

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

### a. Shuddha Artava & Shuddha Shukra Lakshana

#### Śuddha Artava (normal menstrual blood)

##### Clinical features (Charaka):

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

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

##### Additional classical marker (Suśruta):

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

“शशासुकप्रतिमं 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 ~3-5 days, moderate in amount, healthy red shades, no lasting cloth stain (Charaka 30/225-226; Suśruta Śārīra 2/17).

#### Śuddha Śukra (normal semen)

##### Charaka's definition:

- Unctuous, dense, viscid, sweet, **non-caustic**, white and crystal-like.  
“स्निग्धं घनं पिच्छलं च मधुरं चाविदाहि च । रेतः 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 मधुगन्धि च ।”  
“...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 बहलं बहु । 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 “ṛtukāla” (post-menses window)

शुद्धे शुक्रार्तवे सत्त्वः ... गर्भः संपद्यते युक्तिवशादग्निरिवारणे ॥ (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).



“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 गुरु 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. Tridoṣa & Panchamahabhūta in Rutuchakra

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

Phase (Ayurvedic term)	Approx. modern phase	Tridoṣa predominance	Why (key guṇas / physiology)	Mahābhūta tilt
<b>Rajaḥsravakāla</b> (menses)	Menstrual flow (≈3-5 days)	<b>Vāta</b> (especially <b>Apāna</b> ); supportive <b>Pitta</b>	Expulsive downward movement, cramping → <i>vāyu</i> ; warmth/blood involvement → <i>pitta</i>	<b>Vāyu + Agni</b> , with <b>Jala</b> for fluidity
<b>Rtukāla</b> (post-menses fertile window)	Mid-late follicular → peri-ovulatory (classically nights <b>12-16</b> are garbhādhāna-śreyas)	<b>Kapha</b> (śleṣma)	Growth, lubrication, cervical mucus, endometrial proliferation → <i>snigdha, guru, śīta</i>	<b>Jala + Pṛthvī</b> (building, nourishing)
<b>Rtuyyatitakāla</b> (post-ovulatory to pre-menses)	Luteal → premenstrual	Early luteal <b>Pitta</b> (secretory “cooking”); late luteal <b>Vāta</b> (pre-shedding)	Secretory changes/heat → <i>tejas/pitta</i> ; later drying, restlessness, downward urge → <i>vāta</i>	<b>Agni</b> (early), then <b>Vāyu</b> (late), with <b>Pṛthvī/Jala</b> 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-sambhava context).

### Viva/MCQs

- “Which doṣa 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 doṣa?” → **Pitta/Tejas** moment within a Kapha background.