

# **INTERNATIONAL JOURNAL OF AYURVEDA360**



**AYURVEDA  
360**

**PEER-REVIEWED  
BIMONTHLY JOURNAL**



**| [www.ayurveda360.in/journal](http://www.ayurveda360.in/journal)**

**ISSN**

**PRINT:**

**3048-7382**

**ONLINE:**

**3048-7390**

**2025**

**VOLUME 1**

**ISSUE 5**

**MARCH-**

**APRIL**

CASE STUDY

Access this article online



Website:  
[www.ayurveda360.in/journal](http://www.ayurveda360.in/journal)

ISSN  
PRINT: 3048-7382  
ONLINE: 3048-7390  
Bimonthly Journal

Publication History:

Submitted: 25-February-2025  
Revised: 29-March-2025  
Accepted: 14-April-2025  
Published: 15-April-2025



How to cite this article:

Dixit, K., Bhardwaj, A., & Dave, H. H. (2025). *Hetuvyadhikar Roga in Ayurveda: Menstruation Irregularity Associated with Type 2 Diabetes – A Case Study*. *International Journal of Ayurveda360*, 1(5), 380–389.  
<https://doi.org/10.63247/3048-7390.vol.1.issue5.12>

**Hetuvyadhikar Roga in Ayurveda: Menstruation Irregularity Associated with Type 2 Diabetes – A Case Study**

**Dr. Kusum Dixit\* Dr. Ankit Bhardwaj\*\* Dr. Hetal H. Dave\*\*\***

\*MD Scholar, Department Of Samhita Siddhanta, National Institute of Ayurveda, Jaipur,  
<https://orcid.org/0009-0002-9245-3826>

\*\* Asst. Professor, Department Of Samhita Siddhanta, Sri Sai Ayurvedic P.G. Medical College & Hospital, Uttar Pradesh, <https://orcid.org/0009-0004-9833-0231>

\*\*\* Associate Professor, Department Of Prasutitantra-Streeroga, National Institute of Ayurveda, Jaipur  
<https://orcid.org/0009-0005-1933-9682>

Abstract

**Introduction:**

In Ayurveda, the concept of *Hetuvyadhikar Roga* refers to the development of a secondary condition (*Paratantra Vyadhi*) as a consequence of a primary disease (*Swatantra Vyadhi*). This case study explores the clinical application of this Ayurvedic principle in the management of a female patient suffering from irregular and heavy menstruation, diagnosed with hypermenorrhoea (*Asrigdara*, specifically *Kapha-Pittaja* type), along with newly diagnosed type 2 diabetes mellitus (T2DM).

**Methods:**

A 38-year-old female presented with irregular and excessive menstruation, diagnosed as *Asrigdara* (*Kapha-Pittaja* type), and was concurrently diagnosed with T2DM. Diagnostic work-up, including laboratory tests and ultrasonography, revealed PCOD morphology. Ayurvedic treatment was focused on the *Dosha Pratyanka* and *Vyadhi Pratyanka* approaches, beginning with *Vamana* (therapeutic emesis), followed by oral administration of Ayurvedic formulations such as *Avipattikara Churna*, *Kutki Churna*, and *Ashokarishta*. The patient was also advised on a *Pitta-pacifying diet* and lifestyle changes.

## Results:

Over the course of one year, the patient demonstrated significant improvement in menstrual regularity and reduced bleeding intensity. The use of sanitary pads decreased from 27–28 pads per cycle to 10 pads. HbA1c levels improved from 12.2% to 8.3%, and fasting glucose levels reduced from 180 mg/dL to 106.5 mg/dL. Menstrual cycles normalized within six months of initiating treatment.

## Discussion:

This case study highlights the efficacy of treating *Asrigdara* (hypermenorrhoea) as the primary disorder, which led to favorable outcomes in the secondary condition of T2DM. The interrelationship between PCOD, menstrual irregularities, and metabolic disturbances underscores the Ayurvedic concept of *Nidānarthakara Roga*. The holistic approach to managing both conditions concurrently, using classical Ayurvedic principles, demonstrates clinical relevance in treating complex metabolic and reproductive disorders.

## Keywords:

**Ayurveda**, *Hetuvyadhikara Roga*, hypermenorrhagia, diabetes mellitus, *Asrigdara*, *Madhumeha*, case study.

### Address for Correspondence:

Dr. Ankit Bhardwaj, Asst. Professor, Department Of Samhita Siddhanta, Sri Sai Ayurvedic P.G. Medical College & Hospital, Uttar Pradesh, Email Id: hanib921@gmail.com

### Licensing and Distribution



This work is licensed under a **Creative Commons Attribution 4.0 International License**. (<https://creativecommons.org/licenses/by/4.0/>) You are free to share, copy, redistribute, remix, transform, and build upon this work for any purpose, even commercially, provided that appropriate credit is given to the original author(s) and source, a link to the license is provided, and any changes made are indicated.

### Publisher Information

This journal is published under the tradename **Ayurveda360**, which is registered under UDYAM-KR-27-0044910.