

4. RAKTAPRADARA (DYSFUNCTIONAL UTERINE BLEEDING)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Āmalakī Cūrṇa (Phyllanthus emblica)	Cūrṇa	3 gm BD	Sitā, madhu	N. A. part -II pg.408
2.	Dhātaki Cūrṇa (Woodfordia fruticosa)	Cūrṇa	3 gm BD	Madhu	C. D. Asṛgdara Cikitsā 61/3.
3.	Aśoka valkala kṣīrapāka (Saraca indica)	Kṣīra pāka	30 ml BD	-	C. D. Asṛgdara Cikitsā 61/5
4.	Udumbara Swarasa (Ficus hispida)	Swarasa	10 ml BD	Honey	N. A. part -II pg.491

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Aśokariṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B. R. Pradara roga Cikitsā
2.	Patrāṅgāsava	Āsava	20 ml BD	Equal qty. of water after meals	B. R. Pradara roga Cikitsā
3.	Lodhrāsava	Āsava	20 ml BD	- do-	A.H.Ci. 12/24-26
4.	Puṣyānuga Cūrṇa	Cūrṇa	3 gm BD	Taṇḍulo daka	B. R. Pradara roga Cikitsā
5.	Pradarāntaka lauha	Vaṭī	500 mg BD	Durvā swarasa	B. R. Pradara roga Cikitsā

6.	Pradarāri lauha	Lauha	500 mg BD	Kuśamūla Kwātha	B. R. Pradara roga Cikitsā
7.	Aśoka ghr̥ta	Ghr̥ta	10 gm BD	Uṣṇo daka	B. R. Pradara roga Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	śāli rice	
Fruits & vegetables	Paṭola, lisora, pomegranate, āmalakī	
Others	Milk, honey, clarified butter (ghr̥ta) processed with nyagrodhādi gaṇa	

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.

3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.