

Premature Ovarian Failure – Investigations, Protocols, and Ayurvedic Management with Clinical Cases.

Chavan Anjali V¹, Dr. Bhalgat Madhuri², Dr. Mehetre Kaustubh³

¹PG Scholar, ²Professor and HOD ³Guide Professor,

Department of Prasutitantra evum strirog vidnyan.

SVNH'T Ayurved Mahavidyalay, Rahuri Factory, Rahuri, Maharashtra, India

Abstract: *Premature Ovarian Failure (POF), also termed Primary Ovarian Insufficiency (POI), is defined as ovarian dysfunction before the age of 40 years, presenting with amenorrhea, estrogen deficiency, and infertility. Diagnosis requires menstrual history, hypergonadotropic hypogonadism, low ovarian reserve markers, and exclusion of genetic/autoimmune etiologies. Ayurveda correlates POF with Artava-kṣaya, Beeja-duṣṭi, Dhātu-kṣaya, and Vāta-vṛddhi conditions as explained in Charaka Samhita (Chikitsa Sthana 30/211)¹ and Aṣṭāṅga Hṛdaya (Sutra Sthana 12/1–3)². This article reviews clinical features, investigations, protocols, Ayurvedic management strategies, and clinical outcomes*

Keywords: Premature Ovarian Insufficiency, Primary Ovarian Failure, Artava-kṣaya, Beeja-duṣṭi, Rasayana, Vata-dushti, Ayurvedic gynecology

