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**CONCEPTUAL STUDY OF THE EFFECT OF RAJAPRAVARTINI VATI  
IN DELAYED MENSES (ARTAVAKSHAYA)**

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DOI: <https://doi-doi.org/101555/ijarp.8460>**ABSTRACT**

Artavakshaya is one of the common menstrual disorders encountered in women of reproductive age and is characterized by delayed appearance of menstruation, scanty menstrual flow, and pain during menstruation. In modern gynecology, the condition can be correlated with oligomenorrhea and hypomenorrhea. The prevalence of menstrual irregularities has increased considerably due to changing lifestyles, nutritional deficiencies, psychological stress, obesity, endocrine dysfunctions, and polycystic ovarian syndrome (PCOS). Ayurveda describes Artavakshaya as a pathological condition resulting from impairment in the quantity and quality of Artava due to vitiation of Doshas, particularly Vata and Kapha. Rajapravartini Vati is a classical herbo-mineral formulation extensively used in Ayurvedic gynecological practice for delayed menstruation, amenorrhea, and associated reproductive disorders. The formulation contains Shuddha Kasis, Shuddha Hingula, Tankana, and Kumari Swarasa Bhavita, which possess Artavajanana, Deepana, Pachana, Vatanulomana, and Srotoshodhana properties. This conceptual review explores the etiopathogenesis of Artavakshaya and critically analyzes the probable mode of action of Rajapravartini Vati through classical Ayurvedic principles and modern scientific understanding. The review suggests that Rajapravartini Vati acts at multiple levels by correcting Agnimandya, removing Srotorodha, normalizing Apana Vata, improving Rakta and Artava formation, and restoring normal menstrual cyclicality.

**KEYWORDS:** Artavakshaya, Delayed Menstruation, Oligomenorrhea, Rajapravartini Vati, Ayurveda, Artavajanana.

## INTRODUCTION

Menstruation is a vital physiological process reflecting the functional integrity of the female reproductive system. A normal menstrual cycle indicates harmonious interaction among endocrine, metabolic, and reproductive mechanisms. Any alteration in the frequency, duration, or quantity of menstrual bleeding can adversely affect a woman's physical health, emotional well-being, fertility potential, and quality of life.

Menstrual disorders constitute one of the most common reasons for gynecological consultation worldwide. Delayed menstruation or infrequent menstrual cycles are frequently observed among adolescents and women of reproductive age. Contemporary factors such as sedentary lifestyle, excessive stress, unhealthy dietary habits, obesity, endocrine abnormalities, and environmental influences have contributed significantly to the increasing prevalence of menstrual dysfunctions.

Ayurveda regards menstruation as a natural expression of healthy Artava. Artava represents the reproductive tissue responsible for menstruation and conception. Disturbance in the formation, maturation, or expulsion of Artava results in various Artava-vyapads, among which Artavakshaya is particularly significant.

Acharya Sushruta describes Artavakshaya as:

"आर्तवक्षयेयथोचितकालादर्शनम् अल्पदर्शनयोनिवेदनांच।"

(Su. Sha. 2/12)

Menstruation appears after a prolonged interval, occurs in reduced quantity, and is associated with pain.

This description closely resembles oligomenorrhea and hypomenorrhea described in modern gynecology.

Rajapravartini Vati occupies a unique place among Ayurvedic formulations because of its specific indication in menstrual disorders characterized by delayed or absent menstruation. The formulation has been traditionally prescribed to stimulate menstrual flow, remove obstructions in ArtavavahaSrotas, and restore reproductive health.

## Aim

To conceptually evaluate the therapeutic efficacy and probable mode of action of Rajapravartini Vati in the management of delayed menses (Artavakshaya).

## Objectives

1. To review Ayurvedic literature related to Artavakshaya.

2. To understand the etiopathogenesis of delayed menstruation according to Ayurveda.
3. To analyze the pharmacological and therapeutic properties of Rajapravartini Vati.
4. To establish a conceptual correlation between Ayurvedic and modern perspectives.
5. To elucidate the probable mode of action of Rajapravartini Vati in Artavakshaya.

## **MATERIALS AND METHODS**

### **Study Design**

A conceptual literary review based on classical Ayurvedic texts and contemporary scientific literature.

### **Sources of Data**

1. Ayurvedic Literature
2. Charaka Samhita
3. Sushruta Samhita
4. Ashtanga Hridaya
5. Kashyapa Samhita
6. Sharangadhara Samhita
7. Bhaishajya Ratnavali
8. Rasatarangini
9. Ayurvedic Formulary of India
10. Modern Sources
11. Standard gynecology textbooks
12. Research articles
13. AYUSH publications
14. Indexed journals related to menstrual disorders and herbal medicine

### **Review of Literature**

#### **Concept of Artava**

Artava is considered an Upadhatu of Rasa Dhatu and represents the female reproductive element.

Acharya Charaka states:

"रसोऽभिवर्धते नित्यं तस्मादातवसम्भवः।"

This indicates that healthy Rasa Dhatu is essential for proper formation of Artava.

According to Ayurveda, normal Artava possesses the following characteristics:

- Regular monthly appearance

- Appropriate quantity
- Absence of foul smell
- Bright red color
- Absence of pain

### **ArtavavahaSrotas**

Sushruta describes:

"आर्तववहेद्रेतयोर्मूलंगभशियआर्तववाहिन्यश्च।"

The uterus and Artava-carrying channels constitute the root of ArtavavahaSrotas.

Damage to these channels leads to: Infertility, Delayed menstruation, Amenorrhea, Menstrual abnormalities

### **Nidana of Artavakshaya**

The causative factors can be grouped as follows:

- Aharaja Nidana
- Excessive fasting
- Nutritional deficiency
- Dry and light food
- Inadequate caloric intake
- Viharaja Nidana
- Excessive exercise
- Night awakening
- Stress
- Suppression of natural urges
- Manasika Nidana
- Anxiety
- Fear
- Depression
- Emotional disturbances
- Doshaja Nidana
- Kapha aggravation causing obstruction
- Vata aggravation causing impaired flow
- Pitta depletion causing reduced Artava production

### **Samprapti of Artavakshaya**

The pathogenesis can be understood as follows:

Improper diet and lifestyle → Agnimandya → Ama formation → Kapha accumulation → Srotorodha → Vata Prakopa → Rasa-Rakta Dhatu Kshaya → ArtavaKshaya → Delayed Menstruation

### **Modern Correlation**

Artavakshaya may be correlated with:

- Oligomenorrhea
- Menstrual intervals exceeding 35 days.
- Hypomenorrhea
- Scanty menstrual bleeding.
- Associated Conditions
- PCOS
- Hypothyroidism
- Hyperprolactinemia
- Chronic stress
- Nutritional anemia
- Functional hypothalamic dysfunction

The common pathological basis in both Ayurveda and modern medicine involves hormonal imbalance, impaired tissue nutrition, and defective reproductive physiology.

### **Rajapravartini Vati**

Classical Reference

Rajapravartini Vati is mentioned in Bhaishajya Ratnavali under Striroga Chikitsa.

### **Ingredients**

1. Shuddha Kasis
2. Shuddha Hingula
3. Tankana
4. Kumari Swarasa Bhavana

## Pharmacological Analysis of Ingredients

### 1. Shuddha Kasis

Ayurvedic Properties

Rasa: Kashaya

Guna: Laghu

Virya: Ushna

Vipaka: Katu

Karma

Raktavardhaka

Artavajanana

Deepana

Clinical Significance

Kasis improves Rakta Dhatu and indirectly enhances Artava production.

### 2. Tankana

Properties

Ushna

Tikshna

Sukshma

Actions

Kapha-Vatahara

Bhedana

Lekhana

Artavajanana

Tankana removes obstructions within reproductive channels.

### 3. Hingula

Properties

Yogavahi

Rasayana

Deepana

Role

Enhances bioavailability and therapeutic potency of the formulation.

#### **4. Kumari (Aloe vera)**

Ayurvedic Properties

Tikta

Madhura

Ushna

Actions

Artavajanana

Garbhashaya-Uttejaka

Vatanulomana

Bhedana

Modern Findings

Aloe vera contains:

Anthraquinones

Aloin

Emodin

Polysaccharides

These compounds may influence ovarian function and uterine activity.

#### **Probable Mode of Action**

##### **Effect on Agni**

Rajapravartini Vati possesses Deepana-Pachana properties.

Improved Agni leads to:

Better nutrient assimilation

Proper Dhatu nourishment

Enhanced Artava formation

##### **Effect on Srotas**

The Tikshna and Sukshma qualities facilitate:

Removal of micro-channel obstruction

Restoration of circulation

Improved pelvic tissue nutrition

##### **Effect on Apana Vata**

Apana Vata governs:

Menstruation

Ovulation

Conception

Childbirth

Rajapravartini Vati normalizes Apana Vata and promotes regular menstrual flow.

### **Effect on Rakta Dhatu**

Kasis contributes to Rakta Vriddhi.

Healthy Rakta Dhatu ensures:

Proper endometrial development

Adequate menstrual blood formation

Normal cyclical shedding

### **Artavajanana Effect**

The combined action of Kasis, Tankana, and Kumari directly stimulates Artava production and expulsion.

## **DISCUSSION**

The pathology of Artavakshaya primarily revolves around Vata-Kapha imbalance. Kapha creates obstruction within ArtavavahaSrotas, while aggravated Vata disturbs the normal flow and expulsion of Artava. Simultaneously, Rasa and Rakta Dhatu depletion contribute to inadequate Artava production.

Rajapravartini Vati effectively addresses all these pathological components. The Ushna and Tikshna attributes of Tankana and Kumari remove Kapha-induced obstruction and facilitate unobstructed movement of Apana Vata. Kasis enriches Rakta Dhatu and promotes healthy endometrial development. Hingula acts as a Yogavahi, enhancing the overall efficacy of the formulation.

From a modern perspective, the formulation may exert beneficial effects through:

- Correction of nutritional deficiencies
- Improvement in uterine circulation
- Endocrine modulation
- Enhancement of ovarian function
- Improvement in endometrial responsiveness

The multidimensional action of Rajapravartini Vati makes it a rational therapeutic option in delayed menstruation.

## CONCLUSION

Artavakshaya is a multifactorial menstrual disorder involving Vata-Kapha Dosha imbalance, Agnimandya, Srotorodha, and impaired Artava formation. Rajapravartini Vati possesses Deepana, Pachana, Artavajanana, Vatanulomana, and Srotoshodhana properties that directly target the etiopathogenesis of the disease. The formulation helps restore normal menstrual rhythm by improving Agni, removing channel obstruction, enhancing Rakta and Artava production, and regulating Apana Vata. Therefore, Rajapravartini Vati remains a valuable classical Ayurvedic formulation in the management of delayed menses (Artavakshaya). Well-designed clinical and pharmacological studies are needed to further substantiate its therapeutic efficacy.

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