

ROLE OF PANCHAKARMA IN STREEROGA AND PRASUTI TANTRA**Dr. Anuja Arun Wavdhane^{*1}, Dr. J. N. Daruwale², Dr. P. R. Kanade³**¹PG Scholar Dept. of Prasutitantra Streerog PMT's Ayurved College, Shevgaon.²Associate Professor Dept. of Prasutitantra Streerog PMT's Ayurved College, Shevgaon.³HOD, Professor Dept. of Prasutitantra Streerog PMT's Ayurved College, Shevgaon.***Corresponding Author: Dr. Anuja Arun Wavdhane**

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DOI: <https://doi.org/10.5281/zenodo.21675394>**How to cite this Article:** Dr. Anuja Arun Wavdhane^{*1}, Dr. J. N. Daruwale², Dr. P. R. Kanade³ (2026). Role of Panchakarma In Streeroga And Prasuti Tantra. World Journal of Pharmaceutical and Medical Research, 12(8), 77-78.

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Article Received on 18/06/2026

Article Revised on 12/07/2026

Article Published on 01/08/2026

ABSTRACT

Streeroga and Prasuti Tantra, the branch of Ayurveda dealing with gynecology and obstetrics, emphasizes maintaining women's health through preventive and curative approaches. Panchakarma, the fivefold bio-purification therapy, plays a significant role in balancing the doshas, improving reproductive health, enhancing fertility, and managing various gynecological disorders. This article highlights the principles, indications, benefits, and therapeutic applications of Panchakarma in Streeroga and Prasuti Tantra.

KEYWORDS: Panchakarma, Streeroga, Prasuti Tantra, Ayurveda, Women's Health, Fertility, Uttara Basti**INTRODUCTION**

Women's health is the cornerstone of a healthy society. According to Ayurveda, proper balance of Vata, Pitta, and Kapha is essential for normal menstrual function, conception, pregnancy, and childbirth.

Disturbance of these doshas leads to various gynecological disorders. Panchakarma is a purification therapy that removes accumulated toxins (Ama), restores doshic balance, and rejuvenate body tissues, thereby promoting reductive health.

PANCHAKARMA THERAPIES

Panchakarma consists of five principal procedures

1. Vamana (Therapeutic Emesis)
2. Virechana (Therapeutic Purgation)
3. Basti (Medicated Enema)
4. Nasya (Nasal Medication)
5. Raktamokshana (Bloodletting)

Among these, Virechana, Basti, and Uttara Basti are most commonly used in gynecological practice.

ROLE OF PANCHAKARMA IN STREEROGA**1. Management of Infertility (Vandhyatva)**

Eliminates Ama and corrects doshic imbalance.

Improves uterine and ovarian functions.

Enhances endometrial receptivity.

Uttara Basti helps in tubal patency and uterine nourishment.

Improves quality of ovum and reproductive tissues.

2. Dysmenorrhea (Kashtartava)

Basti therapy pacifies aggravated Vata.

Virechana reduces associated Pitta imbalance.

Relieves pelvic pain and menstrual pain.

3. Menstrual disorders

Panchakarma is useful in:

- Artava Kshaya
- Asrigdara
- Anartava
- Irregular menstruation

Benefits include:

- Regulation of menstrual cycles.
- Improvement of hormonal balance.
- Reduction in excessive bleeding.

4. Polycystic Ovarian Syndrome (PCOS)

Corrects Kapha and Meda imbalance.

Improves insulin sensitivity.

Promotes regular ovulation.

Supports weight management.

5. Leucorrhoea (Shweta Pradara)

Virechana removes accumulated Pitta and Kapha.
Local therapies improve vaginal hygiene.
Reduces recurrent infections.

6. Pelvic Inflammatory Disorders

Reduces inflammation.
Improves pelvic circulation.
Enhances tissue lining.

ROLE OF PANCHAKARMA IN PRASUTI TANTRA

Preconception Care (Garbha Samskara)

Panchakarma is advised before conception to:

- Purify the body.
- Improve reproductive tissue quality.
- Increase fertility.
- Promote healthy conception.

During Pregnancy

Major Panchakarma procedures are generally contraindicated during pregnancy.

However:

- Mild external therapies may be performed under expert supervision.
- Gentle Abhyanga and Swedana are used selectively.

Postpartum Care (Sutika Paricharya)

After delivery, Panchakarma supports

- Elimination of retained doshas.
- Restoration of digestive fire (Agni).
- Strengthening of pelvic muscles.
- Faster uterine involution.
- Improved lactation and overall recovery.

Basti is especially useful in pacifying postpartum Vata.

UTTARA BASTI: A SPECIAL PROCEDURE

Uttara Basti is one of the most important therapies in Streeroga.

Indications

- Infertility
- Tubal blockage
- Dysmenorrhea
- Cervical disorders
- Endometrial insufficiency
- Certain menstrual disorders

Benefits

- Nourishes reproductive organs.
- Improves uterine health.
- Enhances fertility.
- Corrects Vata disorders.
- Supports hormonal balance.
- Benefits of Panchakarma in Women's Health
- Detoxifies the body.
- Restores doshic balance.
- Improves reproductive health.
- Enhances fertility.

- Regulates menstruation.
- Reduces recurrence of gynecological disorders.
- Improves immunity and overall well-being.

Contraindications

Panchakarma should be avoided or postponed in:

- Pregnancy (major procedures)
- Severe anemia
- Acute fever
- Active infections
- Severe debility
- Immediately after major surgery unless medically advised

DISCUSSION

Modern lifestyle factors such as stress, unhealthy diet, obesity, and sedentary habits contribute significantly to reproductive disorders. Panchakarma, by detoxifying the body and restoring physiological balance, offers a holistic approach to prevention and treatment. When combined with appropriate diet (Ahara), lifestyle (Vihara), and Ayurvedic medications, Panchakarma provides effective long-term management of many gynecological conditions.

CONCLUSION

Panchakarma is an integral part of Ayurvedic management in Streeroga and Prasuti Tantra. Not only treats diseases but also promotes reproductive health, improves fertility, and promotes healthy motherhood. Among all panchakarma procedures, Basti and Uttara Basti hold particular importance in women's health. Proper patient selection and treatment under qualified Ayurvedic supervision ensure safe and effective outcomes.

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