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# A Progressive step towards classical uses of Medicinal Plants in Gynecological Disorders

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## ABSTRACT

In India women do not share their Gynecological problems with their family members and not even with her neighbours at early stage of diseases. Generally they share their problems with local practitioners, because there is less chances to disclose their problems in society, another benefit is that local practitioners treat them by local herbal remedies at very low cost. Mostly this work is exploration of different Ayurvedic scriptures for Gynecological problems. About 77 medicinal plants have been recorded having basonyms and latin names of the plants, family, therapeutic uses and their references in different scriptures of Ayurveda and ethno botany. The present study is very much significant to practitioners in their practices and also for researchers to find out the various active phytochemicals and pharmacological agents as a potent drug in the field of Ayurveda.

**Key words:** Gynecological disorders, Yonivyapada, Medicinal Plants.

## INTRODUCTION

Gynecology is a branch of medicine that specializes in the treatment of women- specially, the treatment of diseases and problems of the reproductive organs. A gynecological disorder is a condition which affects the female reproductive organs namely the breast and organ in the abdominal and the pelvic area including the uterus, ovaries, fallopian tube, vagina and vulva. In *Ayurvedic* classics majority of the Gynecological disorders have been described under the heading of *Yonivyapada* though some of the menstrual abnormalities i.e. *Asrigdara* etc. have been described

separately. The knowledge of *Yonivyapada* (Gynecological disorders) is essential. The classics of Ayurveda mentions have number of *Yonivyapada* as twenty, however, there exists much difference of opinion regarding *Doshas*. Charaka described eleven due to vitiation of *Vata*, three due to *Pitta*, one each due to *Kapha* and *Sannipata* and remaining four due to vitiation of two *Doshas* together, while *Shusruta* has described five disorders under each individual *Doshas* and five due to all the three together i.e. *Sannipata*.

Herbal medicine has an extraordinary influence as alternative medicinal therapy and treatment of Gynecological patients with Herbal remedies in Indian System of Medicine and other system of traditional medicine. Approximately 25 percent of all prescription drugs of gynecological problems are derived from plants. Nature has bestowed our country with an enormous wealth of medicinal plants therefore India has often been referred to as the medicinal garden of the world.

The physiology of reproductive system of women is different from her male partner to a greater extent as she has to punctuate many functions like,

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achievement of conception, child birth etc. These physiological changes make them prone to pathological conditions. That's why reproductive health is just as important as other aspects of health. In classics, several drugs are given for the management of various *Yonivyapadas* (gynecological disorders) which are mentioned below in tabular form.

## MATERIAL AND METHODS

### A. Medicinal Plants/ their parts for Leucorrhoea and P/V bleeding (*Ashrgdar* or *Pradara*)

Basonyms	Family	Dosage forms	References
<i>Alabu</i> <i>Lagenaria siceraria</i> Standl.	Cucurbitaceae	Sweet bolus of powdered Alabu fruit mixed with sugar and honey.	B.P.Ci.68.17 <sup>[1]</sup>
<i>Ashoka</i> <i>Saraca asoca</i> (Roxb.) De Wilde	Caesalpinaceae	Cold milk boiled with the decoction of <i>Ashoka</i> bark.	VM.63.5 <sup>[2]</sup>
<i>Amalaki</i> <i>Emblica officinalis</i> Gaertn.	Euphorbiaceae	1. Paste of <i>Amalaki</i> seeds mixed with sugar and honey, or powder or juice of <i>Amalaki</i> used with honey. 2. Paste of <i>Amalaki</i> seeds mixed with sugar and honey	CS.Ci.30.117 <sup>[3]</sup> BP.Ci.69.10 <sup>[1]</sup>

		taken with water it alleviates within three days.	
<i>Karkandhu</i> <i>Ziziphus nummularia</i> (Burm. f.)W. and A.	Rhamnaceae	Fine powder of <i>Karkandhu</i> mixed with equal quantity of ghee and jaggery.	RM.31.3 <sup>[4]</sup> and GN.6.1.51 <sup>[5]</sup>
<i>Kakajangha</i> <i>Peristrophe bicalyculata</i> Nees.		Root of <i>Kakajangha</i> or <i>Karpasa</i> should be taken with rice water.	VM.63.4 <sup>[2]</sup>
<i>Kakodumbur</i> <i>Ficus hispida</i> Linn.f.	Moraceae	Juice of <i>Kakodumbur</i> fruits mixed with honey and keeping on diet of cereals with milk and sugar.	VM.63.9 <sup>[2]</sup>
<i>Karpasa</i> <i>Gossypium herbaceum</i> Linn.	Malvaceae	Root of <i>Karpasa</i> should be taken with rice water.	VM.63.4 <sup>[2]</sup>
<i>Kusa</i> <i>Desmostachya bipinnata</i> Stapf.	Poaceae	<i>Kusa</i> root is pounded with rice-water taken for three days.	VM.63.8 <sup>[2]</sup>
<i>Ketak</i> <i>Pandanus</i>	Pandanaceae	<i>Ketaki</i> root is rubbed with water	VD.2.33 <sup>[6]</sup>

<i>odorotissimus</i> Linn.f.		and sugar.	
<i>Laksha Lac</i>		One should take <i>Rasanjana</i> and <i>Laksha</i> with goat's milk.	CS.Ci.30.97 <sup>[3]</sup>
<i>Chandana Santalum album</i> Linn.	Santalaceae	1. If menstrual blood being foetid, purulent and like bone marrow one should use decoction of white or red <i>Chandana</i> . 2. Use of <i>Chandana</i> mixed with milk, ghee, sugar and honey.	SS.Sa.2.14 <sup>[7]</sup>  GN.6.1.42 <sup>[5]</sup>
<i>Tanduliya Amaranthus spinosus</i> Linn.	Amaranthaceae	1. <i>Tanduliya</i> roots mixed with honey along rice-water or <i>Rasanjana</i> and <i>Laksha</i> with goat's milk. 2. Intake of <i>Tanduliya</i> roots mixed with <i>Rasanjana</i> and honey	CS.Ci.30.16 <sup>[3]</sup>  BS.striroga.39 <sup>[8]</sup> , and SG.2.5.22 <sup>[9]</sup>

		along with rice-water checks all types of <i>Pradara</i> .	
<i>Daruharidra Berberis aristata</i> DC.	Berberidaceae	1. <i>Darvyadi Kwatha</i> . 2. Decoction of <i>Daruharidra</i> mixed with honey should be taken followed by intake of rice-water.	VM.63.6 <sup>[2]</sup> GN.6.1.24 <sup>[5]</sup>
<i>Dhataki Wodfordia fruticosa</i> Kurz.	Lythraceae	Powder of <i>Dhataki</i> or <i>Amalaki</i> 10gm mixed with profuse honey should be used.	VM.63.4 <sup>[2]</sup>
<i>Nagakesara Mesua ferrea</i> Linn.	Cusiaceae	<i>Nagakesara</i> should be taken with buttermilk for three days keeping on diet of buttermilk in order to check leucorrhoea.	BS.striroga.34 <sup>[8]</sup>
<i>Nimba Azadirachta indica</i> A.Juss.	Meliaceae	In <i>Pradara</i> caused by <i>Kapha</i> one should take <i>Nimba</i> and	CS.Ci.30.99 <sup>[3]</sup>

		<i>Guduchi</i> with wine.	
Nyagrodha <i>Ficus bengalensis</i> Linn.	Moraceae	1. The paste of <i>Lodhra</i> should be taken with decoction of <i>Nyagrodha</i> bark should be kept in vagina. 2. Leaf bud of <i>Kashmarya</i> , <i>Nyagrodha</i> and <i>Danti</i> separately should be used for cooking ghee which is useful in menometrorrhagia.	CS.Ci.30.118 <sup>[3]</sup>  BS.sriroga.48 <sup>[8]</sup>
<i>Badar</i> <i>Ziziphus mauritiana</i> Lam.	Rhamnaceae	Intake of <i>Badara</i> powder with jaggery or banana with Goat's milk or <i>Laksha</i> with ghee checks <i>Pradara</i> .	VM.63.12 <sup>[2]</sup>
<i>Bhumyaamalki</i> <i>Phyllanthus urinaria</i> Linn.	Euphorbiaceae	Root of <i>Bhumyaamalki</i> take with rice-water for 2-3 days checks	YT.74.9 <sup>[10]</sup>

		bleeding.	
<i>Mudgaparni</i> <i>Phaseolus trilobus</i> Ait.	Papilionaceae	Keeping tampon with oil cooked with <i>Mudgaparni</i> checks bleeding and provides softness and pleasure.	BS.sriroga.18 <sup>[8]</sup>
Raktachandan <i>Pterocarpus santalinus</i> Linn.f.	Papilionaceae	<i>Pusyanuga Churna</i> contains <i>Raktachandan</i> .	CS.Ci.30.92 <sup>[3]</sup>
<i>Rohitaka</i> <i>Tecoma undulata</i> G.Don.	Bignoniaceae	Paste of <i>Rohitaka</i> root should be taken in <i>Pradara</i> with paleness.	CS.Ci.30.116 <sup>[3]</sup> and VM.63.3 <sup>[2]</sup>
<i>Lodhra</i> <i>Symplocos racemosa</i> Roxb.	Symplocaceae	Paste of <i>Lodhra</i> should be taken with decoction of <i>Nyagrodha</i> bark.	CS.Ci.30.118 <sup>[3]</sup>
<i>Vasa</i> <i>Adhatoda vasica</i> Nees.	Acanthaceae	In <i>Pradara</i> predominant in pitta, one should take juice of <i>Vasa</i> or <i>Guduchi</i> .	VM.63.2 <sup>[2]</sup>
<i>Shalmali</i>	Bombacaceae	1.	BPN.9.51 <sup>[11]</sup>

<i>Salmalia malabarica</i> Schott. and Endl.	ae	Vegetables of <i>Shalmali</i> flowers cooked with ghee and rocksalt checks bleeding.  2. <i>Shalmaligh rita</i>	BS.striroga.77-78 <sup>[8]</sup>
<i>Sahadevi</i> <i>Vernonia cinera</i> Less.	Asteraceae	<i>Sahadevi</i> root with goat's milk keeping on diet with buttermilk or should use <i>Nagakesar</i> pounded with buttermilk for three days. It checks leucorrhoea.	GN.6.1.44 <sup>[5]</sup>
<i>Sudarshan</i> <i>Crinum latifolium</i> Linn.	Amaryllidaceae	Fine paste of the roots of <i>Sudarshan</i> taken with milk checks the disease.	RM.31.1 <sup>[4]</sup>

<i>Apamarga</i> <i>Achyranthes aspera</i> Linn.	Amaranthaceae	Sprinkling of <i>Apamarga</i> juice on head checks excessive bleeding.	G.N.6.1.54 <sup>[5]</sup>
<i>Amalaki</i> <i>Emblica officinalis</i> Gaertn.	Euphorbiaceae	<i>Amalaki</i> seeds taken with rice-water or <i>Amalaki</i> pounded with <i>Udumbar</i> decoction and taken with cold water.	VD.2.9 <sup>[6]</sup>
<i>Udumbara</i> <i>Ficus glomerata</i> Roxb.	Moraceae	Juice of <i>Udumbara</i> fruits mixed with honey keeping on the diet of milk with sugar.	BP.Ci.68.16 <sup>[1]</sup>
<i>Kadali</i> <i>Musa paradisiaca</i> Linn.	Musaceae	<i>Kadali</i> fruit mixed with ghee should be taken.	RM.31.3 <sup>[4]</sup> , GN.6.1.50 <sup>[5]</sup>
<i>Guduchi</i> <i>Tinospora cordifolia</i> Willd Miers ex Hook.f.andThoms.	Menispermaceae	If Menometrorrhagia caused by <i>Vata</i> – juice of <i>Vasa</i> or <i>Guduchi</i> is useful.	GN.6.1.10 <sup>[5]</sup>
<i>Plaksha</i> <i>Ficus lacor</i> Buch-Ham	Moraceae	Lump of the powdered bark of <i>Plaksha</i> mixed with honey should	CS.Ci.30.11 <sup>[3]</sup>

**B. Medicinal Plants / their parts for Menometrorrhagia (Artavavridhi)**

<i>Atibala</i> <i>Abutilon indicum</i> (Linn.) SW.	Malvaceae	Powdered form of root of <i>Atibala</i> with sugar and honey	B.P.Ci.68.13 <sup>[1]</sup>
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		be kept in lubricated vagina. Similarly <i>Lodhra</i> , <i>Priyangu</i> and <i>Madhuka</i> may also be used.	
<i>Bala</i> <i>Sida cordifolia</i> Linn.	Malvaceae	Root of <i>Bala</i> mixed with honey is taken with milk or root of <i>Kusa</i> or rice-water.	VM.63.10 <sup>[2]</sup>
<i>Yastimadhu</i> <i>Glycyrrhiza glabra</i> Linn.	Papilionaceae	Taken <i>Yastimadhu</i> 10gm. mixed with sugar 10gm. and pounded with rice-water.	BP.Ci.68.13 <sup>[1]</sup>
<i>Rajadana</i> <i>Mimusops hexandra</i> Roxb.	Sapotaceae	The Paste of the leaves of <i>Rajadana</i> and <i>Kapittha</i> fried in ghee is efficacious in the disorder particularly caused by <i>pitta</i> and <i>vata</i> .	CS.Ci.30.97 <sup>[3]</sup>
<i>Vastuka</i> <i>Chenopodium murale</i> Linn.	Chenopodiaceae	Root of <i>Vastuka</i> and Lotus decocted in water or milk should be taken. It checks the disorder in three days.	BS.striroga. 41 <sup>[8]</sup>

<i>Sarkara</i> <i>Themeda arundinacea</i> (Roxb.) Ridley.		Take the paste of <i>Sarkara</i> 40gm. and <i>Madhuka</i> 160gm. with rice-water. It checks bleeding.	BS.striroga. 47 <sup>[8]</sup>
<i>Shali</i> <i>Oryza sativa</i> Linn.	Poaceae	1. Powder of Red <i>Shali</i> put in milk and added with honey should be taken when cooled.  2. Rice-water is a popular vehicle for the formulations used in this disorder.	RM.316 <sup>[4]</sup>  VM.63.4,9 <sup>[2]</sup>

### C. Medicinal Plants/ their parts for Amenorrhoea and Oligomenorrhoea (*Artavakshaya*)

Indravaruni <i>Citrullus colocynthis</i> Schrad.	Cucurbitaceae	Root of Indravaruni is kept within vagina, it removes amenorrhoea and also induces abortion.	VJ.3.36 <sup>[12]</sup>
Kumari <i>Aloe vera</i> Tourn ex Linn.	Liliaceae	1. <i>Kumarika Vati</i> ,  2. <i>Rajahpravarttani Vati</i>	BR.P.1182-83 <sup>[13]</sup>
Kulattha <i>Dolichos biflorus</i>	Papilionaceae	In Amenorrhoea Fish, <i>Kulattha</i> , sours	SS.Sa.2.21 <sup>[7]</sup>

Linn.		Sesamum, Black gram and Wine are wholesome.	
Japa <i>Hibiscus rosa-sinensis</i> Linn.	Malvaceae	Intake of <i>Japa</i> flowers and <i>Jyotismati</i> leaves pounded with sour gruel induces menstruation.	CD.62.22 <sup>[14]</sup> <sub>1</sub>
Jyotismati <i>Celastrus paniculatus</i> Willd.	Celastraceae	Intake of Japa flowers with sour gruel and fried <i>Jyotismati</i> leaves.	CD.62.22 <sup>[14]</sup> <sub>1</sub>
Durva <i>Cynodon dactylon</i> Pers.	Poaceae	On taking paste of <i>Durva</i> women gets menstruation.	CD.62.22 <sup>[14]</sup> <sub>1</sub>
Vansha <i>Bambusa arundinacea</i> Willd.	Poaceae	Decoction of Bamboo nodes 20gm. and <i>Shatapuspha</i> 40gm. mixed with jaggery induces menstruation.	SB.4.1105 <sup>[15]</sup>

**D. Medicinal Plants/ their parts for Soft Chancere (Upadansha)**

<i>Asana</i> <i>Pterocarpus marsupium</i> Roxb.	Papilionaceae	Decoction of <i>Khadira</i> and <i>Asana</i> as well as external application of their paste mixed with <i>Guggulu</i> or <i>Triphala</i>	B.P.Updansa. 24 <sup>[1]</sup>
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		destroys all type of <i>Upadansha</i> .	
<i>Aragvadha</i> <i>Cassia fistula</i> Linn.	Caesalpiniaceae	1. Local application of paste of the root of <i>Aragvadha</i> . 2. Decoction of leaves of <i>Karavira</i> , <i>Jati</i> , <i>Aragvadha</i> , <i>Tarkari</i> and <i>Arka</i> should be used for washing venereal wound.	GN.4.8.21 <sup>[5]</sup> SS.Ci.19.39 <sup>[7]</sup>
<i>Karavira</i> <i>Nerium indicum</i> Mill.	Apocynaceae	1. Decoction of leaves of <i>Karavir</i> , <i>Jati</i> , <i>Aragvadha</i> , <i>Tarkari</i> and <i>Arka</i> should be used for washing wounds. 2. Roots of <i>Karvira</i> pounded with water and applied as paste.	SS.Ci.19.39 <sup>[7]</sup> BP.Ci.51.35 <sup>[1]</sup>
<i>Kshirivraksha</i>	-	The wound should be washed with decoction of <i>Kshirivraksha</i> and <i>Triphala</i> .	SS.Ci.19.43 <sup>[7]</sup>



<i>Tila</i> <i>Sesamum indicum</i> Linn.	Pedaliaceae	Paste of <i>Tila</i> mixed with ghee and honey should be applied on wound ripe and opened.	AH.U.34.2 <sup>[16]</sup>
<i>Triphala</i>	-	1. <i>Triphala</i> is burnt in an earthen pan and ash is applied on the wounds. It promotes healing. 2. Washed the wound with <i>Triphala</i> decoction or <i>Bhringaraj</i> juice for alleviation of the disease.	AH.U.34.6 <sup>[16]</sup> , VM.49.8 <sup>[2]</sup> and CD.47.8 <sup>[14]</sup>  VM.49.7 <sup>[2]</sup>
<i>Dadima</i> <i>Punica granatum</i> Linn.	Punicaceae	Dusting with powder of the leaves of <i>Bandhuka</i> and bark of <i>Dadima</i> or the paste of <i>Puga</i> fruit should be applied.	BP.Ci.51.26 <sup>[1]</sup>
<i>Daruharidra</i> <i>Berberis aristata</i> DC.	Berberidaceae	Paste of <i>Rasanjana</i> , <i>Shirisa</i> and <i>Haritaki</i>	SG.3.11.107 <sup>[9]</sup>

		mixed with honey should be used.	
<i>Nyagrodha</i> <i>Ficus bengalensis</i> Linn.	Moraceae	Burning leaves of <i>Nyagrodha</i> should be put in water and ash is collected and given in dose of 1.5gm. twice a day.	SB.4.800 <sup>[15]</sup>
<i>Puga</i> <i>Areca catechu</i> Linn.	Arecaceae	Paste of <i>Puga</i> or <i>Karaveer</i> root should be applied.	CD.47.11 <sup>[14]</sup>
<i>Babbula</i> <i>Acacia arabica</i> Willd.	Mimosaceae	Dusting with the powder of <i>Babbula</i> leaves or <i>Dadima's</i> rind or Human bone is useful.	CD.47.10 <sup>[14]</sup>
<i>Bhringaraja</i> <i>Eclipta alba</i> Hassk.	Asteraceae	Washing the wound with the juice of <i>Bhringaraja</i> eliminates this.	GN.4.8.13 <sup>[5]</sup>
<i>Shallaki</i> <i>Boswellia serrata</i> Roxb.	Burseraceae	Washed regularly with the decoction of the leaves of <i>Jambu</i> ,	SS.Ci.19.42-43 <sup>[7]</sup>

		<i>Amra, Nimba, Sveta girikarnika and Masaparni; Barks of Shallaki, Badara, Bilva, Palasha, Tinisha and Kshirivriksha along with Triphala.</i>	
<i>Shaileya Parmelia perlata</i> Ach.	Parmeliaceae	Powder consisting of <i>Svarjika, Tuttha, Kaseesa, Shaileya, Rasanjana</i> and <i>Mahashali</i> alleviates wound and its spread.	SS.Ci.19.45 <sup>[7]</sup>
<i>Shlesmataka Cordia dichotoma</i> Forst. f.	Boraginaceae	Fine powder of the tender fruits of <i>Shlesmataka</i> mixed with goat's milk and sugar destroys <i>Upadansha</i> .	SB.4.799 <sup>[15]</sup>
<i>Sarvagandha</i> drugs	-	With this decoction oil should be cooked along with <i>Goji, Vidanga, Yastimadhu</i>	SS.Ci.19.44 <sup>[7]</sup>

		and <i>Sarvagandha</i> . It is an excellent remedy.	
<i>Haritaki Terminalia chebula</i> Retz.	Combretaceae	By applying <i>Haritaki</i> with <i>Rasanjana</i> the disease is cured.	RM.17.3 <sup>[4]</sup>

**E. Medicinal Plants / their parts for Syphilis (Phiranga Roga)**

<i>Akarakarabha Anacyclus pyrethrum</i> D.C.	Asteraceae	<i>Saptasali Vati</i> is prescribed in Syphilis.	B.P.Ci.59.15 <sup>[1]</sup>
<i>Chopachini Smilax china</i> Linn.	Liliaceae	1. Powder of <i>Chopachini</i> 2. 5gm with honey keeping on salt-free diet. 3. Decoction also used with <i>Usava</i> in Syphilitic Arthritis.	BP.Ci.59.24 <sup>[1]</sup>  SY.Bhunimba dikasaya p-78 <sup>[17]</sup> , SB.4.477 <sup>[15]</sup>

**F. Medicinal Plants/ their parts for Disease of female genital tract (Yonivyapada)**

<i>Arka Calotropis procera</i> (Ait.)R.Br.	Asclepiadaceae	Vaginal suppository - Powdered barley mixed with rock salt is impregnated with <i>Arka</i> latex is used in	C.S.Ci.30.71 <sup>[3]</sup>
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		<i>Kaphaja Yonivyapada</i>	
<i>Katukalabu</i> <i>Lagenaria siceraria</i> (Mol.)Stand l.	Cucurbitaceae	Oil processed with <i>Katukalabu</i> alleviates, and helps conception.	VD.13.2 <sup>[6]</sup>
<i>Jivaniya Gana</i>	-	If caused by Pitta - ghee extracted from milk and cooked with <i>Jivaniya</i> drugs should be given and also helps in conception.	CS.Ci.30.69 <sup>[3]</sup>

**G. Medicinal Plants/ their parts for Excessive urination (Somaroga)**

<i>Amlika</i> <i>Tamarindus indica</i> Linn.	Caesalpiniaceae	The seeds of <i>Amlika</i> soaked with water firstly then pounded with milk next day this paste taken regularly.	VD.2.13 <sup>[6]</sup>
<i>Amalaki</i> <i>Emblica officinalis</i> Gaertn.	Euphorbiaceae	Ripe banana fruit, <i>Amalaki</i> juice, honey and sugar all mixed together should be	GN.6.1.69 <sup>[5]</sup>

		taken.	
<i>Kadali</i> <i>Musa paradisaca</i> Linn.	Musaceae	Ripe fruit of <i>Kadali</i> mixed with <i>Amalaki</i> juice, honey and sugar should be taken.	BS.striroga-86 <sup>[8]</sup> , GN.6.1.69 <sup>[5]</sup>
<i>Kumuda</i> <i>Nymphaea stellata</i> Willd.	Nymphaeaceae	Juice of <i>Utpala</i> leaves mixed with a little oil checks discharge from bone <i>Somaroga</i> .	VD.2.1 <sup>[6]</sup>

**H. Medicinal Plants/ their parts for Raktagulma**

<i>Arka</i> <i>Calotropis procera</i> (Ait.)R.Br.	Asclepiadaceae	Flower of <i>Arka</i> mixed with oil promotes bleeding	YR.P.266 <sup>[18]</sup>
<i>Tila</i> <i>Sesamum indicum</i> Linn.	Pedaliaceae	Intake of decoction of <i>Tila</i> mixed with ghee, jaggery, trikatu and <i>Bhargi</i> is efficacious in <i>Raktagulma</i> and amenorrhoea.	AH.Ci.14.120 <sup>[16]</sup> , VM.30.37 <sup>[2]</sup> and RM.31.8 <sup>[4]</sup>
<i>Palasha</i> <i>Butea monosperma</i> (Linn.) Kuntz.	Papilionaceae	<i>Palashakshara Taila</i> and <i>Ghrita</i> .	CS.Ci.5.173 <sup>[3]</sup>

### I. Medicinal Plants/ their parts for Vaginal polyps (Yonikanda)

<i>Kosataki</i> <i>Luffa acutangula</i> (Linn.)Roxb.	Cucurbitaceae	Intake of the juice of <i>Kosataki</i> mixed with curd-water destroys <i>Yonikanda</i> .	BS.striroga-388 <sup>[8]</sup>
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### DISCUSSION

Acharya Charaka has said that a distinguished physician is known by his knowledge of judicious use of drugs in various disorders in order to alleviate human diseases. He adds that a plant even if well identified creates havoc if not used properly. The proper use makes a good remedy. Even out of poisons a medicinal plant can save the life if used rationally and act as a poison if used improperly. So, best physician is that who knows the administration of medicinal plants, external as well as internal uses, combination and rational uses.

In this article there are so many medicinal plants have been identified in several Ayurvedic Scriptures viz. Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, etc. As earlier as we know that different types of medicinal plants and their preparations are used in different gynecological disorders i.e. *Ashrgdara*, *Aartavativrridhi*, *Aartavkshaya*, *Upadansha*, *Phirang*, *Raktagulma*, *Yonivyapada*, *Somaroga* and *Yonikanda* etc. are treated with different herbs having different Ayurvedic properties i.e. *Amalaki*, Ashok, Banyan tree (Vat), Sesamum (Til), *Triphala* etc. *Tandulodaka* used as a main *Anupana* (vehicles) in the treatment of *Ashrgdara*. Honey, Milk, and *Ushnodaka* (Luke-warm water) are also used as vehicle in the treatment of different gynecological disorders.

### CONCLUSION

The present paper has been prepared on the basis of several classical Ayurvedic treatises as well as ethno

botanical uses of plants. We hope this will help future researchers to proceed further.

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