



HERBS USED IN MENOPAUSE, PREMENSTRUAL SYNDROME, DYSMENORRHEA, MENSTRUAL IRREGULARITIES

Below is the list of herbs that are traditionally used in menopause and other problems. Some of them are also scientifically tested.

Saraca indica
Symlocos racemosus
Rubia cordifolia
Asparagus racemosus
Tinospora cordifolia
Foeniculum vulgare
Asparagus adscendens
Cyperus rotundus
Triphala
Trikatu (as Bioavailabilty enhancer)
Terminalia arjuna
Glycyrrhiza glabra
Withania somnifera
Emblica officinalis
Boerhavia diffusa
Centella asiatica
Sida cordifolia
Abroma aususta
Nigella sativa

Saraca indica

Saraca indica commonly known as Ashoka, which literally means "remover of all ailments" is lauded by ancient rishis for its efficacy in menstrual disorders. Ashoka also means "without sorrow", a reference to this bark's reputation for keeping a woman healthy and youthful. It is widely used in India for the treatment of excessive uterine bleeding and dysmenorrhoea and depression in women. Highly astringent, uterine sedative, remedy for menorrhagia, leucorrhoea, for internal piles (bleeding haemorrhoids) and dysentery (haemorrhagic), stimulates uterus-making contraction more frequent and prolonged. It acts directly on the muscular fibres of the uterus. It is proposed to have a stimulating effect on the Endometrium and the ovarian tissue. It is also useful in uterine affections, especially in excessive uterine bleeding due to uterine fibroids and other causes.

Saraca indica plant exhibits oxytocic activity in rat and human isolated uterine preparations. Estrogen-primed or gravid uterus was more sensitive to the action of the alcoholic extract.

U-3107 a herbal uterine tonic containing *Saraca indica* (10%), *Symplocos racemosa* (6.6%), *Aloe vera* (5%), as its main constituents significantly increased the wet and dry uterine weight in normal rats. It also resulted in marked increase of oestrogen levels with no change in progesterone levels as compared to control. U-3107 treatment in ovariectomized rats did not show any increase in uterine weight. The rats from both control and treated group showed normal oestrus cycle. Thus it is shown that U-3107 possesses oestrogenic activity in the presence of functional ovary and is devoid of any progestational activity.

Symplocos racemosa

Symplocos racemosa bark commonly known as is usually recommended in Menorrhagia due to relaxation of uterine tissue has specific action on relaxed mucous membranes. It is considered cooling and mild astringent. The *Symplocos racemosa* plant and its formulations are used in diarrhoea, for wound healing and to stop haemorrhage. It is also commonly used in bowel complaints, menorrhagia, and discharges due to the relaxed conditions of the mucous membranes.

The alcoholic fraction of *Symplocos racemosa* bark was found to reduce the frequency and intensity of the contractions in vitro of both pregnant and nonpregnant uteri of some species of animals, prolong the quiescent period and antagonise acetylcholine induced contraction

Rubia cordifolia

The roots of *Rubia cordifolia* are valued in the Ayurveda in the maintenance of general health and normal blood circulation present as an important ingredient of various ayurvedic tonics for blood purification. It is commonly used in the treatment of skin disorders of many varieties, menstrual disorders (excessive or painful bleeding), renal stone, urinary disorders, blood detoxification, one of the best Pitta-pacifying herbs, also pacifies Kapha. Dried root of *Rubia cordifolia* is also used in amenorrhoea, paralysis, jaundice and visceral and urinary obstructions. An infusion of the root has also been prescribed in women after delivery to clear the uterine channels.

Asparagus racemosus

Asparagus racemosus (Shatavari) a commonly recommended Indian herb in treatment of women problems as well as in pregnancy for the general well being of the mother and the fetus is proved to be an effective immune booster aided with antioxidant activity.

The experimental data supported the fact Shatavari is a potential antioxidant, which effectively captures free radicals generating in the body. The active principles, present in Shatavari extract, are shown to possess antioxidant effects comparable to that of the potential antioxidants glutathione.

Shatavari is clinically reported to enhance immune strength of the body by boosting defense functions like increased production of White blood cells and neutrophils.

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