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Critical Understanding of Agni and Artavakshaya in Women's Health from Ayurveda Perspective

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Abstract

Introduction:

Artavakshaya, a menstrual disorder associated with oligomenorrhea and hypomenorrhea, affects 13.5% and 3.5% of the population, respectively. In Ayurveda, it is primarily caused by dysfunction in *Agni* (metabolic fire), which governs the metabolism of *Rasadhatu*, the precursor of *Artava* (menstrual blood). Disturbances in *Agni* lead to imbalances in the *dosha*—*Vata*, *Pitta*, and *Kapha*—resulting in improper formation of *Artava*.

Materials and Methods:

Information related to *Artavakshaya* was gathered through a critical analysis of major Ayurveda texts, including the *Carakasamhita*, *Sushrutasamhita*, and *Ashtangahridayam*. These classical texts provide detailed insights into the pathogenesis, classification of *Agni*, and treatment protocols for menstrual

disorders. A comprehensive review was conducted on the role of Agni dysfunction, focusing on *marga avarodha* (channel obstruction) and *dhatukshaya* (depletion of *dhatu*). The analysis also emphasized therapeutic interventions for restoring Agni and purifying the channels to restore normal menstrual flow.

Results:

Ayurveda treatments for *Artavakshaya* emphasize restoring Agni through therapies such as *Vamana* (emesis), designed to balance *soumyabhava* and enhance *agnyabhava*. Additional treatments include the use of *Agneyadravya* and *srotoshodhana*, which help clear obstructions and regulate *doshic* imbalances, promoting proper menstrual flow.

Discussion:

The dysfunction of Agni is central to the pathogenesis of *Artavakshaya*, leading to impaired Rasadhātu metabolism and subsequent menstrual irregularities. Ayurveda approaches, focusing on the restoration of *Agni* and *doshic* balance, offer a holistic and effective treatment for managing *Artavakshaya* and supporting menstrual health.

Keywords: *Agni*, *Artavakshaya*, *Rasadhatu*, Oligomenorrhea, Hypomenorrhea

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