



Stree Roga Visheshank

# आरोग्यमंदिर

पत्रिका

AROGYAMANDIR PATRIKA

October 2008

## EDITORIAL

The phrase "Female" is used today to denote a gender. The synonym for the same in Sanskrit "Stree", however, has a much broader connotation. The site of union of Shukra and Shonita and the place where the Garbha (foetus) formed by Shukrashonit Sanyog is held, is known as 'Stree'.



Today, when the females are taking equal responsibilities in almost all spheres and in some spheres more responsibilities than men successfully, it is a common practice to consider women as a human being made up of 'Shadadhatvatmak Sharir'.

But even today the woman is able to perform an act that is not only impossible but improbable for the men and that is to give birth to another living human being. It is, perhaps by design that, the creator of universe has differentiated the women, not only by physical characteristics but by mental set up too.

It is for this reason that the female, though otherwise considered to be equal in all aspects needs to be thought with more depth and it is necessary to know and understand her in a more scientific manner.

Keeping in view the demand of various Ayurvedic physicians conveyed to us from all over the country, this **Stree Roga Visheshank** is being brought out.

Sincerely hope that the Ayurvedic fraternity; the physicians and would be physicians will appreciate this Arogyamandir Patrika just as they have appreciated the earlier ones.

The comments on this Arogyamandir Patrika alongwith your expectations from us in the issues to come may please be conveyed to us, as you have done earlier.

Awaiting your valuable feedback.

Yours sincerely,

Vd. Shailesh Nadkarni

## Vishayapravesh

Stree Rogas are related to specific disorders of female reproductive system.  
अपत्यानां मूलं नार्यः परं नृणां । च.चि. ३०/५

In human beings female is very important and prime factor for an offspring. The maintenance and nourishment of foetus through the mother is very natural phenomenon, in development of femininity.

सञ्चीयते शुक्रशोणिते अस्यां सा स्त्री ।  
स्त्रीति स्त्यायति गर्भोऽस्याम् ।

The ovum and sperm unite and fertilization takes place in female only, who maintains and nourishes the embryo/foetus.

Menstruation or Menarche is the symptom of functioning of female reproductive system or its maturity. This 'Artava' or menstrual bleeding is carried through Srotas named 'Artavavaha Srotas'. The regularity and proper generation and circulation of menstrual bleeding is most important for healthy reproductive life and pregnancy in females.

When discussing Stree Roga, the knowledge of anatomy and physiology of female reproductive system and Artava is necessary alongwith disorders.

Female reproductive age is normally divided into 3 periods 1. From birth till menarche 2. From menarche till menopause and 3. Post menopause period.

In this Stree Roga Visheshank, we will discuss only menstrual disorders.

## Artava

ऋतौ भवमार्तवम् ।

Being in specific time, it is called as 'Artava'. It is also called as Pushpa as it is sign of Garbha. It is called as 'Raja'.

तथा रक्तमेव च स्त्रीणां मासे मासे

गर्भकोष्ठमनुप्राप्य त्र्यहं प्रवर्तमानम् आर्तवमित्याहुः ।

अ.सं.शा. १

Artava is the menstrual bleeding which is discharged from Uterus every month for 3 days through Vagina.

तथा रसादेव स्त्रिया रक्तं रजःसंज्ञं प्रवर्तते ।

तद्वर्षाद् द्वादशादूर्ध्वं याति पञ्चाशतः क्षयम् । सु.सू. १४/६

Raja is Upadhatu of Rasa which nourishes the foetus in way of Prasad and stays in Stree Shareer for one month.

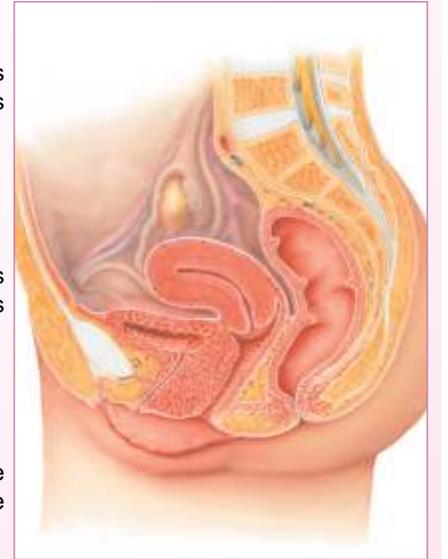
## Shuddha Artava

शशासृकप्रतिमं यत्तु यद्वा लाक्षारसोपमम् ।

तदार्तवं प्रशंसन्ति यद्वासौ न विरज्येत् । सु.शा. २/१७

आर्तव पुनः लाक्षारसशशास्राभं धौतं यच्च विरज्यते । अ.ह.शा. १/१७

The Artava which is blood red in colour similar to Laksha Rasa or blood of Rabbit, which does not gives stains on cloth is known as Shuddha Artava. It is capable of conception.



## Artavavaha Srotas

### Causes of Artavavaha Srotas vitiation

Though causes of Artavavaha Srotas vitiation are not directly mentioned in the text but depending on the different stages and diseases, the causes can be described.

The common causes of vitiation of srotas alongwith causes of Vata dosha vitiation are to be considered in Artavavaha Srotas vitiation.

As Vata dosha i.e. Apana Vayu and its vitiation is the root cause of Yonivyapad.

न हि वातादृते योनिर्वनितानां प्रदूष्यति ।

अतो जित्वा तं तमन्यस्य कुर्याद् दोषस्य भेषजम् ॥ अ.ह.उ. ३४/२३

Artava or Raja is derived from Rasa and Rakta dhatu and due to Ashrayashrayi bhava of Rakta & Pitta the causes of Rakta & Pitta dushti can also be said as the causes of Artavavaha Srotas vitiation. Also causes of Yonivyapad should be incorporated.

मिथ्याचारेण ताः स्त्रीणां प्रदुष्टेनार्तवेन च ।

जायन्ते बीजदोषाच्च दैवाच्च शृणु ताः पृथक् । च.चि. ३०/८

विंशतिर्व्यापदो योनेर्जायन्ते दुष्टभोजनात् ।

विषमस्थाङ्ग शयनभृशमैथुनसेवनैः ।

दुष्टार्तवापद्रव्यैः बीजदोषेण दैवतः ॥ अ.ह.उ. ३३/२७

Mithyachara or Mithyahara Vihara

Artava dosha, Beeja dosha, Sleeping in odd position

Ati maithuna, Use of Apadravyas

### Symptoms of Artavavaha Srotas vitiation

Maithuna Asahishnuta	- Dyspareunia
Vandhyatva	- Infertility
Artavanash	- Amenorrhoea
Artava Heenayoga	- Oligomenorrhoea
Mithyayoga	- Dysmenorrhoea
Atiyoga	- Menorrhagia

### Diseases of Artavavaha Srotas Vitiation

Female reproductive age is divided into 3 stages, the diseases are also differentiated accordingly.

**1. Masik Dharma** - Menstrual period - Disorders related with menstruation or Yonivyapad e.g. Raktapradar, Shwetapradar, Anartava

**2. Garbhini Avastha** - Pregnancy - From conception till the completion of delivery. Disorders of mother as well foetus (miscarriage or abortion) developed during this period

**3. Sootikavastha** - Sootikaroga i.e. post natal disorders developed after delivery

### General Treatment of Artavavaha Srotas vitiation

यच्च वातविकाराणां कर्मोक्तं तच्च कारयेत् ।

कुर्याद्वातादिभिर्दुष्टे स्वौषधं । अ.ह.शा. १/१२

As causes of vitiation of Artavavaha Srotas though not mentioned, we can think of vitiation of Vata dosha alongwith Pitta, Rasa and Rakta dushti. Hence, the treatment should be done on the basis of pacifying these doshas specially Vata.

### General Treatment of all Yonivyapad

स्नेहनस्वेदबस्त्यादि वातजास्वनिलापहम् ।

कारयेद् रक्तपित्तघ्नं शीतं पित्तकृतासु च ।

श्लेष्मजासु च रुक्षोष्णं कर्म कुर्याद् विचक्षणः ।

सन्निपाते विमिश्रं तु संसृष्टासु च कारयेत् । अ.सं.उ. ३९/४४

### Vataj

Vatanashak  
Snehan,  
Swedan,  
Basti

### Pittaj

Rakta Pitta Nashak  
Sheetopachar

### Kaphaja

Kapha Nashak  
Ruksha,  
Ushnopachar

Other- Uttara Basti, Abhyanga, Parisheka, Pralepa, Pichu

## Stree Shareera

Artavavaha Srotas is the Srotas which carries Artava in females. The knowledge of physiology of Artava is important when understanding Stree Shareera i.e. anatomy.

आर्तववहे द्वे तयोर्मूलं गर्भाशय आर्तववाहिन्यश्च धमन्यः ।

तत्र विध्वायां वन्द्यत्वं मैथुनासहिष्णुत्वम् आर्तवनाशश्च । सु.शा. ९/१२

The origins of Artavavaha Srotas are mentioned as Garbhashaya (Uterus), Artavavahini Dhamani (fallopian tubes). If these are diseased or dysfunctioning that develops Vandhyatva (Infertility), Maithun Asahishnuta (Dyspareunia), Artavanasha (Amenorrhoea).

The Artavavaha Srotas or female reproductive system contains following organs.

1. Yoni (Vagina),
2. Garbhashaya (Uterus),
3. Beejavahini (Fallopian tubes),
4. Beejakosha (Ovaries)

**Yoni** - Yoni is the pathway connecting the internal and external reproductive organs, from external vaginal orifice upto Uterus. Yoni is the main organ of all Yonivyapad. It is generally 3 to 4 inch deep inside.

Sushruta has mentioned Yoni as

शङ्खनाभ्याकृतियौनिस्त्र्यावर्ता सा प्रकीर्तिता ।

तस्यास्तृतीये त्वावर्ते गर्भशय्या प्रतिष्ठिता । सु.शा. ५/४३

Yoni is like Conch shell with 3 spheres called as Tryavarta. In its internal or third sphere, Garbhashaya or Uterus is situated.

**Function** - Passing menstrual blood during menstruation and carrying sperms from semen which is ejaculated at the inner end of vagina.

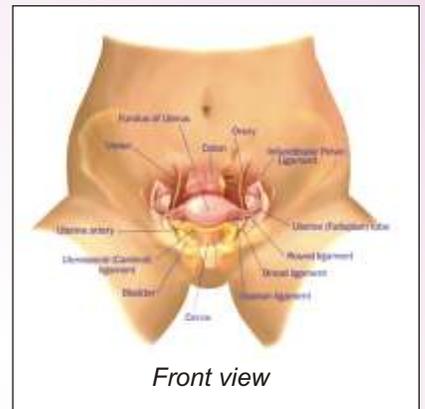
### Garbhashaya

यथा रोहितमत्स्यस्य मुखं भवति रूपतः ।

तत्संस्थानां तथारूपां गर्भशय्यां विदुर्बुधाः । सु.शा. ५/४६

Garbhashaya or Uterus is narrow at the cervix and broad at fundus in similar way as mouth of Rohita Matsya.

It is a pear shaped pouch like structure mainly situated in between rectum at posterior side and urinary bladder at anterior side.



## Stree Shareera

It is the main reproductive organ in female in which fertilized ovum get embedded, develops for nine months and then gets delivered.

Its size increases as per the development of foetus and becomes normal after delivery.

### Function

1. To receive, nourish and protect fertilized ovum throughout nine months of pregnancy
2. After completion of pregnancy it delivers foetus by contraction of Uterus
3. If fertilization does not take place, in absence of fertilization sheds off proliferated endometrium as menstrual bleeding

### Beejavahini (Fallopian Tubes)

These are pair of tubes connecting Uterus and Ovary. They are on the either side of Uterus. Its one end opens into Uterus and other has fimbriae i.e. projection on Ovarian side.

The ovum and sperm both unite undergoing fertilization in fallopian tubes. This fertilized ovum gets transmitted into Uterus.

### Beejakosha (Ovaries)

Beejakosha or Ovaries are two Almond shaped glands which lies near the fimbrial end of Fallopian Tubes onto both sides of Uterus.

It mainly produces Stree Beeja i.e. Ovum. Both the Ovaries contains 7200 Ova.

In each menstrual cycle one Ovum from either Ovary matures and is expelled out. This Ovum either fertilizes with Shukranu

(Sperm) or if not is thrown away alongwith menstrual bleeding. For healthy reproductive life in females, normal functioning of reproductive organs as well as proper menstrual period is very essential.

In childhood these reproductive organs are small and non functional. In the beginning of young age i.e. between childhood and adolescence there is period of Puberty.

At the time of Puberty they increase in size and shape and get matured. This period starts from 8 years upto 16 years. Menarche i.e. first menstruation is been known as sign of maturity. In this transient period of Puberty, there are anatomical changes in female body developing primary and secondary sex characters.

Adolescence is the period from 17 years upto 21 years in which all reproductive organs get matured and female is ready for reproduction.

Upto 40 years of age is Adult stage where reproductive capacity of a female is at its peak. This is called as Reproductive period.

Menopause is the period between 40 years of age upto 50-55 years.

Menopause means cessation or stopping of menstruation which unables the female from reproduction where the genital or reproductive organs shrinks or becomes inactive.

Approximate age of Menopause is 50 years.

तद्वर्षद्वादशात् काले वर्तमानमसृक् पुनः ।

जरापक्वशरीराणां याति पञ्चाशतः क्षयम् । सु.शा. ३/११

Menstrual bleeding starts at the age of twelve and stops at fifty.

## Rhutu

स्त्रीणां आर्तवकालः । च.नि. ३/१३, सु.शा. २/२५

As the flower blooms during season, similarly menstruation is the prime thing for pregnancy. Hence it is called as Rhutu.

### Duration of Menstruation

मासि मासि रजः स्त्रीणां रसजं सवति व्यहम् ।

वत्सराद्वादशादूर्ध्वं याति पञ्चाशतः क्षयम् । अ.ह.शा. १/७

Raja is derived from Rasa dhatu in females. It is the menstrual blood that bleeds through Vagina for 3 days in every month in cycles. Menstruation period is from 12 years upto 50 years of age i.e. from Menarche till menopause then it ceases.

मासेनोपचितं रक्तं धमनीभ्यामृतौ पुनः ।

ईषत्कृष्णं विगन्धं च वायुर्योनिमुखानुदेत् । अ.ह.शा. १/२२

After Menarche in every month the endometrium or the internal linings of Uterus proliferates into cushion like structure to receive and nourish fertilized Ovum. If there is no fertilization, the whole proliferated endometrium sheds off through Vagina as menstrual bleeding. The colour of this bleeding is slight blackish red and without any foul smell.

This menstruation occurs every month hence it is called as menstrual period. Being cyclic in nature it is called as menstrual cycle.

The menstrual cycle is from first day of starting of menstrual period till the next menstrual period.

Menstrual bleeding lasts for 3 to 7 days. The first occurrence of menstrual blood is known as Menarche.

**Menarche (First menstrual period)** - occurs between the age of 11 to 15 years of age

**Precocious Puberty** - Menstruation which starts before the age of 9 years

**Delayed Menarche** - Menstruation which starts late i.e. at the age of 16 years or after that.

### Shatavari Kalpa

- Sarvadhatusposhak Rasayan in women
- Provides nourishment to mother and foetus or new born during pregnancy and postnatal period
- Useful in abdominal pain, bleeding with clots, irregular menstruation during menopause
- Acts as Pittashamak in Raktapradar and Raktapitta
- Excellent Galactagogue in post natal period by promoting lactation



## Examination in Stree Roga (Gynaecological Examination)

In Ayurved, examination is of 3 folds Darshan, Sparshan, Prashna. In case of Stree Roga it is very necessary to know menstrual history and obstetric history in married females alongwith local examination of reproductive organs.

### 1. Menstrual History

- Age of Menarche
- Duration of menstrual period - days  
Duration of menstrual cycle - days
- Quantity of menstrual bleeding - Profuse/Moderate/Scanty
- Nature of menstrual bleeding - Colour - Smell
- Menstruation - Painful/Painless  
Time/Location/Nature or Type of pain
- Date of last menstrual period (LMP)

### 2. Obstetric History

Number of delivery / Nature / Duration of pregnancy / Abnormality during pregnancy  
Baby/ Gender/ Age/ Birth Weight/ Live/ Dead

### 3. History of Contraception

Details of use of contraceptive methods, if any

### 4. General Examination

In Gynaecological disorders per Abdominal and Vaginal examination is also very necessary alongwith physical examination.

In inspection it is necessary to examine skin, nails and colour of conjunctiva for understanding Anaemic condition.

### Special Examination

1. Per Abdomen
2. Per Vagina

#### 1. Per Abdomen

- A. Inspection - Abdominal skin colour / scars / wound / wrinkles
- B. Palpation - Abdominal mass / lump  
Tenderness  
Pain  
Mobility
- C. Auscultation - Foetal heart sounds in pregnant women from 5<sup>th</sup> month onwards



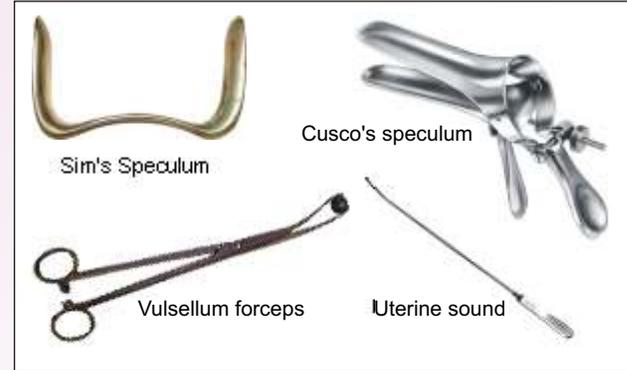
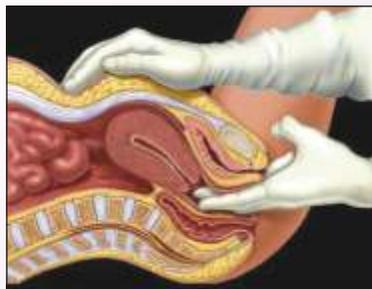
#### 2. Per Vagina -

Vaginal examination is performed by means of hands and instruments.

Following instruments are used for this

1. Sim's speculum
2. Cusco's speculum
3. Vulsellum forceps
4. Uterine sound

In this examination, external and internal reproductive organs such as Vulva, Cervix, Uterus and its appendices are examined.



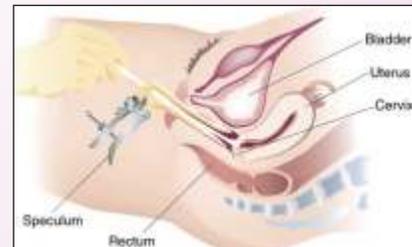
In this examination, one can get following information;

1. Presence or absence of hymen
2. Foreign body in vaginal path, enlargement, tumor, prolapse etc.
3. Temperature of Vagina, Constriction or any abnormal growth, erosion etc. in Vagina
4. Cervix - Size, Shape, Length, Sensitivity, Erosion, any protrusion or mass
5. Uterus Size, Shape, Anteverted / Retroverted, Polyp

In Stree Rogas (Gynaecological disorders) modern methods of examination alongwith pathological examination are necessary. viz.

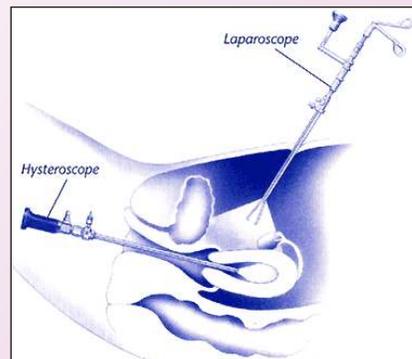
1. V.D.R.L. test
2. Bleeding and Clotting time
3. Vaginal discharge test - Trichomoniasis or Moniliasis

4. Histological examination - histology of smear from cervical or other sites / (Pap Smear)



5. Endometrial biopsy

6. X-ray, Sonography
7. Examination of female reproductive pelvic organs through Laproscope, Culdoscope, Hysteroscope



8. Hormone assays

## Menstrual disorders and their specific characteristics

<b>Anartava - Amenorrhoea</b>	- Absence of menstruation
<b>Alpartava - Oligomenorrhoea</b>	- Scanty menstruation Reduction in volume and duration of menstrual bleeding
<b>Kashtartava - Dysmenorrhoea</b>	- Painful menstruation
<b>Vilambit Rajodarshan</b>	- Delayed menstruation
<b>Atyartava / Raktapradar</b>	- Menorrhagia, Metrorrhagia, Excessive menstruation
<b>Shwetapradar - Leucorrhoea</b>	- Excessive white discharge from Vagina

### Menstrual Disorders

These are classified in three groups

<b>Heenayoga</b>	- Rajahksheenata	- Alpartava / Anartava
<b>Atiyoga</b>	- Rajovruddhi	- Atyartava / Raktapradar
<b>Mithayoga</b>	- Rajodushti	- Vitiated Artava

For proper menstruation in females, proper development and functioning of female reproductive organs such as Uterus, Ovaries, Fallopian tubes and Vagina is necessary. Also normal blood count and functioning of endocrine glands plays an important role.

### Artavakshaya or Rajahksheenata

आर्तवक्षये यथोचितकाल अदर्शनम् अल्पता वा योनिवेदना च,  
तत्र संशोधनमाग्नेयानां च द्रव्याणां विधिवदुपयोगः । सु.सू. १५/१२

Artavakshaya or absence of menstruation generally consists of three categories.

- Lack of menstruation in proper time - Vilambit Rajodarshan
- Scanty or less menstrual bleeding - Alpartava
- Painful menstruation - Kashtartava
- Absence of menstruation - Anartava

If these symptoms have not been treated properly they developed diseases. Here, 3 major disorders will be described in detail.

### Anartava (Amenorrhoea)

Absence of menstruation is called as Anartava. This absence of menstruation even after menarche or absence of menses before menopause is known as Anartava. Physiological Amenorrhoea or Natural stages are

- Before puberty / pre pubertal
- Post menopausal
- During pregnancy
- During lactation

### Rajahpravartani Vati

- Artavajanak, Garbhashaya Shodhak, Vatanulomak action
- Useful in Alpartava, Anartava and delayed menstruation by regularizing menstruation with Artavajanak action
- Acts as Shoolanashak in Katishoola, Udarshoola developed in Anartava & Kashtartava



Vilambit Rajodarshan i.e. delayed menstruation has been incorporated in Anartava.

‘दोषैरावृत्तमार्गत्वादार्तवं नश्यति स्त्रियाः ।’

Artava nasha or Anartavata develops due to obstruction in Srotas or vitiated Doshas. This is mainly due to Vata & Kapha Vruddhi i.e. aggravation and Pittakshaya.

### Causes of Anartava

- Garbhashaya lekhan (Atiyoga) excessive curettage
- Stambhana Atiyoga
- Vegadharana - suppression of natural urges
- Excessive intake of cold food and drinks
- Heavy exercise
- Over indulgence in sexual activity
- Diseases like Anaemia (Pandu), Rajayakshma, Apatarpan etc.
- Mental causes like depression, Unmada etc.

### Symptoms

- Lethargy
- Tandra
- Debility
- Nausea
- Anorexia
- Pain in abdomen or back
- Heaviness in pelvic region
- Fever
- Burning sensation in palms and soles
- Mental irritation

### Treatment

**Nidan Parivarjan** - The reason behind the Anartava is to be distinguished whether any local cause or other cause. Use of Madhur, Snigdha, Bruhan, Balya, Jeevaniya dravya

**Vatanashak Karma** - Uttar Basti, Abhyanga, Swedan, Parisheka, Pralepa, Pichu

**Abhyanga** - Mahanarayan Taila or Shatavari Taila

**Yoniprakshalan** - Triphala Kwath

**Kalpa** - Rajahpravartani Vati, Kumari Asava No. 1

### Kumari Asava No. 1

- Deepak, Pachak, Yakrutottejak Asava
- Useful in Nashtartava (Amenorrhoea), Kashtartava (Dysmenorrhoea) in females developed due to Ovarian dysfunction with Artavajanak action

### Amayik Prayog

- |                      |                                                                  |
|----------------------|------------------------------------------------------------------|
| Nashtartava          | - Kumari Asava No.1 +<br>Rajahpravartani Vati +<br>Chandraprabha |
| Delayed Menstruation | - Kumari Asava No.1 +<br>Chandraprabha +<br>Abhraloha            |



## Rajovruddhi

Rajovruddhi is increase in menstrual bleeding or excessive menstrual bleeding for longer duration or irregularity in menstrual cycle.

आर्तवमङ्गमर्दामतिप्रवृत्तिर्दौर्बल्यं च ... तेषा यथास्वं ।

संशोधनं क्षपणं च क्षयादविरुद्धैः क्रियाविशेषैः प्रकुर्वीता । सु.सु. १५/१७-१८

In Artava Vruddhi there are 3 symptoms - Angamarda (Bodyache), Artava Atipravrutti (excessive menstrual bleeding), Dourbalya (Debility). This is also known as Atyartava, Raktapradar or Asrugadara.

### Atyartava (Menorrhagia)

Excessive loss of menstrual bleeding for normal duration of menstrual period i.e for 3-4 days or more than that is Atyartava.

### Raktapradar (Metrorrhagia)

In this Rajasrava i.e. menstrual bleeding is excessive and continuous also having irregularity in period. It is also known as Asrugadara.

प्रकर्षेण दीर्यते ।

असृक् रक्तं दीर्यते च्यवते प्राचुर्येण यस्मिन् रोगे यदसृग्दरः ।

The disease in which there is excessive vaginal bleeding is known as Asrugadara.

तदेवातिप्रसङ्गेन प्रवृत्तमनुतावणि ।

असृग्दरं विजानीयाद् अतोऽन्यद्रक्तलक्षणात् । सु.शा. २/१८

### Causes

विरुद्धमधाध्यशनादजीर्णाद् गर्भप्रपातादतिमैथुनाच्च ।

यानाध्वशोकादतिकर्षणाच्च भाराभिघाताच्छयनाद् दिवा च ॥ मा.नि. ६१/१

- Improper development of reproductive organs
- Disorders of Uterus and other reproductive organs
- Garbhapata (Abortion)
- Garbhashaya Shaithilya (Uterine laxity)
- Excessive hot, spicy, salty food
- Malnutrition, Pandu (Anaemia)
- Excessive sexual activity
- Intake of alcohol
- Psychological conditions like grief, fear
- Excessive travelling on horse, scooter, cycle etc. or running, jumping activities

### Bolbaddha Rasa

‘प्रदरं च प्रमेहं च मूत्रकुच्छ्राशमरी जयेत्’ ।

- The best Raktastambhak Kalpa
- Acts as Garbhashaya Shamak and tones up uterine muscles
- Useful in Shwetapradar, Raktapradar, Atyartava, Mootravikar and Prameha
- Acts as Vranaropak in healing the cervical erosion and vaginal ulceration or abrasion



### Samprapti of Raktapradar

Pitta & Raktadushtikar Ahara Vihara

Raktadhatu Vruddhi + Vata Prakopa

Increased blood volume gets accumulated in uterine capillaries

Bleeding during menstrual period or at any time

Bleeding through Vagina

Asrugadara

### Symptoms

असृग्दरो भवेत् सर्वः साङ्गमर्दः सवेदनः ।

तस्यातिप्रवृत्तौ दौर्बल्यं भ्रमो मूर्च्छा तमस्तृष्णा ।

दाहः प्रलापः पाण्डुत्वं तन्द्रा रोगाश्च वातजाः ॥ सु.शा. २/१९-२०

- Excessive menstrual bleeding
- Bodyache, Headache
- Pain & heaviness in abdomen, low back and pelvic region
- Giddiness
- Vomiting, Indigestion
- Burning sensation in palms, soles and eyes
- Darkness in front of eyes
- Excessive thirst
- Constipation
- Oedema on feet and body
- Heaviness in breast (Enlarged breasts)

### Treatment

तरुण्या हितसेविन्यास्तमल्पोपद्रवं भिषक् ।

रक्तपित्तविधानेन यथावत् समुपाचरेत् ॥ सु.शा. २/२१

In the female taking proper diet, treatment of Asrugadar with less complication will be as per Raktapitta.

### Nidan Parivarjan

Stambhak, Sheetal, Pittashamak, Kashaya rasatmaka dravya Astringent, Haemostatic drugs like Ashoka, Audumber, Chandan, Wala etc.

Aushadhi Kalpa - Ashokarishta, Usheerasava, Pushyanug Choorna, Chandrakala Rasa, Praval Pishti, Bolbaddha Rasa, Vanga Bhasma, Chandraprabha (with loha Shilajatu)

### Ashokarishta

- An Arishta well known as women's friend with Kashayarasatmak, Raktastambhak and Garbhashayabalya properties
- Provides excellent results in irregular menstrual cycles, Kashtartava (Dysmenorrhoea), Atyartava (Menorrhagia) due to action on Garbhashaya & Beejakosha



### Amayik Prayog

- |                            |                                                                             |
|----------------------------|-----------------------------------------------------------------------------|
| Atyartava                  | - Ashokarishta + Bolbaddha Rasa + Praval Pishti                             |
| Kashtartava                | - Ashokarishta + Shankhavati + Dashamoolarishta                             |
| Shwetapradar               | - Ashokarishta + Pushyanug Choorna + Vanga Bhasma                           |
| Irregular Menstrual cycles | - Ashokarishta + Rajahpravartani Vati + Chandraprabha (with Loha Shilajatu) |

## Kashtartava (Dysmenorrhoea)

It is also called as Krucchrtava. 'Krucchra' means 'Kashta' or 'Dukkha' i.e. pain or despair. Krucchrtava means painful menstruation. In this, there is pain before menstrual period starts or during the period.

सफेनिलमुदावर्ता रजःकृच्छ्रेण मुञ्चति ।

There is pain in abdomen, low back, groin and pelvic region before the menstrual period starts and reduces or ceases as the period starts.

Kashtartava is to be treated as per Vatala or Udavarta Yonivyapad according to Ayurved.

### Treatment

Vatanashak Chikitsa depending on cause  
Vatanashak but Pittavardhak Ahar Vihar, Light exercise or Asana which will activate reproductive organs

**Abhyanga** - Mahanarayan Taila, Bala Taila, Narayan Taila

**Pichu** - Hingvadi Taila

**Yoniprakashalan** - Triphala Kwath

### Chandraprabha (With Loha Shilajatu)

- Gutika with Shamak, Balya, Rasayan action on urinary and reproductive organs
- Useful in Kashtartava & irregular menstrual cycles
- Effective in Vandhyatva developed due to vitiation of Stree and Purusha beeja
- Helpful in Raktapradar, Shwetapradar, Garbhashaya Shotha, Garbhashaya Shaithilya



### Tapasweda, Katisnana

**Kalpa** - Dashamoolarishta  
Ashokarishta  
Lohasava

Rajahpravartani Vati  
Shankhavati  
Kumari Asava No. 1



### Usheerasava

- An Asava prepared with 'Usheera' which is Sheeta, Kashaya, Raktastambhak, Dahashamak, Mootral
- Useful in Raktapitta, Raktatisara, Raktarsha, Raktapradar, Mootrakrucchra, Daha

### Lohasava

- An Asava prepared with 'Loha Bhasma' which is excellent Raktavardhak, Deepak, Pachak
- Useful in Pandu, Yakrutpleeha Vikar, Agnimandya
- Useful in menstrual disorders in females like Raktapradar, Nashtartava



## Pradara

प्रकर्षेण दीर्यते चाल्यते रजः अनेन इति प्रदरम् ।

The discharge from vagina in females which is continuous is called as Pradar. The names as Shwetapradar or Raktapradar are given as per colour.

### Shwetapradar

If the discharge is white mucous or watery then it is called as Shwetapradar.

Ayurved does not describe any specific disease as Shwetapradar. However, the symptoms of Kaphaja & Shleshmaja Yoni as described in Yonivyapada are similar to that of Shwetapradar.

This white discharge is normal in certain physiological conditions which also lubricates the vaginal mucosa and internal lining. It increases in following conditions.

- Before and after menstrual period
- In production and expulsion of ovum
- During postnatal period
- Malnutrition
- Extreme cold condition
- Debility

When this white discharge increases in quantity and frequency, which is thick, mucoid, blood tinged, purulent, foul smell, irritant, burning and produces inflammation, it is called as Leucorrhoea.

### Causes

- Over eating even after indigestion
- Excessive fasting
- Abortion
- Trauma on Uterus
- Lack of vaginal cleanliness
- Over indulgence in sex and with person having Sexually Transmitted Diseases
- Constipation
- Chronic disorders such as Madhumeha, Shwasa, Kasa, Yakshma, Krumi, Pandu, Kushtha
- Psychological conditions like Anxiety, Fear, Anger etc.
- Irregularity in menstrual period

### Chandrakala Rasa

- Excellent Sheetal, Pittashamaka, Raktaprasadak and Raktastambhak action
- Useful in Raktapradar and Shwetapradar due to Dahashamak and Raktastambhak action



## Shwetapradar

### Symptoms

- White discharge like rice water from vagina
- Itching in vaginal region
- Pain, bodyache, Pain in groins, Low backache
- Dysuria (Difficulty in micturition)
- Anorexia, Indigestion, Headache
- Pallar face
- Despair

### Treatment

- **Nidan Parivarjan** - Rule out the cause It is necessary to know whether it is due to local cause or any other general disease
- Lick Amala Choorna or Amala Swarasa (juice) alongwith honey  
Drinking Lodhra Kalka with Vatatwak Kwath is beneficial.  
Nagkeshar Choorna with Takra or Tandulodak
- **Yonidhawan/Yoniprakshalan** - Triphala Kwath, Panchavalkal Kwath or Nyagrodhadi Kwath
- **Pichudharan**
  1. Kshoura (cloth made up of Atasi) dipped in Vatatwak Kwath and put in vagina as pack. [Cha. Chi. 30/120]
  2. Use of Vatahar Taila like Nyagrodhadi Gana Siddha Taila
- **Yonidhoopan** - Mix Saral, Guggul & Jau with Ghee and put this mixture on burning Charcoal. Give vaginal fomentation with these fumes
- **Yonivarti**  
Prepare a pessary or vaginal tablet with
  - Plukshatwak Choorna and Madhu
  - Lodhra, Priyangu, Yashtimadhu Choorna with Madhu
- **Uttarbasti** - Panchvalkal, Nyagrodhadi Gana or Babboola Twak Kwath, Triphala Kwath
- **Kalpa** - Usheerasava, Ashokarishta, Chandanasava, Pushyanug Choorna, Chandrakala Rasa, Praval Pishti, Vanga Bhasma, Trivanga Bhasma, Chandraprabha

## Yonidhavan (Vaginal Wash)

Yonidhavan is also known as Prakshalan, Parishek, Parisinchan in Ayurveda. Prakshalan literally means cleansing as washing with water and Parishek and Parisinchan means sprinkling of water.

दन्ती त्रिफला गुडूची क्वाथः सुखोष्णो योनेः परिषेकः । अ.सं.उ. ३९

Warm decoction or Kwatha prepared from Guduchi, Triphala and Danti is used for Vaginal wash.

Kwatha prepared from Aragavadhadi gana is also used. Triphala Kwatha and Gomutra together are used for Yoni prakshalan or vaginal wash.

### Pushyanuga Choorna

- Beneficial in disorders of Uterus and Vagina in females due to its action
- Excellent action in all types of Pradara
- Useful in Atyartava, Shwetapradar, Raktarsha and Raktatisara



## Pichudharan (Vaginal Pack)

पिचु अर्थात् स्थूलकपर्टिका च.चि. १९/४६

Pichu or pack prepared from cotton gauge is dipped in Aushadhisiddha Ghruta or oil which is kept inside the vaginal orifice. This is known as Pichudharan or vaginal pack. When pack is bigger in size it is known as 'Plota'. Vagbhat has considered pichu superior to Yonidhavan. Because in this absorption of Aushadhi takes place gradually and hence it has long term effect. Pichu is also useful in Yonishoola.

कुष्ठतगरदेवदारुवार्ताकिनी सैधवैः साधितं तैलं पिचुना धारयेत् ।।

अ.सं.उ. ३९

Siddha oil prepared from Kushtha, Tagar, Devdaru, Vartaka, Saindhav salt is used for Pichudharan.

Pichu prepared from Dhatakyadi Oil is useful in Kaphaj Yonivyapad - अ.ह.उ. ३४

## Yonivarti (Vaginal Pessary)

Varti which is kept inside vagina is called as Yonivarti. It is almost the size of index finger, round and big. It is prepared from Aushadhi dravya or Bhavana of Aushadhi dravya. It is lubricated with Aushadhi Ghruta or oil before inserting inside the vagina. It is used for the purpose of Yonishodhan.

पिप्पलीमाषमरिचशताह्वाकुष्ठसैन्धवैः ।

प्रदेशिन्यङ्गुलीतुल्या वर्तियोनिविशोधिनी ।। अ.सं.उ. ३९

Yonivarti is prepared from Pippali, Mash, Maricha, Sounf, Kushtha and Saindhav having shape and size of index finger, which is kept inside the vagina for the purpose of Yoni Shodhan.

There are two types of Yonivarti's Soluble and Insoluble.

Soluble Varti dissolves inside the vagina. Insoluble Varti have a thread attached to it which remains outside when Pessary (Varti) is inserted inside the vagina. This thread is useful to pull the varti outside from vagina.

### Abhraloha

- Excellent Haematinic which supplies 'Loha' in natural form for women of all age groups
- Acts as Balya, Rasayan and nourishes 'Raja' and 'Stanya' Upadhatu of Rasa
- Useful in psychological changes during menstrual period and menopause as well as due to Pandu



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