

Evaluation of systemic effects of “*Rajah pravarthanivati*” (a review)

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“Rajah pravarthanivati” has mentioned in Bhaishajya Ratnavali for Kashtartava which is the most common gynecological problem faced by women during their adolescence. Since Ayurveda treatments are based on homeostasis and balance of Doshas it is important to analyze systemic effects of the Rajah pravarthanivati. As “Rajah pravarthanivati” contains minerals such as kaseesa and Tankanait is also important to analyze systemic effects to avoid any harmful results. Therefore justifying systemic effects of “Rajah pravarthanivati” by analyzing properties of ingredients is the main objective of this literature review. The study was done by using texts in Indigenous and Ayurveda medicine. Ayurveda Guna Karma (properties) of all the ingredients of “Rajah pravarthanivati” were listed. According to these properties “Rajah pravarthanivati” can balance Kapha Vata Doshas. Pharmacodynamic actions mentioned with related to the properties of these individual ingredients in literature also shows positive systemic effects. The listed properties and pharmacodynamic actions were compared with each other and they showed similarities. Results reveal the Rajah pravarthanivati is having properties that could be used safely not only in Kashtarthavabut also in other systemic disorders.

Keywords: Rajah pravarthanivati, Systemic, Properties