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An observational study to evaluate *Rutumati Lakshnas* during ovulation period in different *Prakruti*

Savita Vangi

Associate Professor, Dept of Kriya Shareer, Dr. B.N.M. Ayurvedic Medical College, PG & RS Centre, Vijayapur, Karnataka, India.

ABSTRACT

Ovulation period is one of the most important phase which is a course of passing of menstrual period. *Rutumati Lakshana's* are conditions of manifestation of physiological & psychological status experienced by women during ovulation period. Current studies identified age group of 18 - 35 yrs. (who is having regular menstrual cycle (at least for past 2 months)). **Objectives:** To evaluate the variation of *Rutumati Lakshana's* in different *Prakruti* during ovulation period. In present study questionnaire was given to assess the *Deha Prakruti* than it was categorized into 50 *Vata*, 50 *Pitta* and 50 *Kapha Pradhana Prakruti*, thereafter assessment of health status using HSQ - 2.0 and ovulation period using calendar method variation in *Rutumati Lakshana's* are observed during period using self prepared questionnaire.

Key words: *Rutumati Lakshana, Prakruti, ovulation period.*

INTRODUCTION

Ovulation is one of the most important phases of the menstrual cycle in which the ovum & egg cell is released through one of the ovaries. Ovulation is a passing phase that lasts for only 24 to 28hrs, which means 1 to 2 days.

Rutumati lakshna's that are experienced during ovulation are defined as rapidly changing unpredictable moods. Women experience sudden flow of emotions. These emotions do not last for a long period. *Kapha* and *vata* plays important role in ovulation. The levels of female sex hormones like estrogen & progesterone keep on fluctuating throughout the duration of menstrual cycle including

ovulation phase.

The rise and fall in the levels of these hormones & especially in the levels of estrogen are mostly responsible for the sudden change in *Rutumati Lashana's* during ovulation.

Since ovulation is passing that last for only 24 to 28Hrs. which means 1 to 2 days, specific & targeted treatment is not necessary. Women's may feel better by maintaining a few good habits like having a healthy diet, taking adequate rest & a good amount of sleep, drinking a lot of water, engaging her mind in things that makes to women happy. These things will definitely help to maintain the normal hormonal balance. The present study focuses on variations in *Rutumati Lashana's* in different *Prakruti's* during ovulation period.

REVIEW OF LITERATURE

Prakruti means manifestation of special characteristics due to predominance of *Doshas*^[1] i.e., Body expressions are expressed in terms of external features or morphology of the body, physiology or functional response of various systems of body and mental or psychological response to different stimuli.

Ovulation is one of the most important phases of the menstrual cycle in which the ovum or egg cell is released through one of the ovaries. Ovulation is a

Address for correspondence:

Dr. Savita Vangi

Associate Professor, Dept of Kriya Shareer, Dr. B.N.M. Ayurvedic Medical College, PG & RS Centre, Vijayapur, Karnataka, India.

E-mail: savitavangi@gmail.com

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passing phase that lasts for only 24 to 28 hrs. which means 1 to 2 days. *Rutukal* is a period in which ovulation takes place. It is of 12 days,^[2] 16 days,^[3] is for the whole month^[4] or it is present even in the absence of menses.^[5]

Female after 7 days of menstruation i.e., in *Rutukala* is called as *Rutumati*.

Acharya Charaka says that after the previous (*Raja* accumulated in previous *Rutukala*) is gone and new one has settled [one menstrual cycle is over and another has set in] and after taking the bath the woman possessing healthy *Yoni*, *Garbhashaya* and *Shonita* (healthy reproductive system and ovum) is termed as *Rutukala*.^[6]

Acharya Sushruta and others are explained the characteristic features of *Rutumati* are, she looks bright and healthy, her mouth and teeth are moist, she is anxious to hear love stories and have sexual relation, her flanks, eyes and hair she has twitching over arms, breasts, pelvis, umbilicus, thighs and hips and is happy and excited. Importance of *Rutukala* is for conception; *Acharya Charaka* has emphasized on the healthy condition of reproductive system and ovulation, least abnormalities of these hamper fertilization, others have described just psychological changes.^[7]

It is mentioned earlier that woman was kept secluded for three days, after that use of bath and adornment on fourth day and permission as anxiety to have sexual relation might be responsible for above mentioned changes.

MATERIALS AND METHODS

Source of data

Apparently 150 healthy female subjects of age between 40 - 55 years were selected from S.J.G.A.M College and Hospital, Koppal, irrespective of caste, religion etc., who are fulfilling the criteria of inclusion were selected and their *Deha Prakruti* was assessed with the help of the questionnaire.

Method of collection of data

150 individuals were divided into 3 groups based on the *Pradhanata* of the *Dosha* which decides the

Prakruti like *Vata Pradhana*, *Pitta Pradhana* and *Kapha Pradhana*. The health status was assessed using a standard questionnaire HSQ – 2.0.

Inclusion criteria

1. Apparently Healthy individuals with age group 18-35yrs
2. Who have regular menstrual cycle (at least past 2 months).
3. Married and Unmarried

Exclusion criteria

1. Who have Irregular menstrual cycle.
2. Who are on contraceptives.
3. Known Diabetics.
4. Hypertensive (uncontrolled)
5. Thyroid disorder
6. Who have conditions of uterine pathology (Uterine disorders)
7. Who have menstrual disorders.

Plan of study

1. Subjects who satisfy the inclusion criteria will be selected.
2. Assessment of *Prakruti* with the standard questionnaire.
3. Assessment of health status using HSQ-2.0.
4. Assessment of ovulation period with the help of Calendar method.
5. Assessment of *Rutumati Lakshanas* and characters of mood changes in ovulation period using self-prepared questionnaire.

Study duration

10 days for every individuals i.e., 5 days before and 5 days after the period of ovulation.

Assessment criteria

Subjective parameters

The self-prepared questionnaire consisted of *Rutumati Lakshanas* and characteristics of mood changes during ovulation period.

RESULTS AND DISCUSSION

Table 1: Days of appearance of Peenam Lakshana in 150 different Prakruti individuals

Day of Appearance	Vata Pradhana Prakruti	Pitta Pradhana Prakruti	Kapha Pradhana Prakruti	Total
15 th - 17 th	27	0	0	27
12 th - 14 th	0	24	0	24
14 th - 16 th	0	0	33	33

Out of 150 individuals, the *Peenam Lakshana* was observed in 27 *Vata Prakruti* subjects, in 24 *Pitta Prakruti* subjects, in 33 *Kapha Prakruti* subjects among 50,50,50 respectively.

Table 2: Days of appearance of Prasanna Lakshana in 150 different Prakruti individuals

Day of Appearance	Vata Pradhana Prakruti	Pitta Pradhana Prakruti	Kapha Pradhana Prakruti	Total
15 th - 17 th	20	0	0	20
12 th - 14 th	0	28	0	28
14 th - 16 th	0	0	37	37

Out of 150 individuals, the *Prasanna Lakshana* was observed in 20 *Vata Prakruti* subjects, in 28 *Pitta Prakruti* subjects, in 37 *Kapha Prakruti* subjects among 50,50,50 respectively.

Table 3: Days of appearance of Narakama Priyakatham Lakshana in 150 different Prakruti individuals

Day of Appearance	Vata Pradhana Prakruti	Pitta Pradhana Prakruti	Kapha Pradhana Prakruti	Total
15 th - 17 th	33	0	0	33
12 th - 14 th	0	25	0	25
14 th - 16 th	0	0	18	18

Out of 150 individuals, the *Narakama Priyakatham Lakshana* was observed in 33 *Vata Prakruti* subjects, in 25 *Pitta Prakruti* Subjects, in 18 *Kapha Prakruti* subjects among 50, 50, 50 respectively.

Table 4: Days of appearance of Harsha Lakshana in different prakruti individuals

Day of Appearance	Vata Pradhana Prakruti	Pitta Pradhana Prakruti	Kapha Pradhana Prakruti	Total
15 th - 17 th	35	0	0	35
12 th - 14 th	0	23	0	23
14 th - 16 th	0	0	12	12

Out of 150 individuals, the *Harsha Lakshana* was observed in 35 *Vata Prakruti* subjects, in 23 *Pitta Prakruti* subjects, in 12 *Kapha Prakruti* subjects among 50, 50, 50 respectively.

Table 5: Days of appearance of Utsukya Lakshana in different Prakruti individuals.

Day of Appearance	Vata Pradhana Prakruti	Pitta Pradhana Prakruti	Kapha Pradhana Prakruti	Total
15 th - 17 th	35	0	0	35
12 th - 14 th	0	25	0	25
14 th - 16 th	0	0	10	10

Out of 150 individuals, the *Utsukya Lakshana* was observed in 35 *Vata Prakruti* subjects, in 25 *Pitta Prakruti* subjects, in 10 *Kapha Prakruti* subjects among 50, 50, 50 respectively.

Table 6: Days of appearance of Sphurshroni Payodharams Lakshana in different Prakruti individuals.

Day of Appearance	Vata Pradhana Prakruti	Pitta Pradhana Prakruti	Kapha Pradhana Prakruti	Total
15 th - 17 th	18	0	0	18
12 th - 14 th	0	11	0	11
14 th - 16 th	0	0	5	5

Out of 150 individuals, the *Sphurshroni Payodharams Lakshana* was observed in 18 *Vata Prakruti* subjects, in 11 *Pitta Prakruti* subjects, in 5 *Kapha Prakruti* subjects among 50, 50, 50 respectively.

DISCUSSION

By seeing the results in appearance of *Peenam & Prasanna Lakshanas*, *Kapha Prakruti* individuals are having more *Peenam & Prasanna Lakshanas* during ovulation period as compared to other *Prakruti* individuals. Because in *Kapha Prakruti* individuals, *Kapha* plays an imperative role in *Beeja Nirmana*. *Kapha Prakruti* individuals are having predominance of *Tama Guna*.

Tamo Guna has been considered as *Prithvi & Jala Mahabhuta Pradhana & Kapha* is also having same properties. *Pruthvi & Jala* plays important role in *Nirman Prakriya*. *Acharya Charaka* has mentioned *Upachaya* as one of the important *Karma* of *Kapha*. All these virtues help in formation of *Beeja* (Ovum). So, *Beeja* formation will happen properly so ovulation will also occur properly in *Kapha Prakruti* individuals. Because of this proper & healthy ovulation *Peenam & Prasanna Lakshanas* were observed more in *Kapha Prakruti* individuals as compare to other *Prakruti*.

By seeing the results in appearance of *Narakmam Priyakatham & Harsha Lakshana*, *Vata Prakruti* individuals had more *Lakshanas* of *Narakmam Priyakatham & Harsha*, because *Vata Prakruti* individuals have predominance of *Rajasik Guna*, because of this *Raj Guna* they are having more eagerness to hear love stories and they are more greedy about happiness.

By seeing the above results of *Utsukya & Sphurahshroni Payodharams Lakshanas* were observed more in *Vata Prakruti* individuals, because *Vata Prakruti* individuals have *Raja Guna* predominance. *Raja Guna* is predominance of *Vayu Mahabhuta*. Main function of *Vayu* is *Vibhajan*. Ovum is formed in ovary by cell division. This function of cell division completed by *Vata* also helps in the release of oestrogen & progesterone during ovulation & *Vata* helps for escape of ovum from ovary & for ovulation. So, ovulation is the process which is initiated by *Vata &*

Rajoguna. Because of its mobility, keeps these attributes in continuous site of activity.

CONCLUSION

Prakruti plays an important role in women during ovulation. *Rutumati Lakshanas* were observed in all three *Pradhan Prakruti* individuals during ovulation. *Peenam, Prasannam, Narakam Priyakatham, Harsha, Utsukya* and *Sphurshron Payodharams* were observed in, *Vata Pradhana Prakruti* individuals - 15th to 17th day. *Pitta Pradhan Prakruti* individuals - 12th to 14th day. *Kapha Pradhana Prakruti* individuals - 14th to 16th day.

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