

Health Promoting Tips

- Some fruits like pomegranate, grapes, Indian gooseberry, and banana consumption are highly recommended to prevent and treat excessive bleeding as well as the chance of infliction of anemia.
- The unripe papaya helps the contractions of the muscle fibers of the uterus and is thus beneficial in securing a proper menstrual flow.
- The use of banana flower is one of the most effective home remedies in the treatment of menorrhagia or excessive menstruation.
- Sesame seeds are valuable in menstrual problems.
- The use of ginger is another effective home remedy for menstrual disorders, especially in cases of painful menstruation and stoppage of menstrual flow.
- As Asoka is known to be having haemostatic activity, its decoction is useful.
- Cinnamon is known for the treatment of various menstrual disorders, including heavy menstruation.

Curative Herbs

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| • Asoku | Ashoka | <i>Saraca indica</i> |
| • Banana Flower | Plantain | <i>Musa paradisiaca</i> |
| • Madhulai | Pomegranate | <i>Punica granatum</i> |
| • Masikkai | Nut gall | <i>Quercus infectoria</i> |
| • Naaval | Jamun | <i>Syzygium cumini</i> |
| • Ellu | Sesame seed | <i>Sesamum indicum</i> |
| • Imbooral | Dye root | <i>Oldenlandia umbellata</i> |
| • Atthi | Common Fig | <i>Ficus racemosa</i> |