



## Role of shodhana karma in the management of streeroga

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### Abstract

The preservation of health of creature is prime concern of all life science and so also in Ayurveda, the great health status of woman help to form healthy homeland. Recently life science greatly emphasized health concern of pregnant women since healthiness status of pregnant women also affect health of latest born baby. Stree considered as Apathyamula and ayurveda recommended that keeping Shuddha Yoni and Shuddha Garbhashaya help to stop prevalence of common female disorders. There are various diseases associated with female genital organs (streeroga) and Ayurveda mentioned various approaches towards the management of such sorts of streeroga. The diseases affecting female genital tract mainly occurs thanks to the unhygienic conditions and Shodhna Chikitsa offers beneficial effects in these conditions.

### Biography

Swagath N was Specialization in Kaya Chikitsa from Sri Dharmastala Manjunatheswara Ayurvedic College, Udupi, Karnataka, India. He is Senior Consulting Physician, Head of the Department and Professor in department of Kayachikitsa at Sri Guru Nanak Ayurvedic College, Hospital, and Research Center, Ludhiana, Punjab, India. And also Specialized in Panchakarma and treating Neurological disease, musculoskeletal disorder, Auto-immune disease, Specialised in marma chikitsa, Acupuncture therapy, Psoriasis, Respiratory diseases, Obesity, Liver ailments etc.,. He has received award as Best doctor at SDMCA Hassan and also received best paper award for essay on Nutritional deficiency, has delivered many health talks on TV and radio, has delivered many guest speech on various topics in national and International Seminars.



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