

WOMEN. A

ACKNOWLEDGEMENTS

We sincerely acknowledge the contributions of all those expert vaidyas who have contributed immensely to the preparation of this prototype both on the technical as well as the designing sides.

Executive Director
LSPSS
P.B. 7102, Ramanathapuram
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KNOW YOUR BODY

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KNOW YOUR BODY

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KNOW YOUR BODY

The female reproductive system consists of the ovaries, fallopian tubes, uterus, and vagina. The ovaries are the glands that produce eggs and secrete hormones. The fallopian tubes are the tubes that carry the eggs from the ovaries to the uterus. The uterus is the muscular organ that carries the developing fetus. The vagina is the canal that leads from the uterus to the outside of the body.

The vagina is the female organ of reproduction and the passage between the external and internal genitalia. It is a muscular canal that is about 8 to 10 cm long and is lined with a mucous membrane. The vagina is the birth canal and is the passage for menstrual blood. It is also the passage for sperm during intercourse.

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STRUCTURE OF THE FEMALE REPRODUCTIVE SYSTEM

The female reproductive system is divided into

- (1) external reproductive organs and
- (2) internal reproductive organs.

External Reproductive Organs

They are the outer lip, the inner lip, the clitoris, the vaginal orifice and hymen.

The **outer and inner lips** protect the vaginal opening and clitoris from injury and infection.

The **clitoris** is a small, erectile and highly sensitive structure.

The **vagina** is the female organ of copulation and the connecting passage between the external and internal genitalia. Its functions are

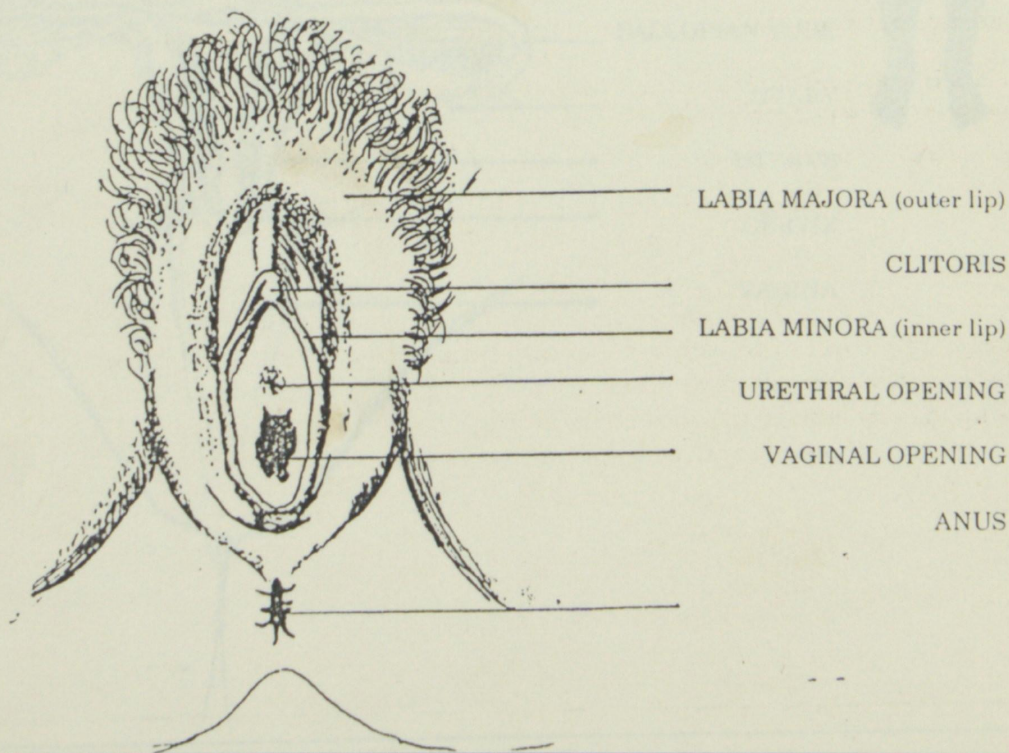
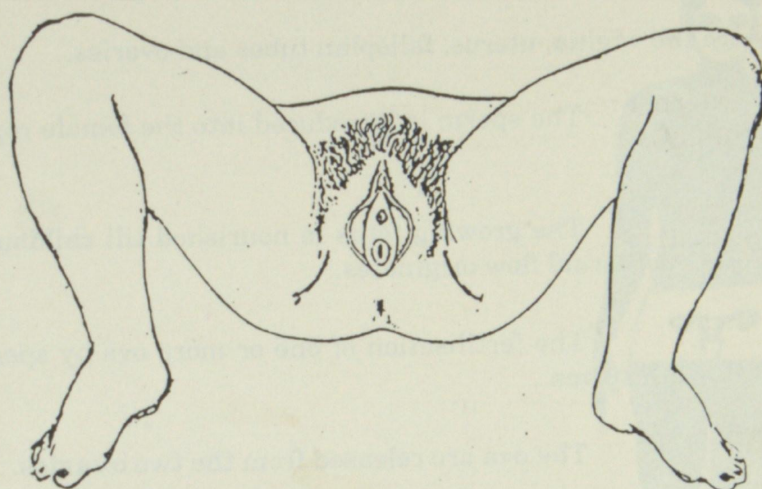
a) it acts as a canal for coitus where semen is deposited in its upper part for occurrence of pregnancy. It also acts as a canal for childbirth

b) it acts as a canal for the discharge of menstrual blood from the uterus to the exterior

c) it prevents occurrence of infection in the child bearing woman.

Hymen is a fold of mucous membrane which partially or completely covers the vaginal opening. It has one or occasionally several apertures for the escape of menstrual blood. The hymen is torn by coitus, by introduction of tampons, by surgical procedures or by rigorous exercise. It, being a sure sign of virginity, is a popular misconception that needs to be corrected.

EXTERNAL GENITALIA



Internal Reproductive Organs

They are the vagina, uterus, fallopian tubes and ovaries.

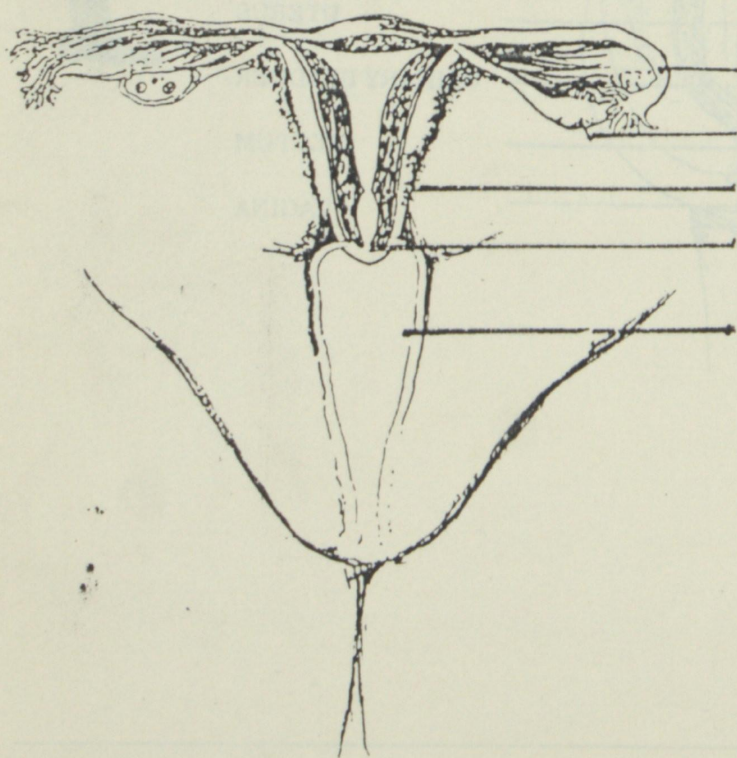
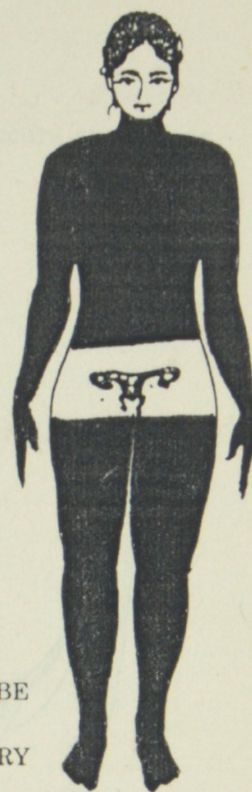
The sperm is introduced into the female reproductive tract through the **vagina**.

The growing fetus is nourished till childbirth in the **uterus**, from which the menstrual flow originates.

The fertilisation of one or more ova by spermatozoa takes place in the **fallopian tubes**.

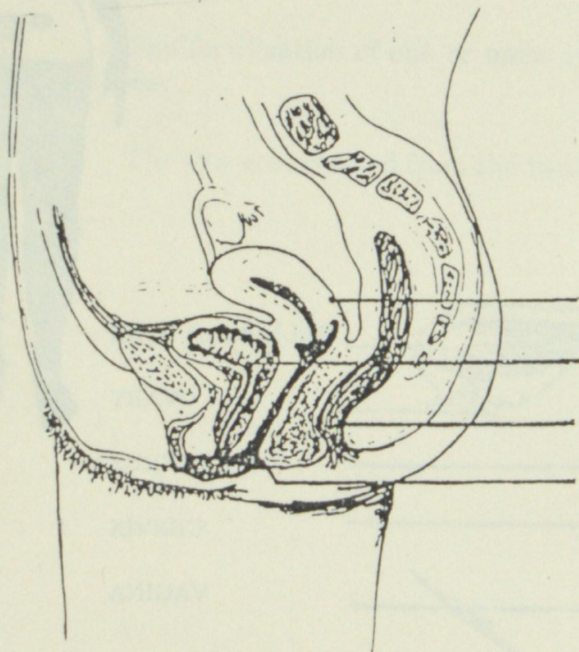
The ova are released from the two **ovaries**.

INTERNAL GENITALIA



- FALLOPIAN TUBE
- OVARY
- UTERUS
- CERVIX
- VAGINA

INTERNAL GENITALIA (contd.)



UTERUS
URINARY BLADDER
RECTUM
VAGINA

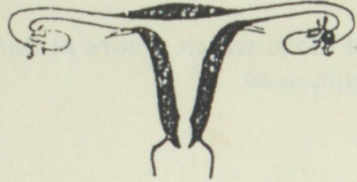


Men
less

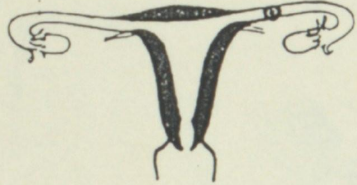
MENSTRUATION

Menstruation is the periodic physiological discharge of blood which occurs at more or less regular intervals from the time of menarche to menopause.

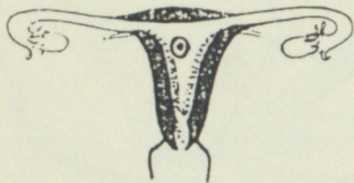
PHYSIOLOGY OF MENSTRUATION



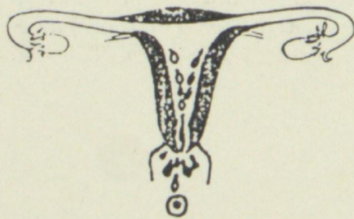
A matured egg is released from the ovary



Through the fallopian tube, it reaches the uterus



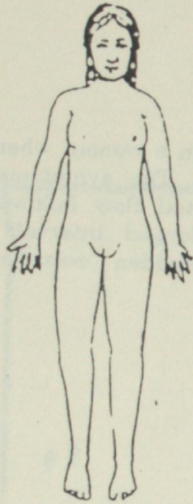
A padding is prepared on the inner wall of the uterus for the implantation of the egg



If not fertilised, the egg comes out alongwith blood and blood clots i.e. the padding.

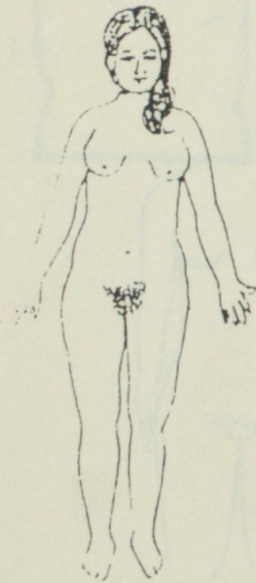
This is called menstruation.

PHYSIOLOGY OF MENSTRUATION



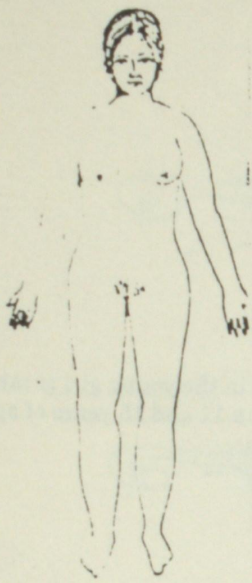
MENARCHE

The first menstrual period in the young girl is called menarche. It comes between 11 and 15 years of age.



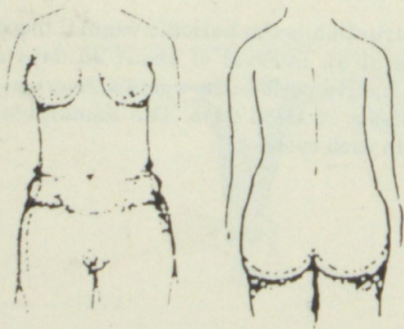
REPRODUCTIVE (MENSTRUATING) PERIOD
15-45 years

Menstruation is the periodic vaginal bleeding which occurs at an interval of about 28 days during the reproductive period of a woman. Average menstrual cycle lasts 25 to 35 days. The woman bleeds for 2-7 days in each cycle.

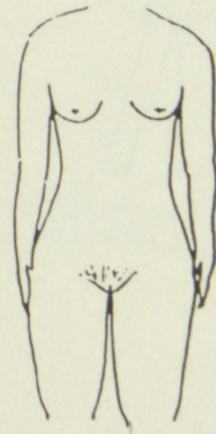


MENOPAUSE
(after 45 years)

Menopause is the condition in a woman when her menstruation finally ceases. The symptoms are progressively scanty menstrual flow followed by cessation, or, period at prolonged intervals and ultimately cessation, or, sudden cessation of periods. Other symptoms are

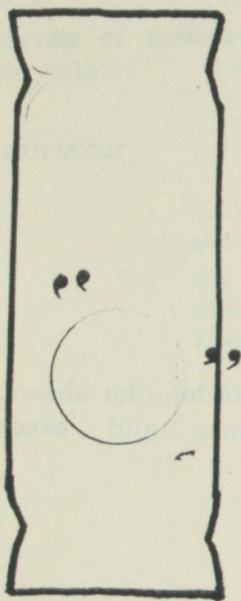


Gaining weight around the hips, buttocks and breasts

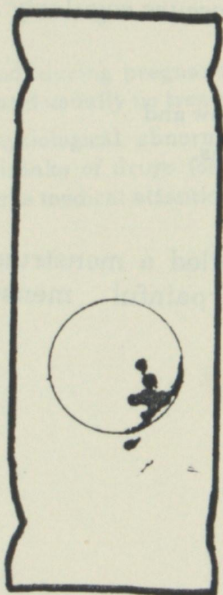


Hair reducing around the vulva

MENSTRUAL DISORDERS



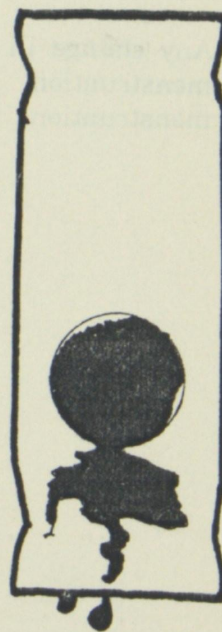
ABSENCE OF
MENSTRUATION



SCANTY
MENSTRUATION



PAINFUL
MENSTRUATION



EXCESSIVE
MENSTRUATION

MENSTRUAL DISORDERS

Menstruation is said to be normal when it occurs regularly

- with normal duration of cycle
- with normal quantity of blood flow and
- without any associated symptoms.

Any change in this normal process is called a menstrual disorder like absence of menstruation, scanty menstruation, painful menstruation and excessive menstruation.

ABSENCE OF MENSTRUATION

Absence of menstruation is called Amenorrhoea or Anaartavam (according to Ayurveda).

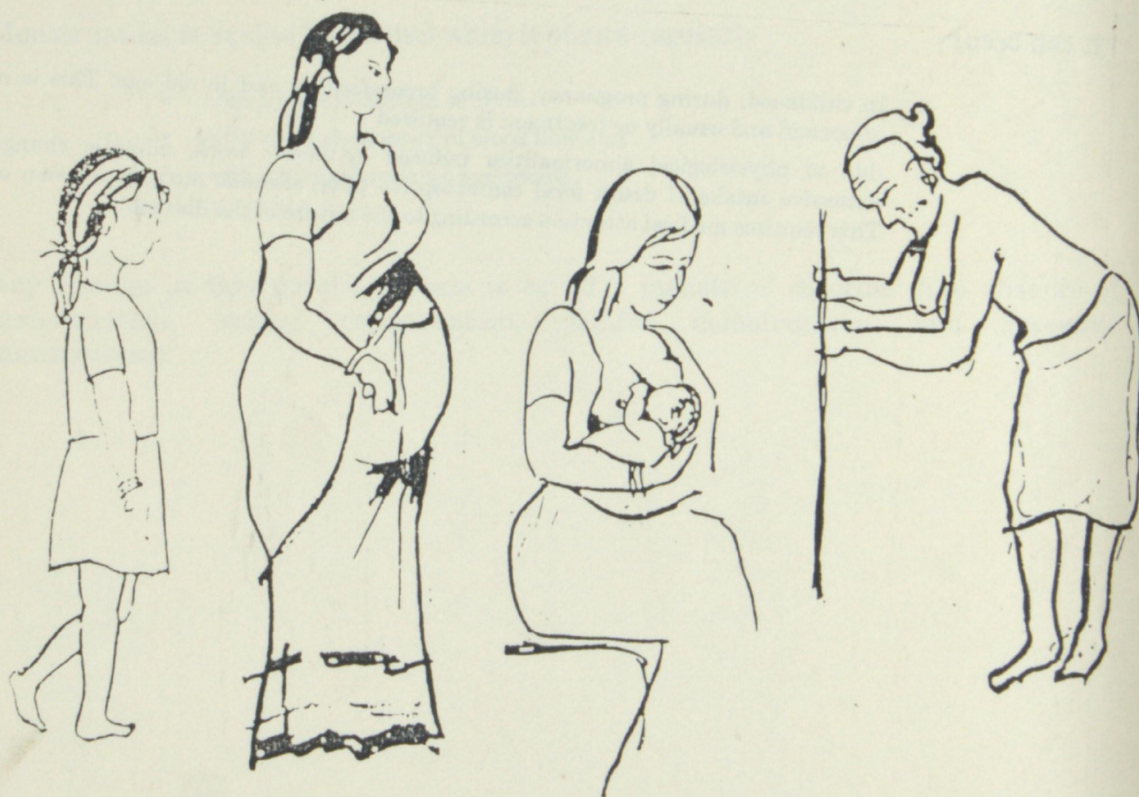
It can occur

- in childhood, during pregnancy, during breastfeeding and in old age. This is not abnormal and usually no treatment is required
- due to physiological abnormalities induced by heavy work, climatic changes, excessive intake of drugs (oral contraceptive pills, steroids etc.), depression etc. This requires medical attention according to the nature of the disease.

ABSENCE OF MENSTRUATION

1. PHYSIOLOGICAL

In this type, usually no treatment is required.



IN CHILDHOOD
(BEFORE
MENARCHE)

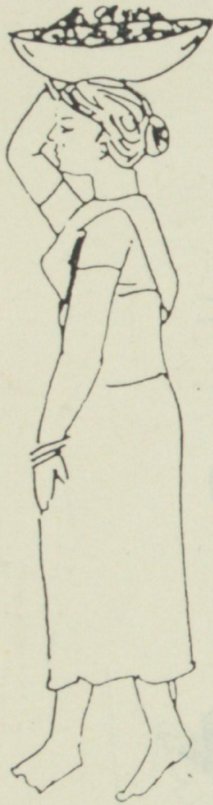
DURING
PREGNANCY

DURING
LACTATION

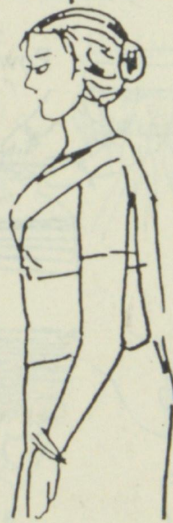
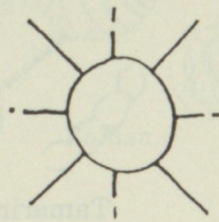
IN OLD AGE
(MENOPAUSE)

2. PATHOLOGICAL

Absence of menstruation can also occur due to

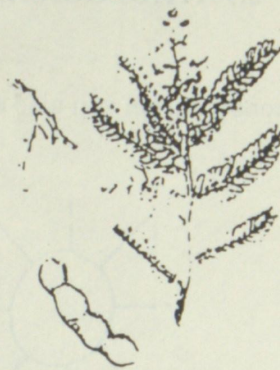


HEAVY WORK



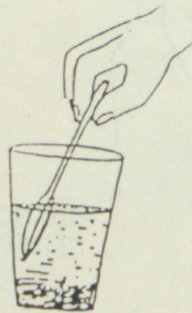
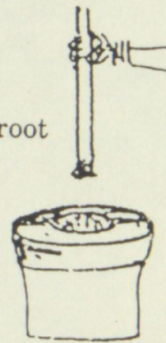
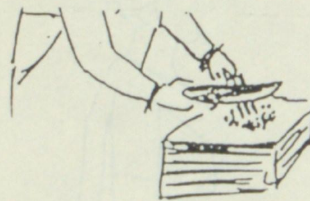
CHANGE IN
CLIMATE

TREATMENT FOR ABSENCE OF MENSTRUATION



Tamarind

Powder 15 gms. of tamarind root



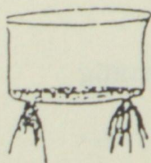
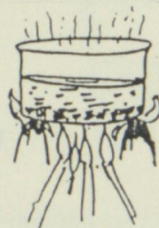
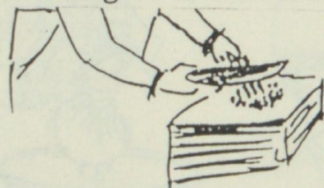
Mix with 60 ml. of water and drink in the morning and evening on empty stomach.

Absence of menstruation

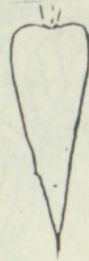


Palasa

Boil 60 gms. of bark of Palasa in 1000 ml. of water



Reduce it to 120 ml. Drink twice daily with one tsp. of honey for one month.



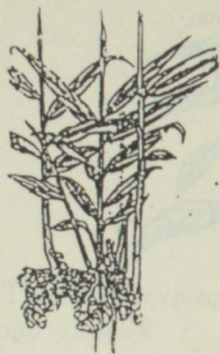
Carrot

Crush the carrot and extract the juice.

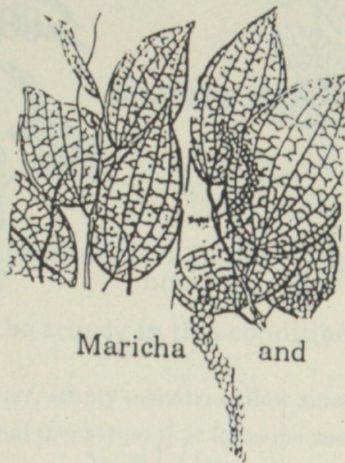


Drink 60 ml. of the juice daily in the morning

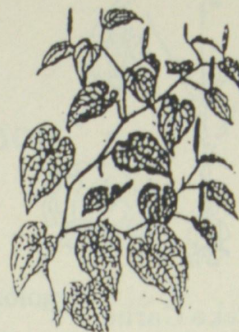
Absence of menstruation



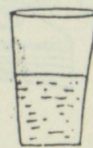
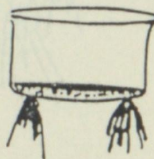
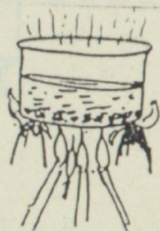
Take Sunti,



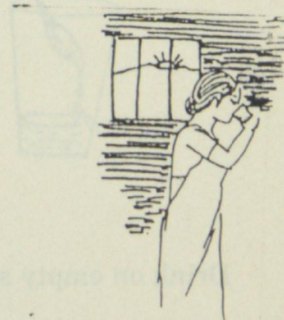
Maricha and



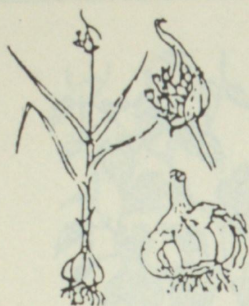
Pippali - 20 gms. each



Boil in 1000 ml. of water and reduce to 120 ml.



Drink on empty stomach twice daily - 60 ml. each.



Take Garlic,

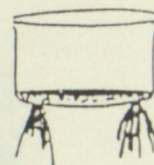


Bala

and



Tila - 20 gms. each



Boil in 1000 ml. of water and reduce to 120 ml.



Drink on empty stomach twice daily - 60 ml. each adding one tsp. each of ghee and sugar.

SCANTY MENSTRUATION

This is known as krichchraartava in Ayurvedic terminology.

Menstrual flow will be scanty in this condition. It is of two types

- regular, scanty menstrual flow since menarche
- normal menstrual flow for some years followed by scanty menstruation

Treatment for this condition is similar to that of absence of menstruation.

PAINFUL MENSTRUATION

It is referred to as dysmenorrhoea or krichchraartava (in Ayurvedic terms). It is of two types - primary and secondary

PRIMARY DYSMENORRHOEA	SECONDARY DYSMENORRHOEA
<ul style="list-style-type: none">• disorder of young girls below the age of twenty	<ul style="list-style-type: none">• may occur at any age between puberty and menopause
<ul style="list-style-type: none">• pain starts a few hours or a day before the commencement of menstrual flow	<ul style="list-style-type: none">• pain commences about a week prior to the onset of menstruation
<ul style="list-style-type: none">• pain concentrated in lower abdomen	<ul style="list-style-type: none">• pain in back
<ul style="list-style-type: none">• pain is intermittent and colicky in character	<ul style="list-style-type: none">• pain is dull aching in character

In both cases the pain is relieved with menstrual flow.

The treatment is according to the symptoms.

PAINFUL MENSTRUATION

SYMPTOMS

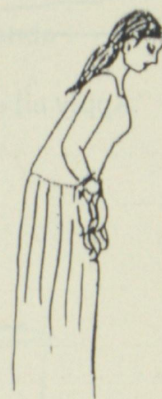
PRIMARY



during or after puberty



vomiting



pain above the pubic region

SECONDARY



middle age



back pain

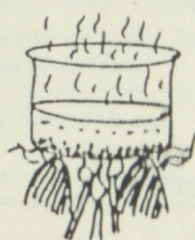
TREATMENT FOR PAINFUL MENSTRUATION



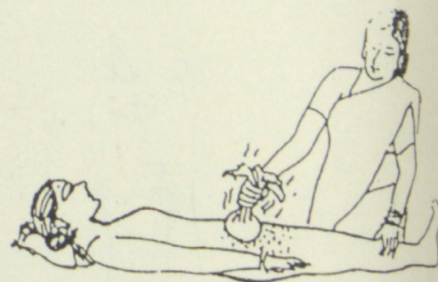
Apply oil on lower abdomen



Tila seeds



Boil 100 gms. of tila in 400 ml. of water



Make a bundle of these boiled seeds using a square cloth. Warm it occasionally and apply on lower abdomen.

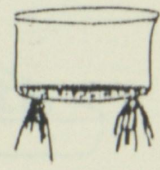
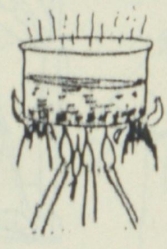
Painful menstruation



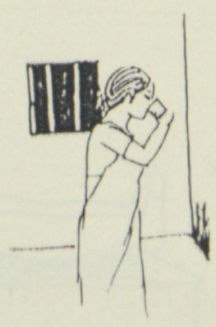
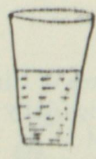
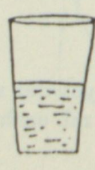
Sunti



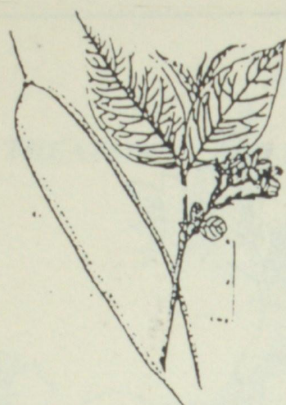
Eranda



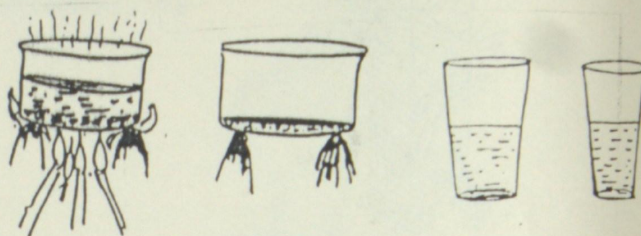
Boil 60 gms. of Sunt and Eranda root in 1000 ml. of water and reduce to 125 ml.



Drink twice dally on empty stomach.



Indrayava



Boil 60 gms. of Indrayava in 1000 ml. of water and reduce to 120 ml.



Hingu



Mix 3 pinches of Hingu powder and drink on empty stomach twice daily - 60 ml. each.

Painful menstruation



Take Jeeraka seeds

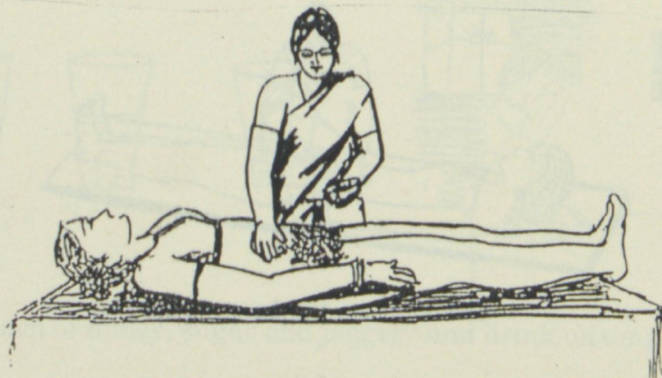
and



Ssigru bark



Make a paste with buttermilk



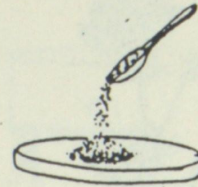
Smear it on the lower abdomen



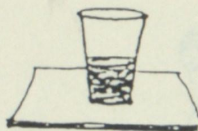
Take Hingu - 60 gms.



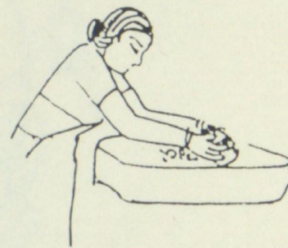
Tila seeds - 120 gms.



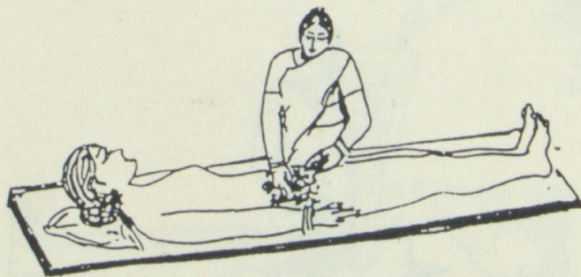
salt - 4 tsp.



and Gomutra (cow's urine) - 120 ml.



Make a paste



Smear it on the lower abdomen.

Painful menstruation



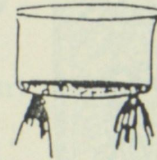
Take Sathavari root,



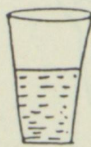
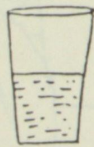
Gokshura fruit and



Yashtimadhu stem



Boil 20 gms. each in 1000 ml. of water and reduce to 120 ml.



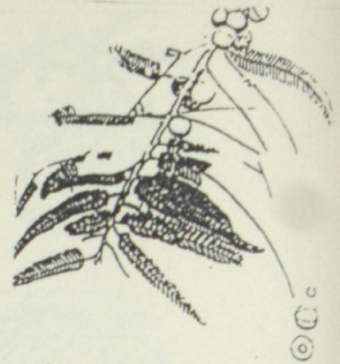
Mix 1 tsp. each of honey, sugar and jaggery and drink on empty stomach twice daily.



Take Hareetaki fruit,



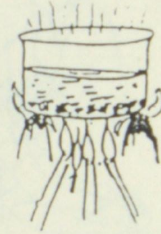
Vibheetaki fruit, and



Aamalaki fruit



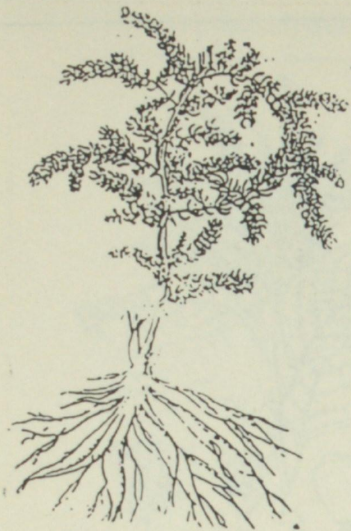
and bark of Aragwadh.



Boil 20gms. each in 1000ml. of water. Reduce to 120ml.



Mix 1 tsp. each of honey and sugar and drink twice daily on empty stomach.



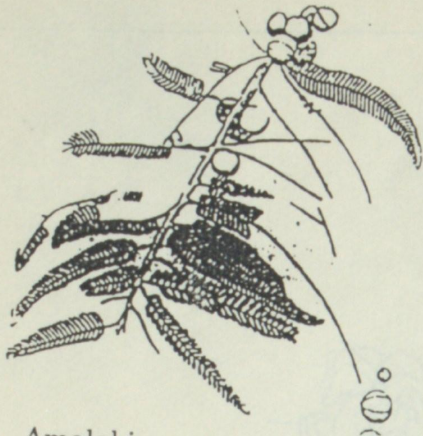
Sathavari - root tuber



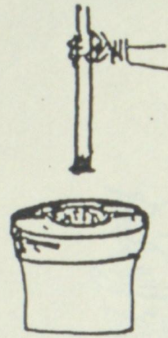
Crush and extract the juice of Sathavari



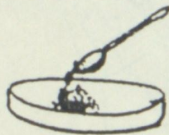
Mix 1 tsp. of honey. Drink twice daily on empty stomach.



Amalaki



Powder Amalaki fruit (dried)

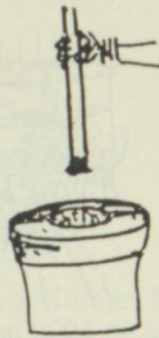


Mix 1 tsp. of honey with 1 tsp. of powder and take twice daily, in the morning and evening.

Painful menstruation



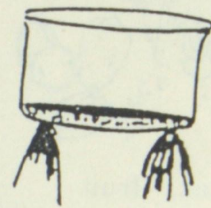
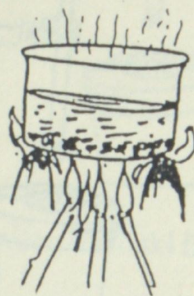
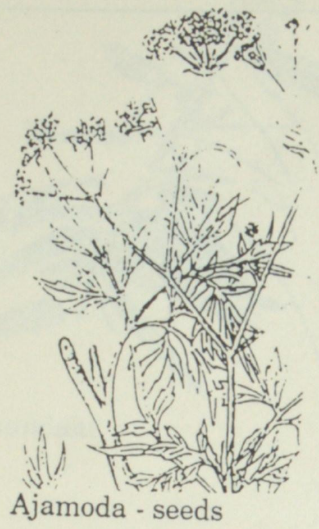
Hareetaki - fruit



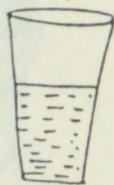
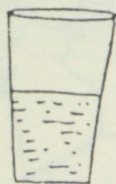
Powder Hareetaki



Take 5 gms. twice daily mixed with ghee and jaggery.

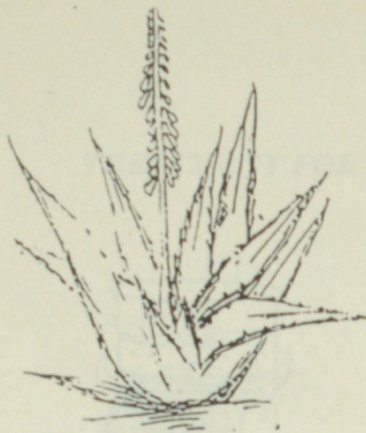


Boil 60 gms. in 1000 ml. water and reduce to 125 ml.



Drink twice daily on empty stomach.

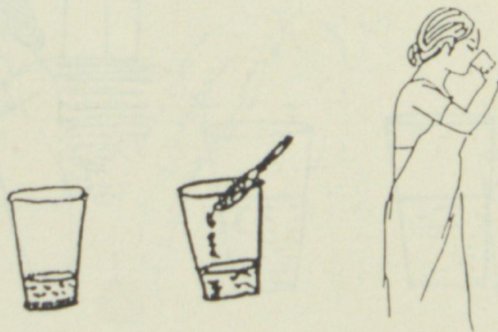
Painful menstruation



Kumari - leaves



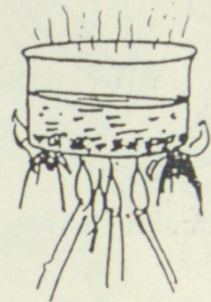
Crush the inner part of Kumari leaf and extract the juice



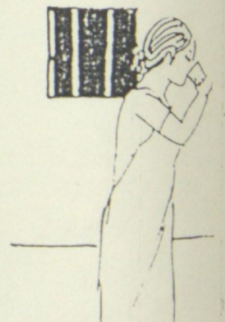
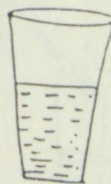
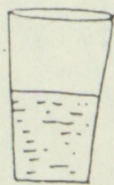
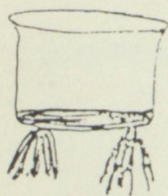
Take 10 ml. of the juice, mixed with 1 tsp. of honey, early in the morning. It is useful in painful menstruation.



Ashoka



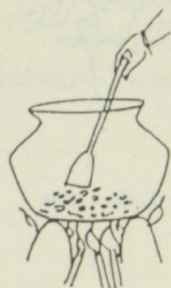
Boil 60 gms. of bark of Ashoka with 150 ml. of milk and 600 ml. of water



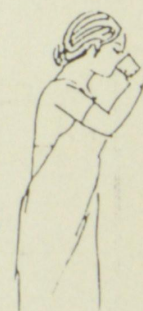
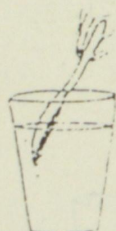
Reduce it to 150 ml. Make two equal portions and drink in the morning and evening on empty stomach.

TREATMENT FOR SOME SYMPTOMS OF PAINFUL MENSTRUATION

Vomiting



15 gms. of parched rice corn



mixed with 60 ml. of coconut water and powder of cardomom seeds to be taken frequently.

General weakness

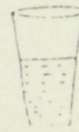
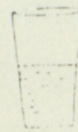
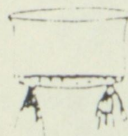


Bala - root



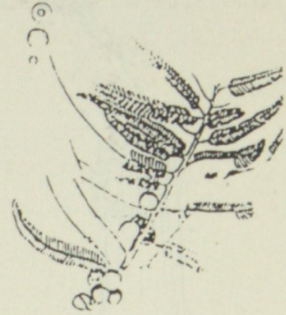
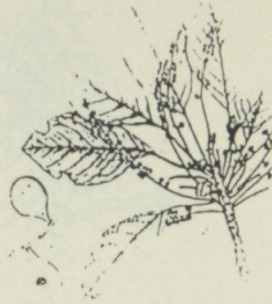
Jeeraka - seed

Boil 30 gms. each of the above in 1000 ml. of water and reduce to 125 ml.

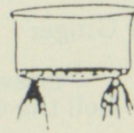
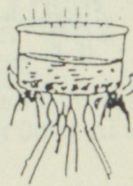


Drink twice daily on empty stomach.

Constipation



Take the fruits of Hareetaki, Vibheetaki and Amalaki - 20 gms. each



Boil in 1000 ml. of water and reduce to 125 ml.

Drink twice daily on empty stomach.

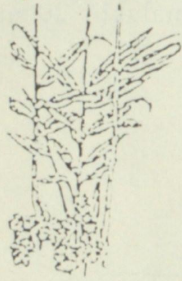
Lower abdominal pain



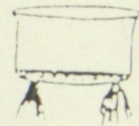
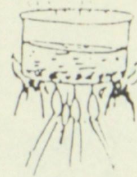
40 gms. of Bala root,



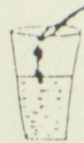
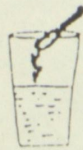
20 gms. of Jeeraka seeds



10 gms. of dry Ginger



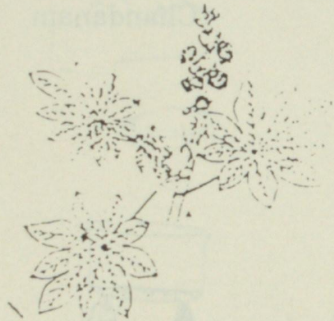
Boil the drugs in 1000 ml. of water and reduce to 125 ml.



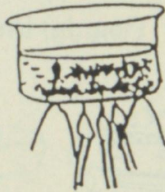
Mix 1 tsp. of ghee and drink twice daily.

Painful menstruation

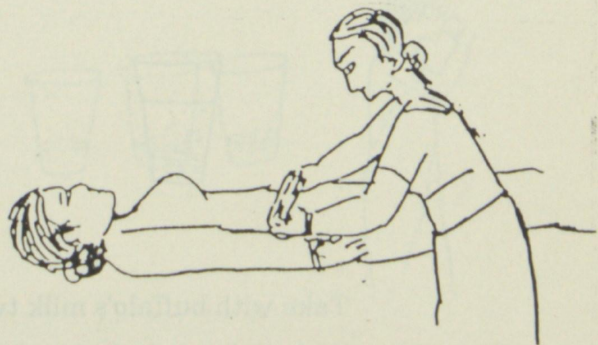
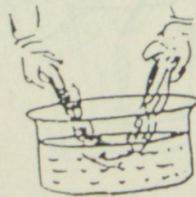
Excessive pain



Castor leaves



Boil castor leaves in water



Using a cloth dipped in it, do fomentation.

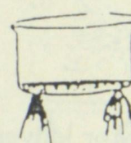
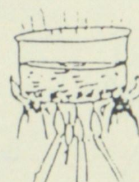
Sleeplessness



Saariba,



Chandanam

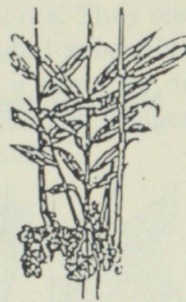


Boil 30 gms. each of Saariya & Chandanam in 1000ml. of water and reduce to 125ml.

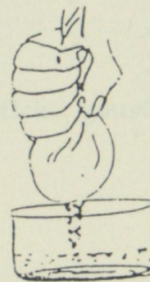


Take with buffalo's milk twice daily on empty stomach.

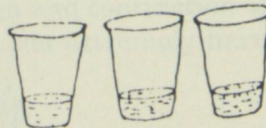
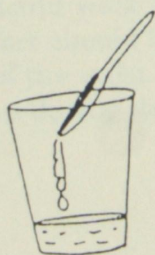
Anorexia



Sunti (ginger)



Crush and extract the juice of ginger

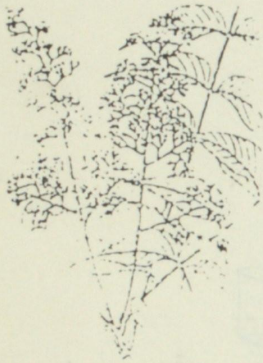


Mix 1 tsp. of honey and take 10ml. thrice daily half an hour before food.

Itching in vulva



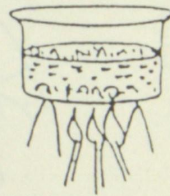
Maintain personal hygiene



Neem



Turmeric



Boil Neem leaves and turmeric in water



Clean locally with this water.

Diet and regimen for patients with painful menstruation

Fried things, pulses, sour things, vegetables like colocasia, potato, yellow pumpkin and brinjal are to be avoided by the patients. They should not take anything that will cause constipation. Garlic is recommended specially for women having this type of complaint, in a dose of 10 cloves twice a day. The outer coating of garlic should be removed and it should be cut in to pieces. The pungent smell of garlic is reduced if a little buttermilk or lime juice is added to it.

White pumpkin, papaya, amorphophallus, drumstick, gourd, bitter gourd and cucumber are useful.

Asafoetida added to the food of the patient in a dose of 1 tsp. twice daily is very useful. It should be followed by hot water.

The affected person should walk atleast 3-4 km. a day. Morning walk is extremely useful. If she is fat, effort should be made to reduce weight. Some physical exercises involving the bending of the waist region and contraction of the pelvic muscles should be done regularly. Sleep during daytime is extremely harmful. Complete rest is also necessary.

EXCESSIVE MENSTRUATION

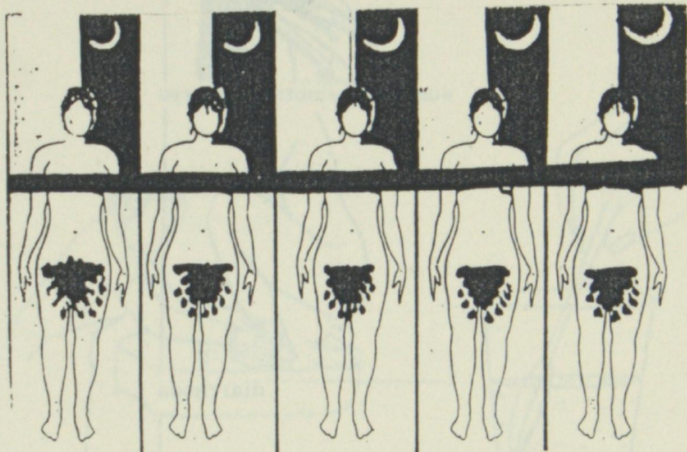
There will be excessive loss of blood each in this condition. This may be of two types

- increased flow in blood
- increased duration of flow

Excessive menstruation

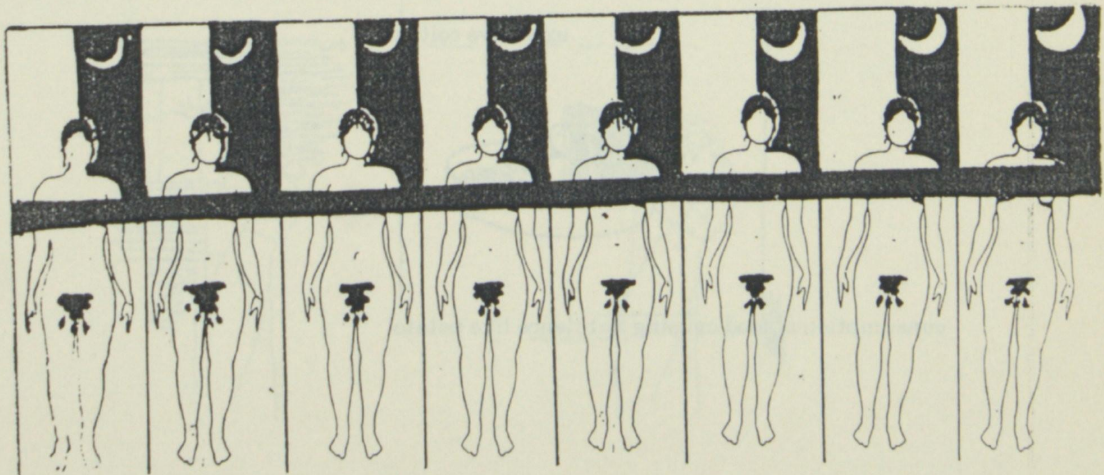
It manifests as either

increase in quantity

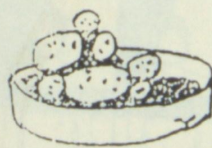
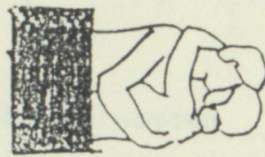
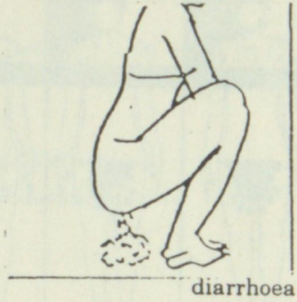
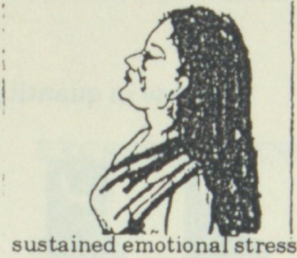


or

increase in duration



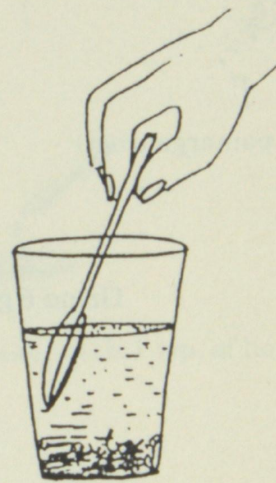
The main causes for excessive menstruation are



Treatment for excessive menstruation



Bhoomyamalaki

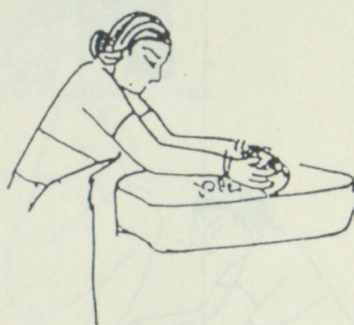


Grind 10 gms. of Bhoomyamalaki and mix with 60 ml. of milk. Drink early in the morning and evening on empty stomach

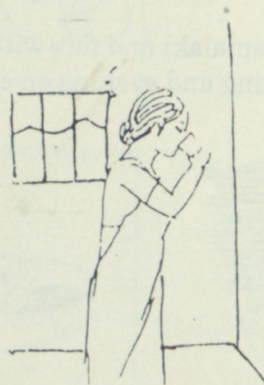




Apamarga (root)



Grind 5 gms. of apamarga and mix with 1 tsp. of gingelly oil

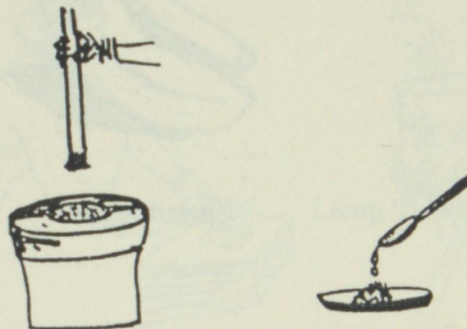


Drink early in the morning, noon and evening on empty stomach.

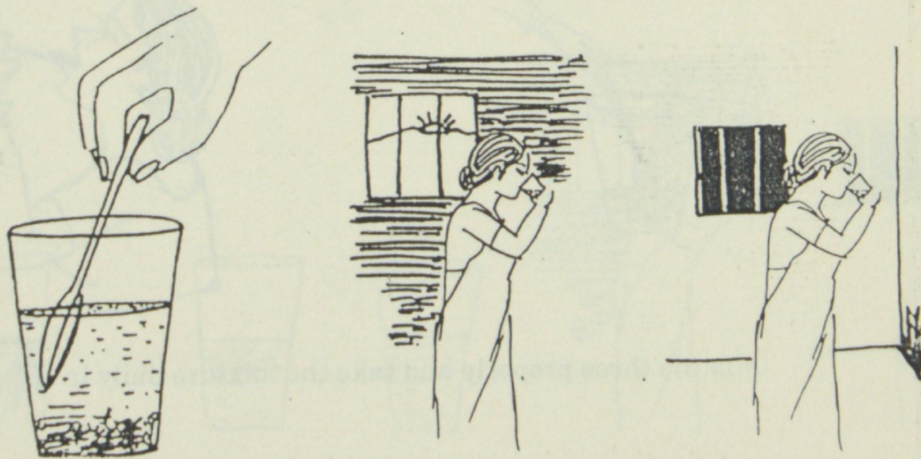
Excessive menstruation



Bala



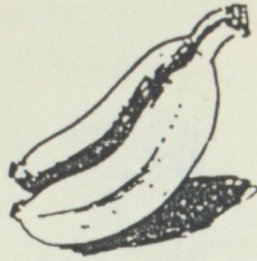
10 gms. of Bala root is powdered and is mixed with 1 tsp. of honey



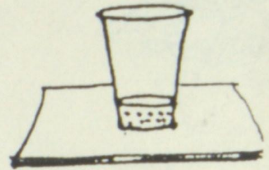
Mix with one glass of milk and drink early in the morning and evening on an empty stomach.



Cardamom seeds (10 gms.)



Banana (one)



Ghee (1 tsp.)

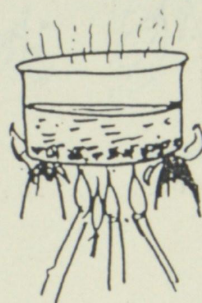


Mix the three properly and take the mixture daily in the morning.

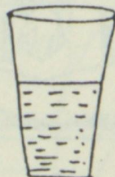
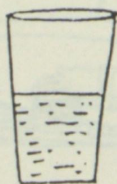
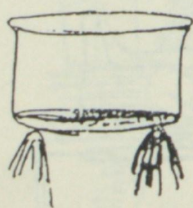
Excessive menstruation



Ashoka (bark)



Boil 60 gms. of Ashoka with 150 ml. of milk and 600 ml. of water



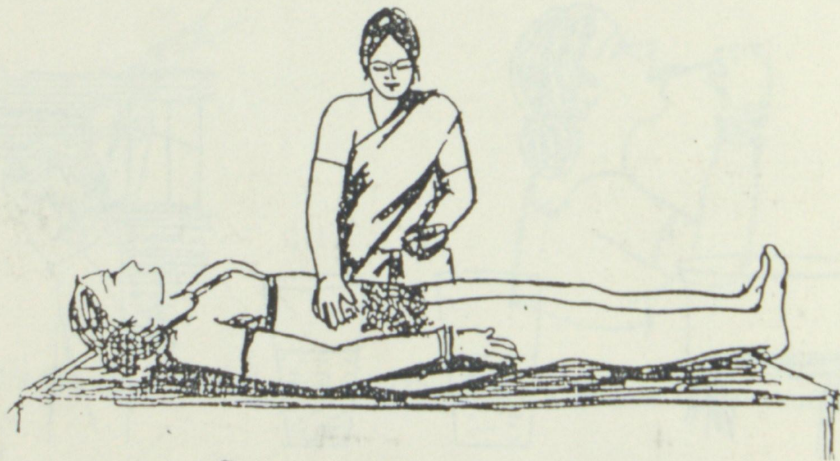
Reduce it to 150 ml. Drink half the quantity early in the morning and half in the evening on empty stomach.



Chandana



Prepare sandalwood paste

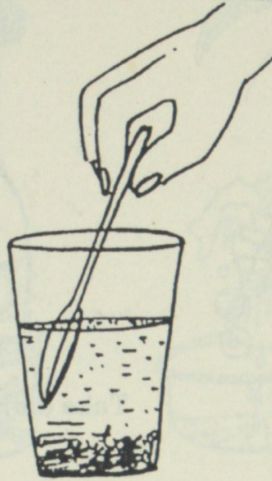


Smear in on the lower abdomen

Excessive menstruation



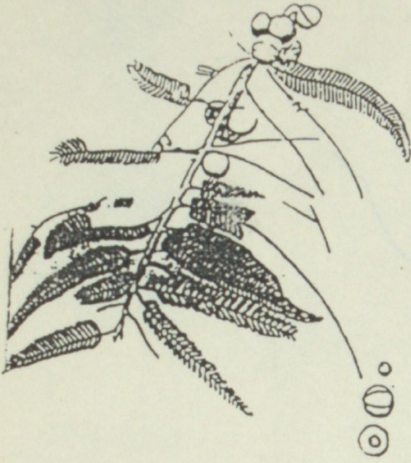
Turmeric



Mix 1 tsp. of turmeric powder with 60 ml. of milk



Drink early in the morning, noon and evening on empty stomach



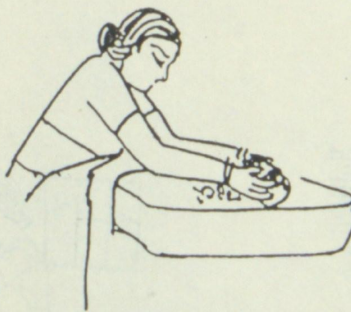
Amalaki



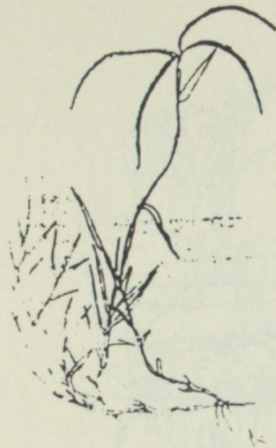
Take daily one amalaki fruit



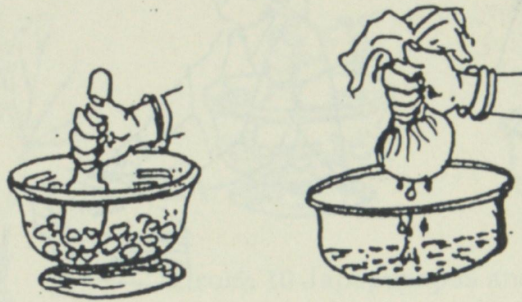
Udumbara



Make a paste with Udumbara fruit and take early in the morning.



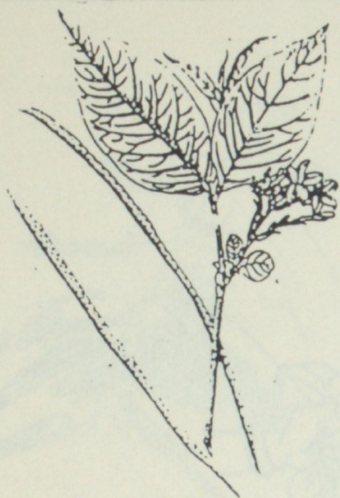
Durva



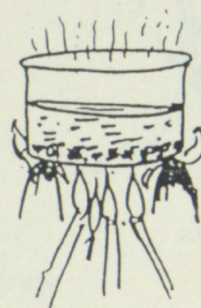
Crush the Durva plant and extract the juice



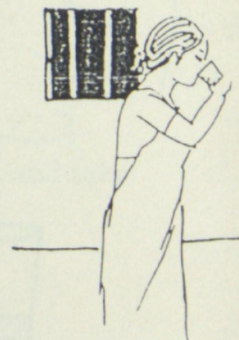
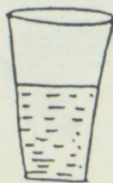
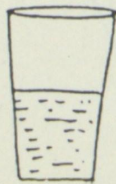
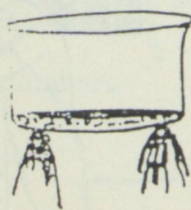
Take 20 ml. of the juice early in the morning and evening on empty stomach.



Kutaja



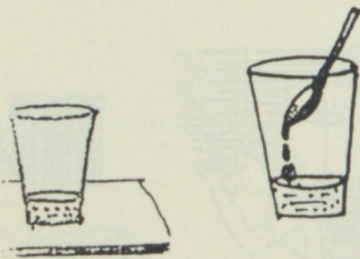
Boil 60 gms. of Kutaja bark with 1000 ml. of water



Reduce to 125 ml. and drink early in the morning and evening on empty stomach.



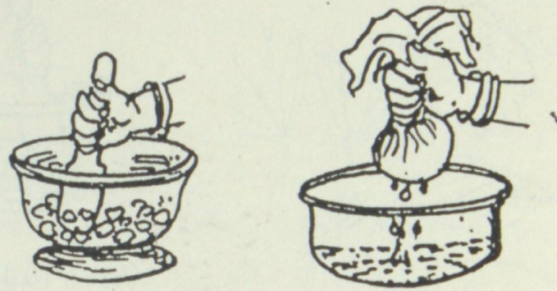
Crush 10 Japapushpas and extract the juice



Mix 1 tsp. of honey with 20 ml. of the juice and drink twice daily.



Vasa

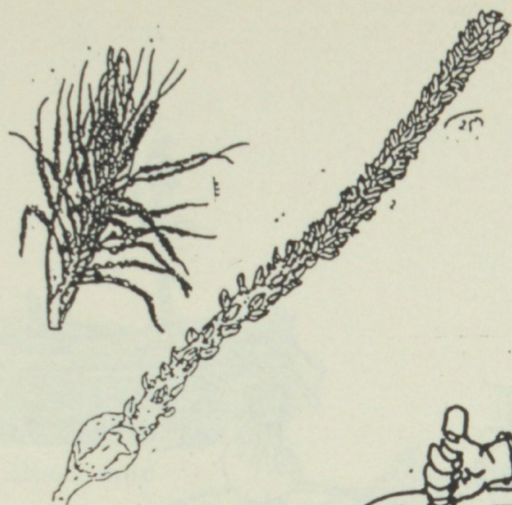


Crush Vasa leaves and extract the juice

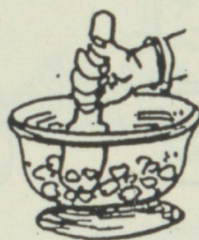


Mix 1 tsp. of honey and drink early in the morning and evening.

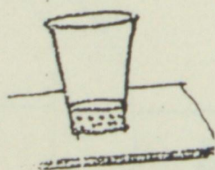
Excessive menstruation



Nalikerakusuma



Crush Nalikerakusuma and extract the juice



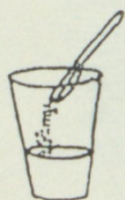
Mix 1 tsp. of honey with 20 ml. of juice. Drink early in the morning on empty stomach.



Amra



Crush mango leaves and extract the juice

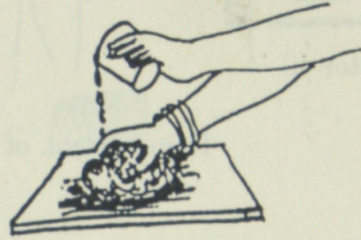


Mix 1 tsp. of sugar and drink early in the morning and evening on empty stomach.

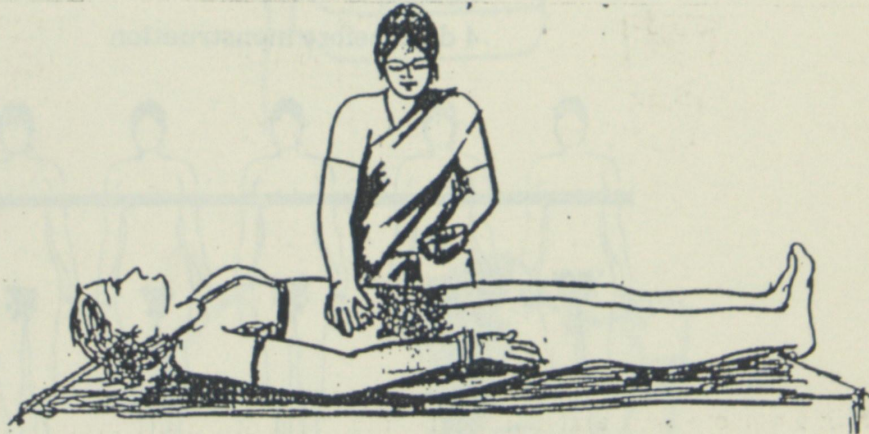
Excessive menstruation



Black mud



Make a paste of black mud

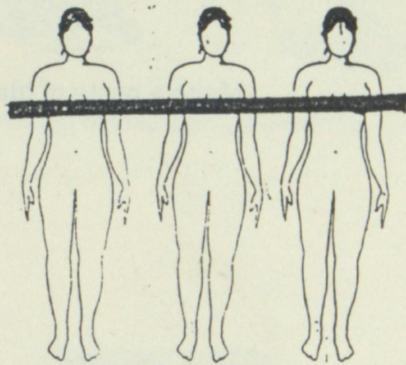


Smear it on the lower abdomen

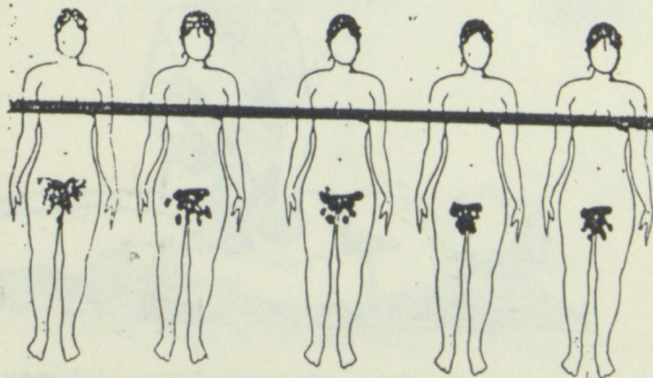


Castor oil

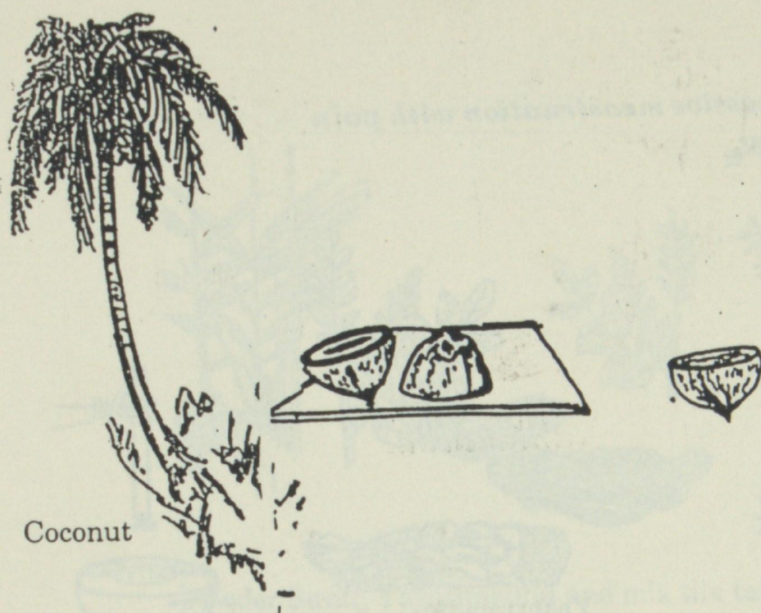
Drink 20 ml. of castor oil followed by a glass of hot water



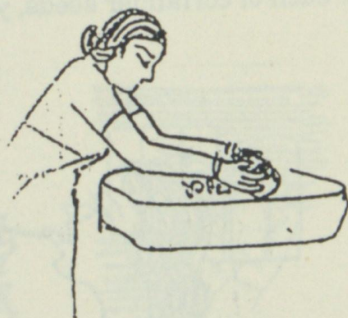
4 days before menstruation



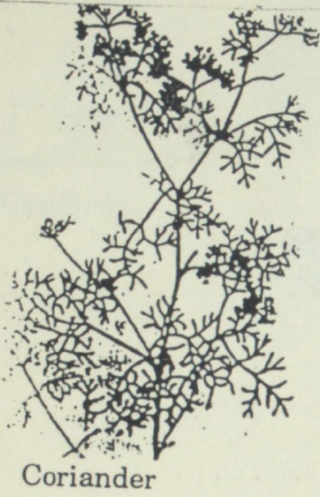
Excessive menstruation



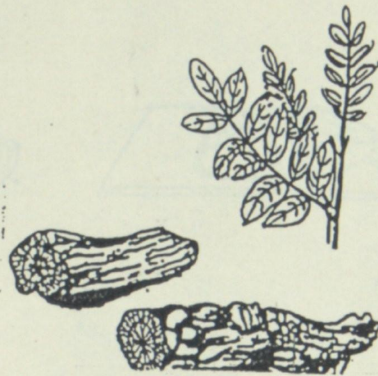
Powder the coconut shell. Mix 1 tsp. of sugar and take twice daily 5 gms. each



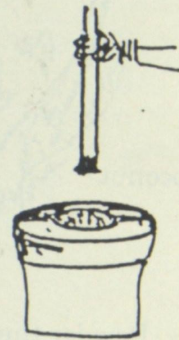
Treatment for excessive menstruation with pain



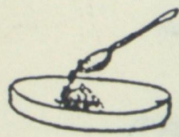
Coriander



Yashtimadhu



Powder 5 gms. each of coriander seeds, yashtimadhu and utpala



Mix 1 tsp. of honey and take twice daily.

Excessive menstruation



Powder Sunti, Yashtimadhu and mix tila taila and sugar

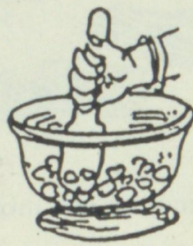


Take twice daily with curds

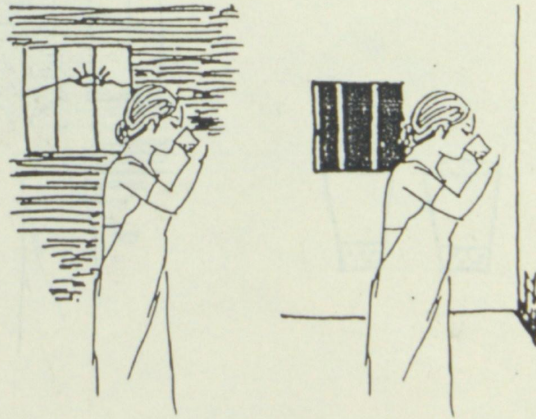
Treatment for excessive menstruation with burning sensation



Vasa



Crush Vasa leaves and extract the juice

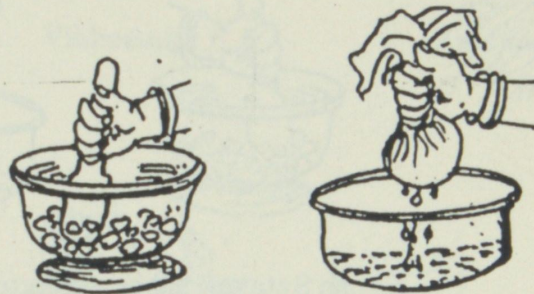


Drink 20 ml. early in the morning and evening

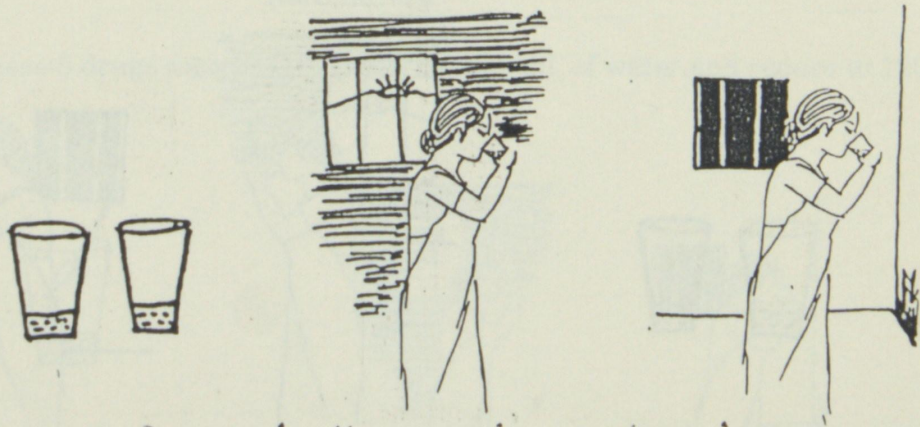
Excessive menstruation



Guduchi



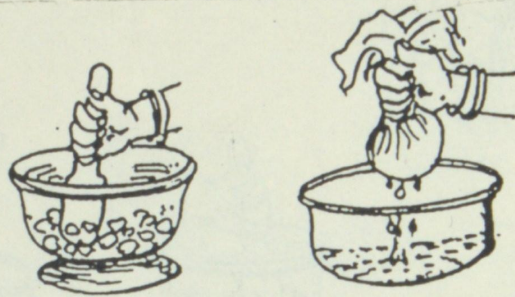
Crush the guduchi stem and extract the juice



Drink 20 ml. early in the morning and evening



Satavari



Crush Satavari tuber and extract the juice



Drink 20 ml. early in the morning and evening

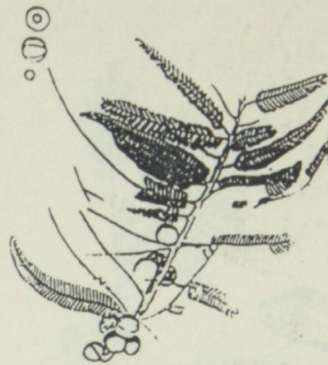
Excessive menstruation



Hareetaki



Vibheetaki



Amalaki

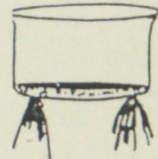
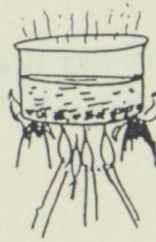
fruits



Sunti



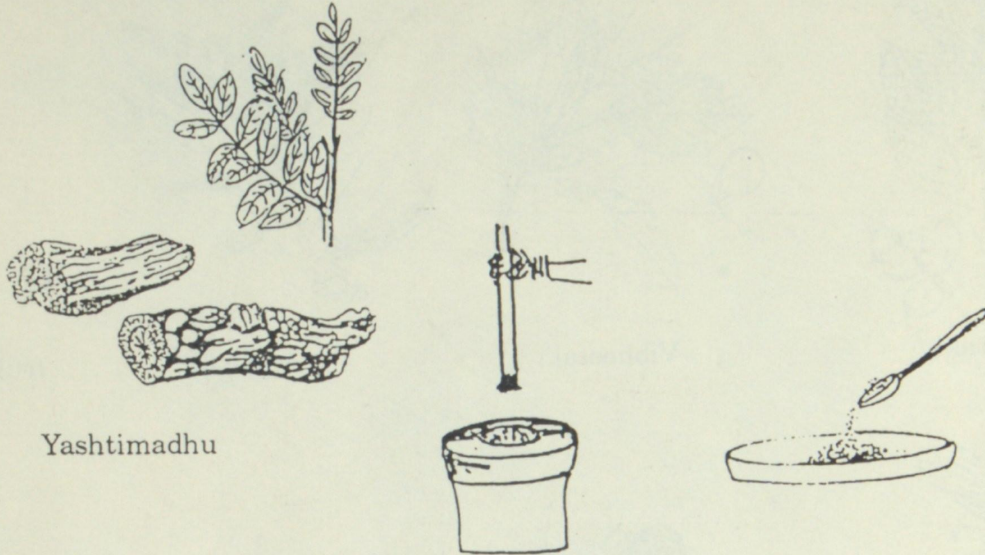
Daruharidra



Boil these 5 drugs together (60 gms.) in 1000 ml. of water and reduce to 120 ml.



Drink with 1 tsp. of honey early in the morning and evening (60 ml. each)



Yashtimadhu

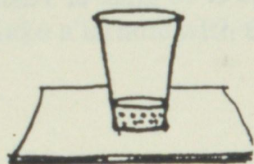
Powder 10 gms. of Yashtimadhu. Mix 1 tsp. of sugar



and take with warm water



Bala



Make a paste of Bala root with milk

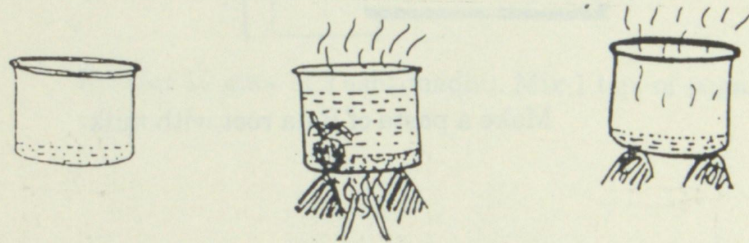


Mix one tablespoon of the paste in 30 ml. of rice wash. Drink twice daily.

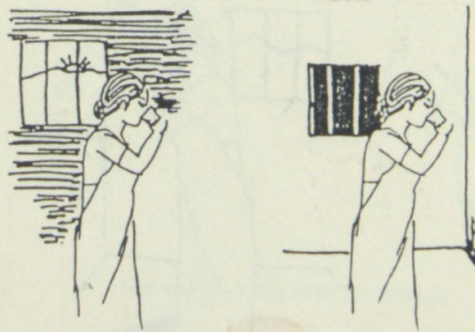


Yashtimadhu

Make a cloth bundle of 60 gms. of Yashtimadhu



Put the bundle in a vessel with 150 ml. of milk and 600 ml. of water. Boil it and reduce to 150 ml.



Drink half each, early in the morning and evening.

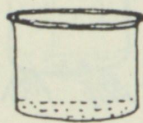
Excessive menstruation



Chandana



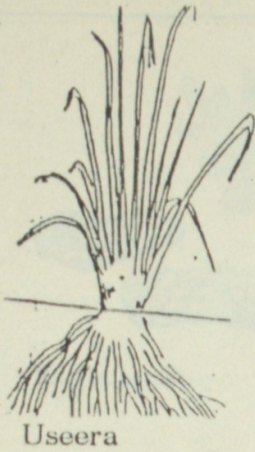
Make a bundle with 60 gms. of crushed sandalwood



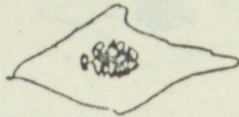
Boil it in a vessel with 150 ml. of milk and 600 ml. of water



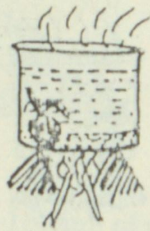
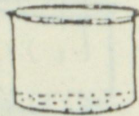
Reduce to 150 ml. and drink twice daily 75 ml. each.



Useera



Make a bundle with 60 gms. of Useera root

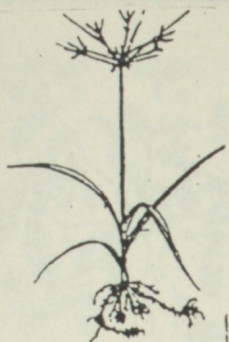


Boil it in a vessel with 150 ml. of milk and 600 ml. of water



Reduce to 150 ml. and drink twice daily 75 ml. each.

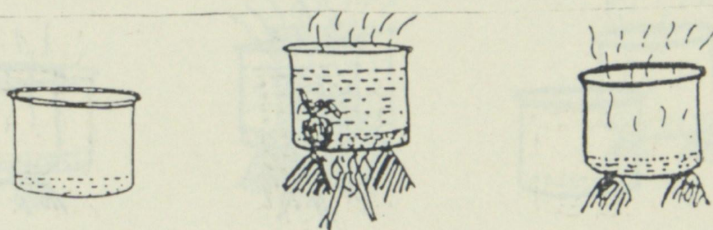
Excessive menstruation



Mustha



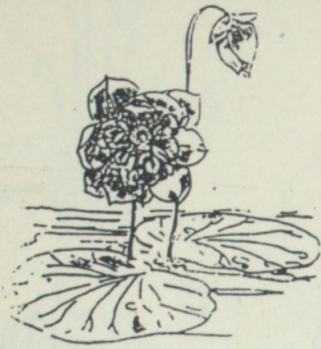
Make a bundle with 60 gms. of Mustha



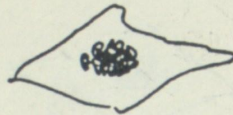
Boil it in a vessel with 150 ml. of milk and 600 ml. of water



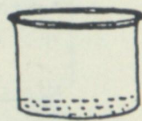
Reduce to 150 ml. and drink twice daily 75 ml. each. on empty stomach



Kamala (stamen)



Make a bundle with 60 gms. of Kamala stamen

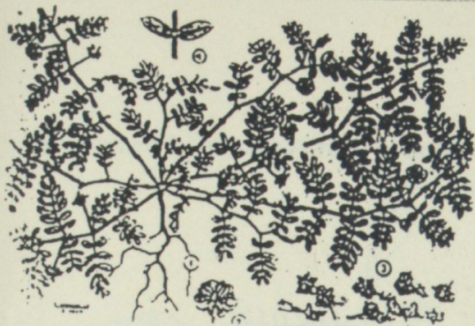


Boil it in a vessel with 150 ml. of milk and 600 ml. of water

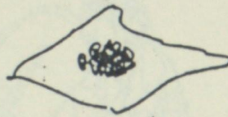


Reduce to 150 ml. and drink twice daily 75 ml. each.

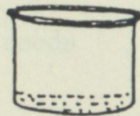
Excessive menstruation



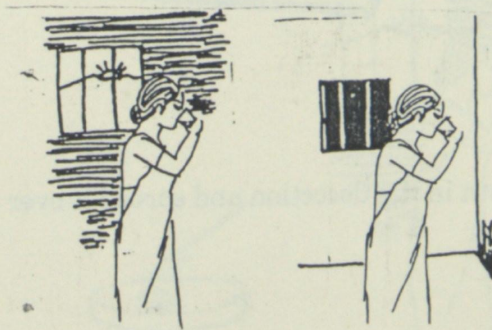
Gokshura fruits



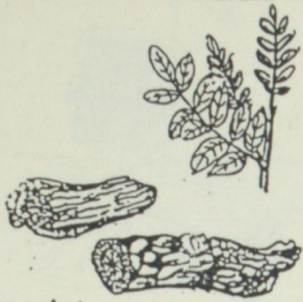
Make a bundle with 60 gms. of Gokshura



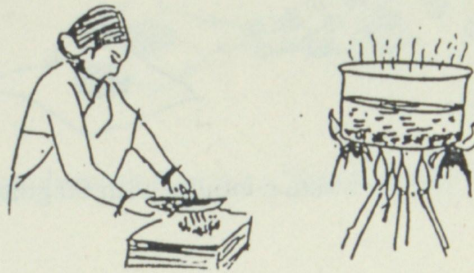
Boil it in a vessel with 150 ml. of milk and 600 ml. of water



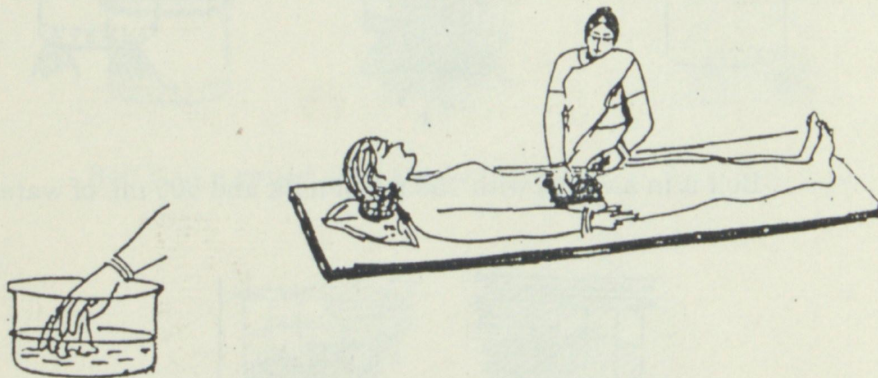
Reduce to 150 ml. and drink twice daily 75 ml. each.



Yashtimadhu

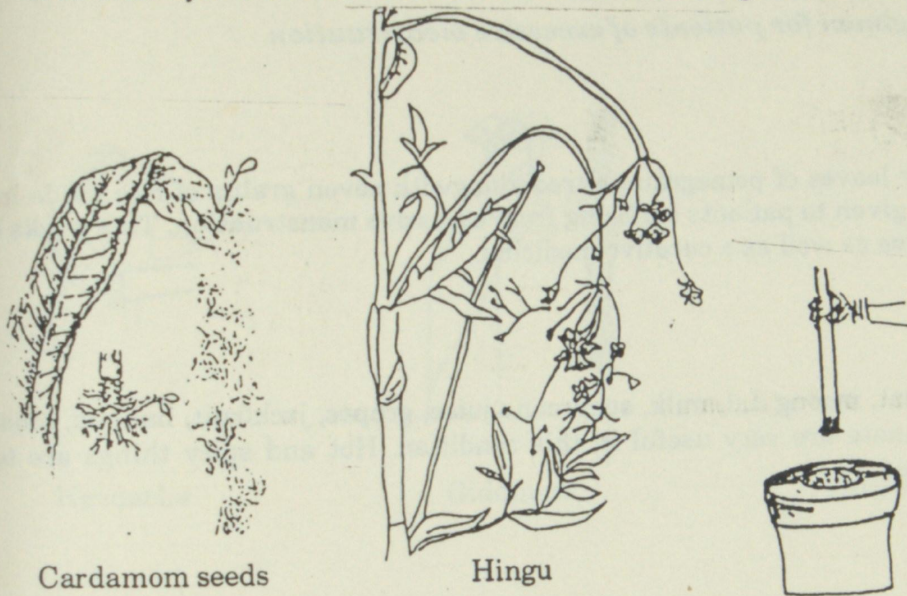


Boil 60 gms. of Yashtimadhu stem in 1000 ml. of water and reduce to 125 ml.

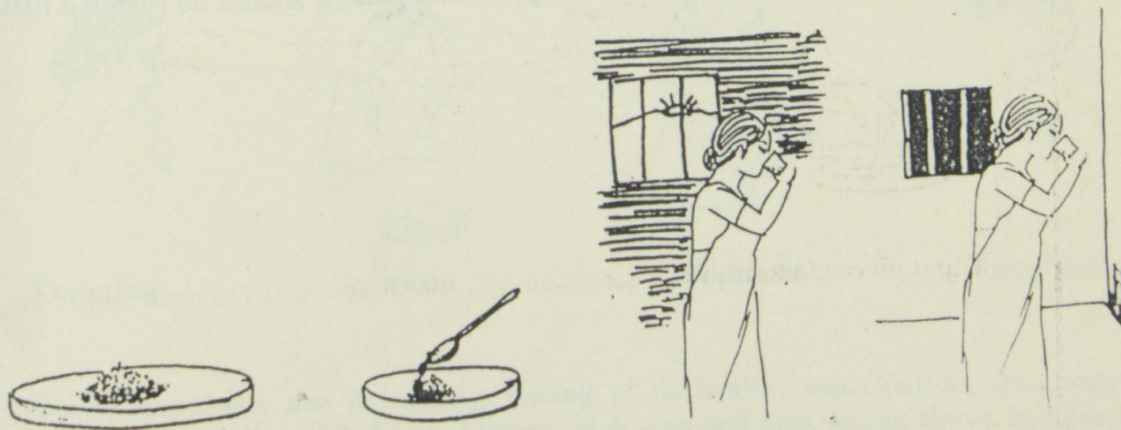


Dip a piece of cloth in the decoction and spread it over the lower abdomen

Treatment for excessive menstruation with itching sensation



Powder Cardamom and Hingu together



Mix 1 tsp. of ghee and drink with warm water twice daily 5 gms. each

Diet and regimen for patients of excessive menstruation

Seven tender leaves of pomegranate tree alongwith seven grains of rice made into a paste can be given to patients suffering from excessive menstruation. This works both as a preventive as well as a curative medicine.

Old rice, wheat, moong dal, milk, sugarcane juice, grapes, jackfruit, banana, amalaki and pomegranate are very useful in this condition. Hot and spicy things are to be strictly avoided.

The patient should not resort to any exercise, hard or light. Worry, anxiety and anger aggravate this condition. Therefore complete mental and physical rest should be taken. Exposure to the sun, heat, riding vehicles and long journeys should be avoided. While sleeping, the foot of the bed of the patient should be raised a little.

PREMENSTRUAL TENSION



Headache



Giddiness



Pain on the lower abdomen



Vomiting



Anorexia



Weakness



Sleeplessness

Other symptoms are irritability, feeling of ill health, constipation, frequency of micturition, feeling of fullness of breast, abdomen and face, anger, thirst, indigestion, lethargy etc.



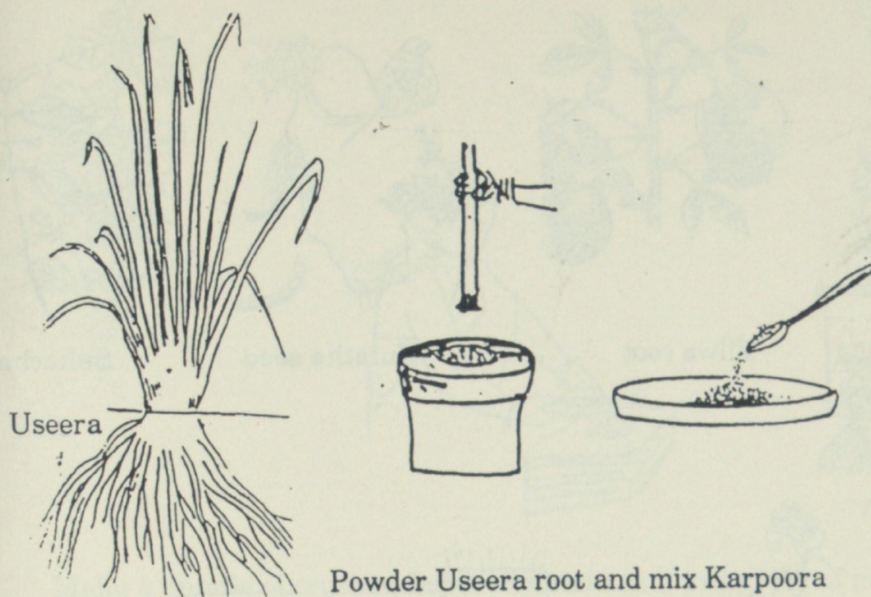
Chandana



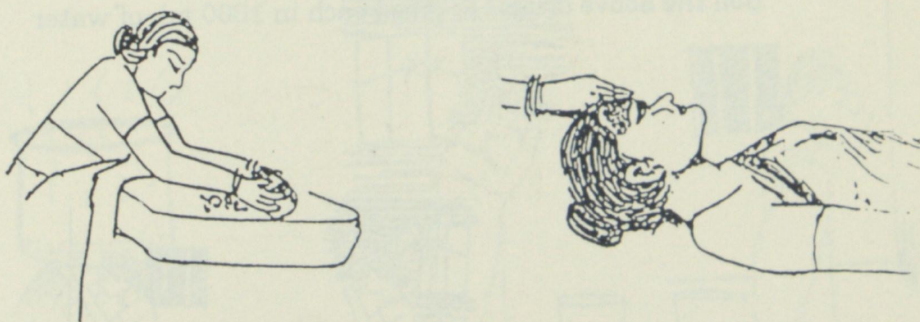
Make sandalwood paste



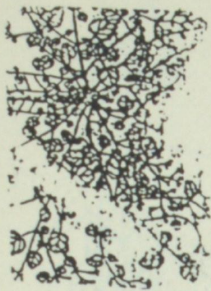
Smear it on the forehead



Powder Useera root and mix Karpooora



Make a paste and apply it on the forehead



Punarnava root



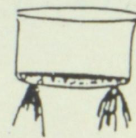
Vilwa root



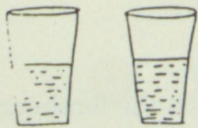
Kulatha seed



Sahachara root

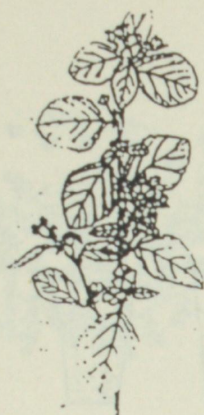


Boil the above drugs (15 gms.) each in 1000 ml. of water

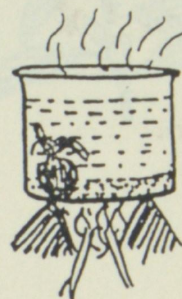


Reduce to 120 ml. Drink early in the morning and evening on empty stomach - 60 ml. each.

Premenstrual tension



Bala



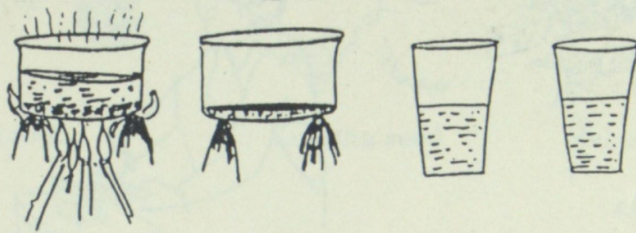
Make a bundle of crushed Bala roots and boil it in 150 ml. of milk and 600 ml. of water



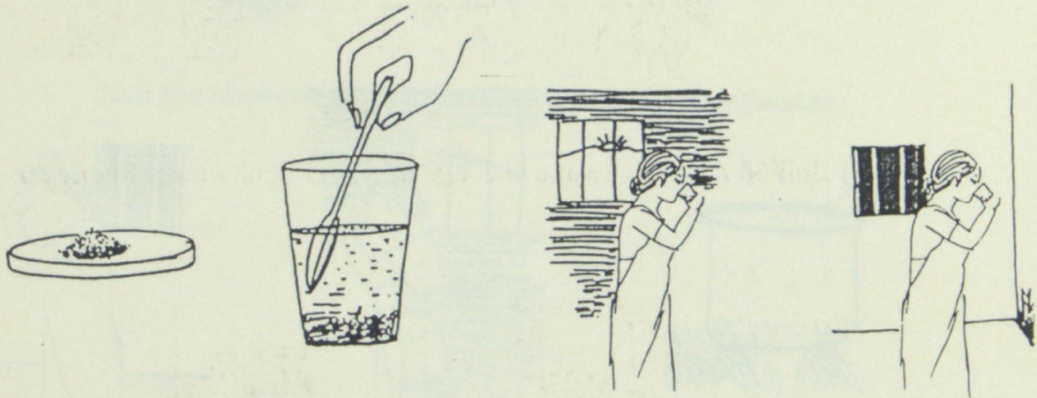
Reduce to 150 ml. and drink twice daily on empty stomach



Tila



Boil 60 gms. of Tila in 1000 ml. of water and reduce to 120 ml.



Drink 60 ml. each early in the morning and evening mixed with 1 tsp. of jaggery

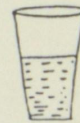
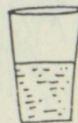
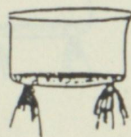
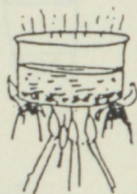
Premenstrual tension



Gokshura fruit



Jatamansi tuber



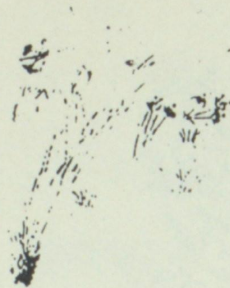
Boil 60 gms. of the above drugs in 1000 ml. of water. Reduce to 120 ml.



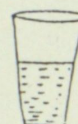
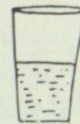
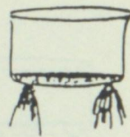
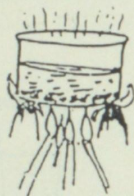
Drink 60 ml. each early in the morning and evening on empty stomach



Punarnava root



Jatamansi tuber



Boil 60 gms. of above drugs in 1000 ml. of water and reduce to 120 ml.



Drink 60 ml. each early in the morning and evening on empty stomach

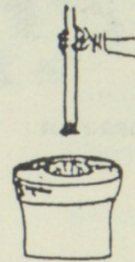
Premenstrual tension



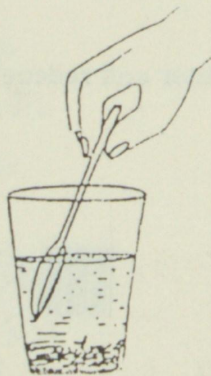
Satavari root



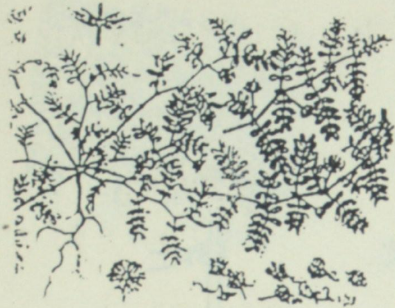
Aswagandha tuber



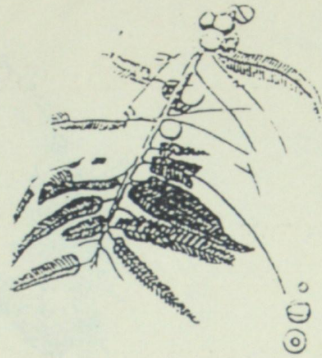
Powder the dried roots of Satavari and Aswagandha



Mix 10 gms. of powder in 60 ml. of milk. Drink early in the morning and evening



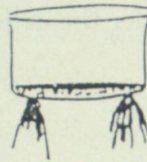
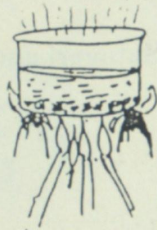
Gokshura root



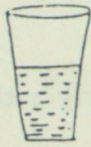
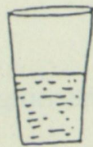
Amalaki fruit



Guduchi stem



Boil 60 gms. of above drugs in 1000 ml. of water and reduce to 120 ml.



Drink early in the morning and evening (60 ml. each)

BOTANICAL & HINDI NAMES OF PLANTS USED

SANSKRIT NAME	BOTANICAL NAME	HINDI NAME
<i>Ajamoda</i>	<i>Apium graveolens, Linn</i>	<i>Ajaawan</i>
<i>Apamarga</i>	<i>Achyranthes aspera</i>	<i>Chirchira ongaa</i>
<i>Amalaki</i>	<i>Emblica officinalis</i>	<i>Amla</i>
<i>Amra</i>	<i>Mangifera indica</i>	<i>Aam</i>
<i>Aragwadha</i>	<i>Cassia fistula</i>	<i>Amathaas</i>
<i>Aswagandha</i>	<i>Withania somnifera</i>	<i>Asagandha</i>
<i>Bala</i>	<i>Sida rhombifolia var. retusa</i>	<i>Bariyan</i>
<i>Chandana</i>	<i>Santalum album</i>	<i>Chandan</i>
<i>Daruharidra</i>	<i>Berberis aristata</i>	<i>Daruhaldi</i>
<i>Dhanyaka</i>	<i>Coriandrum sativum</i>	<i>Kottamir</i>
<i>Durva</i>	<i>Cynodon dactylon</i>	<i>Doobaa</i>
<i>Ela</i>	<i>Elettaria cardamom</i>	<i>Elachi</i>
<i>Eranda</i>	<i>Ricinus communis</i>	<i>Randi</i>
<i>Gokshura</i>	<i>Tribulus terrestris</i>	<i>Gokshur</i>
<i>Guduchi</i>	<i>Tinospora cordifolia</i>	<i>Giloa</i>
<i>Hareethaki</i>	<i>Terminalia chebula</i>	<i>Harad</i>
<i>Haridra</i>	<i>Curcuma longa</i>	<i>Haldi</i>
<i>Hingu</i>	<i>Ferula foetida</i>	

<i>Indrayava</i>	<i>Holarrhena antidysenterica</i>	<i>Kooda</i>
<i>Japapushpa</i>	<i>Hibiscus rosasinensis</i>	<i>Jamud</i>
<i>Jatamansi</i>	<i>Nardostachys jatamansi</i>	<i>Jatamansi</i>
<i>Jeeraka</i>	<i>Cuminum cyminum</i>	<i>Jira</i>
<i>Kamala</i>	<i>Nelumbium speciosum</i>	<i>Kamal</i>
<i>Kulattha</i>	<i>Dolichus biflorus</i>	
<i>Kumari</i>	<i>Aloe vera</i>	<i>Kumari</i>
<i>Lasuna</i>	<i>Allium sativum</i>	<i>Lasun</i>
<i>Maricha</i>	<i>Piper nigrum</i>	<i>Mirich</i>
<i>Mustha</i>	<i>Cyperus rotundus</i>	<i>Modhaa</i>
<i>Naarikelam</i>	<i>Cocos nucifera</i>	<i>Naariyel</i>
<i>Nimba</i>	<i>Azadirachta indica</i>	<i>Neem</i>
<i>Palaasa</i>	<i>Butea frondosa</i>	<i>Palaasa</i>
<i>Pippali</i>	<i>Piper longum</i>	<i>Pipal</i>
<i>Sahachara</i>	<i>Barleria cristata</i>	<i>Saireyakam</i>
<i>Sariba</i>	<i>Hemidesmus indicus</i>	<i>Magrabu</i>
<i>Sathavari</i>	<i>Asperagus racemosus</i>	<i>Sathavar</i>
<i>Sigru</i>	<i>Moringa oleifera</i>	<i>Sajana</i>
<i>Sunti</i>	<i>Zingiber officinale</i>	<i>Sonth</i>
<i>Tila</i>	<i>Sesamum indicum</i>	<i>Til</i>
<i>Udumbara</i>	<i>Ficus glomerata</i>	
<i>Useera</i>	<i>Vetiveria zizanioides</i>	<i>Varena ghas</i>
<i>Vasa</i>	<i>Adhatoda vasica</i>	<i>Adqosa</i>
<i>Vibheetaki</i>	<i>Terminalia belerica</i>	<i>Baheera</i>
<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i>	<i>Mūlhate</i>

PREPARATION AND DOSAGE OF MEDICINE

1. DECOCTION

The best vessel for preparing a decoction is a mud pot. Stainless steel can also be used if mud pots are not available.

Decoction for one day is made with 60 gms of raw drugs boiled in 1 litre of water until the whole amount is reduced to 250 ml. Then the decoction is filtered with a clean white cloth and again reduced to 120 ml. on the fire itself.

On empty stomach, 60 ml of lukewarm decoction is taken twice daily in the morning and evening. This dosage is for an adult and in case of children it is as follows :

AGE	QUANTITY	AGE	QUANTITY
<i>1 month</i>	<i>0.50 ml</i>	<i>2 years</i>	<i>10 ml</i>
<i>2 months</i>	<i>1.00 ml</i>	<i>3 years</i>	<i>14 ml</i>
<i>3 months</i>	<i>1.50 ml</i>	<i>4 years</i>	<i>18 ml</i>
<i>4 months</i>	<i>2.00 ml</i>	<i>5 years</i>	<i>21 ml</i>
<i>5 months</i>	<i>2.50 ml</i>	<i>6 years</i>	<i>26 ml</i>
<i>6 months</i>	<i>3.00 ml</i>	<i>10 years</i>	<i>42 ml</i>
<i>12 months</i>	<i>6.00 ml</i>	<i>16 years</i>	<i>68 ml</i>

Intake of food is advised only after digestion of the medicine.

2. POWDER

Dried raw drugs are made into micro fine powder and kept in dry bottles. Shelf life of a powder is 6 months.

3.PASTE

Raw drugs are ground with water or specified liquid for preparing the paste. This must be used on the same day itself. Recommended dosage for children as per age :

AGE	DOSAGE	AGE	DOSAGE
1 month	125 mg	2 years	2.50 gm
2 months	250 mg	3 years	3.50 gm
3 months	375 mg	4 years	4.50 gm
4 months	500 mg	5 years	5.50 gm
5 months	623 mg	6 years	6.50 gm
6 months	750 mg	10 years	10.50 gm
12 months	1500 mg	16 years	16.50 gm

Dosage is relative according to the intensity of the disease.

4.JUICE

Raw drugs crushed with little water in a clean vessel are taken in a fresh white cloth and squeezed to get the juice. Fresh juice is prepared daily and not kept for another day's use.

Dosage is as below :

AGE	DOSAGE	AGE	DOSAGE
1 month	0.25 ml	2 years	5 ml
2 months	0.50 ml	3 years	7 ml
3 months	0.75 ml	4 years	9 ml
4 months	1.00 ml	5 years	10 ml
5 months	1.25 ml	6 years	13 ml
6 months	1.50 ml	10 years	21 ml
12 months	3.00 ml	16 years	34 ml

Intake of food is advised only after digestion of the medicine.

Dosage is relative according to the digestive power of the person and intensity of the action of the drug.

5.OIL/GHEE

Methodology followed in the preparation of oil and ghee is the same. For the preparation of oil, the base material is oil and for ghee the base material is ghee. Generally for oil, gingelly oil and for ghee, cow's ghee is used.

Decoction, paste and oil/ghee are mixed thoroughly in a bronze vessel and boiled until all the water contents get evaporated.

Proportion of the ingredients are as follows :

Decoction of raw drugs	4 kgs.
Paste of raw drugs	250gms
Ghee/Oil for base	1kg

If other liquids like milk, fresh drug juice or butter milk are told in a specific preparation, amount of decoction and these liquids should be in equal quantity.

To stop the process of boiling in the preparation of oil, the following points are important for quality control :

1. *Appearance of foams / bubbles on the surface.*
2. *If it is for internal use, paste added in the vessel should reach in muddy nature [chikkana-paaka]*
3. *If it is for nasal drops, paste should be in a nature, when it can be made into threads or balls, [mriduapaaka]*
4. *If it is for external use, paste in the vessels are in a nature of dry soil [khara-paaka]*

DOSAGE

<i>Children</i>	<i>1ml-3ml (oil)</i>
	<i>2ml-5ml (ghee)</i>
<i>Adult</i>	<i>5ml-10ml (oil)</i>
	<i>5ml-15ml (ghee)</i>

Intake of food is advised only after digestion of the medicine.

Dosage is relative according to the digestive power of the person, intensity of the disease and action of the medicine.

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