

# A literature review on *Artava kshaya* in *Ayurveda*

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## Abstract

Woman is symbol of beauty. 'Beauty must not be skin deep'. It should be maintained internally also. There are many physiological changes takes place in women's body which is markedly seen in the reproductive life. Menstrual cycle is such a unique phenomenon in the body which includes dramatical monthly change in the hormones, which ends finally with the shedding of endometrium. Normal menstruation represents the hormonal and gynaecological health of a female reproductive system, it is controlled by hypothalamus pituitary ovarian axis and other associated hormones. *Ayurveda* gives due importance to *Shuddha Artava* and mention that *Artava Dushti* is one of the causative factor for infertility. *Artavakshaya* is considered as one of the *Artavavyapad*, indicating scanty menstrual flow both in amount or duration, associated with pain in lower abdomen or vagina. This can be compared with infrequent menstruation i.e. oligomenorrhoea and scanty menstruation i.e. hypomenorrhoea, based on their signs and symptoms. In present era there is high prevalence of this condition in society. *Ayurveda* suggest both *Shodhana* and *Shamana* therapy by *Agnivardhaka* and *Vata Samak Dravya* as the line of treatment in *Artavakshaya*.

**Keywords:** *Artava Kshaya*, *Ayurveda*, Oligomenorrhoea, Hypomenorrhoea