

Ayurvedic medicines used in Prasooti Tantra (obstetrics) and Stri Roga (gynecology) categorized by clinical conditions

Clinical Condition	Ayurvedic Medicines	Dosage	Uses/Indications	Modern Correlation	Key Ingredients
Amenorrhea (Artava Kshaya)	1. Ashokarishta 2. Kumaryasava 3. Rajapravartini Vati 4. Shatavari Churna	- 15-30 ml - 15-30 ml - 1-2 tablets (250 mg each) - 3-6 g daily	- Induces menstruation - Regulates hormones - Nourishes reproductive system	Secondary amenorrhea	Ashoka, Kumari (Aloe vera), Shatavari, Trikatu
Dysmenorrhea (Kashtartava)	1. Dashamoolarishta 2. Hingwashtak Churna 3. Kumaryasava	- 15-30 ml - 1-2 g per meal - 15-30 ml	- Relieves menstrual cramps - Corrects Vata dosha imbalance	Primary dysmenorrhea	Dashamoola, Hing (Asafoetida), Pippali, Jeeraka, Aloe vera
Menorrhagia (Asrigdara)	1. Ashokarishta 2. Chandraprabha Vati 3. Pradarantaka Lauha	- 15-30 ml - 250 mg twice daily - 125-250 mg twice daily	- Controls excessive bleeding - Strengthens uterine muscles	Dysfunctional uterine bleeding	Ashoka, Musta, Lodhra, Kesar, Lauha Bhasma

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Leucorrhea (Shweta Pradara)	1. Pushyanuga Churna 2. Chandraprabha Vati 3. Lodhrasava	- 3-6 g twice daily - 250 mg twice daily - 15-30 ml	- Treats abnormal vaginal discharge - Improves vaginal health	Vaginal infection, vaginitis	Lodhra, Amalaki, Yashtimadhu, Guggulu
Infertility (Vandhyatva)	1. Phala Ghrita 2. Shatavari Churna 3. Vanga Bhasma	- 10-15 g daily - 3-6 g daily - 60-120 mg daily	- Enhances ovulation - Nourishes endometrial lining - Treats hormonal imbalance	PCOS, Anovulation	Shatavari, Gokshura, Dashamoolaa, Ghrita base, Vanga (tin ash)
PCOS (Artava Dushti)	1. Chandraprabha Vati 2. Kanchnar Guggulu 3. Varunadi Kashaya	- 250 mg twice daily - 250 mg twice daily - 15-30 ml	- Reduces ovarian cysts - Regulates hormonal imbalance - Improves metabolism	Polycystic Ovarian Syndrome	Kanchnar, Guggulu, Varuna, Pippali, Haritaki
Pregnancy Care (Garbhini Paricharya)	1. Satavari Ghrita 2. Balant Kadha 3. Dashamoola Kwatha	- 10-15 g daily - 15-30 ml - 15-30 ml	- Supports fetal growth - Prevents complications - Relieves fatigue	Prenatal vitamins	Shatavari, Dashamoolaa, Yashtimadhu, Ghee

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			during pregnancy		
Postpartum Care (Sutika Paricharya)	1. Dashamoola Kwatha 2. Jeerakarishtha 3. Bala Taila	- 15-30 ml - 15-30 ml - 5-10 ml for massage	- Promotes uterine involution - Improves lactation - Relieves postpartum weakness	Postpartum recovery	Dashamoola, Jeeraka (Cumin), Bala, Sesame oil
UTI (Mutrakrichra in Women)	1. Chandraprabha Vati 2. Gokshuradi Guggulu 3. Punarnavadi Kashaya	- 250 mg twice daily - 250 mg twice daily - 15-30 ml	- Relieves burning sensation - Treats recurrent UTIs - Diuretic action	Urinary Tract Infections	Gokshura, Punarnava, Haritaki, Amalaki, Trikatu
Endometriosis (Garbhashaya Granthi)	1. Kanchnar Guggulu 2. Ashwagandha Churna 3. Triphala Ghrita	- 250 mg twice daily - 3-6 g daily - 10-15 g daily	- Reduces inflammation - Manages pain - Promotes hormonal balance	Endometriosis	Kanchnar, Guggulu, Ashwagandha, Triphala, Ghrita

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