

TRIVIDHA CHIKITSA: FROM SACRED PETALS TO PRACTICE IN STREE ROGA AND PRASUTI TANTRA

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ABSTRACT

Introduction: Flowers possess unique therapeutic qualities that make them highly suitable for women's healthcare. Their natural origin, gentle action, and compatibility with the female body enable their safe use across different stages of life, including adolescence, reproductive age, pregnancy, puerperium, and menopause. Because of their mild yet effective pharmacological properties, floral medicines are widely valued in traditional systems of medicine for long-term and holistic care. **Methods:** Methods involved an extensive review of classical *Ayurveda* texts related to *Stri Roga* and *Prasuti Tantra* with special emphasis on references of *Pushpa Dravyas* in *Trividha Chikitsa*. Literary sources including *Brihatrayee Laghutrayee* and other classical compendiums were analyzed to identify the use of flowers in *Daivavyapashraya*, *Satvavajaya*

and *Yuktivyapashraya Chikitsa*. The collected references were systematically compiled categorized and interpreted to understand their therapeutic significance and applicability in women's healthcare. **Results:** Findings from the classical texts reveal that *Pushpas* are widely utilized as *Trividha Chikitsa* namely *Daivavyapashraya*, *Yuktivyapashraya* and *Satvavajaya Chikitsa* in *Stri Roga* and *Prasuti Tantra*. Various *Pushpa Dravyas* are used in the form of *Ahara*, *Aushadha*, *Dhupa* and *Alankara* for maintaining *Yoni Shuddhi*, *Garbhasthapana*, *Stanya Janana* and *Mano Prasadana*. **Discussion and Conclusion:** The concepts of *Trividha Chikitsa* using *Pushpas* described in classical *Ayurveda* texts

demonstrate the multidimensional role of flowers in *Striroga* and *Prasuti Tantra*. *Pushpas* are employed in *Daivavyapashraya* through rituals and *Mangala* practices in *Satvavajaya* through *Sugandha* and *Mana Prasadana* and in *Yuktivyapashraya* as food and medicinal formulations for various gynecological and obstetric conditions. These practices reflect the holistic *Ayurveda* approach addressing physical psychological and spiritual wellbeing of women. emphasizes the need for further scientific exploration and clinical application.

KEYWORDS: *Pushpa*, *Daivavyapashraya*, *Satvavajaya*, *Yuktivyapashraya*, *Stri Roga*, *Prasuti Tantra*.

1. INTRODUCTION

Flowers are considered as reproductive organ as it says *Samana Gunaihi Samanagunabhooyishtairvaa* provide reproductive support by promoting uterine health and maintaining menstrual balance. In addition, their calming aroma and bioactive constituents aid in emotional healing and mental well-being. Many flowers also help in hormonal regulation by supporting endocrine balance and maintaining normal physiological functions. Their anti-inflammatory and antioxidant properties further assist in reducing pain, inflammation, and tissue damage associated with various gynecological disorders.

2. MATERIALS AND METHODS

2.1 Aim and Objectives

- To study and highlight the utility of *Pushpa's* as *Trividha Chikitsa* in *Stri Roga* and *Prasuti Tantra*.
- To analyse the scientific reasoning behind each flowers in women's health as *Ahara* and *Aushadha*.
- To assess the preventive and curative role of the *Pushpa's* in maintaining women's health in both gynaecological and obstetrics aspect.

2.3 *Pushpa Vigyana*

A) *Nirukti*

Pushpyateeti Pushpa (Sha.Ka)^[1]

Punyasamvardhanaachapi Paapaugaparihaarata: I

Pushkalaartha Pradhaanacha Pushpamityabhideeyate II (Ku.Ta)

Pushpa is so called as it promotes virtue by eliminating sins and ugliness and fulfills desires immensely.

B) Pushpa Paryaya^[2]

- **Sumana:** "Saumanasya Pradatvat Tu Phullah Sumanasah Smritah."
Meaning: A flower is called *Sumana* because it bestows joy, happiness, and pleasantness of mind.
- **Pushpam:** "Pushpam Vikasitam Jneyam Vivrite Dala-Keshare."
Meaning: A flower (*Pushpa*) is understood as that which has fully blossomed, with its petals and stamens completely opened.
- **Kusumam:** "Kus Samshleshane Dhatoh Kusumam Shleshakari Yat."
Meaning: The word *Kusuma* is derived from the root *Kus* (to unite or join). It denotes that which promotes union—biologically by facilitating pollination through attracting bees, and symbolically by bringing together the hearts of men and women.

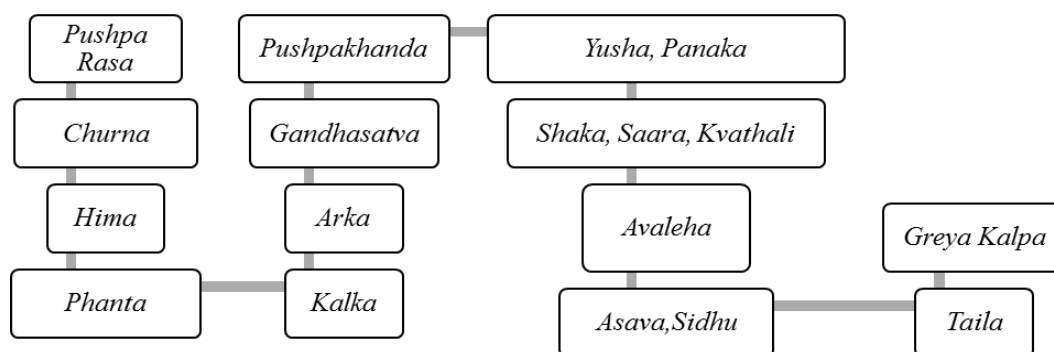
C) Similies – For Physiological and Pathological Conditions^[3,4]**Table No. 1: Similie - Physiological Aspect.**

Physiological Aspect	Sanskrit Simile
<i>Shuddha Artava</i>	<i>Padma-Alaktaka Sannibham</i>
Development of the fetus in the uterus	<i>Antah Pushpam Bhavatyeva Panasa-Udumbaradivat</i>
Cervical Os closing	<i>Padmam Sankocham Ayati</i>
Cervical Os closing	<i>Sankuchaty Ambujam</i>

Table No. 2: Similie - Pathological Aspect.

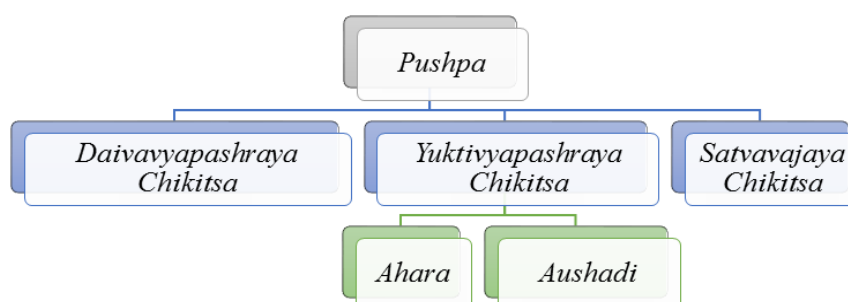
Pathological Aspect	Sanskrit Simile
<i>Asrigdara</i>	<i>Japa-Kusuma Sankasham Kusumbha-Rakta Sannibham</i>
<i>Vataja Asrigdara</i>	<i>Kimshukodaka Sankasham</i>
<i>Kaphaja Asrigdara</i>	<i>Kovidara-Pushpa Gairikodaka</i>
<i>Karnini Yonivyapad</i>	<i>Karnikam Padma-Karnika Tulyam Mamsankuram</i>
<i>Kaphaja Yonikanda</i>	<i>Nila-Pushpa Pratikasham Atasi-Kusuma Varnam</i>
<i>Kaphaja Yonikanda</i>	<i>Tila-Pushpa Pratikasham</i>

D) Pushpa Kalpa: Pushpas are used as *Aushadi* as well as *Ahara*. *Kalpa*'s as followed below:

Flow chart 1: *Pushpa Kalpa*.

E) Utility of *Pushpa*'s

Flow Chart 2- Utility Of *Pushpa*



i) *Daivavyapashraya Chikitsa*

- **Maa Kamakya Temple, Nilachal Hill, Guwahati, Assam.**- Yoni is Worshipped, Menstruation is Celebrated, Female reproductive health, fertility, and easing menstrual / gynecological discomfort in folk belief- red flowers are offered.
- **Madhyarjuneshwar temple, Thiruchirapalli** - 9th century by a Chola Empire named Kulothunga Cholan(III). This is one such temple of the total 64 temples he built to get rid of his "*Brahma Hatya Dosha*". Siddhar by name "*Pottralam Poovai Siddhar*" "who lived in this temple. He did lot research on herbs and medicinal plants for curing women related ailments. He had attained *Jeeva Samadhi* in this temple.
- **Mantra Pushpam**- Sacred Vedic hymn- *Taittiriya Aranyaka* of the *Yajur Veda*- Chanted during flower offerings at the conclusion of Hindu pujas or rituals. Indirectly aiding women's reproductive health through vibrational healing.
- **Varana/ Prajavarana Bandha** - *Matangi Vidhya* recitation using 800 white flowers - To get progeny and to protect *Garbha* after conception
- **Rajaswala Paricharya**- on 4th day told to wear white flowers.

- *Seemantha Samskara, Putrakameshti Yajna* – flowers are used as offerings.
- *Sutika Gara* – For entry and *Mangala Vachana* flowers are used.

ii) *Yuktivyapashraya Chikitsa*: Flowers can be used as both *Ahara* and *Aushadha*.

As *Aushadha*^[2]

Stree Roga

a) *Asrigdhara* – Heavy Menstrual Bleeding

Table No. 3: *Asrigdhara Hara Dravya*.

Drug	Botanical Name	Rasa Panchaka	Indications in <i>Asrigdhara</i>	Image
<i>Narikela Pushpa</i>	<i>Cocos nucifera</i>	Rasa: Madhura Guna: Guru, Snigdha Virya: Sheeta Vipaka: Madhura Dosha Karma: Vata-Pitta Shamaka	<i>Pittaja Asrigdhara</i> , burning sensation, debility due to blood loss	A close-up photograph of a coconut flower, showing its yellowish, feathery structure.
<i>Dhataki Pushpa</i>	<i>Woodfordia fruticosa</i>	Rasa: Kashaya Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Kapha-Pitta Shamaka	<i>Rakta Stambhana</i> , <i>Raktapradara</i> , excessive uterine bleeding.	A photograph of a cluster of bright red, tubular flowers of Woodfordia fruticosa.
<i>Kanchanara Pushpa</i>	<i>Bauhinia variegata</i>	Rasa: Kashaya, Tikta Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Kapha-Pitta Shamaka	<i>Yonidosha</i> , inflammatory conditions, bleeding due to fibroids	A photograph of a white flower with yellow stamens, likely Bauhinia variegata.
<i>Kovidara Pushpa</i>	<i>Bauhinia purpurea</i>	Rasa: Kashaya Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Kapha-Pitta shamaka	<i>Yoni Shotha</i> , <i>Rakta Dushti</i> , Excessive bleeding	A photograph of a pink flower, likely Bauhinia purpurea.
<i>Priyangu Pushpa</i>	<i>Callicarpa macrophylla</i>	Rasa: Kashaya, Madhura Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Pitta-Kapha Shamaka	<i>Stambhana</i> , <i>Daha</i> excessive menstrual bleeding	A photograph of a small, purple flower cluster, likely Callicarpa macrophylla.

Ashoka Pushpa	Saraca asoca	Rasa: Kashaya, Tikta Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Kapha-Pitta Shamaka	Classical drug for raktapradara and garbhashaya disorders	
Gambhari Pushpa	Gmelina arborea	Rasa: Madhura, Tikta Guna: Guru, Snigdha Virya: Sheeta Vipaka: Madhura Dosha Karma: Vata-Pitta Shamaka	Daha, weakness due to excessive bleeding, pitta disorders	
Kadali Pushpa	Musa paradisiaca	Rasa: Madhura, Kashaya Guna: Guru, Snigdha Virya: Sheeta Vipaka: Madhura Dosha Karma: Vata-Pitta Shamaka	Cooling, haemostatic, nourishment in chronic blood loss	
Shalmali Pushpa	Bombax ceiba	Rasa: Kashaya, Madhura Guna: Guru, Picchila Virya: Sheeta Vipaka: Madhura Dosha Karma: Pitta Shamaka	Rakta Stambhana, Yoni Srava, excessive menstrual flow	
Shanapushpi Pushpa	Crotalaria juncea	Rasa: Tikta, Kashaya Guna: Laghu, Ruksha Virya: Ushna Vipaka: Katu Dosha Karma: Kapha-Vata shamaka	Used in kapha-vata associated menstrual disorders	
Japa Pushpa	Hibiscus rosa-sinensis	Rasa: Kashaya, Madhura Guna: Laghu, Snigdha Virya: Sheeta Vipaka: Madhura Dosha Karma: Pitta Shamaka	Raktapitta, menorrhagia, cooling and styptic action	

b) Anartava

Table No. 4: Anartava Hara Dravya.

Drug	Botanical Name	Rasa Panchaka	Indications in Anartava	Image
Arka Pushpa	Calotropis gigantea	Rasa: Katu, Tikta Guna: Laghu, Ruksha, Tikshna Virya: Ushna Vipaka: Katu Dosha Karma: Kapha-Vata	Artava Janana, amenorrhoea	

		<i>Shamaka</i>		
Agastya Pushpa	Sesbania grandiflora	Rasa: Tikta, Kashaya Guna: Laghu, Snigdha Virya: Ushna Vipaka: Katu Dosha Karma: Kapha-Vata Shamaka	Useful in delayed menstruation, Kapha-Vata disorders, improves circulation	
Japa Pushpa	Hibiscus rosa-sinensis	Rasa: Kashaya, Madhura Guna: Laghu, Snigdha Virya: Ushna Vipaka: Madhura Dosha Karma: Vata-Kapha Shamaka	Artava janana, regulation of menstrual cycle, useful in anovulatory amenorrhoea	

C) Udavartini

Table No 5: Udavartini.

Drug	Botanical Name	Rasa Panchaka	Indications in Udavartini	Image
Shatapatrika Pushpa	Rosa centifolia	Rasa: Madhura, Kashaya Guna: Laghu, Snigdha Virya: Sheeta Vipaka: Madhura Dosha Karma: Pitta-Vata Shamaka	Relieves pelvic pain, burning sensation, emotional irritability associated with Udavartini	
Palasha Pushpa	Butea monosperma	Rasa: Tikta, Kashaya Guna: Laghu, Ruksha Virya: Ushna Vipaka: Katu Dosha Karma: Kapha-Vata Shamaka	Vata Anulomana, pain relief, reduction of spasmodic dysmenorrhoea	
Lavanga Pushpa	Syzygium aromaticum	Rasa: Katu, Tikta Guna: Laghu, Tikshna Virya: Ushna Vipaka: Katu Dosha Karma: Kapha-Vata Shamaka	Relieves colicky pain, improves circulation, reduces menstrual cramps	

D) Swetapradara

Table No. 6: Swetapradara Hara Dravya.

Drug	Botanical Name	Rasa Panchaka	Indications in Swetha Pradara	Image
Paranti Pushpa⁵	<i>Ixora coccinea</i>	Rasa: Kashaya, Tikta Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Kapha-Pitta Shamaka	Reduces Yoni Srava excessive white discharge, itching and inflammation	
Nagakesara Pushpa	<i>Mesua ferrea</i>	Rasa: Kashaya, Tikta Guna: Laghu, Ruksha Virya: Ushna Vipaka: Katu Dosha Karma: Kapha-Pitta Shamaka	Stambhana, Yoni Daurgandhya reduces leucorrhoea, and excessive discharge	

E) Karnini

Table No. 7: Karnini.

Drug	Botanical Name	Rasa Panchaka	Indications in Karnini	Image
Lajjalu Pushpa	<i>Mimosa pudica</i>	Rasa: Kashaya, Tikta Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Pitta-Kapha Shamaka	Reduces Yoni Vrana, inflammation, excessive discharge and promotes healing	
Aragvadha Pushpa	<i>Cassia fistula</i>	Rasa: Madhura Guna: Guru, Snigdha Virya: Sheeta Vipaka: Madhura Dosha Karma: Pitta-Vata Shamaka	Useful in inflammatory conditions, cleanses yoni and reduces local irritation	

Dhataki Pushpa	Woodfordia fruticosa	Rasa: Kashaya Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Kapha-Pitta Shamaka	Stambhana, reduces Yoni Srava wound healing, and inflammation in Karnini	
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F) Vandhyatva

Table No. 8: Vandhyatva.

Drug	Botanical Name	Rasa Panchaka	Indications in	Image
Nagakesara Pushpa	Mesua ferrea	Rasa: Kashaya, Tikta Guna: Laghu, Ruksha Virya: Ushna Vipaka: Katu Dosha Karma: Kapha-Pitta Shamaka	Garbhashaya Shodhana, Yoni Dosha improves reproductive health, useful in and infertility associated with Kapha-Pitta imbalance	

Prasuti Tantra

A) Garbhasrava

Table no. 9: Garbhasrava.

Drug	Botanical Name	Rasa Panchaka	Indications in	Image
Padma Pushpa	Nelumbo nucifera	Rasa: Kashaya, Madhura Guna: Laghu, Snigdha Virya: Sheeta Vipaka: Madhura Dosha Karma: Pitta Shamaka	Rakta Stambhana, Garbha Sthapana, reduces bleeding and burning sensation in threatened miscarriage	

Swetotpala Pushpa	Nymphaea alba	Rasa: Madhura, Kashaya Guna: Laghu, Snigdha Virya: Sheeta Vipaka: Madhura Dosha Karma: Pitta Shamaka	Useful in pitta predominant Garbhasrava with Daha and Rakta Srava Cooling, haemostatic.	
Nilotpala Pushpa	Nymphaea stellata	Rasa: Tikta, Kashaya Guna: Laghu, Snigdha Virya: Sheeta Vipaka: Katu Dosha Karma: Pitta-Kapha Shamaka	Garbha Sthapana, reduces uterine irritation, bleeding and burning sensation	

B) Kikkisa

Table No. 10: Kikkisa.

Drug	Botanical Name	Rasa Panchaka	Indications in Kikkisa	Image
Malati Pushpa	Jasminum grandiflorum	Rasa: Tikta, Kashaya Guna: Laghu, Snigdha Virya: Sheeta Vipaka: Katu Dosha Karma: Pitta-Kapha Shamaka	Useful in Kikkisa for reducing itching, discoloration, burning sensation and improving skin healing	

C) Garbhini Mutakrichra

Table No. 11: Garbhini Mutakrichra.

Drug	Botanical Name	Rasa Panchaka	Indications in Garbhini Mutrakrichra	Image
Kumkuma Pushpa	Crocus sativus	Rasa: Tikta, Katu Guna: Laghu, Snigdha Virya: Ushna Vipaka: Katu Dosha Karma: Vata-Kapha Shamaka	Relieves dysuria, improves urinary flow, reduces discomfort and inflammation in Garbhini Mutrakrichra	

D) *Sthanya Apanayana*Table No. 12: *Sthanya Apanayana*.

Drug	Botanical Name	Rasa Panchaka	Indications in <i>Sthanya Apanayana</i>	Image
Mallika Pushpa	Jasminum sambac	Rasa: Tikta, Kashaya Guna: Laghu, Ruksha Virya: Sheeta Vipaka: Katu Dosha Karma: Kapha-Pitta Shamaka	Used for suppression of lactation, reduces breast engorgement and excess milk secretion	

E) *Sukha Prasavartha*Table No. 13: *Sukha Prasavartha*.

Drug	Botanical Name	Rasa Panchaka	Indications in <i>Sukha Prasavartha</i>	Image
Devadali Pushpa	Luffa echinata	Rasa: Tikta, Katu Guna: Laghu, Ruksha, Tikshna Virya: Ushna Vipaka: Katu Dosha Karma: Kapha-Vata Shamaka	Facilitates labour, promotes easy delivery, stimulates uterine contractions in delayed labour	

As Ahara

Above mentioned *Aushadha* flowers can be used as *Ahara* also, few examples have been mentioned below:

Table No. 14: As *Ahara*.

Ahara	Pushpa	Image
Tea infusion	<i>Aparajitha –Swetha Pradara</i>	

Curry	<i>Kadali- Asrigdhara</i>	
Buttermilk preparation	<i>Asoka- Arigdhara</i>	
Sweet Preparation	<i>Shatapatri- Dahan Prashamana</i>	

iii) *Satvavajaya Chikitsa*

- Gentle, cooling, aromatic, healing, and mind-calming properties that support women during physiologically sensitive periods as they possess volatile oils.
- During different *Paricharya's Pushpa* acts like *Hridyam, Manah Prasadnakaram, Harsha, Urjaskaram*.
- In *Rajaswala Paricharya* – for 1st 3 days – *Alankara* with *Pushpa* and other ornaments are contraindicated. From 4th day *Shuddha Snata* – *Alankara* with *Shweta Pushpa* has been told as *Mangalakara*.
- In *Garbhadana Samskara* – the couple is advised to adorn and wear fragrant flowers and room is also decorated with aromatic flowers to induce conducive atmosphere so that libido is increased and promotes sexual desire and urge and ultimately aiding for conception.
- In *Garbhini Paricharya* – the pregnant lady is asked to wear Garland which is *Abhimantrita* with *Varana Bandha* for preventing *Garbhasrava*.

- In *Sutikagara* – fragrant flowers are kept for *Magalakarma* and for calming the mind.

1. DISCUSSION

A) *Pushpa* and Female Reproductive as *Samanya Siddhanta*

Pushpa is the reproductive organ of the tree or plant and contains all the essence, due to *Samanya Guna Siddhanta* using *Pushpa* in female reproductive system is more beneficial as both are reproductive organs. It is the scope for further research.

B) Phases of Life Cycle of a Woman with *Pushpa*

Kalika Korako Baalyam Kaishoryam Mukulo Bhavet Pushpam Vikasitam Vidhyaat Youvanam Sourabhanvitam(Su.Soo14)

“*Kalika*” and “*Koraka*” represent the stage of childhood, “*Mukula*” denotes adolescence, and the fully blossomed fragrant flower symbolizes youth.

This verse compares the stages of a flower’s growth with the stages of human life, especially the development of a woman.

C) *Pushpa* denoting *Arishta Lakshana*

- *Rakta Pushpa* - red flowers denote poor prognosis, in context of *Mudha Garbha Acharya* mentioned *Garbha* or *Garbhini* or both won’t survive. In the context of *Garbhopaghatakara Bhava* – *Rakta Pushpa* for *Abhushanartha* is not indicated as it causes *Garbhopaghatakara Bhava*.
- *Shweta Pushpa* - White flower denotes good prognosis

D) Mode of Action of the *Pushpa Dravya* in *Stri Roga*

a) *Asrigdara*

Table No. 15: *Asrigdara*.

Flower	Mode of Action in <i>Asrigdara</i>	Mode of Action
<i>Narikela Pushpa</i>	<i>Madhura Rasa</i> and <i>Sheeta Virya</i> which help in <i>Pitta Shamana</i> and reduction of excessive uterine bleeding. Its <i>Snigdha Guna</i> nourishes the body and reduces weakness caused by <i>Rakta Kshaya</i> . It also provides stabilizing effects to the <i>Garbhashaya</i> .	Tannins and phenolic compounds exhibit haemostatic and antioxidant activity. Lauric acid and flavonoids help reduce inflammation and promote tissue healing, thereby reducing excessive bleeding.
<i>Dhataki Pushpa</i>	<i>Dhataki</i> has predominant <i>Kashaya Rasa</i> which provides strong <i>Rakta Stambhana</i> action. Its <i>Sheeta Virya</i> pacifies <i>Pitta</i> and controls excessive	Ellagic acid, gallic acid and tannins possess potent astringent and haemostatic properties. These constituents help constrict blood

	menstrual flow. It also promotes healing of the uterine endometrium.	vessels and reduce uterine bleeding.
Kanchara Pushpa	<i>Kashaya</i> and <i>Tikta Rasa</i> which help in <i>Kapha-Pitta Shamana</i> and reduction of <i>Yoni Srava</i> . It clears <i>Srotorodha</i> and reduces inflammatory changes associated with <i>Asrigdhara</i> .	Flavonoids and tannins exhibit anti-inflammatory and antioxidant properties. Quercetin and kaempferol help stabilize blood vessels and reduce excessive bleeding.
Kovidara Pushpa	<i>Kovidara</i> acts through <i>Kashaya Rasa</i> and <i>Sheeta Virya</i> to provide <i>Stambhana</i> and <i>Pitta Shamana</i> effects. It helps reduce excessive menstrual discharge and improves uterine tone.	Tannins and flavonoids provide astringent and anti-inflammatory actions. Glycosides and saponins contribute to tissue healing and vascular stability.
Priyangu Pushpa	<i>Kashaya rasa</i> and <i>Sheeta Virya</i> which provide cooling and haemostatic effects. It reduces <i>Daha</i> , excessive bleeding and <i>Pitta</i> aggravation in <i>Asrigdhara</i> .	Tannins and flavonoids exhibit vascular constricting and antioxidant properties. Essential oils and glycosides help reduce inflammation and abnormal discharge.
Ashoka Pushpa	<i>Ashoka</i> is considered one of the best <i>Garbhashaya Balya</i> drugs due to its <i>Kashaya Rasa</i> and <i>Sheeta Virya</i> . It strengthens the uterus, pacifies <i>Pitta</i> and controls excessive menstrual bleeding.	Catechol, tannins and flavonoids exhibit uterine tonic, haemostatic and antioxidant effects. These compounds help regulate endometrial function and reduce bleeding.
Gambhari Pushpa	<i>Madhura Rasa</i> and <i>Sheeta Virya</i> which help pacify <i>Pitta</i> and reduce <i>Daha</i> associated with excessive bleeding. It nourishes the body and alleviates weakness due to blood loss.	Lignans and flavonoids exhibit antioxidant and anti-inflammatory actions. Iridoid glycosides help reduce tissue damage and improve recovery from chronic bleeding.
Kadali Pushpa	<i>Kadali</i> has <i>Madhura</i> and <i>Kashaya Rasa</i> with <i>Sheeta Virya</i> which provide cooling and <i>Rakta Stambhana</i> effects. It reduces excessive bleeding and replenishes body strength.	Tannins possess haemostatic action while flavonoids provide antioxidant effects. Phenolic compounds help reduce inflammation and support vascular integrity.
Shalmali Pushpa	<i>Kashaya Rasa</i> and <i>Picchila Guna</i> which help in <i>Rakta Stambhana</i> and healing of uterine tissues. Its <i>Sheeta Virya</i> reduces <i>Pitta</i> and excessive menstrual flow.	Gallic acid, tannins and flavonoids exhibit astringent and anti-inflammatory actions. These compounds help reduce bleeding and promote tissue repair.
Shanapushpi Pushpa	<i>Tikta</i> and <i>Kashaya Rasa</i> with <i>Ushna Virya</i> , which help regulate <i>Vata</i> and <i>Kapha</i> associated with menstrual disorders. It improves circulation and reduces obstruction in <i>Artavavaha Srotas</i> .	Alkaloids and flavonoids exhibit anti-inflammatory and antioxidant activities. Phenolic compounds help improve circulation and regulate menstrual function.
Japa Pushpa	<i>Kashaya</i> and <i>Madhura Rasa</i> with <i>Sheeta Virya</i> , which help in <i>Rakta Stambhana</i> and <i>Pitta Shamana</i> . It	Anthocyanins, flavonoids and quercetin exhibit haemostatic, antioxidant and anti-inflammatory

	reduces excessive menstrual flow and relieves burning sensation.	effects. These constituents help reduce uterine bleeding and improve tissue healing.
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b) *Anartava*Table No. 16: *Anartava*.

Flower	Mode of Action in <i>Anartava</i>	Mode of Action
Arka Pushpa	<i>Katu</i> and <i>Tikta Rasa</i> with <i>Ushna Virya</i> and <i>Tikshna Guna</i> , which help in <i>Kapha-Vata Shamana</i> and stimulation of <i>Apana Vata</i> . It removes <i>Srotorodha</i> in the <i>Artavavaha Srotas</i> and promotes proper <i>Artava Pravritti</i> . Thus, it is useful in <i>Anartava</i> caused by <i>Kapha Avarana</i> and <i>Vata Dushti</i> .	Calotropin, calotoxin and flavonoids exhibit stimulant and circulatory enhancing actions. These constituents may promote uterine stimulation, improve pelvic blood flow and help initiate menstruation.
Agastya Pushpa	<i>Tikta</i> and <i>Kashaya Rasa</i> with <i>Ushna Virya</i> , which help in <i>Kapha Shodhana</i> and <i>Vata Anulomana</i> . It improves circulation in the pelvic region and stimulates normal menstrual flow. The drug is beneficial in delayed menstruation associated with <i>Kapha-Vata</i> imbalance.	Saponins, flavonoids and tannins possess anti-inflammatory and circulatory stimulant properties. Kaempferol and quercetin help improve blood circulation and hormonal balance, thereby supporting menstruation.
Japa Pushpa	<i>Kashaya</i> and <i>Madhura Rasa</i> with <i>Ushna Virya</i> , which stimulate <i>Apana Vata</i> and regulate <i>Artava Pravritti</i> . It helps nourish the reproductive system and correct menstrual irregularity. The flower is traditionally used in <i>Anartava</i> and oligomenorrhoea.	Anthocyanins, flavonoids and hibiscetin exhibit phytoestrogenic, antioxidant and uterine modulatory effects. These constituents may help regulate hormonal activity and improve menstrual cyclicity.

c) *Udavartini*Table No. 17: *Udavartini*.

Flower	Mode of Action in <i>Udavartini</i>	Mode of Action
Shatapatrika Pushpa	<i>Madhura</i> and <i>Kashaya Rasa</i> with <i>Sheeta Virya</i> , which help pacify aggravated <i>Vata</i> and <i>Pitta</i> in <i>Udavartini</i> . It relieves pelvic pain, burning sensation and emotional irritability associated with painful menstruation. Its <i>Snigdha Guna</i> provides soothing and calming effects to the reproductive system.	Geraniol, citronellol and flavonoids exhibit anti-inflammatory, analgesic and mild relaxant properties. These constituents help reduce pelvic pain, uterine irritation and stress-related symptoms during menstruation.
Palasha Pushpa	<i>Tikta</i> and <i>Kashaya Rasa</i> with <i>Ushna Virya</i> , which promote <i>Vata Anulomana</i> and relieve obstruction in <i>Apana Vata</i> . It reduces spasmodic pain and supports proper menstrual flow in <i>Udavartini</i> . The drug also helps reduce <i>Kapha</i> associated with <i>Srotorodha</i> .	Butrin, butein and flavonoids exhibit anti-inflammatory and analgesic actions. These constituents help reduce uterine spasms, improve circulation and relieve dysmenorrhoeic pain.
Lavanga	<i>Katu</i> and <i>Tikta Rasa</i> with <i>Ushna Virya</i>	Eugenol and volatile oils exhibit

Pushpa	and <i>Tikshna Guna</i> , which alleviate <i>Vata</i> and <i>Kapha</i> and stimulate proper movement of <i>Apana Vata</i> . It relieves colicky pain, stiffness and discomfort associated with <i>Udavartini</i> . The flower also improves circulation and reduces obstruction.	potent analgesic, antispasmodic and anti-inflammatory activities. These constituents help relax smooth muscles, reduce uterine cramps and relieve menstrual pain.
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d) *Swetha Pradara*Table No. 18: *Swetha Pradara*.

Flower	Mode of Action in <i>Swetha Pradara</i>	Mode of Action
Paranti Pushpa	<i>Kashaya</i> and <i>Tikta Rasa</i> with <i>Sheeta Virya</i> , which help in <i>Kapha-Pitta Shamana</i> and reduction of excessive <i>Yoni Srava</i> . Its <i>Stambhana</i> property reduces abnormal white discharge and relieves itching and inflammation	Tannins and flavonoids exhibit astringent, antimicrobial and anti-inflammatory actions. Phenolic compounds help reduce excessive discharge, control infection and improve tissue healing.
Nagakesara Pushpa	<i>Kashaya</i> and <i>Tikta rasa</i> with <i>Laghu-Ruksha Guna</i> , which provide strong <i>Stambhana</i> action in <i>Swetha Pradara</i> . It pacifies <i>Kapha</i> and <i>Pitta</i> , reduces excessive discharge and improves <i>Yoni Shuddhi</i> . The drug also helps relieve <i>Yoni Daurgandhya</i> and inflammation.	Mesuaferone, xanthones and flavonoids exhibit antimicrobial, anti-inflammatory and antioxidant properties. Tannins provide astringent action that helps reduce leucorrhoea and improve vaginal tissue tone.

e) *Karnini*Table No. 19: *Karnini*.

Flower	Mode of Action in <i>Karnini</i>	Mode of Action
Lajjalu Pushpa	<i>Kashaya</i> and <i>Tikta Rasa</i> with <i>Sheeta Virya</i> , which help pacify <i>Pitta</i> and <i>Kapha</i> involved in <i>Karnini</i> . Its <i>Stambhana</i> and <i>Vrana Ropana</i> properties reduce <i>Yoni Srava</i> , inflammation and local swelling. It also promotes healing of abnormal growths and ulcerated tissues.	Mimosine, tannins and flavonoids exhibit anti-inflammatory, antimicrobial and wound healing properties. These constituents help reduce tissue irritation, infection and promote regeneration of damaged mucosa.
Aragvadha Pushpa	<i>Madhura Rasa</i> and <i>Sheeta Virya</i> , which help reduce <i>Pitta</i> and soothe inflamed tissues in <i>Karnini</i> . It acts as a mild <i>Shodhana Dravya</i> , helping cleanse the yoni and reduce irritation and discharge. The drug also alleviates burning sensation and discomfort.	Anthraquinones, flavonoids and tannins exhibit antimicrobial, anti-inflammatory and antioxidant activities. These constituents help reduce infection, inflammation and support tissue healing.
Dhataki Pushpa	<i>Kashaya Rasa</i> with <i>Sheeta Virya</i> , which provide strong <i>Stambhana</i> and <i>Vrana Ropana</i> action in <i>Karnini</i> . It reduces excessive discharge, controls bleeding and promotes healing of	Ellagic acid, gallic acid and tannins exhibit potent astringent, antimicrobial and wound healing properties. These compounds help reduce discharge, promote tissue

	cervical or vaginal lesions.	contraction and accelerate healing.
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f) *Vandhyatva*

Table No. 20: *Vandhyatva*.

Flower	Mode of Action in <i>Vandhyatva</i>	Mode of Action
<i>Nagakesara Pushpa</i>	<i>Kashaya</i> and <i>Tikta Rasa</i> with <i>Ushna Virya</i> , which help pacify <i>Kapha</i> and regulate <i>Apana Vata</i> . It acts as <i>Garbhashaya Shodhaka</i> and improves the health of the reproductive system by reducing <i>yoni Dosha</i> and excessive <i>Kapha</i> . The drug also enhances proper <i>Artava</i> function and supports conception.	Mesuaferone, xanthones, flavonoids and essential oils exhibit antioxidant and anti-inflammatory activities. These constituents help improve reproductive tissue health, reduce oxidative stress and support normal ovarian and uterine function, thereby aiding fertility.

E) Mode of Action of the *Pushpa Dravya*'s in *Prasuti Tantra*

1) *Padma* in *Garbhasrava*

Padma possesses *Kashaya* and *Madhura Rasa* with *Sheeta Virya*, which provide *Rakta Stambhana* and *Garbha Sthapana* effects. It helps pacify aggravated *Pitta* and reduces excessive bleeding in threatened miscarriage. The flower also promotes *Sthambhana* and *Garbha Sthiratva*. Nuciferine, flavonoids and tannins present in lotus exhibit haemostatic and antioxidant properties thus help in reducing uterine irritation, bleeding and oxidative stress.

2) *Swetotpala* in *Garbhasrava*

Swetotpala acts as a *Pitta Shamaka* due to its *Sheeta Virya* and *Madhura-Kashaya Rasa*. It reduces *Daha*, *Rakta Srava* and uterine irritation associated with *Garbhasrava*. Its *Sheeta* and *Stambhana* properties help stabilize pregnancy. The flower contains flavonoids, tannins and alkaloids which possess antioxidant and vascular stabilizing action thus help in reducing inflammation and control bleeding.

3) *Nilotpala* in *Garbhasrava*

Nilotpala possesses *Tikta* and *Kashaya Rasa* with *Sheeta Virya*, which pacify *Pitta* and support *Garbha Sthapana*. It reduces uterine irritation, burning sensation and excessive bleeding during pregnancy. The flower also calms the body and mind during threatened abortion. Chemically, it contains alkaloids, flavonoids and glycosides having anti-inflammatory and antioxidant activities. These constituents help protect uterine tissues and support fetal retention.

4) Malati in Kikkisa

Malati possesses *Tikta* and *Kashaya Rasa* with *Sheeta Virya*, which helps pacify *Pitta* and *Kapha* involved in *Kikkisa*. It reduces *Daha*, *Kandu* and skin discoloration while promoting healing of stretched skin. The flower also provides cooling and soothing action over irritated areas. Chemically, it contains linalool, benzyl acetate and flavonoids which exhibit antioxidant and anti-inflammatory activities. These constituents help reduce itching, irritation and pigmentation changes associated with stretch marks.

5) Kumkuma in Garbhini Mutrakrichra

Kumkuma possesses *Ushna Virya* and *Laghu-Snigdha Guna* which pacify *Vata* and clear obstruction in the *Mutravaha Srotas*. It relieves pain, dysuria and difficulty in micturition seen in *Garbhini Mutrakrichra*. The drug also improves circulation and reduces discomfort during urination. Modern pharmacological actions are attributed to crocin, safranal and carotenoids present in saffron. These constituents exhibit anti-inflammatory, antioxidant and smooth muscle relaxant effects that help reduce urinary irritation and improve urine flow.

6) Devadali Pushpa in Sukha Prasavartha

Devadali Pushpa possesses *Katu* and *Tikta Rasa* with *Ushna Virya*, which helps in stimulating *Apana Vata* and facilitating normal labour. Its *Tikshna* and *Laghu Guna* remove obstruction in the *Garbhashaya Marga* and promote easy expulsion of the fetus. Thus, it is traditionally used in delayed labour. Modern studies show that cucurbitacins, saponins and flavonoids present in the flower exhibit stimulant and smooth muscle activating properties. These constituents may help enhance uterine contractions and improve labour progression.

F) Understanding Contemporary Practices – Bach Flower & Aroma Therapy

Bach flower remedies: Bach flower remedies (BFRs) are a widely-available, popular form of complementary and alternative medicine (CAM) developed in the 1930s by the British physician Dr Edward Bach. Bach devoted his life to the discovery of 38 remedies that correspond to 38 negative emotional states.^[6]

- **Scleranthus** flower remedy - **mood swings**- promotes **equilibrium** within oneself.
- **Holly** flower remedy - anger issues - will help **to open the heart** and protect it from anything which is not love.
- **Star of Bethlehem** may help to get over a previous trauma of a miscarriage

Aromatherapy: Aromatherapy is the use of essential oils from plants (flowers, herbs, or trees) as therapy to improve physical, mental, and spiritual; well-being. Essential oils are most often used by inhaling them or by applying a diluted form of them to the skin.^[7]

Table No. 21: Aromatherapy.

Gynecology / Obstetric Use	Flower Essential Oils Commonly Used
Dysmenorrhea (Menstrual Pain)	Lavender, Rose, Chamomile, Jasmine
Premenstrual Syndrome (PMS)	Rose, Lavender, Ylang-Ylang, Jasmine
Menstrual Irregularity / Stress-related Amenorrhea	Geranium, Lavender, Rose
Labor Pain Management	Lavender, Chamomile, Jasmine, Neroli
Labor Anxiety / Fear	Lavender, Rose, Neroli, Ylang-Ylang
Postpartum Stress / Mood Changes	Rose, Jasmine, Lavender
Menopause Symptoms	Geranium, Lavender, Rose, Neroli
Pregnancy Relaxation & Sleep Disturbance	Lavender, Chamomile
Perineal Pain after Delivery	Lavender, Chamomile
Vaginal Relaxation / Pelvic Comfort	Rose, Jasmine, Lavender
Infertility-related Stress	Rose, Jasmine, Ylang-Ylang
Gynecologic Cancer Supportive Care	Lavender, Rose, Neroli, Chamomile

G) Traditional Practices using *Pushpa's*

- 1) **Garbhini Paricharya – hombale treatment**, Unique to Karnataka, Performed during the 5th, 6th, or 7th month of pregnancy. Uses coconut inflorescence, dry fruits, and herbs. Traditionally performed during *Pushya Nakshatra*. Intended to Prevent pregnancy-related complications, Promote smooth delivery and Support the birth of a healthy child.
- 2) **Sutika Paricharya- Mukkudi Seva**, Unique to Kerala. *Dashapushpa* (Swarasa and boiled *Churna*) mixed with buttermilk. Administered as part of *Sutika Paricharya* (postnatal care). Benefits are Acts as an appetizer, Enhances immunity. Prevents common ailments associated with the damp and moist climate during *Karkidaka* (Malayalam month).
- 3) **Sutika Paricharya** - In herbal bath powder – dried flowers of *Shatapatri* and *Avartaki* is used.

H) Folk lore practices

Table No. 22: Folk lore Practice.^[8,9,10]

Flower	Botanical Name	Traditional Preparation	Indication	Major Phytoconstituent	Proposed Modern Action
<i>Dronapushpi Pushpa</i>	<i>Leucas aspera</i>	Decoction, milk, ghee	Dysmenorrhoea, excessive & irregular bleeding	Oleanolic acid	COX-2 inhibition, ↓ prostaglandin synthesis, anti-inflammatory
<i>Shigru Pushpa</i>	<i>Moringa oleifera</i>	Flower tea, curry, soup	Menopausal osteoporosis	Quercetin, Kaempferol,	Promotes osteoblast

				Calcium	activity, inhibits bone resorption
<i>Gorakshagan ja Pushpa</i>	<i>Aerva lanata</i>	Flower tea	Menstrual irregularities	β -Sitosterol	Modulates estrogen receptors
<i>Gulmohar Pushpa</i>	<i>Delonix regia</i>	Flower decoction, vaginal wash	Vaginal itching	Lupeol	Antimicrobial and anti-inflammatory
<i>Nityakalyani Pushpa</i>	<i>Catharanthus roseus</i>	Flower tea	Breast cancer, vaginal discharge	Vinblastine, Vincristine, Ellagitannins	Anticancer, anti-inflammatory, antioxidant
<i>Aavartaki Pushpa</i>	<i>Cassia auriculata</i>	Flower tea, curry	Scanty menstruation, leucorrhoea	Proanthocyanidins, Kaempferol	Estrogenic effect, astringent action
<i>Kanakambhara Pushpa</i>	<i>Crossandra infundibuliformis</i>	Flower tea	Dysmenorrhoea	Quercetin	COX inhibition, ↓ uterine inflammation
<i>Jhandu Pushpa</i>	<i>Tagetes erecta</i>	Flower tea	Dysuria, dysmenorrhoea	Quercetin, Lutein	Anti-inflammatory, antioxidant, mild diuretic, antimicrobial
Calendula	<i>Calendula officinalis</i>	Extract/cream	Vaginitis, cervical erosion, perineal wound healing	Faradiol	Tissue regeneration and anti-inflammatory
Chamomile	<i>Matricaria chamomilla</i>	Tea, essential oil	Dysmenorrhoea, PMS anxiety	Apigenin, α -Bisabolol	Inhibits prostaglandin synthesis, anxiolytic
Evening Primrose	<i>Oenothera biennis</i>	Oil	Cervical ripening, dysmenorrhoea	γ -Linolenic acid	Enhances PGE1 synthesis, promotes cervical ripening

I) Allopathic Practices

Table No. 23: Allopathic Practice.^[11,12,13]

Derivatives	Use
Atropine	Atropa belladonna maternal bradycardia, pre-anesthetic medication
Digoxin	Digitalis purpurea Maternal arrhythmias in pregnancy
Isoflavones	Trifolium pratense Menopausal symptoms

J) Existing Research

- Efficacy Of Topical Application Of **Butea Monosperma** In The Management Of Polycystic Ovarian Syndrome And Quality Of Life Among Women Who Are Diagnosed With PCOS: A Pilot Study – Result- The findings of this study suggest that topical application of Butea monosperma may be an effective therapeutic option for managing PCOS symptoms and improving quality of life in women diagnosed with PCOS.^[14]
- Rose tea for relief of primary dysmenorrhea in adolescents: a randomized controlled trial- Results- Drinking rose tea is a **safe, inexpensive, readily available, and simple complementary therapy** that can effectively reduce menstrual pain, distress, and anxiety while improving psychophysiological well-being in adolescents with primary dysmenorrhea.^[15]

K) Practical Difficulties

Table No. 24: Practical Difficulties.

Aspect	Practical Challenge	Strategic Solution
Availability	Seasonal nature of flowers limits continuous therapeutic use	Cultivation, herbal gardens, preservation as dried drugs or extracts
Consistency	Phytochemical variation due to climate, soil, and harvesting stage affects efficacy	Standardization protocols and analytical techniques (HPTLC/HPLC)
Authenticity	Risk of misidentification and substitution of similar flowers	Botanical authentication and pharmacognostic validation
Stability	Loss of volatile oils and bioactive compounds during storage	Airtight, cool, dry, light-protected storage; use of stabilized extracts

2. CONCLUSION

From sacred symbolism to clinical relevance, *Pushpa's* hold a unique place in *Stree Roga* and *Prasuti Tantra*. Flowers are not merely ritualistic but pharmacologically significant agents bridging classical wisdom and contemporary science. Integrating *Pushpa*-based therapies with evidence-based practice can enhance holistic women's healthcare, offering safe, natural, and effective solutions across gynecological and obstetrical conditions while preserving the essence of *Ayurveda* principles. Also *Ahara Kalpana* using flowers and *Pushpa* as first line of treatment is underexplored and there is a future scope of further research.

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