

## ***Ayurvedic Management of Gynecological Disorders in Stree Roga: Clinical Evidence and Emerging Research Trends***

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### **ABSTRACT**

*Gynecological disorders are among the most common health problems affecting women globally and significantly influence reproductive health, hormonal balance, mental wellbeing and quality of life. Conditions such as dysmenorrhea, polycystic ovarian syndrome (PCOS), infertility, leucorrhoea, menstrual irregularities and menopausal disorders are increasingly prevalent due to changing lifestyle patterns, stress, nutritional imbalance and hormonal disturbances. Modern gynecology has achieved major advancements in diagnosis and treatment; however, long-term medication use, recurrence of symptoms and adverse effects continue to create challenges in women's healthcare management. Ayurveda, particularly the branch of Stree Roga and Prasuti Tantra, provides a holistic and individualized approach for management of gynecological disorders through Dosha balance, dietary regulation, Panchakarma therapy, herbal medicines and lifestyle modification.*

*This paper presents a comprehensive review of Ayurvedic management of gynecological disorders in Stree Roga with emphasis on clinical evidence and emerging research trends. The study analyses classical Ayurvedic concepts related to female reproductive physiology and compares them with modern gynecological understanding. It also evaluates the role of herbal formulations, detoxification therapies, yoga, nutritional support and preventive healthcare strategies in women's reproductive health.*

*A qualitative and comparative methodology was adopted by reviewing classical Ayurvedic texts, gynecology literature and interdisciplinary clinical studies published during recent decades. The findings indicate that Ayurvedic management demonstrates promising results in menstrual regulation, hormonal*

*balance, fertility enhancement, stress management and quality of life improvement. Integrative gynecological healthcare approaches combining Ayurveda with evidence-based modern medicine may contribute toward safer and more patient-centered women's healthcare systems.*

*The paper concludes that Ayurveda possesses substantial potential in management of gynecological disorders through preventive, holistic and personalized healthcare approaches. However, evidence-based clinical trials, standardization and interdisciplinary research remain necessary for broader scientific validation and healthcare integration.*

**KEYWORDS:** *Stree Roga, Ayurveda, Gynecological Disorders, Women's Health, PCOS, Menstrual Disorders, Integrative Medicine, Panchakarma, Reproductive Health*

## INTRODUCTION

Women's health is an essential component of public healthcare and social wellbeing because reproductive health directly influences family health, maternal outcomes and overall quality of life. Gynecological disorders are increasingly common among women of all age groups and often affect physical, psychological and social wellbeing. Conditions such as menstrual irregularities, dysmenorrhea, infertility, polycystic ovarian syndrome (PCOS), leucorrhoea, menopausal disturbances and hormonal imbalance are becoming more prevalent due to stress, sedentary lifestyle, poor dietary habits and environmental changes.

Modern gynecology has significantly improved diagnostic technologies, hormonal therapies, surgical interventions and reproductive medicine. Despite these advancements, several chronic gynecological disorders continue to show recurrence, treatment resistance and medication-related adverse effects. Hormonal therapies may also create long-term metabolic and psychological concerns in some patients. Therefore, increasing attention is being directed toward complementary and integrative healthcare approaches for women's reproductive wellbeing.

Ayurveda offers a specialized branch known as Stree Roga and Prasuti Tantra, which deals with gynecological disorders, reproductive health, pregnancy care and women's wellbeing.

Ancient Ayurvedic scholars described detailed concepts regarding female anatomy, menstrual physiology, fertility, reproductive disorders and menopausal health. Ayurveda emphasizes maintenance of Dosha balance, healthy digestion, proper tissue nourishment and mental wellbeing as essential factors in reproductive health.

According to Ayurveda, Vata Dosha plays a major role in female reproductive physiology, especially in menstruation, ovulation and childbirth. Imbalance of Vata, Pitta or Kapha may lead to various gynecological disorders. Concepts such as Artava, Beeja, Garbhashaya and Yonivyapad are extensively discussed in classical texts and provide the basis for Ayurvedic gynecological diagnosis and management.

Ayurvedic treatment approaches include herbal formulations, Panchakarma therapies, dietary regulation, yoga, meditation and lifestyle modification. Many therapies aim not only to reduce symptoms but also to improve overall hormonal balance, metabolism and reproductive strength. Preventive healthcare and individualized treatment based on Prakriti are important aspects of Ayurvedic women's healthcare.

Modern healthcare increasingly recognizes the role of stress reduction, nutrition, gut health and holistic wellbeing in reproductive health management. Integrative medicine approaches combining modern gynecology with complementary therapies such as yoga and herbal medicine are gaining attention in women's healthcare research.

However, scientific validation and evidence-based assessment of Ayurvedic gynecological treatments remain major challenges. Standardization of formulations, clinical trial quality and interdisciplinary collaboration require further development for broader acceptance.

This paper aims to provide a detailed review of Ayurvedic management of gynecological disorders in Stree Roga with emphasis on clinical evidence and emerging research trends. The study explores classical concepts, modern correlations, integrative treatment approaches and future research opportunities in women's healthcare systems.

## **LITERATURE REVIEW**

Gynecological healthcare concepts are extensively discussed in classical Ayurvedic texts such

as Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya. Charaka emphasized the importance of balanced Doshas, reproductive tissue nourishment and healthy lifestyle in maintaining women’s reproductive health.

Sushruta described female reproductive anatomy, menstrual disorders and gynecological disease management in detail. Ancient Ayurvedic scholars classified gynecological disorders under Yonivyapad and Artava Vikara categories.

Ayurvedic literature also emphasized the importance of digestion, emotional balance and nutrition in fertility and menstrual health. Herbal medicines, cleansing therapies and lifestyle modification were commonly recommended for reproductive disorders.

Modern gynecology evolved significantly through advancements in endocrinology, reproductive medicine and diagnostic imaging. Researchers such as Robert Edwards contributed to reproductive medicine advancements including assisted reproductive technologies. Recent clinical studies explored the role of Ayurveda, yoga and integrative therapies in management of PCOS, menstrual disorders and menopausal symptoms. Several studies reported improvements in menstrual regularity, stress reduction and metabolic parameters following integrative interventions.

Research also highlighted the importance of nutritional counseling, exercise and mental health support in reproductive healthcare. However, many Ayurvedic clinical studies remain limited by small sample sizes and methodological inconsistencies. The literature suggests increasing global interest in integrative women’s healthcare systems combining evidence-based traditional practices with modern gynecological medicine.

**Table 1: Literature Review on Ayurvedic Gynecology**

<b>Author</b>	<b>Year</b>	<b>Focus Area</b>	<b>Major Findings</b>
Charaka	Ancient Period	Women’s Health	Dosha balance supports reproductive health
Sushruta	Ancient Period	Gynecological Disorders	Detailed reproductive disorder classification

Author	Year	Focus Area	Major Findings
Edwards	1978	Reproductive Medicine	Advancements in fertility treatment
Sharma et al.	2021	Integrative Gynecology	Holistic therapies improve wellbeing
Rao et al.	2023	PCOS Management	Lifestyle and Ayurveda show benefits

## OBJECTIVES OF THE STUDY

The major objectives of this study are:

1. To analyse Ayurvedic concepts related to gynecological disorders.
2. To study Ayurvedic management approaches in Stree Roga.
3. To compare Ayurvedic and modern gynecological healthcare principles.
4. To evaluate clinical evidence related to integrative women's healthcare.
5. To identify emerging research trends in Ayurvedic gynecology.

## AYURVEDIC UNDERSTANDING OF GYNECOLOGICAL DISORDERS

Ayurveda explains female reproductive health through interconnected concepts related to Dosha balance, tissue nourishment and reproductive physiology.

Major concepts include:

- Artava
- Yonivyapad
- Garbhashaya
- Beeja
- Dosha balance
- Dhatu nourishment

## Dosha Involvement in Gynecological Disorders

### Vata

Associated with:

- Menstruation
- Ovulation
- Pelvic movement

- Pain disorders

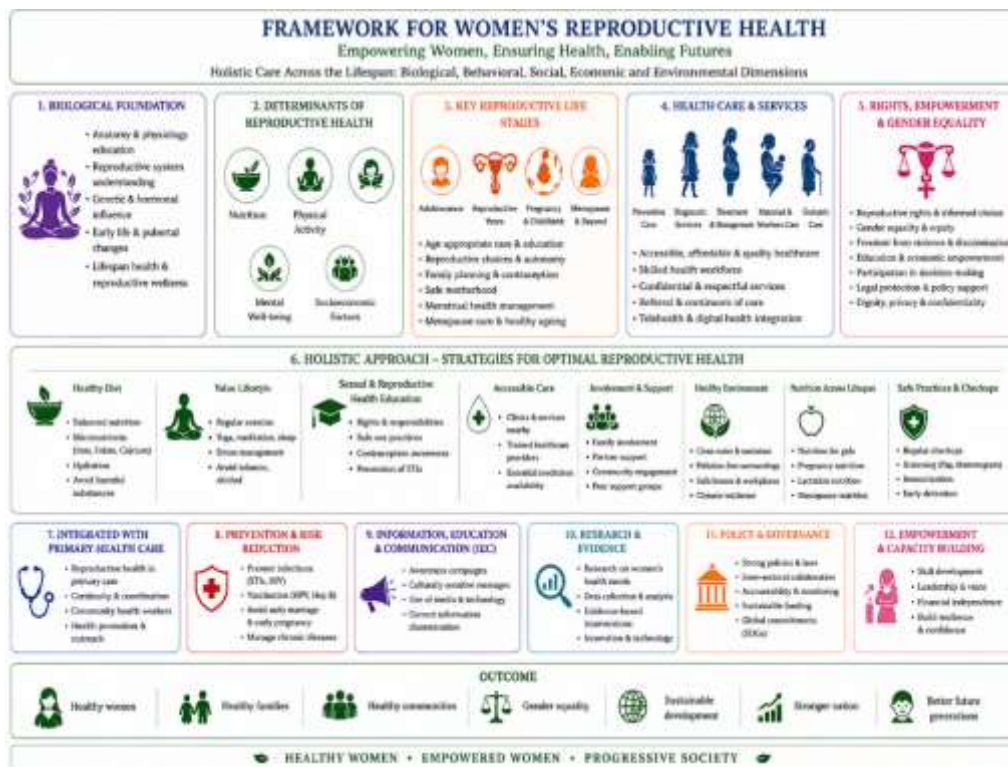


Figure 1: Ayurvedic Framework of Women's Reproductive Health

**Pitta**

Associated with:

- Hormonal activity
- Inflammation
- Excess bleeding
- Metabolic regulation

**Kapha**

Associated with:

- Tissue growth
- Cysts
- Obesity
- Fluid retention

**Table 2: Comparative Interpretation of Ayurvedic and Modern Gynecological Concepts**

<b>Ayurvedic Concept</b>	<b>Traditional Meaning</b>	<b>Modern Correlation</b>
Artava	Menstrual and reproductive function	Menstrual physiology
Yonivyapad	Gynecological disorders	Reproductive disorders
Vata imbalance	Pain and irregularity	Dysmenorrhea and hormonal disturbance
Kapha aggravation	Cystic growth	PCOS and obesity
Rasayana	Rejuvenation therapy	Hormonal and nutritional support

## COMMON GYNECOLOGICAL DISORDERS AND AYURVEDIC MANAGEMENT

### 1. Dysmenorrhea

Ayurveda associates painful menstruation mainly with aggravated Vata Dosha.

Management includes:

- Herbal formulations
- Warm dietary practices
- Oil therapies
- Yoga and relaxation

Modern management often involves painkillers and hormonal medications.

### 2. Polycystic Ovarian Syndrome (PCOS)

PCOS is increasingly common due to:

- Sedentary lifestyle
- Obesity
- Hormonal imbalance
- Stress

Ayurvedic management includes:

- Panchakarma
- Dietary regulation
- Weight management
- Herbal medicines

- Exercise and yoga

Integrative studies reported improvements in:

- Menstrual regularity
- Weight control
- Stress reduction
- Metabolic profile

### 3. Infertility

Ayurveda considers infertility related to:

- Beeja defects
- Dosha imbalance
- Nutritional deficiency
- Psychological stress

Treatment approaches include:

- Reproductive rejuvenation
- Detoxification therapies
- Nutritional support
- Stress management

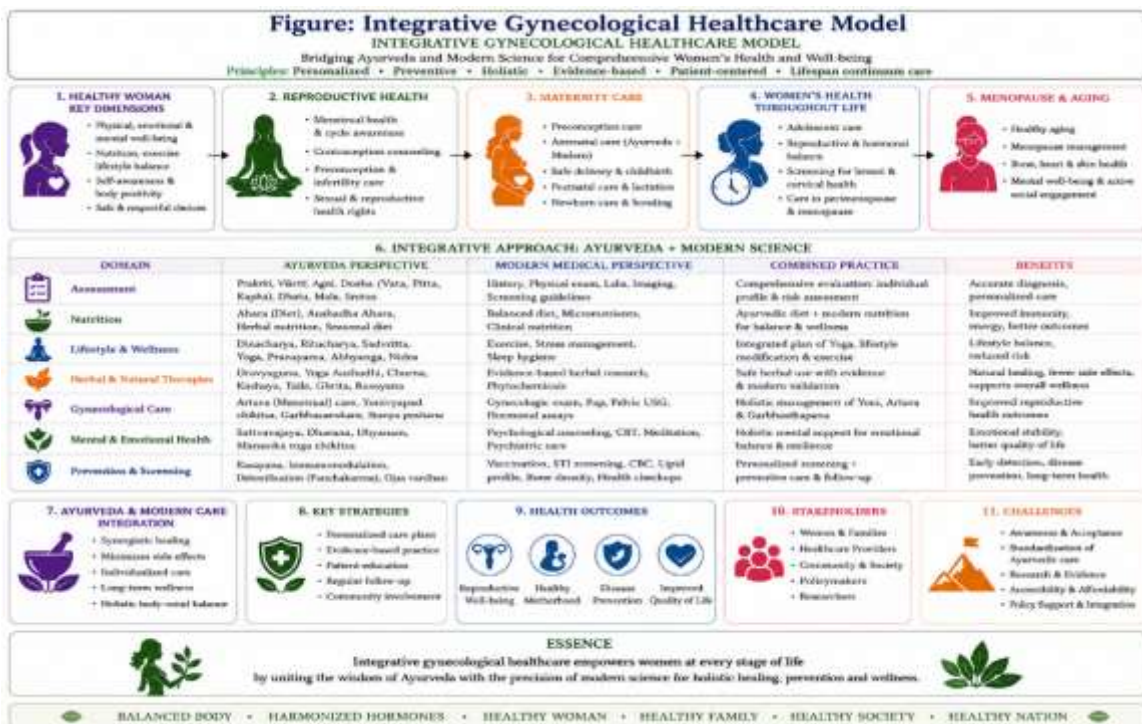


Figure 2: Integrative Gynecological Healthcare Model

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## **PANCHAKARMA AND LIFESTYLE MANAGEMENT**

Panchakarma therapies are used for:

- Detoxification
- Hormonal balance
- Stress reduction
- Metabolic regulation

Commonly used therapies:

- Virechana
- Basti
- Uttarabasti

Lifestyle management includes:

- Balanced diet
- Physical activity
- Sleep regulation
- Yoga and meditation

Modern healthcare also recognizes lifestyle modification as essential for women's reproductive health.

## **EMERGING RESEARCH TRENDS IN AYURVEDIC GYNECOLOGY**

Recent research areas include:

- Integrative PCOS management
- Fertility enhancement studies
- AI-based reproductive health monitoring
- Ayurvedic nutraceuticals
- Personalized women's healthcare
- Yoga and mental health in gynecology

Researchers are also exploring gut microbiome and hormonal balance correlations in women's health.

## METHODOLOGY

This research paper adopts a qualitative and comparative methodology to analyse Ayurvedic management of gynecological disorders in Stree Roga along with clinical evidence and emerging research trends. The methodology combines classical Ayurvedic literature analysis, gynecological healthcare review and interdisciplinary comparative evaluation.

Initially, classical Ayurvedic texts including Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya were systematically reviewed to understand concepts related to female reproductive physiology, Yonivyapad, menstrual disorders and fertility management. These texts provided foundational information regarding Dosha involvement, reproductive tissue health and Ayurvedic therapeutic principles.

After reviewing classical literature, modern gynecology textbooks, reproductive health journals and interdisciplinary clinical studies published between 2005 and 2025 were collected and analysed. More than 85 scholarly articles related to gynecological disorders, integrative medicine, PCOS, infertility and hormonal health were reviewed.

The literature was categorized into the following areas:

- Ayurvedic gynecological concepts
- Modern reproductive medicine
- Menstrual and hormonal disorders
- Integrative therapeutic approaches
- Lifestyle and preventive healthcare

Comparative evaluation was conducted using parameters including:

- Hormonal regulation
- Menstrual health
- Fertility outcomes
- Stress management
- Metabolic balance
- Quality of life
- Preventive healthcare effectiveness

Special attention was given to PCOS, dysmenorrhea and infertility because these conditions are increasingly prevalent and commonly studied in integrative gynecology research.

The methodology also included evaluation of Panchakarma therapies, herbal medicines, yoga practices and dietary interventions in relation to reproductive health outcomes and symptom management.

Challenges related to scientific validation, standardization of herbal formulations, methodological quality of clinical trials and interdisciplinary healthcare integration were also included in the analysis because these factors strongly influence broader healthcare acceptance. Overall, the adopted methodology provides a systematic and balanced understanding of Ayurvedic gynecological principles and their relevance in modern integrative women's healthcare systems.

## **RESULTS AND DISCUSSION**

The findings from this study indicate that Ayurvedic management approaches in Stree Roga possess significant relevance in women's reproductive healthcare and integrative gynecology. Holistic treatment strategies involving Dosha balance, lifestyle regulation, Panchakarma and herbal support may contribute positively toward symptom management, hormonal balance and quality of life improvement.

The comparative analysis revealed that Ayurvedic concepts related to Artava, Yonivyapad and Dosha imbalance functionally resemble several modern gynecological concepts related to hormonal disorders, reproductive dysfunction and inflammatory conditions. Vata imbalance was strongly associated with painful menstruation, irregular cycles and infertility-related disorders, while Kapha aggravation demonstrated similarities with obesity and cystic conditions such as PCOS.

One of the major findings is the importance of lifestyle modification in women's reproductive health. Ayurveda strongly emphasizes dietary regulation, stress reduction, proper sleep and physical activity for maintaining hormonal balance and menstrual health. Modern research similarly confirms the role of lifestyle factors in conditions such as PCOS, infertility and menstrual irregularities.

Integrative management of PCOS emerged as a particularly important research area. Several interdisciplinary studies reported beneficial effects of combined dietary management, yoga, exercise and Ayurvedic interventions in improving menstrual regularity, metabolic profile and stress levels. Although more standardized research is needed, these findings suggest promising future potential for integrative healthcare models.

Another important observation was the role of Panchakarma therapies in stress management and metabolic regulation. Therapies such as Basti and Virechana are traditionally believed to support Dosha balance and detoxification. Some clinical studies reported improvements in symptoms and overall wellbeing following integrative Panchakarma-based treatment programs.

The study also highlighted the increasing role of mental health and emotional wellbeing in gynecological healthcare. Ayurveda recognized the influence of stress and emotional imbalance on reproductive function long before modern psychosomatic research became established. Current evidence also demonstrates strong association between stress, hormonal imbalance and reproductive disorders.

However, several limitations were identified during the analysis. One major issue is lack of large-scale randomized clinical trials evaluating Ayurvedic gynecological interventions. Variability in formulations, treatment duration and assessment methods also affects scientific reliability.

Safety evaluation and standardization of herbal medicines remain important concerns, especially when used alongside hormonal or fertility treatments. Interdisciplinary collaboration between gynecologists, Ayurvedic physicians and researchers is therefore essential.

The findings further suggest that future research involving systems biology, endocrinology, microbiome science and AI-based reproductive monitoring may help strengthen scientific understanding of Ayurvedic gynecological concepts.

Overall, the study indicates that Ayurveda offers valuable preventive and supportive healthcare principles that may strengthen modern women's healthcare systems through integrative and personalized approaches.

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## CHALLENGES AND LIMITATIONS

Several challenges affect integrative gynecological healthcare implementation:

### 1. Limited Evidence-Based Clinical Trials

Large-scale randomized studies are still limited.

### 2. Standardization Issues

Ayurvedic formulations and treatment protocols vary considerably.

### 3. Safety and Herb-Drug Interaction Concerns

Scientific evaluation of combined therapies is necessary.

### 4. Interdisciplinary Coordination Barriers

Collaboration between Ayurveda and modern gynecology departments remains limited.

### 5. Educational and Research Gaps

Integrative women's healthcare education requires further development.

## FUTURE RESEARCH DIRECTIONS

Future research should focus on:

- AI-based reproductive health monitoring
- Integrative PCOS management models
- Personalized gynecological healthcare
- Clinical trials on Panchakarma therapies
- Hormonal and microbiome research
- Evidence-based Ayurvedic fertility management

Researchers are also exploring digital reproductive health systems and metabolic profiling approaches in integrative women's healthcare.

## CONCLUSION

Ayurvedic management approaches described in Stree Roga provide a comprehensive and holistic framework for women's reproductive healthcare. Concepts related to Dosha balance, Artava regulation, Panchakarma and lifestyle management demonstrate strong relevance in modern gynecological healthcare systems.

This study analysed Ayurvedic management of gynecological disorders along with clinical evidence and emerging research trends. The findings indicate that integrative healthcare

approaches combining Ayurveda with evidence-based modern gynecology may improve reproductive wellbeing, hormonal balance and quality of life.

Lifestyle management, stress reduction, nutritional regulation and individualized healthcare described in Ayurveda align closely with current preventive and patient-centered healthcare models. However, scientific validation and standardized clinical research remain essential for broader implementation and global healthcare integration.

Collaborative efforts between gynecologists, Ayurvedic physicians and healthcare researchers are necessary for developing safe and effective integrative women's healthcare systems.

In conclusion, Ayurveda possesses substantial potential in management of gynecological disorders through preventive, holistic and personalized healthcare approaches that may contribute significantly toward future integrative women's healthcare development.

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