

An Integrative Review on Sedentary and Stationary Occupational Behaviors as Key Nidanas in the Samprapti of Artava Kshya, with Correlation to Modern Physiological Dysfunctions

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Abstract: *A sedentary lifestyle significantly contributes to Artava Kshya by causing Agnimandya, Kapha accumulation, and Vata imbalance, resulting in Artava - vaha srotorodha and impaired endometrial nourishment. Prolonged inactivity disrupts hormonal regulation, reduces pelvic circulation, and weakens Rasa-Rakta dhatu formation, ultimately leading to scanty menstrual flow. Including regular physical activity, improving Agni, and adopting Ayurvedic dietary and therapeutic measures can effectively restore normal Artava and enhance reproductive health. Modern correlates include pelvic hypoperfusion, hormonal dysregulation (altered estrogen /progesterone dynamics, insulin resistance), and low-grade inflammation.*

Keywords: Artava kshaya, hypomenorrhea, sedentary lifestyle, working women periods problem

