

"DYSFUNCTIONAL UTERINE BLEEDING: AYURVEDIC UNDERSTANDING AND YOGIC THERAPEUTIC PATHWAYS"

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Abstract

Dysfunctional Uterine Bleeding (DUB) is a prevalent gynecological condition characterized by excessive uterine bleeding in the absence of organic pathology. It is caused by endocrine dysfunction i.e. imbalance in Pituitary-ovarian axis. DUB is more functional disease than structural. It significantly impacts the physical, emotional, and social well-being of affected women. While conventional treatments focus on symptomatic relief through hormonal therapy or surgery. But, psychological aspect is often neglected. This review explores an integrative approach to DUB through the lens of Ayurveda and Yogic Science. For long-lasting and effective management Sharir kriyatmakadhyayan of DUB is necessary with appropriate Yoga therapies. This article is focused on probable Nidanpanchak of DUB along with Yogic healing strategies. By combining the ancient wisdom of Ayurveda with the therapeutic potential of Yoga, AYURYOGA emerges as a promising strategy for addressing the root causes of DUB while enhancing overall well-being.

Key words- DUB, Ayurveda, Yoga and Mind.

Introduction

Dysfunctional Uterine Bleeding (DUB) is one of the most common gynecological disorders, characterized by irregular, heavy, or prolonged menstrual bleeding in the absence of any identifiable organic or structural pathology. It predominantly affects women in their reproductive years, significantly impairing their physical, emotional, and social well-being. The condition often stems from hormonal imbalances, particularly involving estrogen and progesterone, which disrupt the normal menstrual cycle. While modern medicine offers treatments such as hormonal therapy, uterine curratage, antifibrinolytic agents, androgen steroids, thermal ablation, these approaches often address symptoms rather than the underlying causes and may lead to undesirable side effects.

In contrast, traditional systems of medicine, such as Ayurveda and Yogic Science, provide a holistic framework for understanding and managing DUB. Ayurveda views DUB as a manifestation of systemic imbalances, correlating it with conditions such as Raktapradar, Asrigdara, or Yonivyapad. According to Ayurvedic principles, the primary causes include disturbances in Pitta dosha and Vata dosha, exacerbated by lifestyle factors, stress, and improper diet. Ayurvedic management emphasizes restoring balance through dietary and lifestyle modifications along with the mental wellness.

Complementing Ayurveda, Yogic Science addresses DUB by targeting stress, hormonal imbalance, and poor circulation, which are often implicated in the disorder. Specific *asanas* (postures), *pranayama* (breathwork), and meditation techniques have been shown to enhance hormonal regulation, improve pelvic blood flow, and promote emotional well-being. The integration of Ayurvedic and Yogic approaches, collectively termed AYURYOGA, represents a unique, holistic strategy for managing DUB, focusing not only on alleviating symptoms but also on addressing the root causes and enhancing overall health.

Modern Review ^{[1][2]}

Menstruation is a natural biological function unique to females, commonly referred to as the monthly period. However, modern lifestyle changes and unhealthy dietary habits have led many women to experience stress, overexertion, and various health issues. Consequently, menstrual disorders such as Dysfunctional Uterine Bleeding (DUB) have become prevalent. Dysfunctional uterine bleeding (DUB) is marked by abnormal or excessive uterine bleeding that occurs without any discernible organic cause. The patterns of bleeding in DUB can include menorrhagia, polymenorrhoea, metrorrhagia, or prolonged bleeding following a period of amenorrhea. Menorrhagia, specifically, involves cyclical bleeding at regular intervals but in excessive quantity or duration, such as bleeding for 5 out of 28 days or 8 out of 28 days. This condition is typically linked to issues affecting the uterus and its vascular system rather than ovarian dysfunction. It often occurs due to an increased bleeding surface, which

"DYSFUNCTIONAL UTERINE BLEEDING: AYURVEDIC UNDERSTANDING AND YOGIC THERAPEUTIC PATHWAYS" corresponds to the expanded area of the endometrium. Different terminologies described below. (Table 1)

Terms	Interval	Duration	Amount	Duration
Menorrhagia	Regular	Prolonged	Excessive	5/28 or 8/28 days
Polymenorrhoea	Frequent	Normal	Normal	5/21 days
Polymenorrhagia	Frequent	Prolonged	Excessive	9/20 & 12/20 days
Metrorrhagia	Irregular	Prolonged	Normal	Irregular

Emotional and personality changes are frequently observed in patients with Dysfunctional Uterine Bleeding (DUB) and Pre-Menstrual Syndrome (PMS), often manifesting through the following symptoms:

1. Severe depression, sometimes leading to suicidal thoughts
2. Irritability or aggressive behavior
3. Anxiety
4. Mood fluctuations
5. Fatigue
6. Difficulty concentrating
7. Short temper, resulting in verbal or physical outbursts towards family members
8. Reduced interest in sexual activity

Pathology:

DUB is primarily linked to endocrine dysfunction, particularly anovulation. The vascular system of the endometrium may also be influenced by the sympathetic nervous system, which can be impacted by environmental stress, anxiety, and under nutrition.

This implies a connection between dysfunctional uterine bleeding (DUB), endocrine dysfunction, and mental health.

Ayurvedic Understanding of Dysfunctional Uterine Bleeding ^{[3][4][6]}

According to Ayurveda, DUB i.e. Ati-Raja-strava can be correlated with following vyadhis **Kriyatmak vikruti-**

- | | | |
|---------------------|---------------------|------------------|
| 1) Pittajrajodushti | 2) Raktajrajodushti | 3) Raktapradar |
| 4) Pittajyonivyapad | 5) Asrujayonivyapad | 6) Raktaja Gulma |
| 7) AdhogaRaktapitta | 8) Pittavruttaapan | |

Rachnatmak vikruti –

- | | |
|---------------|-----------------|
| 1) Yoni Arsha | 2) Raktaj Gulma |
|---------------|-----------------|

Pittaj Rajodushti

In this condition, menstrual blood (Raja) becomes abnormal due to an imbalance of Pitta. The discharge is slightly yellowish or bluish in color and is accompanied by a burning sensation. It is sticky in consistency and emits a foul odor.

Pittaj Yonivyapad

This disorder is characterized by excessive vaginal bleeding, accompanied by vaginal burning, fever, and a liquid consistency of the discharge, with no clotting and a foul smell.

Raktaj Rajodushti

Here, menstrual blood originates abnormally from its source, leading to excessive bleeding with a foul odor. It is associated with symptoms of Pitta imbalance.

Asruja Yonivyapad

This condition involves disordered blood caused by aggravated Pitta, resulting in excessive vaginal bleeding. Even if conception occurs, the bleeding prevents the ovum from implanting. This condition resembles ovarian endometriosis and often leads to polymenorrhea.

Raktapradar

Raktapradar, or Asrugdar, is marked by heavy bleeding that may or may not coincide with menstruation. It is classified into four types based on the dominant Dosha:

Vataj Raktapradar: Bleeding is blackish, frothy, and occurs repeatedly but in small quantities. Severe back pain, and discomfort in the groin and pelvic regions are common.

Pittaj Raktapradar: Excessive, continuous bleeding is the primary feature, along with other signs of Pitta imbalance.

Kaphaj Raktapradar: The blood is pale and clotted, with a slippery consistency. It is accompanied by dull pain, nausea, vomiting, cough, and difficulty breathing.

Sannipatik Raktapradar: Severe bleeding causes rapid emaciation. Mucus is often shed along with the blood, which has an offensive odor and a yellow color. Symptoms include anemia, fever, weakness, thirst, and burning sensations.

Adhoga Raktapitta

This condition involves severe bleeding from the vagina, urethra, or anus due to increased liquidity (Dravata) of Pitta.

Pittavrit Apan

This disorder is characterized by dark yellow urine and stool, heat around the anal region, and excessive menstrual bleeding.

Raktagulma

Raktagulma primarily presents with amenorrhea but may include vaginal bleeding at certain stages. According to Charaka, it has two types:

Raktagulma with Amenorrhea

Raktagulma with Bleeding

The treatment varies depending on the type.

Yoni Arsha

This is a structural abnormality of the genital tract, often presenting with symptoms of vaginal bleeding.

Probable Nidanpanchak of DUB i.e. Ati-raja-strava

• Hetu :-

1) Aaharajhetu :

Rajadushti due to Rasadushti:

Excessive consumption of heavy (Atiguru), cold (Atisheeta), or oily (Atisnigdha) foods such as cheese, butter, paneer, curd, cold coffee, and milk products, along with cakes, can lead to Rasadushti (impairment of Rasa). Additionally, contradictory foods (Viruddhaahar) like milkshakes combined with fish, overeating (Adhyashan), irregular eating (Pramitashan), and improper food combinations (Vishamashan) contribute to the disturbance. Even a proper diet (Pathyakaraahar), if coupled with excessive thinking or stress (Atichintan), can cause Rasadushti, leading to Rajavikrutis (abnormalities in menstruation), such as Atyartav (excessive menstruation), Dushtaartav (abnormal menstrual flow), and Anartav (continuous bleeding following Amenorrhea).

As the seat of Pitta dosha is Rasa dhatu (plasma), the consumption of *Ushna* (hot), *Vidahi* (burning), *Kshara* (alkaline), *Amla* (sour), *Lavan* (salty), and *Katu* (pungent) tasting foods, such as pickles, papad, sauces, fermented products, Chinese food, and fish, further aggravates Pitta and leads to Rasadushti and associated menstrual disturbances.

2) Viharajhetu :- The use of intrauterine devices (IUCDs), excessive consumption of contraceptive pills, and the use of tampons can cause a blockage in the menstrual flow (Rajovegavrodha). Other contributing factors include physical exertion during menstruation, complications from Panchakarma treatments, and not adhering to the proper menstrual regimen (Rajaswala Paricharya).

3) Manashetu:- Chinta (worry), Shoka (grief), Bhaya (fear), Krodha (anger), Asamadhan (restlessness), and Dukhha (sorrow) are emotional factors that contribute to health imbalances.

According to *Yogaratanakar*, other causative factors include *Ajirna* (indigestion), *Viruddhaahar* (contradictory diet), *Adhyashan* (overeating), *Garbhapat* (miscarriage), *Atimaithun* (excessive sexual activity), *Atiadhva* (overexertion), *Atishoka* (excessive grief), *Karshyata* (emaciation), *Diwaswap* (daytime sleep), and *Abhighat* (injuries or trauma).

Lakshan :- Local Symptoms (Sthanik Lakshan):

- **Atirajastrav:** Excessive menstrual bleeding
- **Ushnarajastrav:** Hot or burning menstrual discharge
- **Grathila Krushna-Pita Pichhil Rajastrav:** Thick, dark-yellow, sticky menstrual blood, depending on dosha imbalance
- **Yonidaah:** Vaginal burning sensation

- **Kati, Parshva, Prushtha, Shronishool:** Pain in the lower back, sides, and hips

General Symptoms (Sarvadehic Lakshan):

- **Gaurav:** Heaviness in the body
- **Angamarda:** Body aches
- **Shirashool:** Headache
- **Aalasya:** Fatigue
- **Malavshthambh:** Constipation
- **Increased Heartbeat (Hrutsapanda):** Palpitations
- **Twakrukshata:** Dry skin
- **Glani:** Weakness or lack of vitality
- **Ajirna:** Indigestion
- **Ashradhha:** Lack of appetite
- **Aasyavairasya:** Loss of taste
- **Panduta:** Pallor (paleness)
- **Shabdasahishnuta:** Sensitivity to sound
- **Hrullas:** Depression or low spirits
- **Increased Thirst (Trushna):** Excessive thirst
- **Krushangada/Sthaulya:** Either emaciation (Krushangada) or obesity (Sthaulya) (Su.Su.15/32).

Samprapti :- “Aartavam tu aagneyam”

- As mentioned earlier, several factors can lead to an imbalance in the Pitta dosha. Pitta is considered analogous to Rakta (blood), and when it is aggravated, it causes Raktadhatu dushti (impurity in the blood). The contaminated blood then moves towards the lower abdomen (katipradesh) and disrupts the Apana Vata dosha. Apana Vata is responsible for regulating the flow of menstrual blood through the Artavavahisrotas (menstrual channels). When Apana Vata and Rakta are both disturbed, they lead to an excessive flow of menstrual blood, resulting in Atirajastrav (abnormal heavy menstruation).
- One of the seats (Sthan) of Pitta is Rasa (plasma). Therefore, the consumption of Pitta-aggravating foods (Pittavrudhikara ahar) can cause Atirajastrav, Pittajrajovrudhi, Raktajrajovrudhi, Adhoga Raktapitta, and Asrujayonivyapad.
- The impurity (Dushti) of Rasa leads to either Sthaulya (obesity) or Karshya (emaciation) as mentioned in Su.su.15/32. In clinical practice, it is commonly observed that most patients with gynecological issues tend to be either Sthula (overweight) or Atikrusha (underweight), as seen in conditions like PCOD and Menorrhagia.
- Females who frequently experience intense sorrow (Atishoka), anger (Krodha), or worry (Chinta) disturb the Vata and Pitta doshas, making them more susceptible to Dysfunctional Uterine Bleeding (DUB). This is due to the connection between Rasa, the heart (Hrudaya), and the mind (Mana).

Dosha Relationships:^[5]

1. Rasa-Raja and Vata Dosha:

- **Prana:** Regulates emotional aspects such as mood swings, anxiety, and depression.
- **Saman:** Not only present in the gastrointestinal tract but also extends to the reproductive and fluid-carrying channels like Shukra, Aartava, and Ambuvahastrotas (Ash.Sa.Su.20).
- **Vyana:** Aggravated Vyana Vayu leads to mental disturbances, and its imbalance is seen in conditions like PMS (Premenstrual Syndrome) (Ash.Hru.Ni.16/25).
- **Apana:** Controls the menstrual flow.

2. Rasa-Raja and Pitta Dosha:

- **Pachak Pitta:** Responsible for all metabolic conversions, including hormone metabolism.
- **Ranjak Pitta:** Stains the whitish Rasa (plasma) to its reddish color; its location is in the Aamashay (stomach).
- **Sadhak Pitta:** Governs the implementation of the mind's desires, and its disturbance is seen in conditions like Dysfunctional Uterine Bleeding.

Rasa-Raja and Kapha Dosha:

As properties of Rasa Dhatu and Kapha Dosha are similar, Imbalance of these Doshas can lead to Amenorrhea and Polycystic Ovarian Syndrome (PCOS).

Pathyapathya:

Pathyakar Ahar (Beneficial Foods):

Shali (rice), Godhum (wheat), Mudga (Green Gram), Krushara (barley), Shrungatak (a type of grain), Methika (fenugreek), Aardrak (ginger), Krushnatil (black sesame), Kokam, Aamalaki (Amla), Draksha (grapes), Narikel (coconut), Kushmanda (winter melon), Godugdha (cow's milk), Goghrita (cow's ghee), Takra (buttermilk).

Vihar (Lifestyle Practices):

Following the proper routine for menstruating women (Rajaswala Paricharya), Abhyanga (oil massage), Vyayam (exercise), Udhvartana (body scrubbing), Swapnaharsha (happy and peaceful sleep), Sukhashayya (comfortable resting), Achintan (free from excessive thoughts), Vyavayviram (abstinence from sexual activity), and engaging in pleasant surroundings (Priyadarshan).

Stress, tension, and negative mental states aggravate Vata dosha. Therefore, relaxation is key to treatment. Incorporating yoga and meditation into your daily routine is beneficial. Additionally, taking purgatives (laxatives) for two days before the expected start of menstruation can help alleviate Vata disturbances.

Therapeutic Principles:

- Shamana (palliative care with herbs which are pacifying Pitta & Vata Dosha).
- Relaxation techniques like Shirodhara, Shiropichu, Nasya.
- Rasayana (rejuvenation therapy).

To cure this Dysfunction Uterine Bleeding, alongwith Dosha Pacifying therapy, Mind Relaxation is also equally important to balance the Pituitary-ovarian axis.

- **Understanding DUB through Yogic Science:**
- **Stress and hormonal imbalance as root causes.**

Stress and hormonal imbalance play significant roles in triggering Dysfunctional Uterine Bleeding, and these causes can be better understood through yogic principles.

Stress, from a yogic perspective, is seen as a disruption in the harmony between the mind and body, arising from excessive mental activity and emotional turbulence (chitta vritti). Yoga emphasizes practices that quiet the mind, alleviate stress, and reestablish equilibrium within the body's systems, fostering overall well-being.

Hormonal imbalance reflects disharmony in the body's energy centers (chakras), particularly the Swadhisthana Chakra (associated with reproductive health). Yogic techniques focus on harmonizing energy flow and enhancing glandular function.

- **The significance of Yoga in achieving hormonal balance and enhancing circulation.**

Yoga is a unified practice that integrates the mind, body, and spirit, promoting comprehensive health and well-being. It plays a critical role in restoring hormonal equilibrium and optimizing circulation, both of which are fundamental to maintaining physiological balance. By incorporating physical postures (asanas), controlled breathing techniques (pranayama), and mindfulness practices such as meditation, yoga targets underlying deregulations and enhances the body's intrinsic ability to maintain homeostasis. Hormones are chemical messengers that regulate numerous bodily functions, including metabolism, reproduction, mood, and stress responses. Imbalances in hormone levels can lead to various health issues, such as irregular menstrual cycles, thyroid dysfunction, and mood disorders.

Efficient circulation is essential for sustaining cellular function and overall health, as it ensures the delivery of oxygen, nutrients, and hormones to tissues while facilitating the removal of metabolic waste products. Yoga supports and enhances both blood and lymphatic circulation through targeted physical movements, controlled breathing techniques, and relaxation practices. These methods improve cardiovascular efficiency, increase vascular flexibility, and stimulate the lymphatic system, thereby promoting detoxification and immune function. By optimizing circulatory pathways, yoga contributes to the maintenance of tissue health and systemic balance.

- **Yoga for DUB:**

Adopting a yogic lifestyle can be highly effective in managing dysfunctional uterine bleeding (DUB) by addressing its root causes and promoting overall health. DUB often results from hormonal imbalances, stress, and circulatory issues, all of which can be positively influenced by the principles and practices of yoga.

- **Yama Niyama -**

Incorporating the principles of Yama and Niyama, the ethical and self-discipline practices outlined in yoga philosophy, into daily life can significantly aid in managing dysfunctional uterine bleeding (DUB). The core principles of the eightfold path of yoga focus on nurturing mental, emotional, and physical equilibrium, which is essential for tackling the root causes of DUB, including stress, hormonal imbalances, and lifestyle influences.

- **Preliminary Exercises –**

Preliminary exercises, known as *Pawanmuktasana Part II* practices, focus on loosening and mobilizing joints throughout the body. These movements are designed to enhance flexibility, improve joint mobility, and promote better circulation. By systematically targeting major and minor joints, these exercises prepare the body for more advanced postures, reduce stiffness, and facilitate the release of muscular tension.

In addition, they aid in preventing injuries by loosening the joints and enhancing overall physical capability.

- **Suryanamaskar**

Surya Namaskar (Sun Salutation) is a comprehensive practice that tackles the various factors contributing to DUB by regulating hormones, boosting circulation, alleviating stress, and strengthening uterine function. Consistent practice makes it a powerful therapeutic approach for achieving balance and improving overall reproductive well-being. The sequence activates glands like the thyroid, adrenal, and ovaries through specific stretches and inversions, improving hormone secretion and regulation. Poses such as *Bhujangasana (Cobra Pose)* and *Ashwa Sanchalanasana (Equestrian Pose)* stretch the abdominal region, stimulating the ovaries and supporting reproductive health. The deliberate breathing and mindful movements of Surya Namaskar help lower cortisol levels balancing the hypothalamic-pituitary-adrenal (HPA) axis and indirectly stabilizing estrogen and progesterone levels. The rhythmic flow increases heart rate and improves systemic blood circulation, ensuring adequate oxygen and nutrient delivery to the reproductive organs. Inversions like *Adho Mukha Svanasana (Downward Dog Pose)* improve venous return and lymphatic drainage, reducing congestion and inflammation in the pelvic region. Forward bends and stretches in poses such as *Padahasthasana (Hand-to-Foot Pose)* massage abdominal organs, including the uterus, improving local circulation and function.

- **Yogasanas**

Postures that enhance pelvic blood flow and support hormonal balance.

- Baddha Konasana (Bound Angle Pose)
- Supta Baddha Konasana (Reclining Bound Angle Pose)
- Balasana (Child's Pose)
- Setu Bandhasana (Bridge Pose)
- Dhanurasana (Bow Pose)
- Sarvangasana (Shoulder Stand)
- Matsyasana
- Bhujangasana
- Ardhamatsendrasana
- Marjarasana
- Shashankasana
- Gomukhasana
- Ardh Ushtrasana
- Ushtrasana

- **Pranayama**

For Stress Relief and Hormonal Balance

Pranayama is crucial in enhancing circulation, which is vital for maintaining a healthy reproductive system. Better circulation ensures that the uterus receives adequate oxygen and nutrients, which supports optimal function and reduces symptoms related to DUB.

- **Breath Awareness –**

Breath awareness is a fundamental practice in mindfulness and yoga, which plays a crucial role in

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"DYSFUNCTIONAL UTERINE BLEEDING: AYURVEDIC UNDERSTANDING AND YOGIC THERAPEUTIC PATHWAYS" reducing stress and enhancing concentration by promoting present-moment focus. Scientific research has shown that conscious regulation of breath directly influences both physiological and psychological states, helping individuals manage stress more effectively and cultivate a state of mental clarity and relaxation.

- Kapalabhati Shuddhikriya
- Anulom Vilom (Alternate Nostril Breathing).
- Nadi Shodhana (Channel Purification).
- Bhramari (Bee Breath).
- Shitali, Sitakari
- Ujjayi
- Bhasrika

Ways like Bhasrika(Bellows Breath) and Kapalabhati enhance the movement of lymph, encouraging detoxification and helping exclude metabolic waste. This detox process aids in the junking of redundant estrogen or other hormone- dismembering substances from the body, therefore supporting a more balanced hormonal profile.

Breathing practices like Anulom Vilom and Nadi Shodhana(Alternate Nostril Breathing) help bring balance to the HPA(hypothalamic- pituitary- adrenal) axis, which is pivotal for maintaining normal menstrual cycles. By soothing the nervous system and reducing the stress response, pranayama laterally supports the regulation of reproductive hormones.

Ways similar as Bhramari and Ujjayi promote a pensive state, abetting interpreters in cultivating awareness and emotional strength. This emotional balance reduce the internal strain that can contribute to hormonal dislocations and irregular menstrual cycles. Pranayama improves oxygen uptake, delivering more oxygen to the tissues, which supports cellular metabolism and detoxification. This improved oxygenation helps to maintain healthy tissue function, including the proper function of the reproductive organs.

• **Meditation Techniques:**

Mindfulness-based meditation for emotional balance.

Mindfulness-based meditation provides a holistic and effective method for managing Dysfunctional Uterine Bleeding by tackling the root psychological, hormonal, and physiological factors. Through stress reduction, emotional regulation, hormonal balance, pain management, and improved circulation, mindfulness meditation supports the body's natural healing processes, helping individuals cope with DUB in a more balanced and sustainable way. Given the evidence supporting its effectiveness, mindfulness- based meditation should be considered a valuable therapeutic tool in the management of DUB.

Meditation techniques such as Transcendental Meditation (TM), Cyclic Meditation, Ajapa Sadhna, and Chakra Meditation (specifically focusing on the Swadhisthana Chakra) offer powerful tools for managing Dysfunctional Uterine Bleeding (DUB). These practices help address the root causes of DUB, such as stress, hormonal imbalance, and emotional factors, by encouraging relaxation, reestablishing equilibrium, and improving overall health.

▪ **Guided visualization for uterine health.**

Guided visualization is a powerful, accessible tool that can be used to manage and support uterine health, including conditions like Dysfunctional Uterine Bleeding (DUB). By focusing on relaxation, hormonal balance, and improved circulation, emotional healing, and detoxification, individuals can promote both physical and emotional well-being in the reproductive system. When practiced regularly, guided visualization can complement other forms of treatment, reduce stress, enhance fertility, and help restore balance in the uterus, leading to improved menstrual health and overall quality of life.

• **Yoga Research:**

Studies demonstrating the benefits of Yoga on menstrual and reproductive health.

- Research indicates a notable change in autonomic functions and psychological state during the premenstrual phase compared to the postmenstrual phase in young, healthy women. Also, Regular practice of yoga has beneficial effects on both phases of menstrual cycle by bringing parasympathodominance and psychological well-being probably by balancing neuro-endocrinal axis.

[7]

- The study highlighted the effectiveness of Yoga Nidra in improving hormone profiles in individuals with menstrual irregularities. Yoga *Nidra* practice was helpful in patients with hormone imbalances, such as dysmenorrhea, oligomenorrhea, menorrhagia, metrorrhagia, and hypomenorrhea.^[8]
- The findings suggest that yoga therapy has a beneficial effect on DUB by lowering perceived stress and state anxiety while enhancing sleep quality. This warrants larger clinical trials to validate the findings of this pilot study.^[9]

Discussion

Comparison with Conventional Approaches

Modern medicine treats Dysfunctional Uterine Bleeding (DUB) primarily through hormonal therapy, intrauterine devices, and surgical interventions such as endometrial ablation or hysterectomy. These approaches are effective for symptom management but often come with limitations such as side effects, high costs, and recurrence of symptoms after treatment discontinuation.

In contrast, AYURYOGA offers a holistic and patient-centric approach. Ayurveda emphasizes balancing the body's internal environment through dietary modifications, herbal therapies (e.g., Ashoka, Shatavari, Lodhra), and detoxification (*Shodhana*). Yoga complements this by addressing stress, enhancing circulation, and promoting hormonal harmony through specific asanas, pranayama, and meditation. AYURYOGA not only addresses the root causes of DUB but also focuses on improving overall well-being.^[10]

Comparatively, AYURYOGA may have a slower onset of action but offers long-term benefits without significant side effects. Moreover, it empowers women to take an active role in their health through lifestyle changes and stress management, fostering sustainable wellness.

Conclusion

According to Ayurveda, Santarpan of Mana is essential along with Doshaj Chikitsa. & as per Yoga, Yogic lifestyle is beneficial in managing DUB. Yoga views DUB not merely as a physical issue but as a disturbance in the body's energy systems, particularly involving the Swadhisthana Chakra (sacral energy center). A yogic lifestyle integrates physical postures, breathing techniques, relaxation, and ethical living to restore balance.

AYURYOGA presents a viable alternative or complementary approach to conventional therapies, offering a patient-centric, non-invasive, and sustainable pathway for managing DUB. Its integration into healthcare can enhance treatment outcomes, reduce dependency on invasive procedures, and improve quality of life for women.

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