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#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

# Unit 2. Rutuchakra - Menstrual Cycle topics a, b

# a. Shuddha Artava & Shuddha Shukra Lakshana

#### **Suddha Artava (normal menstrual blood)**

#### Clinical features (Charaka):

- Not slimy, no burning, no pain; lasts ~5 nights; neither excessive nor scanty. "मासान्निष्पिच्छदाहार्ति पञ्चरात्रानुबन्धि च । नैवातिबह् नात्यल्प मार्तवं शुद्धमादिशेत् ॥"
- Colour likened to **guñjā** fruit, **red lotus/alaktaka** solution, or **indragopaka** insect (various healthy reds). "गुञ्जाफलसवर्णं च पद्मालक्तकसन्निभम् । इन्द्रगोपकसङ्काशम् आर्तवं शुद्धमादिशेत् ॥"

#### Suddha ārtava (healthy menstrual blood) — qualities

#### Additional classical marker (Suśruta):

• Resembles rabbit's blood or lac solution; does not permanently stain cloth.

# "शशास्कप्रतिमं यत्तु यद्वा लाक्षारसोपमम्। तदार्तवं प्रशंसन्ति यद् वासो न विरञ्जयेत्॥"

Why it matters: classical lakṣaṇas of pure ārtava/rājasrāva—rakta/tejas features here support the chart's pitta-association around bleeding and the immediate post-bleed transition.

**One-line summary:** normal artava = pain-free, burn-free, non-slimy flow for  $\sim$ 3-5 days, moderate in amount, healthy red shades, no lasting cloth stain (Charaka 30/225-226; Suśruta Śārīra 2/17).

#### **Suddha Sukra (normal semen)**

#### Charaka's definition:

• Unctuous, dense, viscid, sweet, **non-caustic**, white and crystal-like. "स्निग्धं घनं पिच्छिलं च मधुरं चाविदाहि च ।रेत: शुद्धं विजानीयाच्छ्वेतं स्फटिकसन्निभम् ॥" (Cikitsā 30/145-146)

## Suśruta's description:

- **Sphatikābha** (crystal-like), fluid yet unctuous, sweet, **honey-scented**; some also compare it to **ghee/honey/oil**. "स्फटिकाभं द्रवं स्निग्धं मधुरं मधुरं मधुरं ग्रां
  - "...शुक्रमिच्छन्ति केचित्तु तैलक्षौद्रनिभं तथा ॥" (Śārīra 2/11-12)

Why it matters: the snigdha/ guru/ drava/ madhura profile aligns with the chart's kapha-leaning, fertility-supportive window.

#### Aṣṭāṅga Hṛdaya (concise lakṣaṇa):

White, heavy, unctuous, sweet, copious & thick; resembling ghee, honey or oil.
"शुक्रं शुक्लं गुरु स्निग्धं मधुरं वहलं वह । घृतमाक्षिकतैलाभं… ॥" (Śārīra 1/17)

**One-line summary:** normal śukra = white, heavy, unctuous, sweet, thick/copious, crystal-like; often said to have a honey odour and ghee/honey/oil resemblance (Charaka 30/145-146; Suśruta Śārīra 2/11-12; A.Hr. Śārīra 1/17).

## Fertile "rtukāla" (post-menses window)

शुद्धे शुक्रार्तवे सत्त्वः ... गर्भः संपद्यते युक्तिवशादिग्निरिवारणे ॥ (Aṣṭāṅga Hṛdaya, Śārīrasthāna 1.1) — "When śukra and ārtava are pure, the (embodied) sattva, impelled by its own karma, becomes a garbha—like fire arising when fuel is rightly arranged." Why it matters: this is the core justification that conception occurs in the proper ṛtu when both reproductive factors are śuddha (the "mid-cycle / kapha-predominant" window in the chart).

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"ऋतुः स्वाभाविकः स्त्रीणां रात्रयः षोडशः स्मृताः ..." — "A woman's natural ṛtu is remembered as sixteen nights ..." (Manusmṛti, cited in Garbhādhāna notes).

Why it matters: classical placement of the fertile span (supports locating the kapha-dominant, conception-favorable phase shortly after bleeding ceases).

A standard line summarizing kapha's guṇa set is transmitted in AH-based manuals, e.g. "स्निग्धः शीतो गुरुर् मन्दः श्लक्ष्णो ... स्थिरः कफः"

Why it matters: these guṇas (snigdha-guru-śīta-manda-ślakṣṇa-sthira) explain why the mucus-rich, building phase after menses is classically read as kapha-dominant.

## Quick cross-checks (helpful for viva/MCQs)

- Artava quantity & duration (Charaka): "pañcarātra-anubandhi... na ati-bahu na aty-alpa" (≈3-5 days; moderate).
- Cloth-stain test (Suśruta): normal artava does not leave a lasting stain.

# b. Tridosha & Panchamahabhoota in Rutuchakra

# Phase-wise map (Ayurvedic framing, aligned to modern cycle)

Phase (Ayurvedic term)	Approx. modern phase	Tridoșa predominance	Why (key guṇas / physiology)	Mahābhūta tilt
<b>Rajaḥsravakāla</b> (menses)	Menstrual flow (≈3–5 days)	Vāta (especially Apāna); supportive Pitta	Expulsive downward movement, cramping → $v\bar{a}yu$ ; warmth/blood involvement → $pitta$	<b>Vāyu + Agni</b> , with <b>Jala</b> for fluidity
<b>Rtukāla</b> (post-menses fertile window)	Mid-late follicular → periovulatory (classically nights <b>12-16</b> are garbhādhāna-śreyas)	<b>Kapha</b> (śleşma)	Growth, lubrication, cervical mucus, endometrial proliferation → snigdha, guru, śīta	Jala + Pṛthvī (building, nourishing)
<b>Rtuvyatitakāla</b> (postovulatory to premenses)	Luteal → premenstrual	Early luteal <b>Pitta</b> (secretory "cooking"); late luteal <b>Vāta</b> (preshedding)	Secretory changes/heat → tejas/pitta; later drying, restlessness, downward urge → vāta	Agni (early), then Vāyu (late), with Pṛthvī/Jala subsiding

- **Apāna-vāyu drives artava excretion** (Aṣṭāṅga Hṛdaya, Sūtrasthāna 12: maruta-vibhāga—apāna's role includes śukra-mūtra-purīṣa-ārtava niṣkramana and garbha-niṣkramana).
- Garbhādhāna is praised in the post-menses "ṛtu nights," classically the 12th-16th, i.e., the Kapha-predominant fertile window (Aṣṭāṅga Hṛdaya, Śārīrasthāna 1; also taught around Caraka Śārīra & Suśruta Śārīra in garbha-saṃbhava context).

#### Viva/MCQs

- "Which dosa predominates in the fertile phase?" → Kapha (Jala-Pṛthvī, snigdha/guru).
- "What shifts just before menses?" → **Vāta** rises (dryness, irritability, cramps, downward urge).
- "Ovulatory 'spark' belongs to which dosa?" → Pitta/Tejas moment within a Kapha background.

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