

Composition

Dubarel™ syrup: Each 5 ml syrup contains extracts of *Saraca indica* 1.52 gm, *Nigella sativa* 15.15 mg, *Cyperus rotundus* 15.15 mg, *Zingiber officinale* 15.15 mg, *Berberis aristata* 15.15 mg, *Nelumbium nucifera* 15.15 mg, *Mangifera indica* 15.15 mg and *Adhatoda vasica* 15.15 mg with some other herbs as per BNAF.

Description

Abnormal uterine bleeding is a special manifestation commonly encountered during a woman's reproductive phase and approximately 20% of the female patients visiting a general gynaecologist with this problem. Ayurveda, an ancient system of Indian medicine cited several herbs, which are useful in abnormal uterine bleeding. Aushokarist (*Saraca indica*, *Mangifera indica* and *Adhatoda vasica*) is scientifically proven and effective for the treatment of different uterine disorders.

Pharmacology

Saraca indica is one of the most popular remedy for menstrual disorders and female hormonal imbalances. The principal constituents of this tree are steroidal component and a calcium salt. The bark of *Saraca indica* contains an estrogenic compound called ergosterol. Other important chemical contents of *Saraca indica* are alkene esters, tannin, catechin, catechole and epicatechin. The herb has a stimulatory effect on the ovarian tissue, which may produce an estrogen-like activity that enhances ovulation and repair of the endometrium. It is a potent haemostyptic agent, also having stimulating effect on the muscular fiber of the uterus. It nourishes the blood, female reproductive organ and maintains healthy production of female hormones. It helps to regulate the menstrual cycle by controlling hypothalamic-pituitary-ovarian axis. *Saraca indica*, a proven PGH2 synthetase inhibitor, which effectively controls bleeding. *Saraca indica* is recommended in formulations for the management of pain with relation to uterus as anodynes. Beside these, the herb also has significant broad spectrum antibacterial activity. *Mangifera indica* is astringent, antiemetic and useful in haematocoagulatory disorders, uterine inflammation and diseases. It is an excellent vitalizer of the female genitourinary tract and tones it up to protect from number of disorders. It cures the menstrual pain and controls the uterine activity. It has also an antibacterial and antiviral properties. *Cyperus rotundus* is effective in the treatment of anemia and general weakness. *Adhatoda vasica* has antihemorrhagic activities and it is beneficial in dysfunctional uterine bleeding and an useful remedy in disorders of the uterus. The combined action of all these herbs help in ovulation, conception and proper implantation, which ultimately lead to normal pregnancy. The possible mechanism of combined ingredients of Dubarel™ could be attributed to their synergistic action.

Indication

- Dysfunctional uterine bleeding (DUB)
- Secondary amenorrhea
- Menorrhagia
- Poly cystic ovarian syndrome (PCOS)
- Infertility

Dose and administration

Above 12 years and Adult: 2 - 3 teaspoonfuls (10 - 15 ml) 2 - 3 times daily after meal for 3 - 6 months or as directed by the physician.

Side effects

No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages.

Contraindication

No known.

Drug interactions

No known.

Pregnancy and lactation

Should not be used.

Storage

Store at cool and dry place below 30° C temperature away from direct sunlight & moisture. Keep the medicine out of the reach of children.

How supplied

Each PET bottle contains 200 ml Dubarel™ syrup.

Manufactured by

SQUARE PHARMACEUTICALS LTD.
AYURVEDIC DIVISION

Bangladesh