

A Critical Study on Artavavaha Srotas W.S.R to Ovarian Cyst and Effect of Suryanamaskar on It

Dr. Gargi pareek¹, Dr. Abhishek Sharma², Dr. Purushottam Das Sharma³, Dr. Dinesh Kumar Sharma⁴, Dr. Deepa⁵

1. P.G. Scholar, P.G. Dept. of Rachana Sharir, MMM Govt. Ayurved college, Udaipur, Rajasthan

2. P.G. Scholar, P.G. Dept. of Rasshastra and Bhaisajya kalpana MMM Govt. Ayurved college, Udaipur, Rajasthan

3. Associate Professor, P.G. Department of Rachana Sharir, MMM Govt. Ayurveda college, Udaipur, Rajasthan

4. Lecturer, P.G. Department of Rachana Sharir, MMM Govt. Ayurved college, Udaipur, Rajasthan

5. Lecturer, P.G. Department of Rachana Sharir, MMM Govt. Ayurved college, Udaipur, Rajasthan

Submitted: 05-09-2022

Accepted: 13-09-2022

ABSTRACT:-

According to Ayurveda, a woman's health begins at the foetal period, which details the steps to produce a healthy female child. The sages of Ayurveda, who lived thousands of years ago, thoroughly researched the unique anatomical and physiological characteristics of women in each age group. The menstrual flow purifies women in a similar way to how the river is cleaned by its flow. Ayurveda strongly recommends the regimens to be followed throughout menstrual and post-menstrual phases. The primary cause of many gynaecological and systemic disorders in women is disregard for these regimens. Gynaecological disorders are 20 in number, and they are explained in the classics under the entity of Yonivyapad and all the Yoni Roga are the disease of anatomical components of Artavavaha Srotas (Reproductive system). Amenorrhoea, hirsutism, and obesity are symptoms of the Ovarian Cyst which is characterised by small and large Cysts in Ovaries. Artavvaha Srotodusti causes and symptoms are as similar as in Ovarian cyst that is the reason this topic has been chosen.

KEYWORDS :- Ayurveda, Artavavaha Srotas, Garbhashaya, Ovarian Cyst, Yonivyapad.

I. INTRODUCTION:-

The female reproductive system's structural similarities to various Artavavaha Srotas formations were elucidated by Ayurveda. The Smaramandira and Yoni, which resemble Vulva, are referred to as Bhaga in Ayurveda. Its length is 12 angul. Instead of the introitus of the vagina, it appears to be describing the diameter of the entire vulva. Thus, the word "Bhaga" conveys the meaning of "Yoni," which refers to the vulva or introitus of the vagina, the exterior genital organs

of females. The location of Smaratpatra in the upper vagina is similar to that of the clitoris, which is a highly stimulated and erection-inducing structure during sexual act. In ancient Ayurvedic texts, the word "Yoni" can refer to both the overall reproductive system as well as specific parts. The phrase Yoni in Ayurvedic classics refers to entire reproductive system and also as individual organs. The word Yoni is used in different contexts to denote different organs of female reproductive system¹.

The Yoni's structure is like to a conch shell; it is wider at the beginning, kinked in the centre, and again broader at the end. According to what is said, it is made up of three Avarta. Vagina and supporting structures make up Prathamavarta, cervix and supporting structures make up Dwitiyavarta, and the uterus makes up Tritiyavarta, ovary and fallopian tube are the most crucial components for its structural and functional necessity. Artavavaha Srotas concept has been clarified in two ways: macroscopically and microscopically. It is regarded as the reproductive tract at the macroscopic level, where ovulation, conception, and foetal development occur. As Artavavaha Srotas is a physio-anatomical notion, we must comprehend the physiological side while working at a microscopic level.

Ovulation, menstruation, conception, endometrial alterations, and other reproductive system processes are all regulated by hormones under the HPO axis, while other processes rely on the proper blood and nerve supply to the reproductive system. The capillary network found in the reproductive system is crucial for adequate feeding, growth, and systemic operation. Modern science and Ayurveda concur that Garbhashaya

serves as the site of fertilisation, implantation, foetus nourishment, and development (uterus). Menstrual irregularities, dyspareunia, and even infertility are caused by any damage to the Artavavaha Srotas or its Moolsthan, which is likewise recognised and fully described by modern science.

The majority of women of reproductive age suffer from this endocrine condition. Infertility, unusual bleeding, an increase in miscarriages, and problems associated to pregnancy are further symptoms. The majority of patients have high levels of androgens, luteinizing hormone (LH), oestrogen, and prolactin when they first arrive. Genetic and environmental variables combine to form a multifactorial aetiology³.

II. MATERIAL AND METHOD:-

In this study, the ancient rachana sharir component Srotas is explained in light of contemporary anatomy. Many Acharyas in the past made references to the subject of Srotas Sharir.

Matter has been taken from major texts books of Ayurveda regarding the Srotas and articles available online on Ovarian Cyst and Surya Namaskar.

III. LITERATURE REVIEW:-

Human body is mostly made up of Dosha, Dhātu and Mala. To carry these entities there is requirement of some passages in body which carry these substances from one place to another i.e. from site of manufacturing to the site of action. In this way, these passages of body are termed as Srotas which are medium to convey the substance from one region to another region.

Srotas is a structural and functional unit of body. As per Acharya Charak, Srotas are 13 in numbers. Acharya Sushruta stated 11 pairs that is 22 Srotas. He had not considered Asthivaha, Majjavaha and Swedvaha Srotas and on the place of swedavaha, he added Artavava Srotas.

CHANNELS OF ARTAVAVAH SROTAS :-

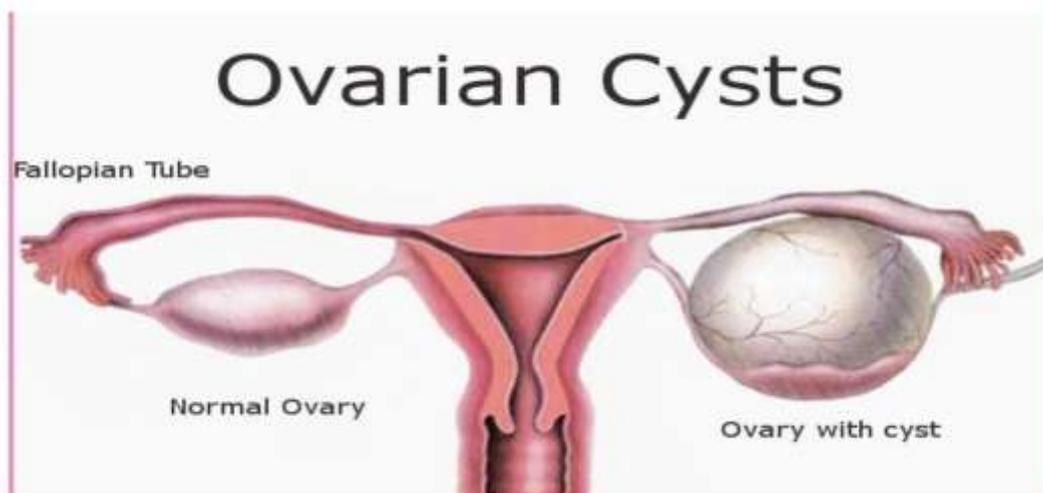
Table 1.1 Showing about the Artavavaha Srotas :-

SROTAS	ACHARYA CHARAK	ACHARYA SUSHRUT	CAUSE OF SROTODUSTI BY ACHARYA KASHYAP ⁵	SYMPTOMS OF INJURY TO ARTAVVAH SROTAS
Artavvah srotas	Not mentioned	These are two in number which carry menstrual blood out from the body in every female during monthly cycles. Garbhaashaya (Uterus), Artava Vahini Dhamani ³ – the arteries which carry menstrual blood flow.	Administration of nasya during menstruation, consumption of excessive hot eatables and drinks and use of excessive medicines.	Vandhyatva Maithuna asahishnuta Aartava Naasha ⁴

Table 1.2 Showing about Ovarian Cysts :-

S.NO	OVARIAN CYST CAUSES ⁶	OVARIAN CYST SYMPTOMS
1.	Unhealthy Eating Habbits	Abdominal pain
2.	Lack of Activities	Pain during menstruation
3.	Seddintary Lifestyle	Painful Intercourse
4.	Hormonal Imbalance	Amenorrhoea or Dysmenorrhoea
5.	Addiction of Tea, Coffee, Smoking, Alcoholism etc.	Infertility

Diagram 1.1 Showing cyst in ovary



ROLE OF SURYA NAMASKAR ON OVARIAN CYST:-

Suryanamaskar is said to known as an ultimate and very effective yoga asana. Which is helpful in strengthening back, all body muscles and reduces the blood sugar level. 12 yoga poses of Suryanamaskar are also plays very effective role in ovarian cyst patients. It give so much relief in

irregular menstruation, weight gain, reduces the size of cysts in ovaries and making females free from stress and problems related to it.

Regular practice of 12 poses of Suryanamaskar with empty syomach starting with 5 rounds of and then slowly increase the number of rounds of Suryanamaskar. But it should avoid during the menstruation phase⁷.

Table 1.3 showing information related to steps performed during suryanamaskar

STEPS (ASANA)	MANTRA (Name of god surya)	HOW TO PERFORM ASANA	BREATHING
STEP -1 PRANAMASANA (PRAYER POSE)	Om mitraye namah	Stand straight join the both palm in front of the chest. 	Inhale deeply and Exhale
STEP - 2 HASTAUTTANAS ANA (RAISED ARMS POSE)	Om ravaye namah	Lift up the arm upto back and stretch the whole body. 	Inhale
STEP – 3 HASTAPADASAN A (STANDING FORWARD BENDING)	Om suryay namah	Slowly bend forward and hands lie next to the feet. 	Exhale

<p>STEP – 4 ASHWA SANCHALANASA NA (EQUESTRIAN POSE)</p>	<p>Om bhanve namah</p>	<p>Change the next position into horse riding pose. In which left leg kept ahead.</p> 	<p>Inhale</p>
<p>STEP – 5 DANDASANA (STICK POSE)</p>	<p>Om khagaya namah</p>	<p>Take the left leg to back side and whole body should lie in straight plane.</p> 	<p>Exhale</p>
<p>STEP – 6 ASHTANGA NAMASKARN (SALUTE WITH 8 BODY PARTS)</p>	<p>Om pushne namah</p>	<p>Eight body parts (two hand, two feet, two knees, chest and chin) should touch the floor while performing asana</p> 	<p>Inhale and Exhale</p>
<p>STEP – 7 BHUJANGASANA (COBRA POSE)</p>	<p>Om hiranyagarbhaye namah</p>	<p>Slightly raise the upper body upto navel palms should lie at the floor.</p> 	<p>Inhale and Exhale</p>
<p>STEP – 8 ADHOMUKH SVANASANA (DOWNWARD FACING DOG POSE)</p>	<p>Om marichaye namah</p>	<p>Lift hip region and body should look like a inverted “v” shape</p> 	<p>Inhale and Exhale</p>
<p>STEP – 9 ASHWA SANCHALANASA NA (EQUESTRIAN POSE)</p>	<p>Om aadityay namah</p>	<p>Change the next position into horse riding pose. In which left leg kept ahead.</p> 	
<p>STEP – 10 HASTAPADASANA (STANDING)</p>	<p>Om savitre namah</p>	<p>Slowly bend forward and hands lie next to the feet.</p>	

FORWARD BENDING)			
STEP – 11 HASTAUTTANASANA (RAISED ARMS POSE)	Om arkay namah	Lift up the arm upto back and stretch the whole body. 	
STEP – 12 TADASANA (MOUNYAIN POSE)	Om bhaskaray namah	Relax the whole body in a straight plane and feel the sensation. 	

IV. DISCUSSION:-

In women of reproductive age, Ovarian cysts are typical endocrine illness. The symptoms of Ovarian cysts include irregular menstruation, obesity, alopecia, acne, infertility, and cystic ovaries. It is crucial to take it into the endocrine and metabolic aspects since, in addition to these endocrine problems, metabolic change is also linked to Ovarian cysts and may predispose to a variety of disorders are associated with it in terms of morbidity and mortality risk.

According to Ayurveda Ovarian cysts are including in kaphaj disorders. Granthi is said to be known as cyst. The patient's sedentary lifestyle, lack of exercise, and stress were all noted as contributing factors to the body's generation of the toxins (Ama). In addition, inhibition of natural stimulus (Adharniya veg) hetu was discovered, which lead to the development of Apana Vayu Vikruti. Vata and pitta are obstructed by excessively vitiated kapha and ama. As a result, due to the sticky qualities of vitiated kapha and ama, Apana vayu as well as Rasa, Artava, and Meda dhatu get vitiated, which causes obstruction in Artava-vaha srotas. As a result, Artava Nishkramana is inhibited, which leads to Pratilom or Mudha Gati of Apana Vayu. Due to the excess vitiated Meda dhatu's similarity to the kapha dosha, it deposits. It is accountable for Medovaha Sroto Dusti and the obesity it causes. The aetiology of an ovarian cyst is caused by vitiated Meda & Rasa Dhatu, Kapha, and Vata dosha.. Excess kapha and

ama block the hair follicle, preventing new hair from growing and causing hair loss.

Regular Suryanamaskara practise fixes the Rasa Dushti, causing the patient to experience prasanna mana and laghvata (lightness). Additionally, it leads to Apana Anulomana's which helps in painless bleeding and the burning of extra Meda dhatu. Additionally, by synchronising breathing exercises with mantra chanting in each of the 12 yoga postures, it enhances mental clarity by bringing more oxygen rich blood flows, towards the brain. In this way 12 yoga postures of suryanamaskar actually beneficial in patients to regulate menstrual blood flow into normal way without any lower abdomen pain, abdominal cramps, backaches, heaviness in abdomen after eating the meals etc. Suryanamaskara practice also resolves other problems like excess weight, shrink the size in ovaries and decrease the stress and anxiety issues.⁸

V. CONCLUSION:-

According to the study, Suryanamaskara exercise is important for treating Ovarian cysts. Pranayama exercises allow for the reduction of the Rajasik and Tamasik mental states, which promotes true mental and physical wellness. Additionally, it helps to clear the Artavavaha Srotas toxicity due to Kapha and Meda blockage and boosts metabolic activities of Agni. These are the reasons everyone should choose Suryanamaskara practice on daily basis. Just as food and water are necessary for us,



in the same way daily practice of Suryanamaskara is necessary for us.

REFERENCES:-

- [1]. www.gyanunlimited.com
- [2]. A Critical Review on Artavavaha Srotas as Concept of Female Reproductive System in Ayurveda Lahange Sandeep Madhukar and Bhangare Archana Nivrutti Assistant Professor, Department of PG Sharir Rachana NIA, India Assistant Professor, Department of Kayachikitsa, G. Ayurvedic College and Hospital Mandi Govindgarh, India.
- [3]. Charak vidhotini shutrasthan 30, chaukhamba publication ver.12, p. 554.
- [4]. Vriddh shushrut, Ghranekar commentary, shushrut sharir ch.9, ver.22, p. 243.
- [5]. Vriddh jeevakiye tantram, kashyap samhita, chaukhamba Sanskrit series. Varanasi-1, 1953, kalpsthana 7/32.
- [6]. <https://www.easyayurveda.com/2016/06/02/srotas-body-channels-and-duct-systems-of-body/>
- [7]. <https://www.artofliving.org/in-en/yoga/yoga-poses/sun-salutation>
- [8]. <https://www.femina.in/wellness/benefits-of-surya-namaskar-how-to-do-135349.html>