



## ROLE OF AYURVEDIC INTERVENTION IN THE MANAGEMENT OF ASRUGDARA

Markit Pohlong<sup>1\*</sup> and Papiya Jana<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, Department of Prasooti Tantra and Stree Roga, Sri Kalabyraveswara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru, Karnataka, India.

<sup>2</sup>Professor, Department of Prasooti Tantra and Stree Roga, Sri Kalabyraveswara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru, Karnataka, India.

\*Corresponding Author: Dr. Markit Pohlong

Post Graduate Scholar, Department of Prasooti Tantra and Stree Roga, Sri Kalabyraveswara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru, Karnataka, India.

Article Received on 15/07/2022

Article Revised on 05/08/2022

Article Accepted on 25/08/2022

### ABSTRACT

Menstrual disorders are one of the commonest gynaecologic complain seen in this present time. Menorrhagia is a commonest gynecological problem characterized by cyclic bleeding in excessive amount or duration or both among 30% of women in reproductive age. Asrgdara or Raktapradara in Ayurveda is characterized by excessive or prolonged menstruation with or without inter-menstrual bleeding. In modern medicine haemostatic, analgesic and hormonal therapies are advised for menorrhagia, which has limitations. Hence it is need of time to have an integrated and comprehensive therapeutic intervention in Ayurveda to prevent recurrence. Sodhana and Shamana therapies are advised but if Ragnabala is diminished then only Shamana is advisable. Many herbal and herbomineral preparations are mentioned in Ayurveda to cure Asrgdara and related symptom which can be used as per Dosha involvement and Lakshana. Here is a case study diagnosed with VataPittaja Asrigdara. The main principle of treatment adopted here is raktastambhana constituting Kashaya Rasa and Pittashamaka dravyas.

**KEYBOARDS:** Asrgdara, Dysfunctional uterine bleeding, Heavy bleeding.

### INTRODUCTION

Menstruation is the monthly visible manifestation of the cyclic physiologic uterine bleeding due to shedding of the endometrium with a duration of 4-5 days and the menstrual cycle extends from beginning of a period to the beginning of the next menstrual period which accounts of 28 to 30 days duration. Asrgdara means Dirana i.e. excessive excretion of Asruk. Due to Pradirana of excessive Raja, it is also termed as Raktapradara. This condition is one of the condition which can be categorized under abnormal uterine bleeding and it is considered to be DUB where the patient is having menorrhagia without any underlying pelvic pathology. DUB is chiefly defined as a state of abnormal uterine bleeding following anovulation due to dysfunction of H-P-O axis It is common problem among women in the reproductive age. Excessive menstrual blood loss interferes with the woman's physical emotional social and psychological quality of life.

### CASE REPORT

A moderately built female patient aged 20 years who is a student visited the Stree Roga OPD of SKAMCH&RC with complaints of excessive bleeding per vaginum since

7 months associated with body ache and weakness since 3-4 months.

#### Past history

Nothing significant.

#### Surgical history

Nothing significant.

#### Koutambha vruttanta

All family members are said to be healthy.

#### Personal history

Diet – Mixed  
Appetite – Good  
Bowel – Once a day, Regular  
Micturition – 4-5 times/day  
Sleep – Sound  
Habits – coffee: twice a day

#### Rajo vruttanta

Menarche – 14 years  
LMP –26/10/2020

Menstrual History	Past history	Present history
Duration of menstrual blood flow	3-5 Days	7-8 Days
intermenstrual bleeding	Absent	Absent
Regularity of Menstrual cycle	Regular	Regular
Intensity of flow(maximum no. of pads used in one day)	3- 4 pads	6-8 pads
Character of flow	Without clots	With clots
Pain	Moderate	Severe
Foul smell	Absent	Absent
Colour	Red	Red

**General examination**

Built – Moderate

Nourishment – Moderate

Pallor – present

Oedema – Absent

Clubbing – Absent

Cyanosis – Absent

Icterus – Absent

Lymphadenopathy – Absent

Height – 158 cm

Weight – 52 kg

BMI – 20.8 kg/m<sup>2</sup>

Pulse Rate – 70 beats/minute

BP – 110/70 mm Hg

Respiratory Rate – 22 cycles/minute

Heart Rate – 80 bpm

Temperature – 98°F

Tongue – uncoated

Desha – Sadharana

Bala – Avara

Sara – Madyama

Samhanana –Madyama

Pramana – Madyama

Satmya – Vyamishra

Satva – Madyama

Ahara shakti – Madyama

Abhyavarana shakti: Avara

Jarana shakti: Avara

Vyayama shakti – Avara

Vaya– Madyama

**Ashta sthana pareeksha**

Nadi – 70/min

Mootra – 4-5 times a day, once at night.

Mala– once/day, regular

Jihwa – Alipta

Shabdha- Prakurta

Sparsha –Prakurta

Drik– Prakurta

Akruthi-Madyama

**Dashavidha pareeksha**

Prakruti– Vata kapha Vikruti

Dosha –Vata pitta

Dushya – Rasa, rakta

**Intervention**

Date year	Complaints	Treatment given
02/11/2020 Lmp – 26/10/2020	Excessive bleeding per vaginum, pain abdomen, backache, and feeling of tiredness	Musali khadiradi kahaya 20 ml/ with warm water/ bd/bf/ * 1 month 2) tab himcospaz 1 tab/tid/af/ during menses
09/11/2020	Patients came with the reports	Punarnava mandura 1 tablet/bd/ af 2) drakshamalaki rasayana 1 tsp/ bd/bf/with milk 1 month
31/12/2020 Lmp- 24/12/2020 Plmp- 27/11/2020	Mh – 5 days / 28- 30 days Normal flow Pain – reduced Clots – no clots D1= 3 pads/day ( half soaked) D2 to d3 = 5 pads/day ( fully soaked) D4 to d5= 3 pads/day ( half soaked)	1) punarnava mandura 1 tab/bd/bf 2) yoshajeevana lehya 1 tsp/bd/af/with milk 3) ashokarishtam 2tsp/tid/af/with 4tsp water 4) tab himcospaz 1 tab / af/ during periods 5) usheerasavam 1 tsp / tid/af
Follow up	Patient is feeling better Dysmenorrhoea- absent	

	Clots- absent Foul smell – absent Bleeding – moderate	
--	---	--

## DISCUSSION

The clinical features of Asrigdara is Atipravrutti (excessive flow), Athyadhika kala Artavasrava (prolonged bleeding) and pravruttam anrutavapi (intermenstrual bleeding). Dosha and Dushya involved are .Vata, Pitta and Rakta. The vitiation of doshas are due to intake of Lavana, Amla, and Vidhahi ahara leading to vitiation of Raktadosha. Viharaja nidana are Shoka and bhaya leading to vitiation of Vatadosha. Asrigdara is the result of rakta Dushti and raktapramana utkramya and there is vitiation of apana vayu as well. Dysfunctional Uterine bleeding is a condition where there is no underlying pelvic pathology but presents with menorrhagia. The causes could be varied and stress and anxiety is considered to be one of the cause that can lead to hormonal imbalance. With the medications like musalikhadiradi kashaya which contains musali, khadira, amalaki, gokshura, jambu and shatavari which are mainly vatapittahara and having sheeta veerya helps in doing stambhana and thereby reduces bleeding. Punarnava Mandura due to its Pitta-Kapha Shamaka property, Pandughna, Rasayana, Deepana-Pachana, Raktavardhaka, and Anulomana properties helps in correction of metabolism, increases iron absorption, and improves blood formation. Yoshajeevana lehya contains Draksha, Shatavari, Kumari, Shwetamusali, Srigandha, Tarunipushpa which are having madhura, tikta rasa and sheeta veerya and vatapitta shamaka and balya kara thereby helps in treating anaemia as well as reducing bleeding. Ashokarishtam contains drugs like ashoka, guda, dhataki, musta, shunti, ajaji, daruharidra, utpala, haritaki, vibhitaki, amalaki, amrasthi, jeeraka, vasa, chandana, having properties like sheeta veerya, tikta, madhura rasa, deepana pachana action helps in regulating the menstruation by correcting the agni and finally the functioning of the female reproductive system. Usheerasavam is mainly pitta shamaka and hemostatic. Thus useful in bleeding disorders and reducing painful menstruation. Ayurvedic treatment can provide successful results in treating menstrual disorders and as well manage the complications like anaemia, weakness, and general debility which are caused due to excessive bleeding.

## CONCLUSION

Ayurvedic formulations provide combination of raktastambhana and rasayana properties thereby helps in speedy recovery of the patient suffering from asrigdara.

## REFERENCE

1. Charaka Samhita: Acharya Priyavrata Sharma:Delhi, Chaukhamba Sanskrit pratishthan; Reprinted, 2015; 779.

2. Dutta DC. Textbook of Gynecology: kolkata: new central book agency (P) ltd; sixth edition, 180.
3. Sahasra yoga, kashaya prakara Vaidya Jadavji Tirkamji Acharya., editor. 2nd ed. Varanasi: Chaukhamba Surbharati Prakashana, 2005; 2: 530.