

Survey Study on the Importance of *Pathya* and *Apathya* in *Krichartava* in Relation to *Artavavaha Srotas*

Dr. Gayatri Kumari Meena¹, Prof. (Dr.) Dinesh Chandra Sharma²

¹MD scholar PG Department of Kriya Sharir, PGIA, DSRAU, Jodhpur

²Associate professor and HOD, PG Department of Kriya Sharir, PGIA, DSRAU, Jodhpur

Outline: *Pathya* and *Apathya* play a crucial role in *Krichartava* by influencing the balance of *Doshas* and the functioning of *Artavavaha Srotas*.ⁱ Lifestyle disturbances like irregular food habits and sleep patterns can lead to *Dosha* imbalances, affecting *Kostha*, *Agni*, and ultimately causing issues in *Meda* and *Mutra Vriddhi*.ⁱⁱ The study emphasizes the importance of adhering to *Pathya* (beneficial practices) to maintain the health of *Artavavaha Srotas* and prevent *Apathyanimitaja-Prameha*.ⁱⁱⁱ Understanding the impact of lifestyle on the body's channels and functions is essential in managing *Krichartava* and promoting overall well-being.^{iv}

Abstract-A summary of the paper's focus, including the importance of *Pathya* (diet and lifestyle recommendations) and *Apathya* (avoidances) in managing *Krichartava* (dysmenorrhea) with a specific focus on *Artavavaha Srotas*.

The papers emphasize the significance of *Pathya* (wholesome diet and lifestyle recommendations) and *Apathya* (avoidances) in managing *Krichartava* (dysmenorrhea), particularly focusing on *Artavavaha Srotas*.^v ^{vi} ^{vii} ^{viii} Dysmenorrhea, known as *Kashtartava* in *Ayurveda*, is primarily caused by vitiated *Vata dosha* affecting the reproductive system and menstrual flow, leading to severe pain during menstruation. *Ayurvedic* texts stress the importance of balancing *Vata dosha* through proper diet, lifestyle modifications, internal medicines, *Panchakarma* therapies, and *yoga* practices to alleviate dysmenorrhea symptoms. *Pathya* recommendations include *Ritucharya* (seasonal regimen), *Dincharya* (daily regimen), and specific dietary guidelines to maintain overall health and manage menstrual disorders effectively. A holistic approach combining *Ayurvedic* treatments, lifestyle adjustments, and dietary modifications is crucial in addressing dysmenorrhea and promoting well-being in women.

Keywords: *Pathya* -*Apathya*, *Krichartava*, *Artavavaha Srotas*.

INTRODUCTION

Ayurveda, originating from ancient India, is a holistic system of medicine that emphasizes balance within all

bodily systems, aiming to restore mental, physical, and spiritual health.^{ix} It views human beings as interconnected with nature, highlighting the importance of this relationship in achieving overall well-being.^x *Ayurveda's* holistic approach encompasses physical, psychological, philosophical, ethical, and spiritual aspects of health, making it a comprehensive medical system.^{xi} In rural India, where modern healthcare facilities are lacking, *Ayurveda* plays a crucial role in providing primary healthcare services through its preventive and promotive health practices, utilizing non-pharmacological remedies and common medicinal plants available in rural areas.^{xii} *Ayurveda's* emphasis on self-healing, herbal treatments, and personalized medicine showcases its efficacy in promoting a balanced and healthy life.^{xiii} *Artavavaha Srotas*, as described in *Ayurvedic* texts, is a vital component of the female reproductive system, closely resembling the modern understanding of the female reproductive anatomy.^{xiv} ^{xv} ^{xvi} This channel, also known as *Yogavahi Srotas*, is crucial in transporting menstrual blood and its generation within the body, encompassing structures like the uterus and fallopian tubes.^{xvii} Any disruption or trauma to this *Srotas* can lead to conditions like infertility, amenorrhea, and dyspareunia, highlighting its significance in female reproductive health. Understanding the macroscopic and microscopic aspects of *Artavavaha Srotas* is essential for comprehending processes like menstruation, fertilization, and fetal development, emphasizing its importance in maintaining overall reproductive well-being. The proper functioning of *Artavavaha Srotas* is crucial for ensuring the normal health status of an individual, as disturbances in its anatomy and physiology can lead to various health issues.

Overview of *Krichartava* (dysmenorrhea) and its impact on women's health

Dysmenorrhea, known as *Krichartava* in *Ayurveda*, is a prevalent gynecological disorder characterized by painful menstruation, often attributed to vitiated *Vata dosha*.^{xviii} it affects a significant percentage of women worldwide, with symptoms ranging from abdominal cramps to nausea, mood swings, and headaches.^{xix}

The condition can have a profound impact on women's physical, mental, and social well-being, leading to absenteeism from work or school and affecting personal relationships, education, and career prospects.^{xx,xxi xxii}

Untreated dysmenorrhea can even predispose individuals to chronic pelvic pain, emphasizing the importance of early intervention and tailored management strategies involving pharmacological and non-pharmacological approaches to alleviate symptoms and improve quality of life .

Objective and relevance of the survey study on *Pathya* and *Apathya* in *Krichartava*.

The survey study on *Pathya* and *Apathya* in *Krichartava* aims to explore the dietary and lifestyle guidelines for managing this condition effectively. *Krichartava*, a condition characterized by abdominal pain, is closely related to gastrointestinal disorders. *Ayurveda* emphasizes the importance of *Pathya* (wholesome) and *Apathya* (unwholesome) diet and regimen in treating such ailments holistically.^{xxiii} *Pathya-apathya* is crucial in *Ayurvedic* treatment, ensuring that the body and mind are not adversely affected by the substances consumed.^{xxiv} By following specific dietary recommendations such as *Laghu*, *Ruksha*, *Kaphamedohara*, and *Srotoshodhana* properties while avoiding *Guru*, *Snigdha*, and *Kaphamedokara* foods, individuals can effectively manage *Krichartava* and promote overall well-being^{xxv}. Understanding the *Pathya* and *Apathya* principles in *Krichartava* can lead to better treatment outcomes and improved quality of life for individuals suffering from this condition.

Artavavaha Srotas: The *moolasthanas* of *Artavavaha Srotasa* are *Garbhashaya* (uterus) and *Artavavahi Dhamanias* (uterine and ovarian arteries). *Artavavaha Srotasa* may be categorized into *Shonita Artavavaha Srotas* which carries menstrual blood through blood vessels and capillaries of the uterus and *Beejartavavaha Srotas* which carries ovum through fallopian tubes. The Abnormalities of *Artavavaha*

Srotas cause *Vandhyatva* (infertility), *Maithunaasahishnutwa* (dyspareunia), and *Artavanasha* (Amenorrhoea).

Vandhyatva caused due to abnormality in *Chaturvidha Garbhottpadaka* (*Ritu*, *Kshetra*, *Ambu*, *beeja*) *Samagri*. *Maithun Asahishnuta* related to *Vatla*, *Paripluta*, *Vipluta* and *Shandi Yonivyapada*. While *Artavanasha* related to *Vandhya*, *Arajaska*, and *Shuska Yonivyapada*. The specific etiology of *Artavavaha Srotodushti* is not mentioned in the classics. If it is considered as the channel for *Artava* (*Raja*) pain in menstruation (*Kashtartava*) can be considered as one *Srothodushti Lakshanas* of this *Srotasa*.

Hence the symptom of painful menstruation wherever it appears is considered and the conceptualization of pain during the expulsion of *Artava* is taken from the available literature. So first we will go with *Artava* and try to discover the pathophysiology of *Artava Chakra* (Menstrual cycle) related to *Kashtartava*.^{xxvi}

Definition and anatomical aspects of *Artavavaha Srotas*.

Artavavaha Srotas, as described in *Ayurvedic* texts, is a crucial anatomical structure closely related to the female reproductive system.^{xxvii} It serves as the channel responsible for the transportation of menstrual blood and plays a vital role in processes like menstruation, fertilization, and fetal development^{xxviii}. The *Moolasthanas* of *Artavavaha Srotas* are *Garbhashaya* and *Artavavahi Dhamani*, located in the female pelvic cavity, resembling contemporary reproductive organs like the uterus, fallopian tubes, and ovaries.^{xxix} This intricate system is essential for maintaining the overall health of women, and any disturbances in its functioning can lead to conditions like infertility, amenorrhea, and dyspareunia. Understanding the detailed anatomical aspects of *Artavavaha Srotas* is crucial in both *Ayurvedic* and modern medical perspectives to ensure the well-being of women and address reproductive health issues effectively.

Functions and physiological importance of *Artavavaha Srotas*.

Artavavaha Srotas, as described in *Ayurveda*, are crucial channels responsible for the female reproductive system's functioning^{xxx}. These channels, with their *Moolasthanas* in *Garbhashaya* and *Artavavahi Dhamani*, play a vital role in processes like

menstruation, fertilization, and fetal development.^{xxxii} Any disruption or trauma to these *Srotas* can lead to conditions like infertility, amenorrhea, and dyspareunia.^{xxxiii} The physiological importance of *Artavavaha Srotas* lies in their role in maintaining the health and balance of the female reproductive system, ensuring the proper flow of menstrual blood, and supporting the processes essential for reproduction. Understanding the functions and significance of *Artavavaha Srotas* is crucial for overall women's health and well-being, as emphasized in Ayurvedic texts.

Common disorders related to *Artavavaha Srotas* with a focus on *Krichartava*:

Artavavaha Srotas, as described in *Ayurveda*, plays a crucial role in female reproductive health. Common disorders associated with *Artavavaha Srotas* include *Vandhyatva* (infertility), *Maithuna Asahishnuta* (dyspareunia), and *Artavanasha* (amenorrhea)^{xxxiii}. These disorders are linked to *Krichartava*, a condition characterized by painful menstruation or dysmenorrhea. Additionally, *Artava Kshaya*, a condition where menstruation is delayed or scanty, is associated with hypothyroidism, affecting female fertility and leading to menstrual irregularities.^{xxxiv} Understanding the path-clinical perspectives of *Artavavaha Srotas* and its disorders can provide insights into managing conditions like PCOS with *Ayurvedic* remedies, offering potential treatment avenues for these complex reproductive health issues.^{xxxv}

Krichartava (primary Dysmenorrhea)
Pathophysiology and Symptoms:

Dysmenorrhea, a common *gynecological* issue among women, encompasses primary dysmenorrhea (PDM) without organic causes and secondary dysmenorrhea linked to underlying conditions. The pathophysiological mechanisms of dysmenorrhea involve myometrial hypercontractility, arteriolar vasoconstriction, tissue hypoxia, prostaglandin synthesis, and anatomical abnormalities in the female reproductive tract.^{xxxvi} Primary dysmenorrhea is characterized by excessive uterine contractility and prostaglandin synthesis, while secondary dysmenorrhea can stem from gynaecological pathologies or structural abnormalities^{xxxvii}. Additionally, studies emphasize the importance of

exploring the brain's neural mechanisms in understanding the pathological basis of dysmenorrhea, suggesting a link between abnormal pain processing in the central nervous system and the development of chronic pain disorders.^{xxxviii} Further research is needed to enhance the management of dysmenorrhea and improve the quality of life for affected individuals.

Definition and types of *Krichartava* (primary and secondary dysmenorrhea).

Krichartava, known as dysmenorrhea in modern medicine, encompasses primary and secondary types. Primary dysmenorrhea, as described in various studies^{xxxix},^{xl} refers to painful menstruation without identifiable pelvic pathology, affecting 50% to 90% of women with crampy lower abdominal pain during menses. On the other hand, secondary dysmenorrhea, highlighted in the literature, is associated with pelvic abnormalities like endometriosis, fibroids, adenomyosis, or congenital anatomical issues. Secondary dysmenorrhea is characterized by similar clinical features of pain during menstruation but is linked to underlying pelvic pathologies, necessitating appropriate diagnosis and management to alleviate symptoms and improve the quality of life for affected individuals.

General principles of *Pathya* and *Apathya* in maintaining health and treating diseases :

pathya and *Apathya* are fundamental concepts in *Ayurveda* that play a crucial role in maintaining health and treating diseases. These principles emphasize the importance of following a wholesome (*Pathya*) diet and regimen while avoiding unwholesome (*Apathya*) practices. *Pathya* involves consuming foods that are *Laghu*, *Ruksha*, and *Kaphamedohara*, while *Apathya* recommends avoiding *Guru*, *Snigdha*, and *Kaphamedokara* foods.^{xli} These principles are not only applicable to *dyslipidemia* and skin diseases but also extend to conditions like *anaemia*, *Prameha* (diabetes mellitus), and obesity^{xlii}. By adhering to *Pathya* guidelines, which include healthy diets rich in complex carbohydrates, vegetables, and fruits, and avoiding *Apathya* practices like excessive intake of certain food items, individuals can promote overall well-being and effectively manage various health conditions.

Specific Pathya and Apathya recommendations for managing reproductive health :

In *Ayurvedic* medicine, managing reproductive health involves adhering to specific *Pathya* (beneficial) and *Apathya* (detrimental) recommendations. For reproductive health issues like Polycystic Ovary Syndrome (PCOS) and infertility, *Pathya Aahara* (wholesome diet) plays a crucial role. Pathya Aahara for PCOS includes *Laghu, Ruksha, Ushana Gunatmaka, Katu – Tikta - Kashaya Rasatmaka Aahara*, emphasizing the importance of dietary principles in managing the condition^{xliii}. Similarly, for infertility related to PCOS, a treatment plan involving *Vatakaphahara and Agni deepana*, along with *Pathya ahara*, is recommended to correct menstrual irregularities and ensure proper ovulation, ultimately aiding in successful conception and childbirth^{xliiv}. These recommendations highlight the significance of following specific dietary guidelines to support reproductive health in *Ayurvedic* medicine.

Survey Study on *Pathya* and *Apathya* in *Krichartava*:

Objectives: -

To find out the - IMPORTANCE OF *PATHYA* *APATHYA* IN *KRICHRA-ARTAVA* IN RELATION TO *ARTAVA VAHA SROTAS*.

METHODOLOGY

Study- Design :-

- Study type –Survey Study.
- Survey tool -Case sheet for assessment.
- Purpose – “Survey Study-Importance of *Pathya - Apathya* in *Krichchra-Artava* in Relation to *Artavavaha Srotas*.
- Sample size- 1000.

Sample Selection Criteria:

i.) Inclusion Criteria:

- Healthy female participants age between 12 to 25 years were selected.
- Prior informed written consent will be taken the participant’s guardian.
- Patients suffering with *Krichchra Artava* for more than 2 consecutive cycles.

ii.) Exclusion Criteria:

- Female participants aged less than 12 years & more than 25 years were excluded.
- Female suffering from chronic -illness.
- Patients suffering from secondary dysmenorrhea.
- The subject who is not willing to participate in the study.

Data collection methods (questionnaires)

- In this study, the survey will be done on 1000 females from the surrounding area of Jodhpur by preparing a Questionnaire.
- A general physical examination and systemic examination will be done to rule out any illness.

Statistical analysis and data interpretation techniques:

- The collected data will be analysed statistically using the appropriate test.

Demographic characteristics of the study population:

- Healthy female participants age between 12 to 25 years were selected.

Awareness levels of *Pathya* and *Apathya* among participants:

- Awareness level of measured through structured questionnaires and interviews.
- *Pathya apathya* mentioned based on properties of *rasa ,guna ,virya vipaka, karma* .

DISCUSSION

The survey findings can be analyzed in the context of existing literature on *Pathya* and *Apathya* in *Ayurveda* to understand the significance of proper diet and lifestyle choices in managing various health conditions. *Ayurveda* emphasizes the importance of *Pathya Aahar* and *Vihara* in maintaining wellness and treating diseases of primary dysmenorrhoea (*krichartava*).^{xlv}

The concept of *Pathya* highlights the therapeutic benefits of following a suitable diet and lifestyle, while *Apathya* signifies the detrimental effects of improper choices. By aligning survey findings with the *Ayurvedic* principles of *Pathya* and *Apathya*, a holistic approach to health management can be achieved, focusing on preventive measures and personalized treatment strategies based on individual dietary needs and lifestyle modifications.

Potential challenges in promoting adherence to *Pathya* and *Apathya* recommendations:

- Additionally, the complexity of *Ayurvedic* dietary guidelines, including the need for specific food properties and avoidance of others, can pose challenges in practical implementation.^{xlvi}
- Individual preferences, lifestyles, and beliefs influence adherence & Lack of awareness and understanding of *pathya apathya* guidelines.^{xlvii}

Understanding and addressing these challenges are crucial for successful adherence to *Pathya* and *Apathya* recommendations in holistic health management.

Future research directions to further explore the relationship between diet, lifestyle, and menstrual health :

- Future research directions to delve deeper into the intricate relationship between diet, lifestyle, and menstrual health should focus on several key areas. Firstly, investigating the impact of unhealthy lifestyle habits, such as poor dietary choices and inadequate physical activity, on menstrual disorders like dysmenorrhea and irregular cycles.^{xlviii}
- secondly, exploring the long-term effects of dieting, food skipping, and negative hunger stress on reproductive health, especially in adolescents, to understand their implications on menstrual health.^{xlix}

REFERENCE

- ⁱ A SURVEY STUDY OF PSYBERSECURITY: an emerging topic and research area ankur Chattopadhyay, nahom M beyene.
- ⁱⁱ.a survey study of interrelationship of way of life and etiopathogenesis of prameha dr galib r Sujata p.dhoke PK Prajapati 06 nov 2016journal of ayurveda and intergrated medicine science . vol 1,iss:3,pp 24-33.
- ⁱⁱⁱ Guiding Principles for the Conduct of Violence Study of Healthcare Workers and System (ViSHWaS): Insights from a Global Survey Tanya Amal, A. Banga,U. H. Faisal,Gaurang J. Bhatt,Aisha Khalid,M. A. Rais,Nadia Najam,Rahul Kashyap,Faisal A. Nawaz 21 Feb 2023 - International Journal of Medical Student...- pp S240-S240.
- ^{iv} Importance of Electrical Circuits Protection Devices: A Survey Study Atef S. Al Mashakbeh19 Aug 2019 -

- Lastly, there is a need to examine the effectiveness of lifestyle interventions, including promoting healthy diets, regular exercise, adequate sleep, and stress management, in maintaining a healthy menstrual cycle and preventing menstrual disorders.

CONCLUSION

Research on the importance of *Pathya* and *Apathya* in managing *Krichartava*, a condition similar to dyslipidemia, *Prameha*, skin diseases, PCOS, and bronchial asthma in *Ayurveda*, highlights the significant role of dietary and lifestyle modifications in disease management. *Pathya*, which includes *Laghu*, *Ruksha*, *Kaphamedohara*, and *Srotoshodhana* properties, is crucial for preventing and managing these conditions, while *Apathya*, such as *Guru*, *Snigdha*, and *Kaphamedokara* foods, should be avoided.¹

Ayurvedic texts emphasize the impact of *Pathya-Apathya* on various disorders like dyslipidaemia, diabetes mellitus, skin diseases, PCOS, and bronchial asthma, underlining the importance of adhering to appropriate dietary guidelines and lifestyle practices to alleviate symptoms and promote overall well-being. By following the principles of *Pathya* and avoiding *Apathya*, individuals can effectively manage *Krichartava* and other related conditions through *Ayurvedic* interventions.

International Journal of Computer Application (Foundation of Computer Science (FCS), NY, USA)- Vol. 178, Iss: 37, pp 13-18.

^v Vaze SV, Muttha RR. PATHYA-APATHYA KALPANA IN KASHTARTAV – A SHORT REVIEW. International Journal of Research in Ayurveda and Medical Sciences. 2021 Jan 1;04(01):09–13. Available from: <https://typeset.io/papers/pathya-apathya-kalpana-in-kashtartav-a-short-review-2c4wpijelz>.

^{vi} Yadav R, Kapil S, Bhardwaj A, Lata C. Role of Pathya and Sansodhanana Chikitsa in management of endocrine disorder related menometrorrhagia. Research and Reviews : Journal of Ayurvedic Science, Yoga and Naturopathy. 2022 Jan 1; Available from: <https://typeset.io/papers/role-of-pathya-and-sansodhanana-chikitsa-in-management-of-p0o6l2tw>

^{vii} Vasudev H, R AB, S MH, Puttur G. A REVIEW ON IMPORTANCE OF PATHYA-APATHYA IN PANCHAKARMA. International Research Journal of Pharmacy. 2022 Jan 31;13(1):5–10. Available from: <https://typeset.io/papers/a-review-on-importance-of-pathya-apathya-in-panchakarma-1iajszpq>

^{viii} Goel M, Singh R, Bidhoodi U. Therapeutic aspects of Kashtartava (dysmenorrhea) in Ayurveda: a review. Journal of Indian System of Medicine. 2022 Jan 1;10(2):111. Available from: <https://typeset.io/papers/therapeutic-aspects-of-kashtartava-dysmenorrhea-in-ayurveda-1yv02him>

^{ix} Dhaliya R, Sharma BK, Dhakkad G. One nation one health—Preview through Ayurveda. Journal of Research in Ayurvedic Sciences/Journal of Research in Ayurvedic Sciences. 2023 Jan 1;7(1):65. Available from: <https://typeset.io/papers/one-nation-one-health-preview-through-ayurveda-164hn5pg>.

^x Shimple S. Vedix an Ayurvedic website. International Journal for Research in Applied Science and Engineering Technology. 2023 Feb 28;11(2):117–21. Available from: <https://typeset.io/papers/vedix-an-ayurvedic-website-3kujdpm8>

^{xi}.Mallick S. Ayurvedic Doctors and Holistic Health Care System: A study of Ayurvedic centres in Delhi and Bengaluru. International Journal for Multidisciplinary Research. 2022 Oct 18;4(5). Available from: <https://typeset.io/papers/ayurvedic-doctors-and-holistic-health-care-system-a-study-of-3p0g8u8b>

^{xii} Kushwaha AK. Scope and utility of Ayurveda in rural and primary health care. International Research Journal of Ayurveda & Yoga . 2022 Jan 1;05(05):174–84. Available from: <https://typeset.io/papers/scope-and-utility-of-ayurveda-in-rural-and-primary-health-yl2wy5oj>

^{xiii}.Nesari T, Kajaria D. Combating COVID-19 with holistic approach of Ayurveda. SciSpace - Paper [Internet]. 2021 Feb 17; Available from: <https://typeset.io/papers/combating-covid-19-with-holistic-approach-of-ayurveda-4pfdvewep0>

^{xiv} .Durgeshvari N, Singh NDK, Kumar NK. A conceptual review of Artavavaha Srotas and its Viddha Lakshan. Journal of Ayurveda and Integrated Medical Sciences. 2023 Apr 24;8(3):69–72. Available from: <https://typeset.io/papers/a-conceptual-review-of-artavavaha-srotas-and-its-viddha-381y356m>

^{xv} Girdhar S, Sharma RK, Sharma DC. PHYSIOLOGICAL ASPECT OF AARTAVVAHA

SROTAS: a REVIEW. International Journal of Research in Ayurveda and Pharmacy. 2022 Oct 15;13(5):93–5. Available from: <https://typeset.io/papers/physiological-aspect-of-aartavvaha-srotas-a-review-24lfjotz>

^{xvi} S K. Female reproductive system in relation to Srotas and Panchbhautik composition. International Journal of Indian Medicine [Internet]. 2022 Jan 1;03(03):05–12. Available from: <https://typeset.io/papers/female-reproductive-system-in-relation-to-srotas-and-1th5sqt>

^{xvii} Kaushal K. Conceptual Study of Srotas (Body Channels) & Medicinal Plants Acting on Them. Journal of Advanced Research in Ayurveda, Yoga, Unani, Siddha and Homeopathy [Internet]. 2022 Nov 4;09(3 & 4):6–9. Available from: <https://typeset.io/papers/conceptual-study-of-srotas-body-channels-medicinal-plants-357bbfz>

^{xviii}.Goel M, Singh R, Bidhoodi U. Therapeutic aspects of Kashtartava (dysmenorrhea) in Ayurveda: a review. Journal of Indian System of Medicine. 2022 Jan 1;10(2):111. Available from: <https://typeset.io/papers/therapeutic-aspects-of-kashtartava-dysmenorrhea-in-ayurveda-1yv02him>

^{xix}.Karmacharya P, Bhattarai A, Tiwari I, Singh S. Impact of dysmenorrhea on female adolescents. Journal of College of Medical Sciences-Nepal [Internet]. 2022 Mar 31;18(1):1–8. Available from: <https://typeset.io/papers/impact-of-dysmenorrhea-on-female-adolescents-21oy2tqd>

^{xx} MacGregor B, Allaire C, Bedaiwy MA, Yong PJ, Bougie O. Disease Burden of Dysmenorrhea: Impact on life course potential. International Journal of Women’s Health [Internet]. 2023 Apr 1;Volume 15:499–509. Available from: <https://typeset.io/papers/disease-burden-of-dysmenorrhea-impact-on-life-course-13x1dno3>

^{xxi} .Cortes NH, Hernández-Parra NH, Bernal-Chávez NSA, Caballero-Florán NIH, Aguilar-Vázquez NR, Del Prado-Audelo NML, et al. Current status of the therapeutic approach for dysmenorrhea. Cellular and Molecular Biology [Internet]. 2023 Mar 31;69(3):52–63. Available from: <https://typeset.io/papers/current-status-of-the-therapeutic-approach-for-dysmenorrhea-f55awkvw>.

^{xxii} .MacGregor B, Allaire C, Bedaiwy MA, Yong PJ, Bougie O. Disease Burden of Dysmenorrhea: Impact on life course potential. International Journal of Women’s Health [Internet]. 2023 Apr 1;Volume

15:499–509. Available from: <https://typeset.io/papers/disease-burden-of-dysmenorrhea-impact-on-life-course-3dp3m4sp>.

^{xxiii} .Charu, Bansal. A Critical Review on the Impact of Ayurvedic Dietetics (Pathya Apathya) in the Management of Dyslipidemia. *International Journal of Ayurveda and Pharma Research*, (2023). doi: 10.47070/ijapr.v11isuppl2.2756

^{xxiv} .Pathya and Apathya- An Ayurvedic Framework of Wholesome and Unwholesome Diet, Behavioral and Mental Health Regime for Sthaulya- A Narrative Review. *International Journal of Ayurveda and Pharma Research*, (2022). doi: 10.47070/ijapr.v10i4.2337.

^{xxv} . Afroja, Yeasmin, Akhtar, Roji., Murlidhar, Paliwal. Critical Analysis of Pathya in Pandu Roga. *Ayushdhara*, (2023). doi: 10.47070/ayushdhara.v10i1.1157

^{xxvi} . Sushruta Samhita, ayurvedtattva sandeepika commentary, edited by Kaviraj Ambika Datta Shastri, purvardha, published by chaukhamba Sanskrit sansthan, Varanasi, su.sha.9/12.

^{xxvii} . Importance of Srotas - An overview. *Journal of Ayurveda and Integrated Medical Sciences*, (2023). doi: 10.21760/jaims.8.5.15

^{xxviii} . BIANCA, DE, JESUS, RIBEIRO, CURSINO. Female reproductive system in relation to Srotas and Panchbhautik composition. *International Journal Of Indian Medicine*, (2022). doi: 10.55552/ijim.2022.3302.

^{xxix} .Dr.Sanjay, Kumar, Bhatnagar., Dr., Rajesh, Kumar, Sharma., Dinesh, Chandra, Sharma. Concept of Srotas with Special Prominence of Pranavaha Srotas: A Review. *International Journal of Health Sciences and Research*, (2022). doi: 10.52403/ijhsr.20220915

^{xxx} .Importance of Srotas - An overview. *Journal of Ayurveda and Integrated Medical Sciences*, (2023). doi: 10.21760/jaims.8.5.15

^{xxxi} . Ashutoshpal, Jain., Smita, Paul. Pathophysiological understanding of rasavaha sroto dushti in the current scenario: a review. *International journal of research in ayurveda and pharmacy*, (2023). doi: 10.7897/2277-4343.140268

^{xxxii} . BIANCA, DE, JESUS, RIBEIRO, CURSINO. Female reproductive system in relation to Srotas and Panchbhautik composition. *International Journal Of Indian Medicine*, (2022). doi: 10.55552/ijim.2022.3302

^{xxxiii} .Durgeshvari N, Singh NDK, Kumar NK. A conceptual review of Artavavaha Srotas and its Viddha Lakshan. *Journal of Ayurveda and Integrated Medical Sciences* . 2023 Apr 24;8(3):69–72. Available from: <https://typeset.io/papers/a-conceptual-review-of-artavavaha-srotas-and-its-viddha-381y356m>

^{xxxiv} .Jain K, Sharma S, Sharma A, Jain A. ARTAVA KSHAYA WITH HYPOTHYROIDISM: A CASE STUDY. *International Journal of Research in Ayurveda and Pharmacy*. 2017 Aug 2;8(3):184–6. Available from: <https://typeset.io/papers/artava-kshaya-with-hypothyroidism-a-case-study-2mb864kuwc>.

^{xxxv} . Chaudhari NBV. Artava Kshaya with Hypothyroidism: A case study. *International Journal of Research in Pharmaceutical Sciences*. 2021 Jan 6;12(1):120–4. Available from: <https://typeset.io/papers/artava-kshaya-with-hypothyroidism-a-case-study-4yfx7v7z3>.

^{xxxvi} . Wenjun, Yu., Jin-Hua, Yuan., Pei, Liu. [The neural basis underlying primary dysmenorrhea: evidence from neuroimaging and animal model studies]. (2023).

^{xxxvii} . M, Libarle., Ph, Simon., V, Bogne., A, Pintiaux., E, Furet. Management of dysmenorrhea. *Revue Médicale de Bruxelles*, (2018).

^{xxxviii} . Lin-Chien, Lee., Ya-Yun, Chen., Wei, Chi, Li., Ching-Ju, Yang., Ching-Hsiung, Liu., In, Jian, Low., Hsiang-Tai, Chao., Li, Fen, Chen., Jen, Chuen, Hsieh. Adaptive neuroplasticity in the default mode network contributing to absence of central sensitization in primary dysmenorrhea. *Frontiers in neuroscience*, (2023). doi: 10.3389/fnins.2023.1094988

^{xxxix} . Parvathy, Unnikrishnan., Prathiksha, Rathod., Jyotsna, Potdar. A Narrative Review on the etiopathogenesis of Primary Dysmenorrhea with reference to Kastartava in Ayurveda literature. *International Journal of Ayurvedic Medicine*, (2023). doi: 10.47552/ijam.v13i4.3090

^{xl} . Ponlapat, Yonglitthipagon. Diagnosis and treatment of primary dysmenorrhea. *Journal of medical technology*, (2016). - Role of doshas (Vata, Pitta, Kapha) in the manifestation of Krichartava.

^{xli} . Charu, Bansal. A Critical Review on the Impact of Ayurvedic Dietetics (Pathya Apathya) in the Management of Dyslipidemia. *International Journal of Ayurveda and Pharma Research*, (2023). doi: 10.47070/ijapr.v11isuppl2.2756

^{xlii} .Pathya and Apathya- An Ayurvedic Framework of Wholesome and Unwholesome Diet, Behavioral and Mental Health Regime for Sthaulya- A Narrative Review. International Journal of Ayurveda and Pharma Research, (2022). doi: 10.47070/ijapr.v10i4.2337

^{xliii} . Mohit, Sharma. Role of Pathya-Apathya in the Management of Prameha (Type-2 Diabetes Mellitus). Ayushdhara, (2023). doi: 10.47070/ayushdhara.v10isuppl2.1211

^{xliiv} . Charu, Bansal. A Critical Review on the Impact of Ayurvedic Dietetics (Pathya Apathya) in the Management of Dyslipidemia. International Journal of Ayurveda and Pharma Research, (2023). doi: 10.47070/ijapr.v11isuppl2.2756

^{xliiv} . Charu, Bansal. A Critical Review on the Impact of Ayurvedic Dietetics (Pathya Apathya) in the Management of Dyslipidemia. International Journal of Ayurveda and Pharma Research, (2023). doi: 10.47070/ijapr.v11isuppl2.2756

^{xlivi} . Charu, Bansal. A Critical Review on the Impact of Ayurvedic Dietetics (Pathya Apathya) in the

Management of Dyslipidemia. International Journal of Ayurveda and Pharma Research, (2023). doi: 10.47070/ijapr.v11isuppl2.2756

^{xlvii} . Yaranal R.critical review on pathya apathya with special reference to rasaashadhis . international journal of medicine, (2022).doi:10.55552/ijim.2022.3603on pathya apathya with special reference to rasaashadhis .

^{xlviii} .Annelie, Gutke., Karin, Sundfeldt., Karin, Sundfeldt., Liesbet, De, Baets. Lifestyle and Chronic Pain in the Pelvis: State of the Art and Future Directions.. Journal of Clinical Medicine, (2021). doi: 10.3390/JCM10225397

^{xlix} . Neng, Aneu, Nurul, Hidayah., I, Gusti, Made, Budiarti., Ismet, Muchtar, Nur. Perbandingan Faktor-Faktor yang Menyebabkan Gangguan Pola Haid pada Remaja Putri di SMAN 1 Tasikmalaya. (2022). doi: 10.29313/bcsms.v2i1.753

¹ .Pankaj, M., Chaudhari. Role of Pathyapathya Kalpana in Polycystic Ovary Syndrome. International Journal Of Indian Medicine, (2023). doi: 10.55552/ijim.2023.4401