

Remedies for Late Periods: Modern + Ayurvedic Guide



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by Dr Seema Gupta 

Introduction: Understanding Late Periods

A late or missed period can cause anxiety, especially when pregnancy is ruled out. For many women, delayed menstruation is temporary and related to stress, hormonal imbalance, or lifestyle shifts. In Ayurveda, this condition is called *Artava Kshaya* or *Rajonivrutti*, meaning irregular or absent menstrual flow due to Dosha imbalance.

This guide blends **modern science and Ayurveda** to help you understand, manage, and prevent delayed periods safely and naturally.



What Is a Normal Period Cycle?

A healthy menstrual cycle usually lasts **28–32 days**, though it may vary slightly. A delay of **up to 7 days** is considered normal. If your cycle exceeds **35 days** regularly, or you skip periods for **more than two months**, it's known as **oligomenorrhea** (infrequent menstruation).

Modern medicine attributes this to hormonal or ovulatory issues, while Ayurveda relates it to an imbalance in **Vata** and **Pitta Doshas**.



Common Causes of Late Periods (Modern View)

1

Stress and anxiety

Elevated cortisol can disrupt ovulation.

2

Weight changes

Rapid loss or gain affects hormone levels.

3

Thyroid imbalance

Hypothyroidism delays menstruation.

4

PCOS (Polycystic Ovary Syndrome)

A leading cause of irregular cycles.

5

Excessive exercise or dieting

Low body fat affects reproductive hormones.

6

Certain medications

Birth control, antidepressants, and steroids can delay periods.

📅 **Tip:** Track your cycle using apps and consult a gynecologist if your delay lasts over 45 days.

Ayurvedic View on Delayed Periods

In Ayurveda, menstrual health reflects the balance of the **three Doshas**:

Vata

Controls movement — when aggravated, it causes delay or irregularity.

Pitta

Manages transformation — its excess can lead to heavy or early periods.

Kapha

Governs structure — when high, it causes sluggish flow and delay.

Ayurveda emphasizes **correcting the root imbalance** rather than suppressing symptoms.



Ayurvedic Remedies for Late Periods

1. Herbal Remedies



Ashoka (*Saraca indica*)

Balances hormones and supports uterine tone.



Lodhra (*Symplocos racemosa*)

Helps regulate menstrual flow.



Shatavari (*Asparagus racemosus*)

Nourishes reproductive tissues.



Triphala

Promotes detox and balances digestion.

2. Home Practices

- Drink **warm water** with a pinch of dry ginger or cinnamon daily.
- Apply **castor oil pack** on the lower abdomen for 15 minutes to ease Vata.
- Take **Abhyanga (self-massage)** with sesame oil 3–4 times a week.

Ayurvedic Remedies for Late Periods (with Doses)

1. Herbal Remedies

Herb	Ayurvedic Name & Form	Suggested Dose	How to Take	Benefits
Ashoka	<i>Saraca indica</i> bark powder or Ashokarishta	10–15 ml of Ashokarishta twice daily after meals (or 1 tsp powder with warm water)	Take after food with equal water	Regulates hormones, tones uterus, reduces cramps
Lodhra	<i>Symplocos racemosa</i> bark powder	1 tsp (3 g) twice daily	Mix with honey or lukewarm water	Controls excessive discharge and delays
Shatavari	<i>Asparagus racemosus</i> root powder or tablet	1 tsp (5 g) twice daily or 1 capsule (500 mg) twice daily	Take with warm milk	Nourishes reproductive tissues, balances estrogen
Triphala	Powder or tablet	1 tsp (3 g) at bedtime	Take with warm water	Improves digestion and hormone detox
Hingvastak Churna (optional)	Classical Ayurvedic formula	1 tsp before meals	Take with ghee or warm water	Reduces Vata and supports regular flow



⚠️ Note: Herbal doses are for adults and meant for general wellness. Always consult an Ayurvedic practitioner before starting if you're pregnant, breastfeeding, or on other medication.



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How to Combine These Herbs: 7-Day Routine for Delayed Periods

This short herbal routine supports hormonal balance and improves menstrual regularity. Follow it for 7–10 days or until your period starts, unless advised otherwise by your doctor.

Time	Remedy	Dosage & Method	Purpose
Morning (empty stomach)	Warm water with 1 tsp Triphala powder	Mix with lukewarm water and drink slowly	Gently detoxifies and supports digestion
After breakfast	Ashokarishta	15 ml mixed with equal water	Balances hormones and strengthens uterus
Afternoon (after lunch)	Shatavari powder	1 tsp with warm milk	Nourishes reproductive tissues and reduces stress
Evening (before dinner)	Lodhra powder	1 tsp with honey or warm water	Helps correct hormonal rhythm
Before bed	Sesame oil Abhyanga <i>(gentle lower abdomen massage)</i>	Warm oil applied for 5–10 minutes	Reduces Vata and promotes menstrual flow

Additional Daily Tips

- Eat warm, home-cooked meals and include jaggery, sesame, and ghee.
- Avoid cold drinks, raw salads, and skipping meals.
- Practice gentle yoga poses like Butterfly, Bridge, and Child's Pose.
- Sleep by 10:30 PM for proper hormonal reset.

  **Note:** If your period doesn't start after 10 days or delays repeat often, seek medical or Ayurvedic consultation for deeper evaluation.

Diet for Regular Periods

To Include

- Warm soups, ghee, sesame seeds, dates
- Jaggery water, cumin tea
- Iron-rich foods like spinach, beets
- Herbal teas (Tulsi, Cinnamon)

To Avoid

- Cold drinks, raw salads, caffeine
- Excess sugar and fried snacks
- Skipping meals
- Late-night eating

Balanced digestion and consistent meal timing are crucial for regular cycles.

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Modern Remedies and Lifestyle Support

1. Medical Support

Hormonal therapy

Prescribed if ovulation issues persist.

Thyroid medication

For hypothyroidism-induced delay.

Metformin

Commonly used for PCOS management.

2. Lifestyle Changes

- Sleep at the same time daily.
- Limit screen time before bed.
- Practice light exercises like walking or yoga instead of high-intensity workouts.

3. Stress Relief

Chronic stress directly affects hormones. Try:

- Meditation and deep breathing
- Yoga Nidra
- Journaling or aromatherapy



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Yoga for Hormonal Balance

Effective Yoga Poses

01

Baddha Konasana (Butterfly Pose)

Improves pelvic circulation.

02

Setu Bandhasana (Bridge Pose)

Balances thyroid hormones.

03

Bhujangasana (Cobra Pose)

Stimulates uterine function.

04

Balasana (Child's Pose)

Relieves stress and anxiety.

Practice these daily for 15–20 minutes with calm breathing.



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When to Seek Help

See a doctor or Ayurvedic practitioner if:

Your delay extends beyond **45 days** more than twice a year.

You have severe pain, mood swings, or acne.

You suspect PCOS, thyroid problems, or anemia.

📌 👉 Combining **modern diagnostics** (ultrasound, hormone tests) with **Ayurvedic management** offers the best long-term results.



Summary & Takeaway

Delayed periods are common and often reversible.



Identify your cause

Stress, diet, or hormonal imbalance.



Support your cycle naturally

Through warmth, rest, and mindful eating.



Consult a doctor

If delays are frequent or accompanied by pain.

Ayurveda reminds us that balance in body and mind reflects in every cycle. Be patient, consistent, and kind to your body — your rhythm will return.



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