



## EFFECT OF *RASAGNI* ON *ARTAVA VAHA STROTAS* W.S.R. TO *BANDHYATVA* (FEMALE INFERTILITY)

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### Abstract

According to Ayurveda, menstrual flow is a natural cleansing process that helps women fend off a variety of illnesses. Many gynecological and systemic disorders are thought to be caused by menstrual disturbances. The health and quality of *Rasa Dhatu*, directly affects the menstrual cycle, depend on *Rasagni's* proper operation. Regular and healthy menstruation is supported by a balanced *Rasagni*, whereas irregularities may lead to cycle irregularities and associated gynecological disorders. *Rasagni* also controls hormonal balance that affects female reproductive power. Hormonal imbalances can result from disturbance in *Rasagni*, which might affect fertility. The disturbed *Rasagni* may cause vitiation in *Artavavaha Srotas*, which can produce *Bandhyatva* (infertility). *Bandhyatva* is a common reproductive problem that can result from irregular menstruation and damage in *Artavavaha Srotas*. This article presents a view on the effect of *Rasagni* on *Artava Vaha Srotas* W.S.R. to *Bandhyatva* (female infertility).

**Key-Words:** *Ayurveda, Bandhyatva, infertility, Artavavaha Srotas, Rasagni*

## Introduction

The specialized micro-channel *Artavavaha Srotas* is produces; transforms and transports female reproductive components, especially menstrual blood. These channels have two main roots: *Artava Vaahini Dhamani* and *Garbhashaya*, the former one is arteries that carry menstrual blood and later one is the uterus. These pathways are essential to reproductive health and help to discharge menstrual blood.

There are various factors which lead vitiation in *Artavavaha Srotas* and affects physiology of female reproductive system. Pain or discomfort during sexual activity, stoppage or absence of menstruation and aversion to sexual intercourse, etc. are the major symptoms associate with vitiation of *Artavavaha Srotas*. The damage or injuries and obstruction (*Strotavrodh*) in *Artavavaha Srotas* may results condition like *Bandhyatva* (infertility) [1-3].

Infertility is attributed to flaws in the *Garbhashaya*, *Bija* and *Shonita*. Infertility is becoming more common due to a combination of hereditary or genetic causes as well as contemporary lifestyle factors such high dietary changes, sedentary behavior, environmental pollution and stress, etc. The disturbance in reproductive components and vitiation of menstrual blood are mainly associated with *Bandhyatva*. Additionally structural, functional and environmental elements also play vital role in *Bandhyatva*. *Bandhyatva* can be caused by the *Dosha* Imbalance; here *Vata* is most frequently linked to infertility. The nature of the imbalance and its accompanying symptoms may also indicate the involvement of *Pitta* and *Kapha*.

The defects in the *Beeja* are also significant contributors to infertility. Moreover it is stated that fertility is significantly impacted by mental health. It is thought that psychiatric disorders, emotional instability and excessive stress disrupt the *Doshic* balance, which in turn affects reproductive capacity [3-5].

### ***Rasagni* and *Artavavaha Srotas* in Female Infertility:**

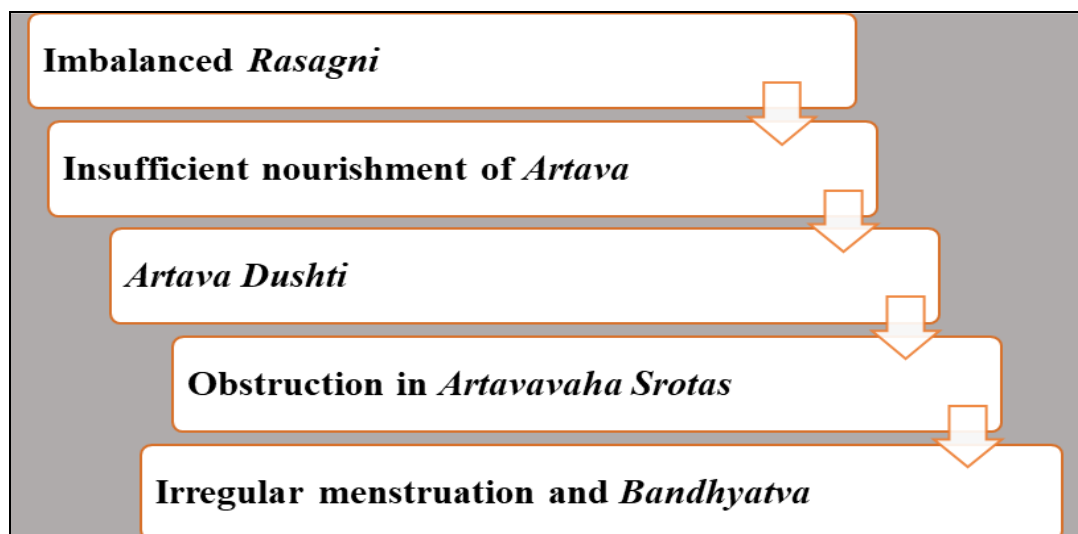
The effectiveness of *Rasagni* and well-being of *Rasa Dhatu* are closely related to the menstrual cycle. Menstrual problems like irregular cycles, heavy bleeding, or painful periods are frequently linked to a weak or impaired *Rasagni*. According to Ayurveda, the integrity and proper operation of the *Artavavaha Srotas*, depend heavily on *Rasagni*, the metabolic fire that controls the digestion and transformation of *Rasa*. Disturbed

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*Rasagni*, brought on by poor eating and lifestyle choices; that can cause *Artava Dushti*, or irregular menstruation, which in turn can lead to *Bandhyatva*, or infertility.

*Rasagni* controls the processes of assimilation and digestion that result in *Rasa*. High-quality *Rasa Dhatu* is formed when the *Rasagni* is in good health. According to Ayurveda, menstrual fluid (*Artava*) is a *Updhatu* of *Rasa Dhatu*, that means balance and effectiveness of *Rasagni* directly affect the health and appropriate development of *Artava*. *Rasagni* imbalance causes *Agni Vaishamya*, which may arise due to the several causative factors such as; consuming junk food or excessively spicy meals, sedentary or unpredictable lifestyle, eating irregularly, mental stress and awful sleeping pattern. This disturbance impairs menstruation and reproductive health by interfering with the *Artavavaha Srotas'* ability to operate properly. Therefore infertility and menstruation abnormalities may result from this type of disruption of *Rasagni* [5-7].

According to Ayurveda, the development of reproductive components is fundamentally influenced by the movement of *Ahara* through the body. *Jatharagni* breaks down food into two components; *Rasa* and *Kitta*, *Rasagni* then further processes this *Rasa* and feeds deeper tissues like *Rakta* and *Artava*. Here *Artava* is considered as one of the divisions of *Prasada Ansha* which form from the action of *Rasagni*. The process of *Artava Utpatti* is completed by *Rasa Dhatu* passing on its essence to *Rakta Dhatu* and then a particular portion supporting the formation of *Artava* through the action of *Artavagni*. The role of *Rasagni* and *Artava Dushti* in *Bandhyatva* is depicted in **Figure 1**.



**Figure 1: Role of *Rasagni* and *Artava Dushti* in *Bandhyatva***

As mentioned above the development of *Rasa Dhatu* is compromised when *Rasagni* weakens or becomes Imbalanced. *Artava* is not sufficiently nourished by this *Dushit Rasa*, which results in *Artava Dushti*, characterized by irregular and painful menstruation. This may eventually affect the reproductive system and lead to *Bandhyatva*. Inadequate or malfunctioning *Dhatu*s, particularly *Rasa Dhatu*, might hinder *Artava*'s normal development and feeding, resulting in reduced capacity for reproduction [6-8].

Thus it can be state that regulated system of *Jatharagni*, *Rasagni* and *Artavagni* is necessary for the creation of *Artava* and consequently, reproductive health. The formation of *Artava Dushti* and *Bandhyatva* greatly depends on disturbances in this process, particularly at the *Rasa Dhatu* level (**Table 1**). Obstruction in *Srotas*, especially in *Artavavaha Srotas* can interfere with the reproductive system's regular operation [7-9].

**Table 1: Pathological Components Involved in *Bandhyatva***

S. No.	Pathological Components Involved in <i>Bandhyatva</i>	
1	<i>Dosha</i>	<ul style="list-style-type: none"> <li>✓ <i>Vata</i>; especially <i>Apana Vata</i> responsible for reproductive functions</li> <li>✓ <i>Pitta</i>; affects hormonal balance</li> </ul>
2	<i>Dushya</i>	<ul style="list-style-type: none"> <li>✓ <i>Rasa Dhatu</i></li> <li>✓ <i>Rakta Dhatu</i></li> <li>✓ <i>Artava</i></li> </ul>
3	<i>Agni</i>	<ul style="list-style-type: none"> <li>✓ <i>Rasagni</i></li> <li>✓ <i>Dhatvagni</i></li> </ul>
4	<i>Srotas</i>	<ul style="list-style-type: none"> <li>✓ <i>Artavavaha Srotas</i></li> </ul>
5	<i>Sthana</i>	<ul style="list-style-type: none"> <li>✓ <i>Garbhashaya</i></li> <li>✓ <i>Artavavaha Srotomula</i></li> <li>✓ <i>Yoni</i></li> </ul>

### **Bandhyatva's Ayurvedic Management**

In order to treat *Bandhyatva*, Ayurveda uses a thorough and customized treatment plan that aims to balance the *Doshas*, nourish the *Dhatus*, increase *Rasagni* and remove blockages in the *Srotas*. These approaches are as follows:

- ✓ Balanced diet, consistent daily schedule and stress management helps to restoring reproductive health.
- ✓ Proper medication according to symptoms.
- ✓ *Panchakarma* therapies such as *Uttar Basti* and *Basti*, are also used to get rid of toxins, soothe agitated *Doshas* and improve reproductive function.
- ✓ Meditation and *Yoga* enhances hormone balance and lower mental stress, which altogether contributed towards the reproductive wellbeing [8-10].

### **Discussion**

In Ayurveda, *Rasagni* is related with the transformation of *Rasa Dhatu*, the balanced *Rasagni* nourishes *Rasa Dhatu* and influences *Artava* quality. The *Artavavaha Srotas* maintain flow of *Artava* and its functioning depend on the quality of *Rasa*. When *Rasagni Mandya* occurs, formation of *Ama* take places, which further vitiates *Rasa Dhatu* and affects *Artavavaha Srotas*. This results in *Srotodushti*, leading to *Artava Kshaya* which consequently becomes causes of *Bandhyatva*.

According to *Dhatu Poshana Nyaya*, if *Rasa* is formed improperly, then subsequent *Updhatu*s, including *Artava* is also nourished inadequately. *Avarana* often caused by *Kapha* or *Ama*, may also block *Artavavaha Srotas* and aggravating this condition to enhance pathological progression. Management of such types of issue may involve *Shodhana Chikitsa* and *Shamana Chikitsa* to restore *Rasagni* and clear *Srotodushti*, which finally normalizes *Artava* quality responsible for optimal reproductive health.

### **Conclusion**

According to Ayurveda, infertility (*Bandhyatva*) is a complex illness with aspects related to the body, mind, and lifestyle. The balanced state of *Rasagni* is regarded as the cornerstone of reproductive health since it produces essential components requiring for reproductive well being. *Rasagni* is considered a key component in maintaining

women's health in Ayurveda. The development and nutrition of body tissues, menstrual cycle regulation, and reproductive potential and general vitality all depend on its healthy operation. Malfunctioning of *Artavavaha Srotas* also leads *Bandhyatva*, which is associated with disturbance of *Rasagni*. In order to promote reproductive health and fertility, Ayurvedic treatments help with menstrual cycle regularization, general health improvement, stress reduction, sleep quality improvement, anxiety relief, energy enhancement, hormonal balance regulation and pelvic circulation improvement. Ayurvedic approaches to women's health are based on maintaining a balanced *Rasagni* through appropriate nutrition, lifestyle and therapeutic interventions.

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