

## Artavkshay - A Review Article Study

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**Abstract:** *The physiology of the menstrual cycle is a complex and finely regulated process involving a sequential interaction between the hypothalamus, anterior pituitary, ovaries, and endometrium. Regular and rhythmic menstruation is essential for normal reproductive function. However, this intricate mechanism is highly susceptible to disturbances, often resulting in menstrual irregularities such as oligomenorrhoea and hypomenorrhoea, which are increasingly prevalent in the present era. Various studies have reported their prevalence as 13.5% and 12.95% respectively.*

*Based on the classical Ayurvedic understanding of pathophysiology and clinical features, considering factors such as Dosha, Dushya, Agni, and Srotas, these conditions can be correlated with Artava Kshaya. Artava Kshaya is described as an Agnimandhyajanya Vikara characterized by a Bahudoshavastha, predominantly involving Kapha and Vata Dosha. Vitiated Kapha causes Avarana of Vata, leading to obstruction of the Artavavaha Srotas and resulting in diminished or delayed menstruation.*

*According to ayurveda, Deepana and Pachana, followed by appropriate Shodhana Chikitsa and subsequent Shamana Chikitsa, help in correcting the underlying pathophysiology of Artava Kshaya. Among Shodhana procedures, Vamana Karma and Virechana Karma play a significant role in restoring Dosha balance and normal menstrual function.*

**Keywords:** physiology