

Various mode of Ayurvedic & Allopathic preparation,treatment of sexual disorders, uti and infertility

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Abstract-

Non-obstructive azoospermia is diagnosed in approximately 10% of infertile men. It represents a failure of spermatogenesis within the testis and from a management standpoint, is due to either a lack of appropriate stimulation by gonadotropins or an intrinsic testicular impairment. Abnormal uterine bleeding is the most common gynecologic complaint of adolescents admitted to hospital. Heavy menstrual bleeding is the most frequent clinical presentation and preparation of AUB. Abnormal uterine bleeding is a common presenting symptom in the family practice setting. In women of child bearing age, a methodical history, physical examination, and laboratory evaluation may enable the physician to rule out causes such as pregnancy and pregnancy-related disorder, medication, iatrogenic causes medical management of anovulatory dysfunctional uterine bleeding may include oral contraceptive pills or cyclic progestins.

KEYWORD- *Sexual Disorders Infertility, Fibroids, Cysts, Leucorrhoea, Uterine Bleeding*
SEXUAL DISORDERS

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I. Introduction

Sexual disorder is a problem that can happen during any phase of the sexual response cycle. It prevents our from experiencing satisfaction from sexual activity.

The sexual response cycle traditionally response cycle traditionally includes excitement, plateau organs and resolution. Desire and arousal are both part of the excitement phase of the sexual response. Its important to know women don't always go through these phase in order.

Types of sexual disorders

Sexual disorder generally is classified into four categories:

Desire disorders: lack of sexual desire or interest in sex.

Arousal disorders: inability to become physically aroused or become during sexual activity.

Organsm disorders: delay or absenc of organsm (climax).

Pain disorders: pain during intercourse.

Symptoms of sexual disorders

In men:

- Inability to achieve or maintain an erection suitable for intercourse.
- Inability to control the timing of ejaculation.

In women:

- Inability to achieve organsm.
- Inadequate vaginal lubrication before and during intercourse.

In men and women:

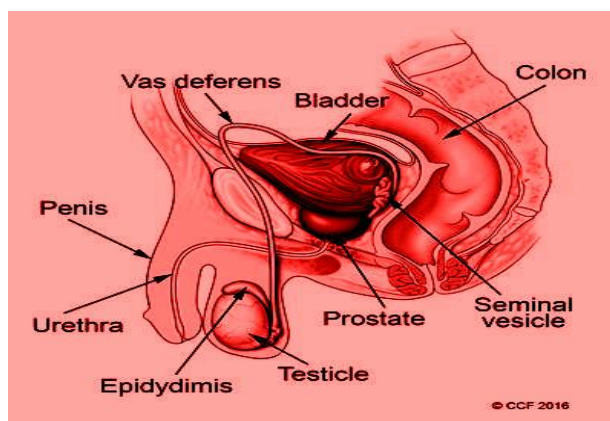
- Lack of interest in or desire for sex.
- Inability to become aroused.
- Pain with intercourse.

OLIGOSPERMIA/AZOOSPERMIA:

Introduction:

Oligospermia is a male fertility issue characterized by a low sperm count. Other aspects of the sexual health of men with this condition are typical. This includes the ability to get and maintain an erection as well as produce ejaculation at organsm.

Azoospermia is a condition in which there's no measurable sperm in a man's ejaculate azoospermia leads to male infertility.



Infection: Viruses like sexually transmitted infections can reduce the sperm amount in semen.

Part of the male reproductive system

The male reproductive system is made up of the following:

- **Testes, or testicles** produce sperm in a process called spermatogenesis.
- **Seminiferous tubules** are tiny tubes that make up most of the tissue of the make up most of the tissue of testes.
- **Epididymis** is the structure on the the back of each testicle into which mature sperm are moved and stored.
- **Vas deferens** is the muscular tube that passes from the epididymis into the pelvis then curves around and enters the seminal vesicle.




Treatment- Treatment By Allopathy Medicines




Sr.no	Drug name	Category of drug	Dose	Mode of action	Uses	Remarks
1	Clomiphene	Synthetic drug ovulation stimulants promoting sperm production in men	50 mg	This action stimulates the growth of the ovarian follicle and thus initiates ovulation	Clomiphene is used to induce ovulation egg production in women who do not produce ova eggs but wish to become pregnant	It works similarly to estrogen a female hormone that causes eggs to developes in the ovaries
2	Anastrozole	At treatment of men with idiopathic oat or azoospermia is an off label use of this medication	1 mg	Anastrozole is an nonsteroidal ai that inhibit the aromatase enzyme by binding reversibly to its heme ion,	It blieve to have a negative effect on sperm production it decrease the production	Non- obstructive azoospermia is diagnosed in approxiamately 10% of infertile men
3	Letrozole	The investigation hope to learn if letrazole is effective and safein improving severe male infertility	2.5 mg	The aim of study was to evalute the effect of aromataseinhabit letrazole on the male infertility	Letrozole used to treat men with non-obstructive azoospermia for 3 months	Letrozole is effective and safe in improving severe male infertility
4	Cialis	Phosphodiesterase-5 Enzyme inhibitors	10 mg	Cgmp Relaxes smooth muscle and increases blood flow to corpus cavernosum	Used to treat erectile dysfunction	It is the only medication in its class that treats both erectile dysfunction

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5	Staxyn	PDE5 inhibitors, including STAXYN and alpha-adrenergic blocking agents	10 mg	Penile erection is caused by the engorgement of the penis with blood	Used to treat erectile dysfunction (impotence)	It helps men with erectile dysfunction maintain erectile for sexual intercourse
6	Stendra	Phosphodiesterase-5 Enzyme inhibitors	100 mg	Erection of the penis involves release of nitric oxide during sexual stimulation	Used to treat the symptoms of erectile dysfunction.	Its work great
7	Bremelanotide	Melanocortin receptor agonists	1.75 mg	Bremelanotide may affect female sexual desire	Used to treat low sexual desire in women	Treated female sexual dysfunction
8	Flibanserin	Serotonin receptor 1A agonist/serotonin receptor 2A antagonist	80 mg	Improves sexual functioning in premenopausal women who suffer sexual interest ,desire	Treat low sexual desire in women	It is used only when low sexual is not caused by a medical condition

Treatment –Treatment By Ayurvedic Medicines

Sr.no	Plant name	Family/common name	Chemical constituent	Plant part	Uses	Remarks
1	Musli, chlorophytum borivilianum 	Asparagaceae	Total sugar, reducing sugar, total protein	Tuberous root	Improving sexual performance	It is used for treatment of erectile dysfunction and improve sexual performance
2	Curculigo orchoides 	Hypoxidaceae	Saponins, sapogenins, phenolic glycosides, a triterpene alcohol;	Tuberous roots and rhizomes	It is considered as a sexual tonic in ayurvedic system	Treatment was helpful in ameliorating the damaged caused by sustained male sexual behaviour
3	Gokshura, tribulus terrestris 	Zygophyllaceae	Saponins, Diosgenin, gitogenin, Chlorogenin	Leaves	Gokshura are considered to act as a diuretic and aphrodisiac they used for they used for urolithiasis sexual dysfunctions and infertility	Gokshura medicine of improves sperm count for male infertility
4	Shatavari, Asparagus racemosus	Asparagus	Sweet oleaginous, cooling, and indigestible, appetizer	Root	Shatavari is considered as an absolute remedy for all sort of respiratory troubles	Treats various infertility issues and improves the reproductive health in

						both men and women
5	Ashwagandha, Withania somnifera 	Solanaceae	Alkaloid, anferine, cuseohygrine, anahygrine	Roots and orange red fruit	Used to improve sexual desire, pleasure or performance	It has been long established in the history as one
6	Shilajit, Bitumen mineral 	Asphaltum	Fulvic acid, dibenzoxa Pyrones, humic acids	That is neither completely plant nor of animal origin	It helps in male sexual disorders like impotency premature ejaculation problem	Shilajit is commonly used in ayurvedic medicine

Some home remedies for sexual disorder:

1. Chew two to three cloves daily. Regularly chewing two or three cloves raw garlic help treating sexual impotence. In addition, eating garlic bread prepared with whole grains helps in the production of healthy sperms.
2. Take a white onion, peel it off, crush and then fry in butter. This mixture can be taken daily with a spoon of honey, but make sure to consume this mixture when your stomach has been empty for at least two hours.
3. Lady's finger are considered remarkable tonic for improving sexual vigor.
Do it at home: Take 5 to 10 grams of the root powder of this vegetable with a glass of milk and two teaspoons of ground mishri daily.
4. The dried roots of asparagus are used in unani medicines as an aphrodisiac.
Do it at home: Take 15 grams of the dried roots of asparagus and boil it with one cup of milk. The regular use of this recipe is valuable to cure impotency and premature ejaculation.
5. Drumstick is very useful as a sexual tonic in the treatment of sexual debility and functional sterility in both males and females
Do it at home: Boil 15 gm of drumstick flowers in 250 ml milk. This soup is an effective sexual tonic both males and females.
6. In Ayurveda, saffron is used to treat infertility in couples as its fragrance is highly erotic. It can arouse sexual desire and can have a relaxing effect on the nerves.
7. Do it at home: Use it as massage oil or consume it with food for improving sexual vigor.
8. Ashwagandha-Ayurvedic considers ashwagandha a valuable aphrodisiac and immensely beneficial in re-establishing the sexual prowess in the bed, it can help in increasing the sperm count in the span of just 90 days.

Diet chart for sexual disordered/oligospermia/azoospermia

Early morning: Drink lukewarm water 1-2 glass in empty stomach, before brushing teeth drink Amla + Aloe vera juice before breakfast.

Diet plan:

TIMING	(DIET PLAN (VEGETARIAN))
Breakfast 8:30 Am	1 cup of herbal tea + Poha/Upma (suji)/Idli 1 plate fruit salad (orange, grapes, guava, banana, apple, watermelon, muskmelon)
Lunch 12:30-1:30 PM	Rice -1/2 cup+2-chapati /roti(Multi grains Atta) 1 cup-daal+1 cup veg (green leafy, tomato, beans)+1 plate salad.
Snacks 3:30 PM	1 cup of herbal tea+ Fibre rich biscuit vegetables soup/salad/dry fruits etc.
Dinner 8:00 PM	Chapati /roti + Fibre rich biscuit vegetables, +paneer- 2 pieces.

Bed time 10:00 PM	1 cup milk with Musali pak + Ashwagandha+ Satavari churna.
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(Do's)

Cereals: Maize, Millet, Old Rice, Wheat, Oats, Ragi.

Pulses : Soyabean, green gram (moong dal), lentil (masoor dal), pigeonpea (arhar), urad, chana.

Fruit & vegetable : Orange, Grapes, Guava, Banana, Apple, Watermelon, Mango, Beetroot, Fig (Anjeer), Pomagranet, Bottle Guard (Lauki), Ridge Gourd (Torai), Round Gourd (Tinda), Pointed Gourd (Parwal), Bitter Gourd (Kerela), Pumpkin (Kaddu), Carrot, Cabbage, Spianch, Seasonal Green Vegetables.

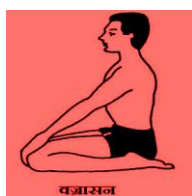
Other: Dark chocolate, walnuts, raisins, cashew, dry fruits, mishri, almonds, makhana, oysters (kasturi), munakka, watermelon seed, pumpkin seed etc..

Lifestyle:

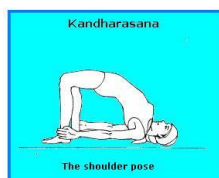
Medicine : Chawanprash, Musali Pak, Ashwagandha Churna, Shatavari Churna.

Yoga Pranayam and Meditation: 1. Bhastrika 2. kapaalbhati 3. Bahyapranayam 4. Anulom vilom 5. Bhramari 6. Udegeeth 7. Ujjayi 8. Pravan Jap

Asanas: 1. Bajrasana 2. gomukhasana 3. pashchimottanasana 4. sarvangasana 5. halasana



6. kandhrasana.



(Don'ts)

Cereals: New rice, maida.

Pulses : Kidney Beans & Chole.

Fruit & Vegetable:

Other: Curd, junk food, cold drink etc.

Life Style: Adhyasana (repetition of food intake after meals, within 1-2 hours repeating), excess exercise & anger, fear, hurry, worry, cloudy weather, cold water, Eastern wind, excessive intake of food, day sleeping, suppression of natural urges.

Strictly Avoidable: Oil, spicy food, Non-Veg & Non-Veg Soup, Oil, Ghee, excess salt, cold drinks, bakery products, alcohol, fast food, pickles, soft drinks, canned foods, junk foods.

Yoga Pranayam and medication : As per doctors advice.

Asanas: As per doctors advice.

Advice: 1 Cup herbal tea is issued or consumed by patients, in case if /he /she is habitual of tea and coffee (it is substitute for it).

Do As Regular : THANKS TO GOD FOR FOOD

- Get up with the sunrise [5:30-6:30AM].
- Brush the teeth twice a day in the morning and before going to bed.
- Scrape the tongue daily.
- Meditate and do yoga.
- Eat fresh light warm food slowly, in peaceful place with silent, positive and happy mind.
- Each 3-4 times at regular time in day. don't skip meals & avoid overeating fast once in a week.
- Eat leaving 1/3rd or 1/4th of stomach empty. Full satisfaction of meal can be considered as one's khuchi/stomach).
- Chew food properly and slowly.
- Walk 3-5 minutes after taking food.
- Take a short walk after meal and sleep at proper time in night [9-10PM].

GYNECOLOGICAL DISORDERS

1. FIBROID-

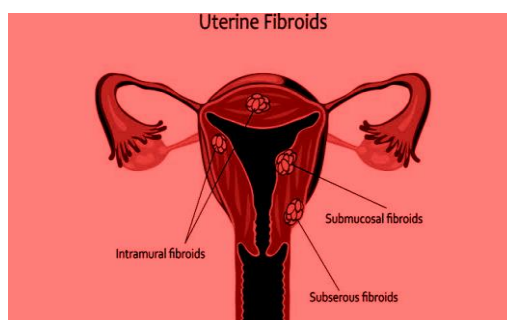
Uterine fibroids are benign (noncancerous) tumors that develop in the uterus. Fibroids are a relatively common occurrence – up to 50 percent of women have fibroids by age 50. If fibroids bulge into the uterine cavity or are located inside the uterus, they can impair fertility or cause miscarriage.

Fibroid symptoms: pelvic cramping or pain during periods, longer than normal menstrual periods, very heavy menstrual bleeding sometime with the presence of blood clots

Some fibroids may not require treatment, some women may only need occasional pelvic exams or ultrasounds to monitor the fibroids growth. Other treatment options depend on a woman's age, overall health, and on the type of fibroids present.

S.no.	Medication	Duration
1	Chymoral forte	5 days
2	Mefenamic acid 250 mg+ tranexamic acid	30 days
3	Ca++Supplements	30 days
4	Iron Supplements	30 days

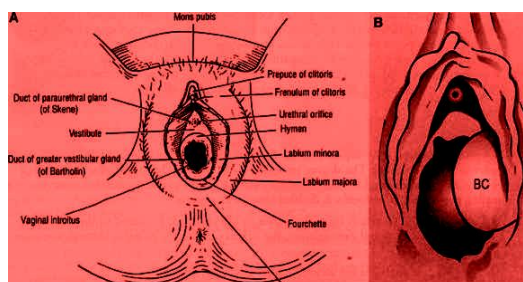
Causes of uterine fibroids- The cause of Uterine fibroids is unknown, but Doctors believe there may be genetic and hormonal factors that contribute to their development. Particularly beginning at age 30 and lasting through menopause.



- Nonsteroidal anti-inflammatory drugs for cramps or pain such as ibuprofen.
- Iron supplements, which prevent or treat anemia due to heavy periods
- Birth control pills for heavy periods
- Short term hormonal therapy injection to help shrink the fibroids.

2. CYSTS -

Cysts are fluid-filled sacs or pocket in an ovary or on its surface. Women have two ovaries— each about the size and shape of an almond on each side of the uterus. Egg ova which develop and mature in the ovaries are released in monthly cycles during the childbearing years.



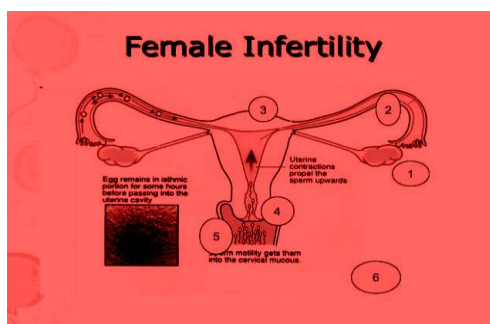
SYMPTOMS: Pelvic pain, fullness or heaviness in your abdomen, bloating.

CAUSES: Functional cysts: ovaries normally grow cysts like structures called follicles each month, follicles then release estrogen and progesterone and release egg when Patient body ovulates.

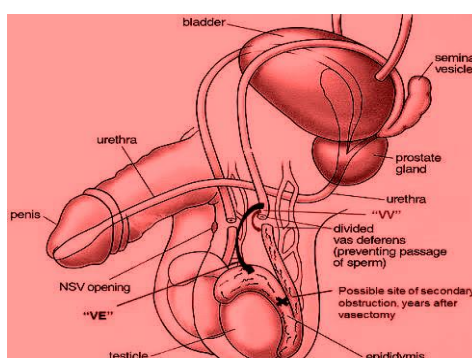
- **Follicular cysts.** Around the midpoint of your menstrual cycle an egg bursts out of its follicle and travels down the fallopian tube. A follicular cysts begin when the follicle doesn't rupture or release its egg, but continue to grow.

- **Corpus luteum cysts.** This follicle is now called the corpus luteum. Sometimes fluid accumulates inside the follicle causing the corpus luteum to grow into a cysts. Cysts often disappear without treatment. Surgery to remove the cysts may be needed if cancer is suspected if the cysts does not go away, or if it causes symptoms.in many cases it can be taken out without damaging the ovary ,but sometimes the ovary has to be removed.

3.INFERTILITY



Before infertility testing,our doctors or clinic works to understand patient sexual habit and may make recommendations to improve patient chances of getting pregnant, in some infertile couples, no specific cause is found.



Structural causes of infertility. Common causes of female infertility is a blockage of the fallopian tubes. A blockage of one or both tubes can prevent sperm from meeting and fertilizing an egg.

TREATMENT

Infertility treatment depends on -What's causing the infertility,How long you've been infertile,Your age and your partner's age,Personal preferences

TREATMENT FOR MEN-Changing lifestyle factors,Medications,Surgery,Sperm retrieval

TREATMENT FOR WOMEN-Stimulating ovulation with fertility drugs,Intrauterine insemination,Surgery to restore fertility.





TREATMENT – Treatment By Allopathic Medicines



Sr.no	Drug name	Category of drug	Dose	Mode of action	Uses	Remarks
1	Leuprolide	Leuprolide acetate injection It belongs to a gonadotropin releasing hormone agonist	7.5 mg	Leuprolide acetate suppresses gonadotropin secretion of luteinizing hormone and follicle-stimulating hormone	It is used to treat a variety of symptoms of endometriosis or fibroids.	For treatment of fibroids
2	Estradiol/etogestrel	Gonadotropin releasing hormone antagonist,estrogen/progestins	1.0 mg/300mg	Dependent suppression of luteinizing hormone (LH) and follicle-stimulating hormone (FSH)	Treat heavy menstrual bleeding associated with uterine leiomyomas fibroids.	Treatment for fibroids.
3	Myfembree	Estrogen,progestins	40 mg	The addition of exogenous estradiol may reduce the increase in bone resorption and	Myfembree used to control heavy menstrual bleeding due to uterine fibroids	For women fibroid treatment

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				resultant bone loss		
4	Oriahnn	Elagolix, estradiol, and norethindrone acetate	Take same time each day. AM: 1 cap (300 mg/1mg/0.5mg) daily	Oriahnn cobinea elagolix and estradiol/norethindrone acetate (E2/NETA)	Control heavy menstrual bleeding in adult women with fibroids	Treatment of fibroids
5	Ulipristal	Selective progesterone receptor modulator	30 mg	Inhibition or delay of follicular rupture	To prevent pregnancy after birth control failure	For symptomatic fibroids
6	Previfem	Norgestimate and ethinyl estradiol	0.25 mg of norgestimate and 35mcg of ethinyl estradiol once daily for 21 days	It indicate for the treatment of moderate acne vulgaris in females at least 15 years of age	Previfem is a combination birth control pill the release of an egg from an ovary it harder for sperm to reach the uterus an fertilized egg	Drug used to treat ovarian cysts
7	Falmina	Levonorgestrel, ethinyl estradiol	0.10mg	Combination oral contraceptives act by suppressions of gonadotropins.	Falmina is used as contraception to prevent pregnancy	Combination of lumacaftor and ivacaftor indicate for the treatment of cysts fibrosis
8	Bromocriptine	Antiparkinson agents, anticholinergics	2mg tablet, 1mg/ml injectable solution	Ovulatory menstrual cycles and fertility are then rapidly restored it is choice for treatment of hyperlactinemic amenorrhea	It is used to treat infertility in both men and women that occurs because the body makes too much prolactin	It is a common treatment for infertile women and men

Treatment- Treatment By Ayurvedic Medicines

Sr no	Plant name	Family/common name	Chemical constituent	Plant part	Uses	Remarks
1	Bauhinia variegata 	Fabaceae	Hentriacontane, octacosanol, b-sitosterol, stigmasterol, lupeol and amino acids	Leaves, flower buds	Treatment modality in fibroids	Effective in the treatment modality in fibroids
2	Drumstick tree 	Moringaceae	Alkaloids saponins, tannins, steroids, phenolic acids, glucosinolates	Leaves, mature seeds, flowers	Treat some stomach disorders	Formulations of disorders
3	Commiphora wightii 	Burseraceae	Triterpenoids, aliphatic esters, ferulates, lignans,	Tree	used to treat infertility related issues	treat of infertility: ovulation disorder
4	Ashoka, saraca asoca 	Fabaceae	Tannins (0.57%-7.85%), ash (2.43%-6.69%), and other extracts (5.74%-14.07%)	Tree	Ashoka tree herbs for gynecological problem	It is used to treat a ovulation disorder
5	Dashmoola, Aegle marmelo	Rutaceae	Xanthoxol, imperatorin, aegeline, and marmeline	Leaves, seeds, root of bael	It is used in antifertility	It helps in treatment of infertility

						
6	 Aloe vera	Asphodelaceae	Vitamins ,enzymes, minerals,sugars	Roots	Aloe is long been a folk treatment for many maladies	The amount of aloe that reaches into ovaries or uterus

Diet Chart For Gynecological Disorders (Fibroid,Cysts And Infertility)

Early Morning: Lukewarm water 1-2 glass in Empty Stomach, before Brushing teeth

Diet plan:

TIMING	DIET PLAN (VEGETERIAN)
Breakfast (9:00-9:30 AM)	1 cup of herbal tea +2-3 Fibre rich biscuit /2-3 piece idli/upma/uttpam/less salted daliya daliya/cornflax/sprouts or 2 thin roti 1 bowl vegetable/dal/1 ripe mango ,banana)
Lunch (12:30-01:30PM)	2 thin roti +1 bowl rice (mand removed) + 1 bowl butter milk (mattha) /raita + 1 plate salad
Snacks (at 5:30-6:00 AM)	1 cup of herbal tea or 2 + 1 bowl corn flex or veg soup
Dinner (7:00PM-8:00PM)	2 thin roti (Multi grains Atta) +1 bowl rice (mand removed) +1 bowl veg (mostly fibre rich) + 1 bowl daal+ 1 bowl butter milk (mattha) /raita + 1 plate salad
Bed time (10:00PM)	1 cup of Warm milk.

(DO'S)

Cereals: Old rice ,oats ,barley.

Pulses : Green gram (mung dal),masur dal,chickpea (kabuli chana).

Fruits & vegetables: Cabbage, radish,turnip, spinach,broccoli,beans,carrot sweet potato,pumkins,beetroot, seasonal vegetables, papaya, apple,pomegranate,grapes, ripe mango,banana etc.

Others: Garlic almond,wheat germ,green tea.

Lifestyle:

Yoga pranayam and meditation: 1. Bhastrika 2. Bahyapranayam 3. Anulom vilom 4. Bhramari 5.udgeeth 6. Ujjayi 7. Pranav jap

Assans: 1. Bajrasana 2. Gomukhasana 3. Naukasana 4. Uttanpadasana 5.kandhasana 6. Sarvangasana.

(DON'TS)

Cereals : New rice, maida.

Pulses: Black gram (urad dal)

Fruits & vegetables: Potato, brinjal , high citrus fruit like orange grape, lemon lisora and tubers (kandmool) etc.

Others: Alcohol , Pickle, Vinegar ,Garlic , Sesame, Fast / Junk Food ,Sour Curd Sour Substance , Heavy ,Digestion , Contaminated Water Synthetic Harmones ,Meat non Veg) And Dairy Products , Cheese ,Cream Butter ,Ice Cream ,Chocolate & Soya Products.

Lifestyle : Adhyasana (repetition of food intake after meals , within 1-2 hours repeating) night awakening ,day sleeping , suppression of natural urges, stress anger.

Yoga pranayam and meditation : Avoid kapalbhati only during mensuration.

Asanas: 1 cup herbal tea is issued or consumed by patients,in case if she/he is habitual of tea and coffee (it is substitute for it).

Advise for uterine disorder like fibroid cysts infertility.

- Obesity is one of the major cause of these problems.
- Avoid sugar in diet.
- Avoid exposure to pesticides and herbicides
- Take hormone pills after consulting doctors.

- Use natural feminine products e.g cosmetic & make up.
- Food items packed in plastics.
- Yoga and pranayam in lifestyle.

Do as regular: THANK TO GOD FOR FOOD

1. Eat fresh light warm food slowly, in peaceful place with silent, positive and happy mind.
2. Eat 3-4 times at regular time in a day. Don't skip meals & avoid overheating. Fast one in a week
3. Eat leaving 1/3rd or 1/4th of stomach empty chew food properly and slowly. Walk 3-5 minutes after taking food.

LEUCORRHOEA-

It is the most commonly experienced condition of women of reproductive age. Women experiencing vaginal discharge, at first instance, feel very embarrassed and worried as to why she is suffering from this problem. Though majority of the women fear and think of it as a disease, usually it is a sign of just an infection. Leucorrhoea can often be a pointer to various gynaecological conditions and infertility. The amount discharge may increase due to vaginal discharge may increase due to vaginal infections and may come go from time to time.

Symptoms : Leucorrhoea can be quite an uncomfortable condition for women due to symptoms such as intense itching of the vulva, yellowish or fish like smelly discharge, vaginal bleeding in between two menstrual cycles and severe pain in the abdomen.







Causes: The most common causes of leucorrhoea are pregnancy, premenstrual or menstrual periods, infection of female genital organs and hormonal irregularities.

Treatment- Treatment By Allopathic Medicines

Sr.no	Drug name	Category of drug	Dose	Mode of action	Uses	Remarks
1	Metronidazole	Nitroimidazoles	Tablet 500mg	Metronidazole diffuses into the organism, inhibit protein synthesis by interacting with DNA and causing a loss of helical DNA strand breakage.	Used to treat infections of the reproductive system, and sexually transmitted disease	It is prescribed for vaginosis and most vivid nightmares
2	Butoconazole	Azole antifungal	100 mg	The antifungal action of butoconazole is unknown to function of steroid synthesis	Treat yeast infections of the vagina	Used in yeast infection of vagina
3	Caspofungin	Echinocandins	70 mg	Blocks the synthesis of $\beta(1,3)$ -D-glucan of the fungal cell wall	It is antifungal medicine that fights infections caused by fungus	For treated invasive fungal infections
4	Cefditoren	Cephalosporin antibiotics	400 mg	Antibacterial activity against gram-positive and gram-negative pathogens	Treat certain infections caused by bacteria	It works by killing bacteria
5	Dequalinium	Quaternary ammonium cation antimicrobial agent	0.25 mg	Increasing the cell permeability with subsequent loss of enzyme	Used to flumizid for vaginal bacterial infections	Used to treat vaginal discharge
6	Dienestrol	Nonsteroidal estrogen	Adult : 0.01% cream	The cells nucleus to initiate or enhance gene transcription of protein synthesis	Used to treat atrophic vaginitis and kraurosis vulvae	It is a form of female hormone estrogen
7	Hamycin	A new antifungal antibiotics	2 lac U per ml suspension 2-3 times daily for 7-10 days	Albicans and other susceptible yeasts selectively binds	It is useful as an antifungal antibiotics drug for topical as well as systemic mycoses	This medication is prescribed for vaginal infections
8	Miconazole	imidazoles	At bed time 1 to 7 days	Miconazole inhibits the synthesis of ergosterol	Used to treat vaginal infection	This medication is used to treat vaginal yeast infections

9	Procaine - penicilin	antibiotics	22,000 u/kg BW intramuscularly every 12-24 h	Interferes with the synthesis of the bacterial of the bacterial cell peptidoglycan	Used to treat a sexually transmitted disease	Treated for vaginal itching or discharge
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Treatment – Treatment By Ayurvedic Medicines

Sr.no	Plant name	Family/common name	Chemical constituent	Plant part	Uses	Remarks
1	Amalaki 	Phyllanthaceae	Leucodelphinidin, procyanidine, tannin, 3-O gallated prodelphinidine	Fruit	It is used in the form of candies or juice but when you suffering from leucorrhea you should have the powdered seeds	It is a healthy winter superfood that can protect you from leucorrhoea
2	Chopchini 	Smilacaceae	Astilbin, ferulic, palmitic, shikmic and succinic acids	Fruits and leaves	It is used for skin ailments like psoriasis, leprosy and used in leucorrhoea	Used in treatment of leucorrhoea
3	Lodhra 	Symplocos	Yields coloturine, harmann and loturidine	Leaves	Lodhra can be used in the management of leucorrhea excessive vaginal discharge	Lodhra is considered useful in managing female disorder such as leucorrhoea
4	Musta plant, nut grass 	Cyperaceae, cyperus rotundus	Red nut sedge, java grass	Grass, roots	It is a medicinal herb used to treat in treatment of leucorrhoea	It helps in home such as pyresis and bowel disorders.
5	Liquorice, Glycyrrhiza glabra 	Fabaceae	Glycyrrhizin (about 2-9%) Glycyrrhetic acid (0.5-0.9%)	Root	Used in the treatment of respiratory and digestive disorders.	Specifically include treatment of chronic acidity
6	Nagakesara plant, ceylon ironwood 	Calophyllaceae, mesua ferrea	Coumarins, xanthones, pyranoxanthones, flavonoids	Stamens and flowers	It is used in cases of bleeding piles, irritability of stomach	It have many traditional medical uses

Home remedies for leucorrhea:

1. Tandulodaka is considered to be best in leucorrhea that means rice water. Boil three tablespoon of rice in three cups of water in a pan. Remove the rice to get water after straining. Add one teaspoon of sugar to it and drink when it's lukewarm once a day..
2. Soak one teaspoon of coriander seeds in a cup of water overnight. Next morning, chew the seeds and drink the water for better results. Follow this at least for a month.
3. For the vaginal wash, boil three teaspoon of methi or fenugreek in one litre of water for at least half an hour. Strain and use twice or thrice a day.
4. Clean the vaginal area with freshly squeezed lemon juice and water.
5. Before using any of the home remedies for leucorrhoea mentioned above, it is absolutely essential for women to consult a doctor.

Unani formulation for the treatment of leucorrhoea:

Some compound unani pharmacopoeial formulations used in the management of the leucorrhoea are:

- Majoon supari paak
- Safoof-e-sailaan
- Majoon muqawwi-e-rehem
- Qurs-e-sailan
- Majoon moocharas
- Majoon suhaag sonth

Diet chart for Leucorrhoea (swet pradara)

Early morning: Drink lukewarm water 1-2 glass in empty stomach, before brushing teeth.

Diet plan:

TIMING	DIET PLAN (VEGETERIAN)
Breakfast (8:30AM)	1 cup of herbal tea or 2-3 biscuit ½ glass of milk + 2-3 piece idli or upama /uttpam /less salted daliya/mungdal khichdi / cornflax/ sprouts or 2 thin roti + 1 bowl vegetable/dal, 1 plate fruit salad (Papaya, Apple, Pomegranate, Grapes, Ripemango, Banana).
Lunch (12:30-01:30PM)	2 thin roti + 1 bowl rice (mand removed)/ Khichdi/tahri + 1bowl veg (mostly fibr rich) /saag + 1 bowl daal + 1 bowl curd/Butter milk (matha)/raita + 1 plate salad.
Snacks (at 5:30-6:00 AM)	1 cup herbal tea + 1 bowl corn flex or veg soup or fruit juice.
Dinner (7:00PM-8:00PM)	2 thin roti + 1 bowl rice (mand removed) + 1 bowl veg (mostly fibre rich) + 1 bowl dal + 1 bowl butter milk (mattha) raita + 1 plate salad.
Bed time 10:00 PM	1 cup milk with badam pak /Dry fruits

DO'S

Cereals: Old rice, oats, barley.

Cereals: Old rice, yavagu (khichadi (diluted with water) barley, porridge (daliya), millet.

Pulses: Green gram (mung dal), masur dal, chickpea (kabuli chana).

Fruits & vegetables: Paravala, bathua, chaulae, spinach, bottle gourd (lauki), papaya, apple, pomegranate, grapes, ripe mango banana, amla dry dates (chhuhara) seasonal vegetables (available in our locality) etc.

Others: Light food, cow's milk, goat's milk, fresh buffalo's ghee, cold substance, ginger, green coriander

Lifestyle:

Yoga prayanama and meditation: 1. Bhastrika 2. Bahyapranayaam 3. Anulom Vilom 4. Bhramari 5. Udgeeth 6. Ujjayi 7. Pranav Jap.

Asanas: 1. Bajrasana 2. Gomukhasana 3. Nourkasana 4. Uttanpadasana 5. Kandhrasana 6. Sarvangasana.

DON'Ts

Cereals: New rice, maida

Pulses: Black gram (desi chana)

Fruit & vegetables : Onion, brinjal

Others: Alcohol, pickle, vinegar, garlic, sesame fast/junk food, sour curd, sour substance, heavy, distending diet and food causing burning sensation and acidity with poor digestion, contaminated water.

Foods to be specially avoided by gynecological disorder patient (apathya):

1. Synthetic hormones, meat (non veg) and dairy products.
2. Food preservative and dyes, sugar, caffeine- tea, coffee.
3. Alcohol, junk food, Cheese, cream, butter, ice cream, chocolate & soya products.

Life style:

Yoga prayanam and meditation: Avoid kapalbhati during menstruation. (as per doctors advice)

Asanas: As per doctors advise

Advice : 1 cup herbal tea is used or consumed by patients, in case if he/she is habitual of tea and coffee (it is substitute for it).

Do as regular: THANKS TO GOD FOR FOOD

1. Eat fresh light warm food slowly, in peaceful place with silent, positive and happy mind.
2. Eat 3-4 times at regular time in a day. Don't skip meals & avoid overheating. Fast once in a week.
3. Eat leaving 1/3rd or 1/4th of stomach empty (full satisfaction of metal can be consider as one's khuchi/stomach) chew food properly and slowly. Walk 3-5 minutes after taking food.

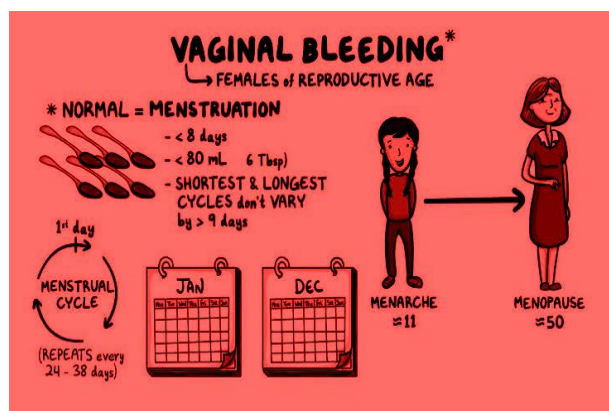
UTERINE BLEEDING-

INTRODUCTION- Abnormal uterine bleeding is bleeding the uterus that is longer than usual or that occurs at an irregular than usual and occur often or randomly, as spotting or bleeding between your periods. After sex.

Symptoms- Heavy menstrual bleeding, bleeding at unusual times, inconsistent menstrual cycles.

Medications- Blood thinners and aspirin, hormone replacement therapy,tamoxifen,intrayterine devices,

Its affect- If you're bleeding and have experienced menopause,contact your provider. Bleeding after menopause is never normal. Blood may red, pink,brown or even rust-like in appearance.



Often the cause of dysfunctional uterine bleeding is hormonal changes.hormone therapies usually treat this condition. Along with that,the other treatments include-

- Low-dose birth control pills
- Intrauterine devices that release the hormone progestin.
- High dose oestrogen therapy for women with very heavy bleeding
- Non –steroidal anti-inflammatory drugs to be taken just before the periods starts
- Surgical removal of the polyp or fibroids tumour,if the cause of the bleeding is so.






TREATMENT-TREATMENT BY ALLOPATHIC MEDICINE.

Sr.no	Drug name	Category of drug	Dose	Mode of action	Uses	Remarks
1	Adrenochrome/ monosemicarbazone/carbazochrome	Obrochrome,x yochrome,styptocid forte,capistat-10,spcrome	1.5 mg/2ml	Adrenochrome is an oxidative product of adrenaline that constricts the blood vessels to reduce the blood flow	It is used for treating hematuria blood in the urine	Treatment for uterine bleeding
2	Ergometrine	Narcotic drugs,psychotropic substances	0.2-0.4 mg 2-4 times daily	Facilitate delivery of the placenta and to prevent bleeding after childbirth by causing smooth muscle tissue in the blood vessels	Used to treat cause contractions of the uterus to treat heavy vaginal bleeding	Ergot analogues are commonly administered to women for treatment of uterine atony
3	Etamsylate	Antihemorrhagic agent	750to1000 mg	It stimulates thrombopoiesis and their release from bone marrow	It prescribed for the management of blood loss in menorrhagia and after surgery	Used to treat in uterine bleeding
4	Methylergometrine	Ergot alkaloids	0.2mg	Increase the tone,rate and amplitude of rhythmic contractions.theonset of action after i.v utertonic effect which shorten the labour reduce blood loss.	Used to control bleeding from uterus	Prescribed for treating postpartum hemorrhage
5	Ormeloxifene	Estrogen receptor modulator,or serum	60mg twice a week	In some part of the body its action is anti-oestrogenic in the uterus and the breasts.	Used as a contraceptive or as treatment for uterine bleeding	It is one of the selective oestrogen receptors,modulators.
6	Aygestin	progestin	5 mg	Leading to prevention of ovulation in females	Treatment of irregular menstrual periods	Helps in treatment of secondary amenorrhea

Various mode of Ayurvedic & Allopathic preparation, treatment of sexual disorders, uti and infertility

7	Ortho micronor	Estrogen/progestins: contraceptives, oral	0.35 mg	Prevent conception by suppressing ovulation in approximately half of users	Used to treat menstrual disorders or abnormal vaginal bleeding	It is a form of progesterone
8	megestrol	progesterone	20 mg	Inhibit intracellular androgen action	treatment Fastest at suppressing uterine bleeding	Treatment of abnormal uterine bleeding

TREATMENT-TREATMENT BY AYURVEDIC MEDICINES

Sr.no	Plant name	Family name	Chemical constituents	Plant part	Uses	Remarks
1	Ashokarishtha 	Fabaceae	Ashoka, guda, amla, dhataki, musta, Shunthi	Flower	Used in ayurvedic treatments for many diseases like pain menstruation, heavy periods	Treatment for uterine bleeding
2	Cerantonia 	Legumes	Potassium, sodium, iron, copper		Used for uterine bleeding treatment	Treat for uterine bleeding
3	Solanum nigrum 	Solanaceae	Solamargine, solasodine, solanidine	Leaves	It is used as food in some locales and plant parts are used as a traditional medicine	The solanum nigrum also known as solanum L. Lack of prickles and stellate hairs
4	Rumex acetosella 	Polygonaceae	Anthraquinones, polyphenols, naphthalenes	Flower	The leaf juice is useful in the treatment Of urinary and kidney diseases.	For treating sexual problem
5	Onopordum acanthium 	Daisy family	Flavonoids, phenyl propanoids, lignans, triterpenoids	Leaves	In traditional medicines as an anti inflammatory, antitumor and cardiotonic agent	Prevent inflammation and cure uterine bleeding
6	Ginger. (curcuma longa) 	Zingiberaceae	Gingerol, shogaol, zingiberone	stem	Treatment of heavy menstrual bleeding	It treats various types of stomach problems

Some home remedies for uterine bleeding:

1. Drink water: If patient bleed profusely for several days, patient blood volume may become dangerously low. Adding four to six cups of water to your daily water intake can help you maintain patient blood volume.
 2. Vitamin c : This vitamin aids in the absorption of iron ,which can aid in the prevention of anemia
 3. Add iron in our Diet : Iron is required for the production of hemoglobin, a chemical that aids red blood cell oxygen transport. Period of extreme heaviness can deplete patient body's iron stores.
 4. If patient bleed a lot for a few days, patient blood volume may drop too low. Drinking an additional 4 to 6 cups of water a day can help maintain blood volume.
- Herbal remedies: remedies with ginger, myrtle fruit syrup and pomograte flower capsules can be beneficial if patient experience heavy bleeding.

Diet chart for Dysfunctional uterine bleeding (Raktapradara)

Early morning: Drink lukewarm water 1-2 glass in empty stomach, before brushing teeth

Diet plan:

DO'S

Cereals: Old shali rice ,yavagu (khichadi-diluted with water),barley,porridge (daliya).

Pulses: Green gram (moong dal), lentil (masura dal).

Fruit & vegetables: Green leafy vegetables-cabbage, turnip, radish,spinach,broccoli,beans carrot sweet potato,pumpkin,beetroots, pear,apricot,guava almonds,pineapple, lauki tori,parwal,karela,pumpkin (kaddu),seasonal vegetables (available in our locality) chaulai,bathua etc.

Others: light food, garlic,gulkand,wheat germ etc.

Lifestyle:

Yoga pranayam and meditation: Bhastrika Bahyapranayam,Anulom Vilom,Bhramari,Udgeeth,Ujjayi,Prana Jap.

Asanas: bajrasana, gomukhasana, noukasana ,uttanpadasana, kandhrasana,sarvangasana.

Don't

TIMING	DIET PLAN VEGETARIAN)
Breakfast (8:30AM)	1 cup of herbal tea / ½ glass of milk+ 1-2 biscuit /idli /upama/uttpam/less salted daliya/mungdal khichdi/ corn flax /sprouts/ 2-3 thin roti + 1 bowl vegetable/dal,1 plate fruit salad (apple,guava,pear& papaya).
Lunch (12:30-01:30PM)	2-3 thin roti (missi/gehu)+1 bowl rice (mand removed)+ 1 bowl veg (mostly fibre rich) saag+ 1 bowl + 1 bowl curd/butter milk (mattha)+1 plate salad.
Snacks (at 5:30-6:00AM)	1 cup herbal tea 1-2 biscuit /1 bowl corn flax or veg soup.
Dinner (7:00PM-8:00PM)	1-2 Thin chapati /roti + 1 cup dal +2-3 roti 1 cup boiled vegetables.
Bedtime (10:00PM)	1 cup milk with badam pak .

Cereals: New rice,maida.

Pulses: Chickpea (Kabuli Chana), Horsegram (Kulath).

Fruits&Vegetables: Brinjal, Jackfruit,Calococia (Arbee).

Others: sesame,Fast /junk food,heavy food,distending foods and food causing burning sensation and acidity with poor digestion, contaminated water.

Lifestyle: Adyasana (Repetition Of Food Intake After Meals,Within 1-2 Hours Repeating Suppression Of Natural Urges,Physical Exercise,Day Sleeping,Bathing,Eating Before Digestion Previous Food.

Yoga meditation and pranayam: avoid kapalbhati during menstruation. (as per doctors advise).

Asanas: as per doctors advise

Foods to be specially avoided by gynecological disordered patients

- Aynthetic hormones,meat (non veg) and dairy products.
- Food preservative and dyes ,sugar,caffiene-tea coffee.
- Alcohol,junk food and cheese,cream,butter,ice cream,chocolate soya products.

ADVISE FOR DYSFUNCTIONAL UTERINE BLEEDING (RAKTAPRADARA)

- Obesity is one of the major cause of these problems.
- Avoid sugar in diet and avoid exposure to pesticides and herbicides.
- Drink plenty of water
- Say no to hormone replacement therapy e.g oral contraceptives pills
- Use natural feminine products e.g cosmetic & make up and avoid food items packed in plastic.
- Yoga and pranayam in lifestyles.

Advise : 1 cup herbal tea is issued or consumed by patients in case if he/she is habitual of tea and coffee (it is substitute for it).

Do as regular: THANKS TO GOD FOR FOOD

1. Eat fresh light warm food slowly, in peaceful place with silent, positive and happy mind.
2. Eat 3-4 times at regular time in a day. Don't skip meals & avoid overeating, fast once in a week
3. Eat leaving 1/3rd or 1/4th of stomach empty (full satisfaction of meal can be considered as one's khuchi/stomach) chew food properly and slowly. Walk 3-5 minutes after taking food.

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