AYURVEDIC MANAGEMENT OF ASRIGDARA – A CLINICAL STUDY

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ABSTRACT

A normal menstruation denotes a healthy state of female reproductive system. If the menstrual bleeding is abnormally excessive, prolonged and is associated with pain, it indicates some underlying pathology. The severity of pathology may vary from simple hormonal imbalance to dreaded genital malignancy. The abnormal menstrual cycle not only disturbs the general health, it also disturbs routine work schedule of the woman and her entire family. In addition to this it also causes financial burden. The word “Asrigdara”[1,2,3] explains about prolonged and excessive bleeding. DUB is defined as a state of abnormal per vaginal bleeding without any clinically detectable organic pelvic pathology like tumour, inflammation or pregnancy.[6] 30% of the women population suffer’s from Dysfunctional Uterine Bleeding[7] (DUB) among which 10% women are in their reproductive age.[8] The medical& surgical management of DUB in contemporary science fails to give satisfactory result and agonises the patient with ill effects or adverse effects of treatment. Hence an effective management is the need of hour. Several formulations are mentioned in classical Ayurvedic text books for the management of Asrigdara. In the light of above, it may be worthwhile to explore the potential of Pradararipu rasa[4] in the management of Asrigdara.

KEYWORDS: Asrigdara, DUB, tumour, inflammation, pregnancy,

INTRODUCTION

A female body is one of the nature’s most wonderful and complex creations. Many physiological changes take place in a woman’s body which are reflected in the reproductive
life. A woman’s body under goes many physiological and hormonal changes. Any variation in the dietary habit and in life style resulting in increased stress and inability to maintain proper nutrition is the prime cause for disturbance in the H-P-O axis. This leads to excessive and prolonged per vaginal bleeding. As per ayurveda vitiation of the vata in turn increases drava guna of pitta. Vitiated Pitta effects rakta because of ashraya ashrayi bhava. This results in rakta Pradarana.

AIMS AND OBJECTIVES
1. To assess the efficacy of Pradarari pu rasa in the management of Asrigdara.

CASE REPORT
An 18 year old female Jain patient, student, visited the OPD of dept. of Prasooti Tantra and stree roga of SKAMCH & RC on 20\textsuperscript{th} May 2016. she had complaints of irregular menstruation, since 4 months. The nature of bleeding was excessive. Bleeding persists for 15 days with inter-menstrual bleeding once in 15days. She also complained of pain in lower abdomen which is spasmodic in nature and tiredness, generalized weakness, excessive thirst, low back pain. She consulted many physicians but there was no relief. Hence for above complaints she consulted OPD of SKAMCH & RC.

Past history
No H/O DM/HTN/thyroid dysfunction or any other major medical or surgical history.

Family history
No history of similar illness in any of the family members.

Occupational history
Student.

Menstrual history
Menarche at - 12 yrs of age.

<table>
<thead>
<tr>
<th>Cycle</th>
<th>4-5 / 28-30 days</th>
<th>10-15 / 15 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quantity</td>
<td>2-pad/ day ( 1\textsuperscript{st} 3 days) 1pad/day (4\textsuperscript{th} and 5\textsuperscript{th} day)</td>
<td>5-6pad/ day</td>
</tr>
<tr>
<td>Character</td>
<td>Dark red colour</td>
<td>Dark red colour</td>
</tr>
<tr>
<td>Odour</td>
<td>No foul smell</td>
<td>foul smell</td>
</tr>
<tr>
<td>Consistency</td>
<td>thin</td>
<td>clots</td>
</tr>
<tr>
<td>Dysmenorrhoea</td>
<td>Absent (squeezing type of pain)</td>
<td>present (squeezing type of pain)</td>
</tr>
<tr>
<td>L.M.P</td>
<td>20/05/16</td>
<td></td>
</tr>
</tbody>
</table>
ASHTA STHANA PAREEKSHA

- Nadi - 78 bpm
- Mootra- 3-4 times/ day
- Mala - Once a day.
- Jihwa- Nirlipta
- Shabda - Prakrutha
- Sparsha - Anushna sheeta
- Druk - Prakrutha
- Aakruti - Madhyama

DASHAVIDHA PAREEKSHA

- Prakruti - Vata kapha
- Vikruti - Vata pitta
- Sara - Madhyama
- Samhanana - Madhyama
- Pramana - Dhairgya – 152 cms
  - Dehabhara - 58 kg

- Satmya - sarva rasa
- Satva- Madhyama
- Aahara Shakti - madyama
  - Abhyavarana Shakti - Madhyama
  - Jarana Shakti - Madhyama
- Vyayama Shakti – Madhyama
- Vaya - youvana

GENERAL EXAMINATION

- Built - Moderate
- Nourishment - Moderate
- Temperature - 98.4 F
- Respiratory rate -18/min
- Pulse rate – 78 bpm
- B.P - 120/80 mm of Hg
- Height –152cms
- Weight - 58 Kg
- Pallor - Absent
- Edema - Absent
- Clubbing - Absent
- Cyanosis - Absent
- Icterus - Absent
- Lymphadenopathy - Absent
- Tongue - Uncoated

Systemic examination
- CVS: S1 S2 Normal.
- CNS: Well oriented, conscious.
- RS: normal vesicular breathing, no added sounds.
- P/A- Soft, no tenderness, no organomegaly.
- Per speculum examination- Not done.

P/V examination
- Not done.

Lab investigations
- Blood investigations
  A. Hb% - 12 grm%
  B. Thyroid profile
     T3 – 1.41ng/ml
     T4 – 8.56ng/ml
     TSH - 4.76 mg/ml
  C. Platelet count 1,90,000
  D. P.C.V – 38%
  E. U.S.G- No sonographical abnormality identified during USG

Intervention
- Abhyantara chikitsa
- Pradaripu rasa 250 mg tablet thrice daily for 45 days. Along with Pathya ahara and Vihara.
Date / of follow up | Treatment given | Observation
--- | --- | ---
20/05/16 | Pradara ripu rasa 250mg tab thrice a day with honey along with pathya | Bleeding stopped after 4 days of medication. Tiredness and generalized weakness, thirst low back pain present.
25/06/16 | Pradara ripu rasa 250mg tab thrice a day with honey along with pathya | She got her menses on 17/06/16. The duration was 5 Days. No of pads - 2/day. Tiredness and generalized weakness, thirst low back pain reduced.
06/07/16 | Pradara ripurasa dose completed | No bleeding. Thirst weakness low back pain reduced.
24/07/16 | No medication | Got her menses on 18/07/16. The duration was 5 Days. No of pads - 2/day for 3 days. 4th and 5th day 1 pad.
22/08/16 | no medication | Got her menses on 16/08/16. The duration was 5 Days. No of pads - 2/day for 3 days. 4th and 5th day 1 pad.
25/09/16 | no medication | Got her menses on 19/09/16. The duration was 5 Days. No of pads - 2/day for 3 days. 4th and 5th day 1 pad.

**DISCUSSION**

Modern life style contributes greatly towards increased level of stress and strain as well as irregular and unwholesome dietary habits. According to ayurveda asrigadra is caused due to vitiation of vata. This effect’s the pitta where dravataha vrudhi of pitta takes place and contributes towards quantitative enhancement of rakta dhatu. (ashrya ashryi bhava). The excessive per-vaginal bleeding disturbs woman physically and mentally. The drug Pradararipu rasa contains ingredients - kajjali, naga bhasma, rasanjana lodra kashaya and vasa swarasa. Naga bhasma has ushna tikshna and kshara guna, and there by normalizes vata. It also acts as srotho shodaka. Nagabhasma with tikta kashaya rasa act as rakta stambhaka. Lodra and vasa are sita virya, tikta kashya rasa. It acts as rakta stambhaka. Katu vipaka does shoshana of dravatah vrudi of pitta. Katu rasa is agni vardaka by nature. Rasanjana having tikta kashaya rasa helps to reduce bleeding. Ushna snigada guna of rasanjana helps in normalizing vata. Kajjali is the base of drug and enhances the potency of each drug. The anupana Madhu is tridosha shamaka by its ushnsa veerya madura kashaya rasa, madura vipaka with its agni vardaka property. Honey is best catalyst. By the above property the drug helps in amelioration of asrigadara and associated complaints.
CONCLUSION
The therapy for asrigdara in modern medicine is totally unsatisfactory. They are treating patients with hormones which are having serious side effect and finally advising hysterectomy. It is the context that an effective remedy in ayurveda take precedence over the unsafe approach of modern medicine. Ayurvedic drugs have no side effect and cure by nature.

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