rapid and rhythmic movement of diaphragm also massages digestive system and improves it. Ujjaayi Pranayama has a healing effect on the body so it balances kafaDosh. It alleviates fluid retention. It removes disorders of 'Dhatu' According to Ayurveda there are seven types of Dhatus in body (Ras, Rakt, Mans, Med, Asthi, Majjaa, Shukra). It also stimulates Thyroid gland, so its hormones secrete every where and metabolism becomes proper. Shitali Pranayama affects important brain centers associated with biological drives and temperature regulation. It gives control over hunger and thirst, generates feeling

satisfaction. In Bhramari Pranayama, vibrations stimulate Pituitary gland so it's all hormones are secreted in good quality and it helps to regular menstrual cycle. All Pranayamas relieve stress and cerebral tension alleviating anger. Anxiety and insomnia. Hence all these Yogic practices are strongly effective and collectively give excellent result in menstrual irregularities.

Pawanmuktasana strengthen abdominal muscles, digestive system, lower back and pelvic region so they help to improve digestive system and remove constipation. They are effective in removing Vatadosha disturbances. In SuptUdarakarshanasana, the twisting stretch of spinal muscles relieves the strain stiffness caused by prolonged sitting. Chakkichalanasana and NaukaSanchalanasana are excellent for

toning the nerves and organs of pelvis and abdomen. They are very useful for regulating menstrual cycle.

Conclusion:

Proper execution of Sukshma Vyayamas and Pranayamas are strongly helpful in managing Aartav Dushti. So regular practice of yogabhyas[Sukshma Vyayamas (Uttanpadasana, Pawanmuktasana, SuptUdarakarshana, Chakkichalanasana, NaukaSanchalanasana), Shavasana and Pranayamas (Anulom-VilomPranayama, Bhastrika Pranayama, Ujjaayi Pranayama, Sheetali Pranayama, Bhramari Pranayama)] are helpful for carrying out the regular activities during the menstrual bleeding

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