



A Survey Study On Revalidation Of Ritumati Stree Lakshan According To Ayurved

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Abstract-

Ritumati stree lakshan" is a term from Ayurveda, an ancient Indian system of medicine, and refers to the characteristics of a woman in her fertile phase. According to Ayurveda, Ritu, or the menstrual cycle, is a crucial component of a woman's health. Acharya Sushruta, a well-known historical Ayurvedic physician who offered insightful knowledge on women's health and the reproductive system, is regarded as one of the founders of Ayurveda. It is important to note that every woman's body is unique and may experience variations in their menstrual cycle. However, if there are any persistent or unusual symptoms, it is always advisable to seek medical advice. Acharya Sushruta defined six lakshanas of the ritumati condition. A sukumari anga, or woman with a delicate physique, soft skin, and fragile limbs, is the first lakshana. The second indication is an abundance of hair growth, which includes thick and glossy hair growth on the head as well as on the pubic region and underarms. The woman's lips and mouth will be wet and lubricated throughout her reproductive phase, which is the third indication. A lovely and sweet voice is the fourth indication, which denotes that the woman's voice will be during her reproductive phase. The fifth sign is a moist and fragrant body, which means that the woman's body will be moist and fragrant, with a natural pleasant scent. Finally, the sixth sign is normal menstruation, where the woman will have a regular menstrual cycle, with a normal flow of blood and minimal discomfort.

Keywords – Ritumati, Menstrual cycle, Fertile phase, Variations, unusual symptoms, Ayurved.

Introduction –

According to Ayurveda, the term "rutu" refers to the best time for conception, when to have healthy offspring, or when fertility is at its highest. The rutu is the time when a female ovulates. The term "rutu kala" refers to the time when women are most fertile. Many traditional Ayurveda scriptures state that rutu lasts for 12 or 16 days. The first three days of "Rutu kala" calculation should not be taken into account because they are monthly bleeding days, and the last day (16th day) is not favourable for conception because of yoni constriction (cervix or vagina). The period of rutu is reduced to twelve days by taking these four days out of the original sixteen. There will only be conception during Rutu Kala[1]. In the era of modern ayurveda, there are still many concepts that are not fully satisfied or understood[2], ritumati lakshan is one of them concepts. Ritumati Stree Lakshana is a concept in Ayurveda, an ancient Indian system of medicine, which refers to the characteristics of a woman during her menstrual cycle. According to Acharya Sushruta, one of the most renowned Ayurvedic scholars, the characteristics of Ritumati Stree Lakshana can be used to diagnose various diseases in women. In Sushruta Samhita, one of the most important texts of Ayurveda, Acharya Sushruta has described the Ritumati Stree Lakshana in detail. According to him, during the menstrual cycle, a woman's body undergoes various changes, which can be observed through physical and mental symptoms[3]. Some of the common physical symptoms include changes in body temperature, increased appetite, and changes in skin texture, while mental symptoms include mood swings and irritability[4]. Acharya Sushruta has also described the various stages of the menstrual cycle and the corresponding changes in the woman's body. He has emphasized the importance of observing these changes and understanding the natural rhythm of a woman's body to maintain her overall health. The Ritumati Stree Lakshana was described by Acharya Sushruta, who also offered a number of treatments and cures for women's health problems such as irregular monthly periods. Even now, Ayurveda medicine is still largely based on and respects his ideas[5]. The Ritumati Stree Lakshana is thoroughly detailed by Acharya Charak in the Charak Samhita, one of the most significant Ayurvedic scriptures. He has discovered many bodily and psychological signs that a woman may feel throughout her menstrual cycle, which can aid in the diagnosis of a number of illnesses. According to Acharya Charak, a woman's body changes during the menstrual cycle, and these changes can be seen through a variety of bodily symptoms, including changes in body temperature, an increase in hunger, and changes in the texture of the skin. Mood swings, impatience, and weariness are among the mental signs he has observed[6]. The significance of comprehending a woman's body's natural rhythm and how it alters during the

menstrual cycle has been stressed by Acharya Charak. In addition to food and lifestyle modifications, herbal medications, and massages, he has advised a number of therapies and cures for menstruation abnormalities and other women's health problems[7].

Literary review -

Garbha is the term for the union of shukra (sperm), artava (ovum), and atma (soul) inside the kukshi (uterus) (foetus)[8]. It is known as the shareera after the development of body parts like arms, legs, tongues, noses, and ears (human body)[9]. The term "garbhotpadak sangri" refers to the entire group of elements necessary to produce the garbha in its most pristine and unharmed state. For the conception and growth of a healthy child, it is necessary to coordinate four factors: rutu (fertile period), kshetra (healthy womb), ambu (a healthy mother's nutrient fluid), and beeja (a healthy gamete). Similar to how the right time of year, healthy soil, nutrient-rich water, and pure seed, when combined with proper care, promote the germination of robust, disease-free sprouts[10].

Below mentioned are the characteristic features of Rtumati Stree by Acharya Sushrut [11]–

- ✦ Peena prasanna vadanam-pleasant and healthy face / look
- ✦ Praklinna atma mukha dwijam - moistness of the body, face and teeth
- ✦ Nara kaamam-desires company of men
- ✦ Priya kathaam - loves to hear pleasing stories
- ✦ Srasta kukshi akshi murdhajam- laxity of flanks, eyes and hairs
- ✦ Sphurad bhuja kucha shroni nabhi ooru jaghana spichaam- quivering or twitching of arms, breasts, pelvis, umbilicus, thighs and hips
- ✦ Harsha param- happy
- ✦ Autsuka param – excited

The Rutumati lakshana's functions are similar to those of estrogen hormone or estrus phase or follicular phase[12].

Aim - To analyse the symptoms of ritumati lakshan according to acharya sushrut in modern times

Objective_–

For evaluation of all symptoms, create an e-form with personal questions regarding the menstrual cycle and survey in girls' hostel and college departments.

Inclusion and Exclusion Criteria –

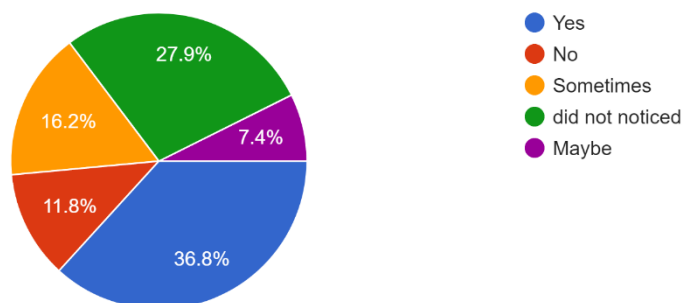
The study **included** women and girls between the ages of 19 and 34 years old, some married, some unmarried. Some Nigerian and Mongolian girls of the same region are also included. **Excluded** above the age of 34, below the age of 19, if they are taking any kind of medication related to menstruation or any other.

Material and Method-

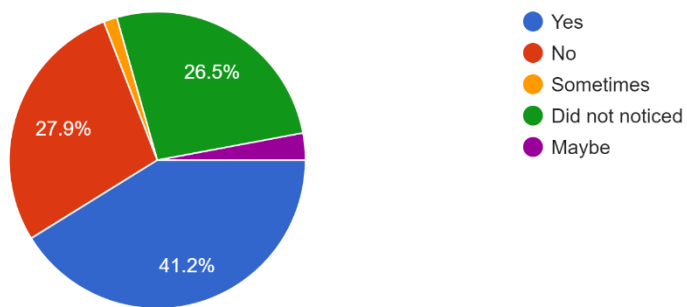
The purpose of this survey is to find whether all these symptoms and physiological changes are present in women. Therefore, create an e-form of questions to find out if these symptoms are present in a population of a particular climate region, It's Parul University in Vadodara Gujarat, which has a very hot and dry climate. This study focuses on the last six months in the sample size of 100.

Parameters –

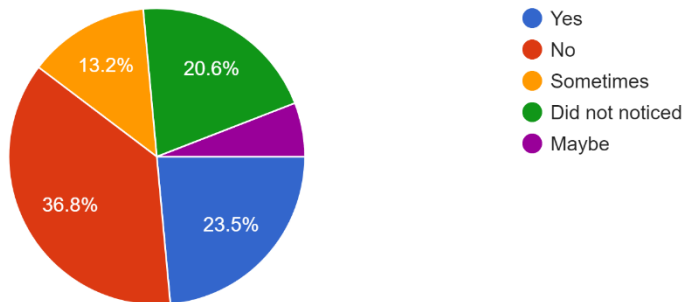
- ❖ Pleasant and healthy, cheerful face / look



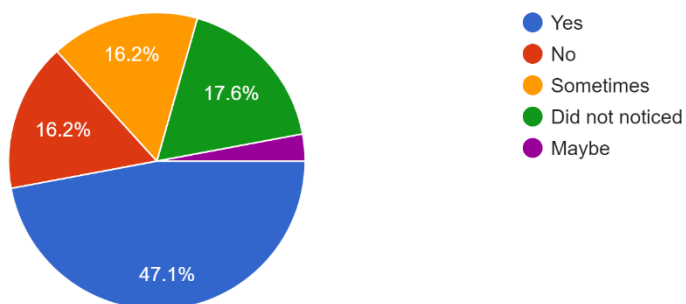
- ❖ Moistness of the body, face and teeth



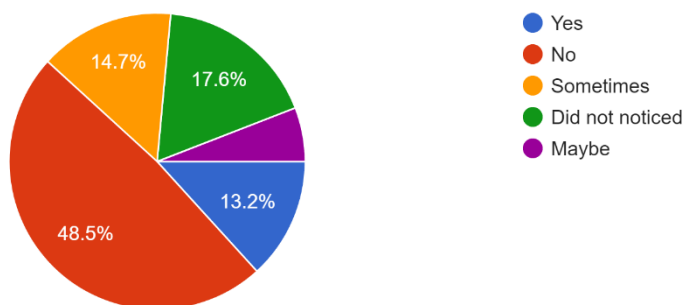
❖ Desires company of men



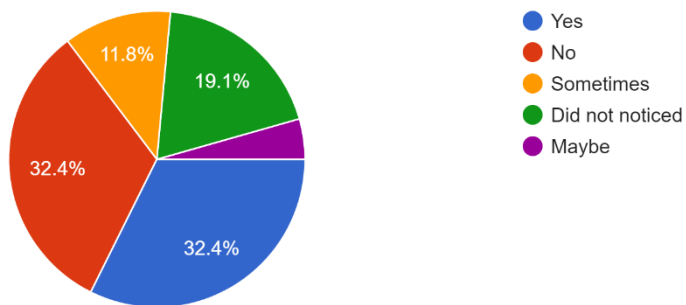
❖ loves to hear pleasing stories/ particularly creative work in this phase



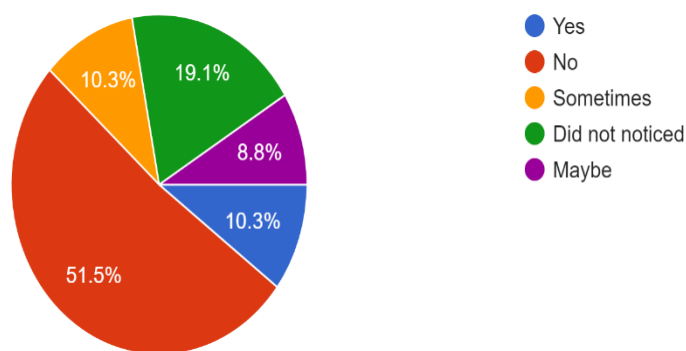
❖ Laxity of flanks, eyes and hairs/ urge for sex



❖ Quivering or twitching of arms, breasts, pelvis, umbilicus, thighs and hips



❖ Feel happy, like to flirt more, excited, provoke sexually



Result –

Sr no.	Symptoms	Feel (%)	Don't feel (%)	Didn't notice (%)
1.	Pleasant and healthy, cheerful face / look	36.8 %	11.8 %	27.9 %
2.	Moistness of the body, face and teeth	41.2 %	27.9 %	26.5 %
3.	Desires company of men	23.5 %	36.8 %	20.6 %
4.	loves to hear pleasing stories/ particularly creative work in this phase	47.1 %	16.2 %	17.6 %
5.	Laxity of flanks, eyes and hairs/ urge for sex	13.2 %	48.5 %	17.6 %
6.	Quivering or twitching of arms, breasts, pelvis, umbilicus, thighs and hips	32.4 %	32.4 %	19.1 %
7.	Feel happy, like to flirt more, excited, provoke sexually	10.3 %	51.5 %	19.1 %

Discussion –

The ovulatory phase of the menstrual cycle is marked by a number of physiological symptoms, as described by the Ritumati Stree Lakshana. This phase is characterized by a pleasant and healthy appearance, moistness of the body, face and teeth, desires for company with men, love of hearing pleasing stories, laxity of flanks, eyes and hairs, quivering or twitching of arms, breasts, pelvis, umbilicus, thighs and hips, happiness and excitement. These symptoms are caused by the release of eggs from the ovaries and the corresponding increase in levels of estrogen in the body. The ovulatory phase typically lasts for 12-14 days. Acharya Charak provides a detailed description of the Ritumati Stree Lakshana in the Charak Samhita, one of the most respected Ayurvedic scriptures. He lists a number of bodily and psychological signs that a woman may feel during her ovulatory phase. Many of the symptoms found in this survey study are unable to be found in women, as described by the ancient samhitas of acharya sushrut, acharya charak, and acharya vagbhata. There are major drawbacks to this survey, including the fact that most women do not accept sexual desires or answer questions about personal matters.

Conclusion –

In this survey study, collect various findings on the women that experience fewer symptoms during ritumati time such as the want for sex, sexual urges, excitements and feelings of happiness. Even more women are still unaware of these symptoms, and many more haven't even noticed them in the past few months. Thus, it's possible that women experienced all of these phenomenal changes at that ancient time. But despite leading a demanding and hectic lifestyle today, Women are still unaware of their symptoms and occurring hormonal changes in their body. Because of this, we can't say that women experience all of the physiological changes listed by Acharya Shusrut. Certain points are seen, while others go unnoticed or discovered. Due to the small sample size used in this study, it may be expanded in subsequent studies to increase the accuracy of identifying all symptoms.

Conflict of interest –

Author has no any conflict of interest declared.

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