



**AYURVEDA FORMULATIONS AND THEIR BIOLOGICAL RESPONSES IN  
VARIOUS STREE ROGA: A REVIEW**

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**ABSTRACT**

Ayurveda is a system of healthy-lifestyle which helps to restore good health by preventing and treating different diseases. Ayurveda advocated meditation, *Yoga*, dietary changes, herbal remedies and classical formulations for the management of various disorders. These Ayurveda formulations offer great health benefits in case of various gynecological problems including *Pradara*, *Vandhyatava*, *Yonivyapad*, *Aartavavyapad*, *Yoniroga*, *Granthi*, *Arbuda* and *Stana Rogas*, etc. The Ayurvedic formulations such as *Kanchanara Guggulu*, *Varunadi Kashaya*, *Rajahpravartini vati*, *Ashokarishta*, *Pravala Pishti* and *Ashvagandha Churna*, etc. are considered useful for the management of *Stree Roga*. These ayurveda formulations mainly contain *Ashvagandha*, *Shatavari*, *Amalaki*, *Shilajith*, *Guggulu*, *Lavana*, *Bhasma* and *Kshara*, etc. Therefore possesses *Balya*, *Medhya Smritivardhak*, *Tridoshahara* and *Vrushya* properties which helps to relieves *Apana Vata Dushti* which is considered as major causes of *Stree-Roga*. This article explores role of some Ayurveda formulations in the management of *Stree Roga*.

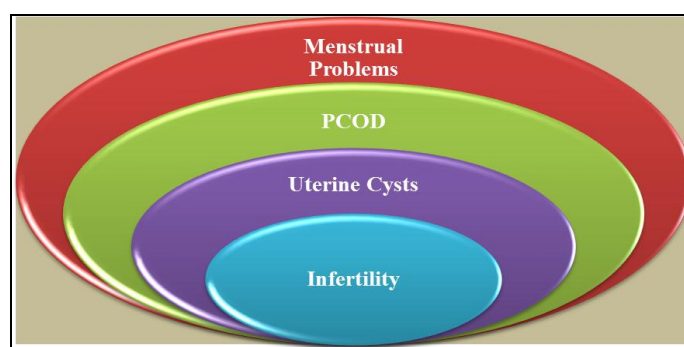
**KEYWORDS:** *Ayurveda*, *Stree Roga*, *Ashvagandha*, *Shatavari*, *Gynecological*.

**INTRODUCTION**

Ayurveda is a holistic and natural system of physical and mental health restoration. Ayurveda described several ways for keeping optimum status of physical, mental and spiritual health. Ayurveda helps to establish harmony of body with natures therefore maintain general health naturally. As per Ayurveda five elements (space, air, fire, water, earth) composed whole body and three *Doshas* (*Vatta*, *Pitta* & *Kapha*) governs various physiological functioning of body

while disturbance in *Doshas* can leads pathological problems therefore Ayurveda aimed towards the maintenance of balance of *Doshas*.<sup>[1,4]</sup>

As mentioned vitiation of *Dosha* can leads various diseases including *Stree-Roga* which mainly involves vitiation of *Vata Dosha*. The genital disorders of female and disorders related to menstrual cycle, etc. are comes under heading of *Stree-Roga* as depicted in **Figure 1**.



**Figure 1: Common gynecological problems.**

Ayurveda described different modalities for treating *Stree-Roga*, in this regards Ayurveda advocated utilization of various herbs and classical formulations along with dietary & life style modification, *Yoga* and *Sodhana* therapy, etc.<sup>[3,5]</sup>

**The principles of treatment of *Stree-Roga* are as follows:**

1. *Agni deepana* and *Ama pachana*
2. *Vatanulomana*
3. *Dhatu Poshna*
4. *Sodhana*

The ayurveda therapies which can offers *Agni deepana*, *Ama pachana*, *Vatanulomana*, *Dhatu Poshna* and *Sodhana* effects are useful for treating gynecological disorders. The potentiating *Agni* improves tissue functioning while reduction in *Ama* formation removes obstruction of circulatory system. Digestive and carminative Ayurvedic formulations contributed towards *Ojas* therefore improves overall health.

Drugs which offer *Vatanulomana* effects helps to treat many gynecological disorders including infertility. Similarly *Sodhana* therapy like *Vamana*, *Virechana* and *Utharavasti* helps in the expulsion of accumulated toxins and correct ovarian, uterine and tubular problems. Ayurveda treatments nourish body, revitalize physical strength and strengthen *Dhatu*s therefore maintain general health of female.<sup>[6,11]</sup>

#### **Ayurveda Herbs & Formulation for Gynecological Disorders**

Ayurveda formulations prepared from *Ashwagandha*, *Shatavari* and *Amalaki*, etc. are very useful to regulate hormonal balance and cure several related to female reproductive system. Ayurveda formulations prepared from *Ashoka*, *Dashmoola* and *Guggulu*, etc. offers health benefits in case of ovulation disorder. Ayurveda formulations prepared from *Shatavari*, *Jeevanti* and *Guduchi*, etc. are helpful for premature ovarian failure and formulations containing *Guduchi* and *Punarnava* help in case of blocked fallopian tubes and pelvic inflammatory disease, etc.

#### **Ayurveda formulation offers following health benefits in case of *Stree-Roga*:**

- ✓ Combination of herbs regulates menstrual cycles
- ✓ Maintain general health and wellness
- ✓ Revitalizing ovulation process
- ✓ Reduces stress which is one of the cause of gynecological problems
- ✓ Balances endocrine system and hormonal regulation
- ✓ Improves blood flow and removes obstructions of reproductive organs.

#### **Specific Ayurveda formulations**

*Asokarista* advocated for leucorrhea, menorrhagia, vaginal pain and dysmenorrhea. It is used as health tonic for women difficulties especially during menstrual bleeding. *Ashokarista* contains plants like *Ashoka*, *Musta*, *Haritaki*, *Amlaki* and *Dhataki* thus offers anti-inflammatory and rejuvenating properties.

*Brhat Garbhacintamani Rasa* used for vaginal discharge, pain & fever in pregnancy. It contains *Swarna Bhasma*, *Abhrak bhasma*, *Dashamoola* and *Lauh bhasma*.

*Candraprabha vati* is useful for menstrual pain, used as an anti-inflammatory Ayurvedic remedy, helps in diseases of urinary tract, brings glow and promotes general strength.

*Dadimadi ghrita* is used for diseases related to pregnancy and female reproductive system, this formulation provides physical strength and relieves dryness of body.

*Darvyadi kwatha churna* is recommended for leucorrhea, this drug considered helpful for menstrual problems and regulates hormonal balance inside the body.

*Goksuradi gugglu* is suggested for leucorrhea and also cures urinary tract infections, burning sensation relief urinary discomfort. This formulation stimulates uterus and cure menstrual problems, etc.

*Kamadudha rasa* is useful for excessive menstrual flow, relieves burning sensation, detoxify blood and possess anti-inflammatory property. The chief ingredients of formulation are *Mukta Pisti*, *Pravala Pisti*, *Kapardika Bhasma*, *Mukta sukti Bhasma*, *Sanka Bhasma*, *Shudha Suvarna Gairika* and *Guduchi Satva*. These all ingredients are helpful to regularizes normal physiological functioning of body.

*Ksirabala taila* is advised for menstrual disorder, it relief inflammatory symptoms, increase blood supply and reduces pain on regular massage.

*Laghu malini vasanta rasa* is useful for excessive vaginal discharge, acts on *Rasaktadi Dhatu*, possess *Jwaranashak* & *Garbha Sthapak* properties. Stabilizes foetus, prevent chances of abortion, useful in *Rajayakshma* and imparts *Balya* & *Rasayana* properties.

*Pradarantaka lauha* is good for excessive vaginal discharge, pain, relieves white discharge, possess astringent property, useful for anemia, gives strength to uterus, relieve abnormal discharge and considered helpful for pelvic pain.

*Saptasara kwatha churna* is useful for Dysmenorrhea, it possess laxative, digestive, carminative and appetite stimulant properties. It is indicated for backache, pelvic congestion, Amenorrhoea and Dysmenorrhoea.

*Sukumara ghrta* is used for genital pain, acts as an essential nutrient for menstrual health, boost reproductive system, balances hormonal system and regularizes menstrual cycles.

*Trayodasanga guggulu* is helpful for female genital tract disorder; it contains *Gokshura*, *Giloy*, *Ashwagandha*, *Guggul* and *Shatavari*, etc. provide strength to nerves and joints thus relieves problem related to pain in female, cure fever and inflammatory system.

### CONCLUSION

*Prasuti Tantra Evam Striroga* is branch of Ayurveda which deals with birth of child, obstetrics care, and treatment of *Stri Roga* and maintenance of general health of female. Heavy uterine bleeding, white discharge, uterine prolapse, infertility, PCOD, menstrual problems and uterine fibroid, etc. are major health issues related to female reproductive and menstrual system. Ayurveda described several approaches for the management of such conditions including uses of herbal remedies and classical ayurveda formulations. *Ashwagandha*, *Shatavari*, *Triphala*, *Guduchi* and *Guggul*, etc. are specific herbs which offers health benefits in case of gynecological problems. Some classical formulations such as; *Chanderprabha Vatti*, *Kanchnaar Guggal*, *Ashokarishta*, *Dashmoolarishta*, *Rajahpravartini vati*, *Varunadi Kashaya*, *Pravala Pishti* and *Kanchanara Guggulu*, etc. are suggested for treating various *Stri Roga*. These formulations also maintain general reproductive health of female.

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