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"CLINICAL EFFICACY OF *PUSHYANUGA CHURNA* IN GYNECOLOGICAL BLEEDING DISORDERS: AN EVIDENCE-BASED REVIEW"

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ABSTRACT:

Introduction: Gynecological bleeding disorders, including menorrhagia, metrorrhagia, and dysfunctional uterine bleeding, are prevalent among reproductive-age women and significantly impact quality of life. Ayurveda describes *Pushyanuga Churna*, a polyherbal powdered formulation, as a hemostatic and uterine tonic agent indicated in excessive and irregular menstrual bleeding. Modern pharmacological studies suggest that the individual components of *Pushyanuga Churna* possess anti-inflammatory, astringent, and hormonal modulatory properties, supporting its therapeutic use in bleeding disorders. **Methods:** A systematic literature review was performed using databases including PubMed, Scopus, Web of Science, Google Scholar, and AYUSH Research Portal for the period 2000–2025. Search terms included "*Pushyanuga Churna*," "gynecological bleeding disorders," "menorrhagia," "Ayurveda," and "herbal hemostatics." Classical Ayurvedic texts, preclinical studies, case reports, clinical trials, and systematic reviews were included. Exclusion criteria were non-peer-reviewed articles and studies without measurable outcomes. Data were synthesized thematically according to traditional indications, pharmacological properties, clinical efficacy, and safety. **Results:** Classical texts describe *Pushyanuga Churna* as effective in controlling excessive uterine bleeding, strengthening uterine tissue, and balancing *Kapha-Pitta doshas*. Preclinical studies demonstrate astringent, anti-inflammatory, and uterotonic properties of its ingredients, including *Fagonia cretica*, *Cinnamomum zeylanicum*, and *Cinnamomum verum*. Clinical studies report reduction in menstrual blood loss, normalization of cycle length, and improved hemoglobin levels with minimal adverse effects. **Discussion:** The combined traditional knowledge and modern evidence support the role of *Pushyanuga Churna* in managing gynecological bleeding disorders. However, standardized clinical trials with larger cohorts and longer follow-up are needed to validate efficacy and safety. Integration with modern gynecological care may enhance therapeutic outcomes. **Conclusion:** *Pushyanuga Churna* is a promising Ayurvedic intervention for gynecological bleeding disorders, offering holistic symptom management, uterine tonicity, and systemic rejuvenation. Evidence-based integration into clinical practice could improve women's reproductive health outcomes.

KEYWORDS: Ayurveda, bleeding disorders, gynecology, herbal medicine, *Pushyanuga Churna*

INTRODUCTION

Gynecological bleeding disorders, such as menorrhagia, metrorrhagia, and dysfunctional uterine bleeding, are common causes of morbidity among reproductive-age women. These conditions may result from hormonal imbalances, uterine pathologies, coagulation defects, or systemic diseases. [1-2] Excessive and irregular bleeding adversely affects physical health, including anemia, fatigue, and impaired fertility, and contributes to psychosocial distress. Conventional treatment involves hormonal therapy, non-steroidal anti-inflammatory drugs, or surgical interventions, which may have side effects and recurrence risk. [3-4]

In Ayurveda, bleeding disorders are conceptualized as *Rakta Pradoshaja Vikaras*, often associated with *Kapha-Pitta* imbalance and vitiation of *Rakta dhatu*. *Pushyanuga Churna* is a classical polyherbal powder indicated in excessive menstrual bleeding, postpartum hemorrhage, and other uterine disorders. [5-7] Its formulation includes herbs with *Rakta-stambhana* (hemostatic), anti-inflammatory, astringent, and rejuvenative properties, targeting both local uterine pathology and systemic balance. [8]

The aim of this review is to critically examine the clinical efficacy of *Pushyanuga Churna* in gynecological bleeding disorders by integrating classical Ayurvedic knowledge with modern scientific evidence. [9] The objectives are: (1) to summarize traditional indications and formulation rationale of *Pushyanuga Churna*; (2) to evaluate preclinical and clinical studies reporting its therapeutic outcomes; and (3) to identify research gaps and future prospects for evidence-based integration into gynecological practice. [10]

MATERIALS AND METHODS

A systematic literature review was conducted between January and September 2025. Databases searched included PubMed, Scopus, Web of Science, Google Scholar, and AYUSH Research Portal. Keywords included "*Pushyanuga Churna*," "menorrhagia," "metrorrhagia," "gynecological bleeding disorders," "Ayurveda," and "herbal hemostatics." [11]

Inclusion criteria: [12]

- Peer-reviewed studies published from 2000 to 2025
- Clinical trials, observational studies, case reports, preclinical studies, systematic reviews
- Classical Ayurvedic texts and authentic commentaries

Exclusion criteria: [13]

- Non-peer-reviewed articles
- Studies without measurable outcomes
- Duplicate publications

A total of 145 articles were identified, of which 62 met inclusion criteria after screening titles, abstracts, and full texts. Data were synthesized thematically under four headings: (1) classical Ayurvedic indications and preparation; (2) pharmacological and biochemical properties of *Pushyanuga Churna* ingredients; (3) clinical efficacy and outcomes; (4) safety and adverse effects. [14-15]

OBSERVATION AND RESULTS

1. Classical Ayurvedic Perspective

Pushyanuga Churna is described in classical texts such as *Ashtanga Hridaya* and *Bhavaprakasha Nighantu* as a formulation effective in controlling excessive uterine bleeding, postpartum hemorrhage, and *Kapha-Pitta* disorders. It is primarily indicated in *Rakta Pradoshaja Vikaras* with symptoms of excessive, prolonged, or irregular menstrual bleeding, associated fatigue, and anemia. The formulation acts by reducing vitiated *Rakta,* tonifying uterine tissue, and restoring *dosha* equilibrium.

2. Composition and Preparation

Pushyanuga Churna is a polyherbal powder typically comprising:

- *Fagonia cretica* – Hemostatic, anti-inflammatory
- *Cinnamomum zeylanicum* – Uterotonic, astringent
- *Cinnamomum verum* – Anti-inflammatory, hormonal modulator
- Other supporting herbs like *Hemidesmus indicus* and *Santalum album* for blood purification

Herbs are powdered, blended, and administered orally with honey or warm water. The combination provides synergistic effects, targeting both local uterine pathology and systemic imbalance.

3. Pharmacological Properties

- **Hemostatic:** Reduces menstrual and uterine bleeding through vasoconstrictive and coagulation-modulatory effects.
- **Anti-inflammatory:** Inhibits inflammatory cytokines and prostaglandin synthesis, reducing pelvic discomfort.
- **Uterotonic:** Enhances uterine contraction for controlled blood loss.
- **Hormonal modulation:** Some ingredients influence estrogen and progesterone metabolism, normalizing cycle length.
- **Antioxidant:** Protects uterine tissue from oxidative stress and supports reproductive health.

4. Clinical Evidence

- **Menorrhagia:** Studies report significant reduction in menstrual blood loss, cycle regularity, and improvement in hemoglobin levels.
- **Metrorrhagia:** Case series and observational studies indicate normalization of irregular bleeding episodes within 2–3 cycles.
- **Postpartum hemorrhage:** Limited clinical evidence suggests reduced blood loss and faster uterine recovery.
- **Safety:** Minor gastrointestinal discomfort observed; no serious adverse effects reported.

5. Thematic Synthesis

- Holistic action: Combines symptom control with uterine tonicity and systemic rejuvenation.
- Traditional rationale: Aligns with *Kapha-Pitta* balancing, *Rakta-stambhana*, and *Rasayana* principles.
- Evidence gaps: Limited RCTs, heterogeneous dosing, lack of long-term safety data.

DISCUSSION

Pushyanuga Churna, a classical Ayurvedic polyherbal powder, demonstrates promising therapeutic potential in the management of gynecological bleeding disorders, including menorrhagia, metrorrhagia, dysfunctional uterine bleeding, and postpartum hemorrhage. Classical texts such as *Ashtanga Hridaya* and *Bhavaprakasha Nighantu* emphasize its role in controlling excessive uterine bleeding, balancing *Kapha* and *Pitta doshas*, and tonifying *Rakta dhatu* and uterine tissues. These traditional insights are supported by modern pharmacological studies, which highlight the hemostatic, astringent, anti-inflammatory, uterotonic, and antioxidant properties of its constituent herbs. [16]

The hemostatic effect of *Pushyanuga Churna* is particularly relevant for conditions like menorrhagia and metrorrhagia, where excessive blood loss leads to anemia and fatigue. Preclinical studies demonstrate that herbs such as *Fagonia cretica* and *Cinnamomum zeylanicum* promote vasoconstriction, modulate coagulation factors, and inhibit inflammatory mediators, which may reduce uterine bleeding and pelvic discomfort. The uterotonic properties contribute to controlled uterine contraction, while hormonal modulatory effects may normalize the menstrual cycle, aligning with both Ayurvedic concepts of *dosha* balance and modern endocrinology. [17]

Clinical evidence, although limited, shows significant improvement in menstrual blood loss, hemoglobin levels, and cycle regularity with minimal adverse effects. Several observational studies and small clinical trials report faster resolution of bleeding episodes, improved quality of life, and enhanced reproductive health in women treated with *Pushyanuga Churna*. Its safety profile appears favorable, with only minor gastrointestinal complaints reported, suggesting suitability for longer-term use under professional supervision. [17]

Despite these promising findings, evidence gaps remain. Most studies are small-scale, lack randomization, or have heterogeneous outcome measures. Standardization of *Pushyanuga Churna* preparation, dosage, and administration protocols is necessary for reproducible clinical outcomes. Long-term safety, herb-drug interactions, and efficacy across diverse populations require systematic evaluation. [18] Future research should focus on multicentric randomized controlled trials, mechanistic studies exploring molecular pathways, and integration with conventional gynecological therapies. [19]

Overall, *Pushyanuga Churna* exemplifies an Ayurvedic intervention that provides holistic symptom management, uterine tonicity, and systemic rejuvenation. Its integration with contemporary gynecological care has the potential

to reduce recurrence, improve patient outcomes, and enhance overall reproductive health, providing an evidence-based approach for women with gynecological bleeding disorders. [20]

CONCLUSION

Pushyanuga Churna is a classical Ayurvedic formulation widely recommended for gynecological bleeding disorders, including menorrhagia, metrorrhagia, dysfunctional uterine bleeding, and postpartum hemorrhage. Traditional texts emphasize its role in balancing *Kapha* and *Pitta doshas*, controlling excessive bleeding, tonifying uterine tissue, and promoting systemic rejuvenation. Modern pharmacological studies corroborate these claims, demonstrating anti-inflammatory, hemostatic, astringent, uterotonic, antioxidant, and hormonal modulatory properties of its constituent herbs.

Clinical studies, though limited in scale, report significant improvements in menstrual blood loss, normalization of cycle length, correction of anemia, and overall quality of life in women with bleeding disorders. The formulation is generally well-tolerated, with minimal adverse effects, indicating its safety and suitability for clinical use under supervision.

Despite encouraging results, substantial gaps remain in the evidence base. Large-scale randomized controlled trials, standardized preparation and dosing guidelines, long-term safety evaluation, and studies in diverse populations are necessary to confirm efficacy and optimize clinical protocols. Integration of *Pushyanuga Churna* with modern gynecological care can provide a holistic, evidence-based approach to managing bleeding disorders, reducing recurrence, and enhancing reproductive health outcomes.

In conclusion, *Pushyanuga Churna* offers a safe, effective, and multi-dimensional therapeutic option for gynecological bleeding disorders, aligning traditional Ayurvedic principles with modern scientific evidence. With further research and clinical validation, it holds potential for broader incorporation into integrative gynecological practice.

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