

Review on Ayurvedic Management of Asrgdara (Menorrhagia)

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ABSTRACT

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 Rughnabala 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 Anubandha Dosha and Lakshana. Since Asrgdara is mainly due to VataPitta Dosha; Kashaya Rasa and Pittashamaka Chikitsa may be adopted. Ayurvedic formulations help in breaking down the pathogeneses of Asrgdara and its recurrence.

Keywords: Asrgdara, Nidan-Samprapti, Chikitsa, Ayurveda

INTRODUCTION

Asrgdara means Dirana i.e. excessive excretion of Asruk. Due to Pradirana of excessive Raja is also termed as Raktapradara. [1] In Modern it is correlated with menorrhagia. It is defined as cyclic bleeding at normal intervals, the bleeding is either excessive in amount (>80ml) or duration (>7days) or both. [2] 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. In India reported prevalence of AUB is around 17.9%. [3] It leads to loss of reproductive function and may result in surgical intervention. WHO reports that 18 million women aged 30-55 years perceive their menstrual bleeding exorbitant. Here a review on Asrgdara and its Dosha pratyaneeka Chikitsa in Ayurveda with the etiological factors, pathogenesis and management of Asrgdara with herbo-mineral and herbal formulations are mentioned.

Aim: Aim of this review is to evaluate and discuss about Asrgdara, its etiology and pathogenesis.

Objective: Is to elaborate the Ayurveda management of Asrgdara

MATERIAL AND METHOD

Review of literature from Brihatrayee and other Ayurveda literatures related to Asrgdara, and from e-sources were compiled.

CONCEPTUAL STUDY:

Definition of Asrgdara according to Ayurveda:

The quantitative increase in blood it termed as Asrgdara and excessive discharge of blood is termed as Pradara. [3] Excessive flow and prolonged duration of menses during menstrual cycle or inter-menstrual bleeding known as Asrgdara. [4] All type of Asrgdara associated with body ache and pain [5] with excessive burning sensation in lower portion of groin, pelvic region, back renal angle. [6]

According to modern Asrgdara is correlated with menorrhagia. It is Greek word men= menses and rrhagia =burst forth. It is cyclic

bleeding at normal intervals, the bleeding is either excessive in amount i.e. >80ml or duration i.e. > 7 days or both.

ASRGDARA NIDAN [7,5,8]

| Aharaja | Rasa | Guna | Virya | Vipaka | Karma | Dravya |
|---------------------|--|---|-------------|--------|---|---|
| | Amla Lavan Katu | Guru Snigdha Ushna Sara Sukshma | Ushna | Katu | Dhatvagnimandya strotodushitikara Rakta atipravrutti Raktavikaras Daurbalyata Vidaha Abhishyand Pandu | Gramya and Oudaka Mamsa, Dadhi Payasa Sukta Mastu Sura Krushra Virudhaahaa Madhya Adhyasan Ajirna |
| | Vataja | Pittaja | Kaphaja | | | |
| Viharaja | Atimaitun Ati Yana Atiadhva Atikarshan Bharvahan Garbhaprapata | | Diwa swapna | | | |
| Manasika | Shoka, Krodha, Bhaya | | | | | |
| Anya | Abhighataja Vatapurita Kshseeranadi | | | | | |
| Clinical conditions | Pitta vriddhi, Pittajartava dushti, Pittavruta Apana Vata, Kunapagandhi Artavadushti, Asruja, Lohitakshara, Rakta yoni, Paripluta. | | | | | |

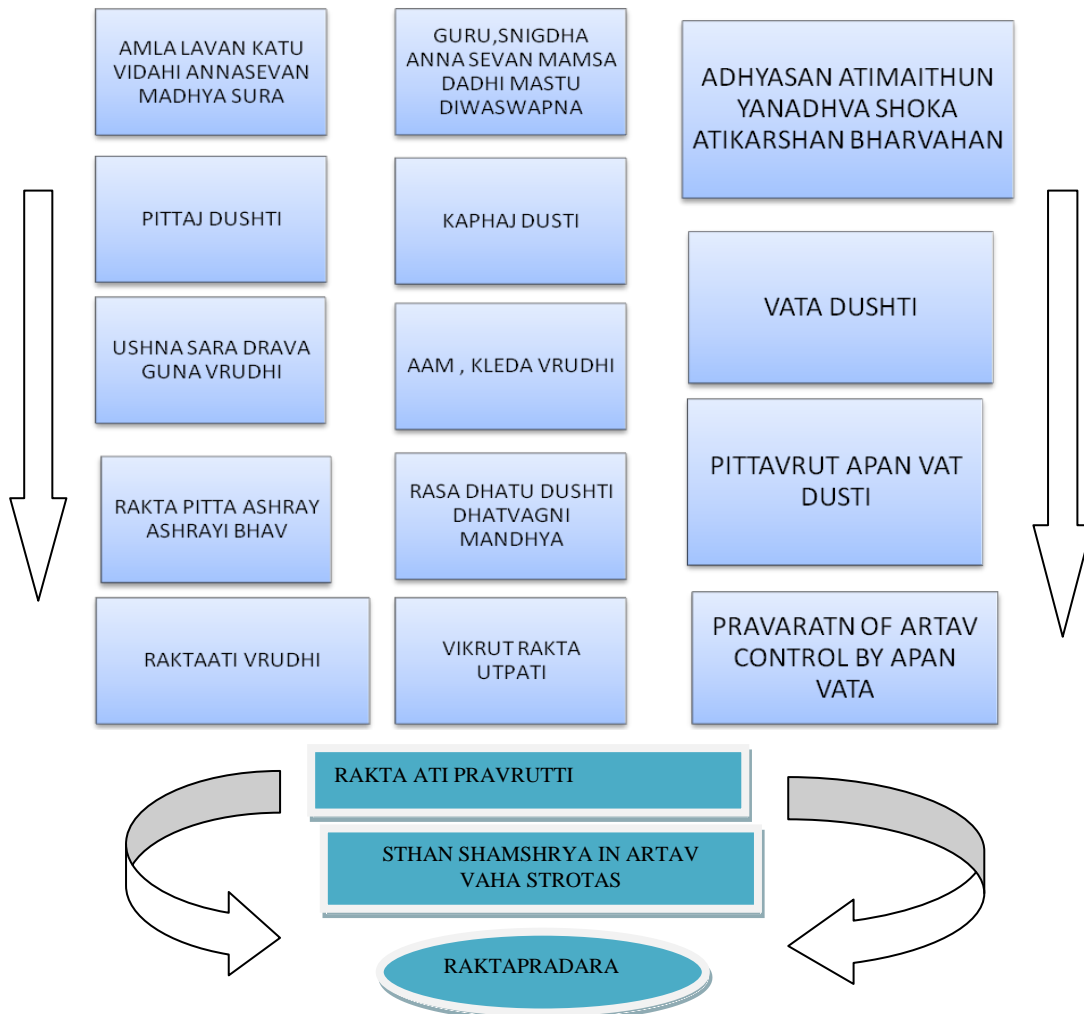


Fig.No. 1. Samprapti of Asrigdara

TYPES OF ASRGDARA WITH SPECIFIC CHARACTERISTICS: [9,5,10-15]

1. Vataja: Menstrual blood is frothy thin rough blackish or reddish kinshukodaksankasha, Pishitodaksankabha, lohagandhi, expelled with or without pain, discharge repeatedly in small amounts. Severe pain in sacral groin, cardiac region, flanks, back and pelvic, vatika type of pain.
2. Pittaja: Menstrual blood is blue, yellow colour, hot, expelled profusely repeatedly with pain. Aamgandhi, Gomutrabha, Katurasa, Disliked by ants, does not clot, Gruhadhuma, Rasanjana sadrasa, Katurasa spreads evenly when dropped in water.
3. Kaphaja: Menstrual blood is Slimy Pale Heavy Unctuous Cold Mucoid Thick and discharged with Mild pain.

Relatively more bleeding, Gairikodaka excretedslowly, clots like mamsapeshi, kovidarpushpasadrashya, vasagandhi, Pulaktoypratimam, lavanrasa associated with vomiting loss of appetite nausea kasa swasa.

4. Sannipataja: Menstrual blood is Kanjikabham, blue like bronze, yellow, foul smell, the flow resembles ghee, vasa and Majja associated with thirst burning sensation, anemia, weakness and all combine symptoms of Tridosha.

UPADRAVA: [8]

Daurbalya, Brhma, Murcha, Tama, Daha, Pralap, Panduta, Tandra, Vataja roga like Akshepaka.

PROGNOSIS: [17,18]

Incurable: Sannipataja and if there is features of continue bleeding Trushna Daha Jwara Daurbalyata Tama Andhakar Swasa Vataja roga.

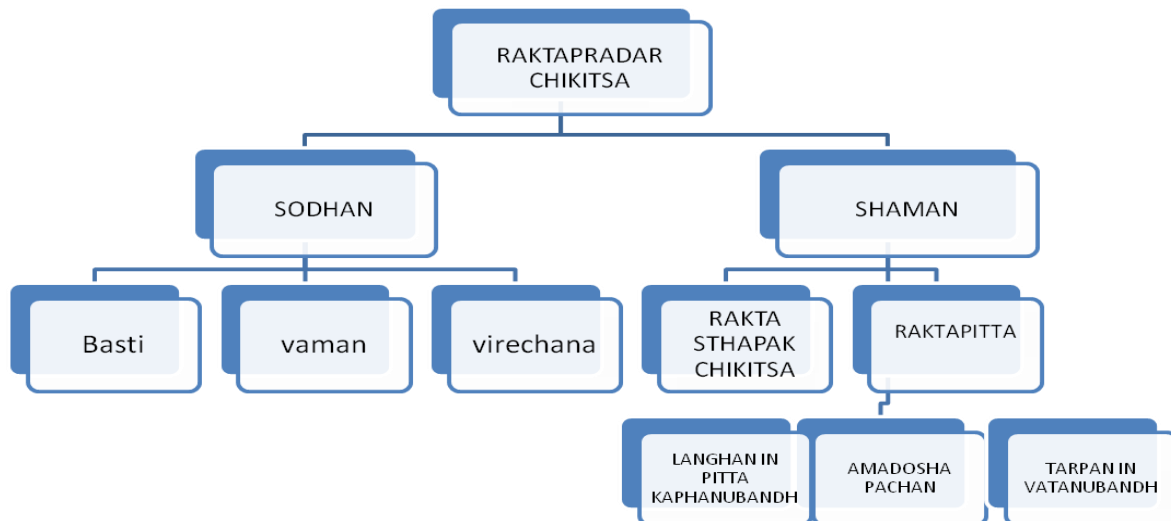


Fig.No.2 Chikitsa Sutra of Asrigdara in Ayurveda

SHAMAN CHIKITSA

DRUGS FOR EXTERNAL USE:

1. Vyaghranakhi (Solanum surattense) grown in the northern direction at uprooted during Uttarphalguni Nakshatra the root tied around waist cures Rakstapradara. [10]
2. Shatapushpa oil for Nasya and Abhyanga is beneficial. [11]

DRUGS FOR INTERNAL USE:

KASHAYA :

1. Pradarhara Kashaya: Kashaya Of Khadira, Sita, Bala, Asana, Sariva, Vasa, Japa, Musta, Salmali Twak, Amalaki administered with sugar and honey. [12]
2. Asrgdarahara kashaya : Musta, Guduchi, Madhuka, Chandana, Sevyo, Viswa, Masa, Agnimantha, Kana, Mudga, Kulatha, Chitraka administered early morning with honey. [13]

3. Vasadi Kashaya: Vasa, Apamarga, Udumbara, Twak, Shatavari, Usheera, Bala, Jivakamula, Twak, Administered With Sarkara And Ghrita. [14]
4. Pathyamalakyadi Kashaya : Haritaki, Amalaki, Bibhitaki, Sunthi, Devdaru, Haridra is administered with Ksaudhra and Lodhra Churna. [15]

KALKA AND CHURNA:

1. Kalka of Tanduliyaka Mula with Madhu or Rasanjana with Madhu and rice water. [16]
2. Rasanjana and Laksha Churna taken with goats milk. [17]
3. Pushyanug Churna : Patha, Jambu, Amra, Silajita, Rasanjana, Ambashtha, Mocharasa, Samanga, Kesar, Ativisa, Mustaka, Bilwa, Lodhra, Gairika, Katphala, Marich, Sunthi, Mridhwika, Raktachandan, Katvanga, Vatsaka, Ananta, Ghataki, Madhuka, Arjuna administered with honey followed by rice water. [18]
4. Vishveladi Churna : Shunthi, Ela, Kana, Musali, Gokshura, Vanshi, Sita. [19]

KSHEER PRAYOGA:

1. Ashoka Ksheer Paka: Properly prepared cooled milk with decoction of Ashoka Valkala. [20]

MODAKA:

1. Alabu phala or Malaya (Kakodambari) mixed with equal quantity of sugar and honey. [21]

AVALEHA:

1. Madhukadhyavleha : Madhuka, Chandana, Laksha, Rakta Utpala, Rasanjana, Kusa mula, Balamula, Vasaka mula, Bilwa seeds, Mustaka, Bilwamajja, Mocharasa Daruharidra, Dhataki, Pushpa, Ashokatwak, Draksha, buds of Japakusuma, Amrapatra, Nalinipatra, Jambu, Satavari, Vidarikanda, Rajatabhasma, Lauhabhasma Abharaka bhasma, sugar and Shatavari Swarasa [22]
2. Jirakavaleha: Jiraka, Lodhra ksheera ghrita sugar, Chaturjatka, Kana, Vishva, Ajaji Musta, Balaka, Dadima rasaja,

Dhanyaka, Rajani, Shadvasakam, Vanshaja taavsheeri. [23]

3. Khandakushmandavaleha: Kushmanda, sugar, Pippali, Sunthi, Jiraka, Dhanyaka patra, Ela, Maricha, Twak, honey. [24]

GHRITA:

1. Mudgadya ghrit : Mudga masa rasna chitraka musta pippali bilwa. [25]
2. Shalmali ghrit :salamali prushnaparni fruit of kasmari kalka of chandana. [26]
3. Shit kalyanak ghrita : Kumuda Padmaka Usira Godhuma Red Sali Mudagparni Payasa Kasmari Madhuyashti Bala Atibala Utpala Talmastaka Vidari Satpushapa Saliparni Jivaka Triphala seeds of Tripusa unripe fruit of banana milk water Ghrit [27]
4. Mahatikta ghrita: Saptachhad Prativisha Samyaka Katurohini Patha Musta Usira Triphala Parpata Patola Nimbi Manjishtha Pippali Padmaka Sati Chandan Shanwayasa Visala Dwayam Nisadwayam Guduchi Sariva Murva Vasa Sataavri Trayanti Indrayava, Yasti, Bhunimba Ghrit, Amalaki. [28]
5. Shatavari ghrita : Satavari, Milk, Kalka Of Astavarga, Madhuyasti, Chandan, Padmak, Gokshur, Kapikachu, Bala, Nagabala, Salaparni, Prushniparni, Vidari, Sariva, Krushna Sariva, Sarkara, Kasmari. [29]
6. Ashoka ghrita :Murchchit ghrita, asoka twak kwath, Jiraka kwath rice wash goats milk Kesaraj swarasa, Rushabhak, Meda, Mahameda, Kakoli, Kshirkakoli, Vridhi, Madhuyashti, Ashokamula Twaka, Draksha, Satavari, Tanduliyaka mula. [30]

VATI KALPANA :

1. Gokshuradi Guggulu : Gokshur, Guggulu, Trikatu, Triphala, Musta [31]

VARTI KALPANA:

1. Apamargadi varti : Apamarga Mula, Godhuma, Khadira, Ahiphena. Use of this varti, is indicated for control of excessive menstrual flow. [32]

ARISHTA :

1. Ashoakarishtha : Ashoka Twaka Guda Dhataki Ajaji Musta Sunthi Daru Utpala Phalatrika Amrasthi Jiraka Vasa Chandan. [33]
2. Patrangasav : Patranga, Khadira Vasa Salmali Bala Bhallatak Sariva Japa Kusuma Utpala Amrasthi Darvi Bhunimba Ahiphena Bilwa Bhrungraj Twacha Kumkuma Lavang Draksha Dhatki, Sarkara Madhu. [34]

RASAYOGA :

1. Pradarantak Rasa: Sudhasuta, Gandhak, Vanga, Rajat, Kharpar, Varat, Lauha and Ghritakumari. [35]
2. Pradaripu rasa : Rasa, Gandhaka, Sisa, Rasanjan, Lodhra, Vasa administered with Madhu. [36]
3. Bola parpati : Parada, Gandhaka, Bola churna administered with Honey and Sugar. [37]
4. Pradarari rasa : Langabhasma, Lauhabhasma, Ahiphena, rasa Sindura, Raktotpala Rakta Chandan, Ashoka Kwatha [38]
5. Chandrakala rasa : Kajjal, Tamra, Abharak, Musta, Dadima, Durva, Ketaki, Sahadevi, Kumari, Parpata, Ramasitalika, Satavari, Katuka, Guduchi, Satva, Parpata, Usira, Madhavalata, Swetchandan, Sariva and Draksha. [39]

SODHANA CHIKITSA:

• Basti Prayoga :

Basti is beneficial after 2-3 Niruha basti, Uttar basti and it should be given during rutukala as orifice is open thus receives sneha easily, during emergency basti may be used at any time. [40]

1. Rasnadi Asthapan Basti: Rasna, Aragvadh, Katuka, Ushira, Trayaman, Amrita, Panchmula, Bibhitaki and Bala [41]
2. Chandanadi Niruha basti: Chandan, Padhmak, Ridhi, Rasna, Vrisha, Sariva, Lodhra, Manjistha, Bala, Sthira, Trina Panchmula [42]

3. Madhukadi anuvasan basti : Madhuka, Usheer, Kashmari, Katuki, Utpala, Chandan, Shyama, Padmaka, Jimutaka [43]
4. Lodhradi asthapan basti : Lodhra, Chandan, Manjistha, Rasna, Ananta, Bala, Sariva, Kasmari, Meda, Madhuka, Padmaka, Sthira, Trina Panchmula [44]
5. Pichcha basti with Mocharasa and Panchaphala [45]

VAMAN PRAYOGA :

Vaman is mentioned for Adhog Raktapitta. [46]

1. Madanphala, Saktu, Maddhu Sarkara [47]
2. Madanphala manth/ ikshurasa madhu sharkara
3. Madanphala Yastimadhu Nagarmoth kwatha

NASYA PRAYOGA: [48]

1. Shudha go ghrita
2. Vasa ghrita
3. Vasa swarasa
4. Kamalpatra swarasa
5. Shatavari ghrita

DISCUSSION

Shudha artava is one of the most important factor for the healthy progeny. Asrgdara is Sanskrit word which means excessive bleeding from uterus during menses or intermenstrual. It can be correlated with menorrhagia. As the disease is characterized by excessive flow of blood out of the body and blood (rakta) is known to be as vital (Jeeva) its Chikitsa becomes very important. Different types of Samprapti, Dosanubandha and Anubandhita Lakshana are seen in every patient of Asrgdara. So the treatment should depend on the basis of Doshanubandha and Samprapti Vighatana that is Avasthika Chikitsa. Certain herbal or polyherbal ayurvedic drugs are used to reduce raktapradar and its complications. Asrgdara treated with Raktasthambhak, Raktasthapak, Dipan, Pachan Bruhaniya Balya Chikitsa by using Madhur Tikta Kashaya rasa pradhana dravyas in different types of samprapti of Asrgdara. Vata pradhan Raktapradar treated with Madhur Amla

Lavana Snigdha Guru Ushna Anuloman Aushadhi i.e Taila Tila Madhu Lavan Ela Nagar Mamsa rasa etc. and Basti chikitsa. Pitta pradhan Raktapradar treated with Madhur Tikta Kashaya Snigdha Shita Stambhan Dipan Pachan Aushadhi i.e Ghrita Madhuka Lodhra Musta Triphala Nimba Guduchi etc and Virechan chikitsa. Kapha pradhan Raktapradara treated first with Aama pachana chikitsa and then treated with Tikta Katu Kashaya Laghu Stamban Aushadhi i.e Madhu Nimba Lodhra Triphala and Vaman chikitsa. Virechan is appropriate Samanya Chikitsa for Raktapradara as it is mainly use for the Pitta dushti and as pitta and rakta have ashray ashrayi bhava virechan is also beneficial for Rakta dushti.

CONCLUSION

Asrgdara is a common Artavvikara, characterized by excessive uterine bleeding with complications. Modern treatment with analgesics and hormonal therapy has limitations, side effects and which also leads to the recurrence of disease. Ayurveda have number of herbal and polyherbal compound drugs useful to manage Asrgdara and related symptoms and complications.

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