

CONCEPTUAL STUDY OF RAKTAPRADAR

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ABSTRACT

Asrigdara is a disease of menstrual cycle which characterized by excessive bleeding in menstruation. Asrigdara (Menorrhagia) is not a disease, but a symptom of so many diseases. Menorrhagia is a gynecological problem found in Prasuti tantra. Menorrhagia is characterized by the excessive bleeding per vaginum in amount and duration both. In Ayurvedic classics, Menorrhagia is termed as Asrigdara, means excessive discharge of blood per vaginum. Other symptoms like Backaches, pain in lower abdomen and weakness are also present in it. It is mainly due to vitiation of Vata and Pitta dosha. Prolonged and excessive bleeding may provoke of exacerbated anemia. Asrigdar eventually be life threatening if left untreated. The treatment should be based on the use of drugs which are. Stambhana Dravyas, pittashamak, vatanulomak, Raktaprasadakdravy. There is loss of blood, so the drugs and diet which increases Rakta dhatu in body are also effective. Therefore, treatment mainly based on concept of Raktastambhaka and Raktavardhaka.

KEYWORDS: Asrigdar, Menorrhagia, Yonivyapad, Artavadushti, kashay ras.

INTRODUCTION

Women has great importance because she creates a life. That's why Ayurveda has explained womens health in details. If she is healthy physicaly and mentaly then only she can give birth to a healthy child. Normal regular menstrual flow with normal quantity and duration is the one of the part of her physical fitness. But because of some reasons if this get disturbed then she has to face problems regardind that. Asrigder or raktapradar is one of the condition. In which per vaginaly excess bleedind is present. The word Asrigdar has described in Brihatrayeei also in Sharangadhara Samhita, Bhava Prakash, Yoga Ratnakaraand, and in Chakrapani.

Definition of Asrigdara: Due to *Dirana* (excessive secretion) of *Asrik* (menstrual blood) in this disease, it is

known as *Asrigdara*. *Asrigdara* is also called *Raktapradara* due to *Pradirana* (excessive excretion) of *Raja* (menstrual blood).^[1]

Normal menstrual bleeding is cyclic, 3-5 days durations and 50-60 ml with its normal color. But when normal menstrual bleeding pattern is altered in reference of duration, amount, color and cycle, the conditions are called Artavadushti.. Menorrhagia can occur due to many reasons, including menstrual cycle, infection, poor nutritional intake, mental stress, pregnancy, usage of medications - like oc pills. Excessive menstrual blood loss interferences with the woman's physical emotional social and psychological quality of life. This study aimed at systematic compilation, analysis and interpretation of the concepts of *Raktapradar*.

RAKTAPRADAR HETU^[9,10,11]

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.					

SAMPRAPTI

According to *Acharya Charaka*, aggravated *Vata* affects uterine vessels and boosts amount of blood and this increase in blood thus causes increase in menstrual blood and creates *Rakta-pradara*.^[2] *Acharya Bhela* explains that cause of *Raktapradara* is vitiated *Apatya-marga*.

Classification

There are four types of *Asrigdara* i.e. *Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja Asrigdara*.^[3] *Acharya Sushruta* has mentioned 'all types of *Asrigdara*' along with general clinical features but has not described any classification.^[4] Most of *Acharyas* have mentioned four types of *Asrigdara* in their texts

1. *Vataja*: Menstrual blood is frothy, thin, blackish,
2. *kinshukodaksankasha*, *Pishitodaksankabha*, *lohadandhi*, expelled with or without pain, discharge repeatedly in small amounts. Severe pain in sacral groin, chest region, flanks, back and pelvic, *vatika* type of pain.
3. *Pittaja*: Menstrual blood is blue, yellow colour, hot, expelled profusely and repeatedly with pain. *Aamgandhi*, *Katurasa*, does not clot, *Gruhadhuma*, *Rasanjana sadrasa*, *Katurasa* spreads evenly when dropped in water.
4. *Kaphaja*: Menstrual blood is Pale, Heavy, Cold, Mucoid, Thick and discharged with Mild pain.
5. Relatively more bleeding, *Gairikodaka*, excreted slowly, clots like *mamsapeshi*, *vasangandhi*, *kovidarpushpasadrashya*, *lavanrasa* associated with vomiting, loss of appetite nausea *kasa*, *swasa*.
6. *Sannipataja*: Menstrual blood is *Kanjikabham*, blue, yellow, foul smell, the flow resembles *ghee*, *vasa* and *Majja* associated with thirst, burning sensation, anemia, weakness and all combine symptoms of *Tridosha*.

SAMANYA LAKSHAN

Charaka says that excessive vaginal bleeding during menstruation is the only symptom of *Asrigdara*.^[5] According to *Sushruta Samhita*, there are body ache and pain symptoms present in all types of *Asrigdara* with excessive vaginal bleeding.^[6] *Dalhana* says in his commentary on *Sushruta Samhita* that burning sensation

in lower portion of groin, pelvic region, back, renal region and flanks and severe pain in uterus as symptoms present in *Asrigdara*.^[7] *Vridhdha Vagbhata* has described excessive bleeding during menstrual or intermenstrual period as symptom of *Asrigdara Bhava Prakash*, *Madhava Nidana*, and *Yoga Ratnakar* have described the same as in *Sushruta Samhita* i.e. body ache and pain in *Asrigdara*.

TREATMENT

General treatment

Use of treatment that is described for *Raktayoni*, *Raktaaatisara*, *Rraktapitta*, *Raktarsh*, *guhya rog* should be used. Also the treatment described in *Yonivyapad* should be used.

Acharya told *Shodhan* and *shaman chikitsa* for *raktapradar*. But if the patient week to take *shodhan chikitsa*. Then only *shaman chikitsa* is given.

General treatment consists of external and internal both.

External use

1. Root of *Vyaghranakhi* tied in waist of patient.
2. Inhalation and massage of *Shatapushpa* oil
3. Use of *uttarbasti* i.e. *Chandanadi Niruhabasti*, *Rasnadi Niruhabasti*, *Kushadi Asthapanabasti*, *Rasnadi Asthapanabasti* and *Mustadi Yapanabasti* are used in *Asrigdara*

Internal use

1. *Stambhana Dravyas* – as *kashay rasatmak* *aaushadhi* has *stambhan* action it reduces excessive blood flow
2. *Pitta Shamaka* -*prakopit pitta* get balanced by *pittashamak dravyas*.
3. *Vatanulomak*- by this action *vat* balances
4. *RaktaPrasadaka Dravyas* – *rakta prasadan* and *rakta vardhan* occurs.

Eg. *kwath* =*vasadi kashay*, *praderhar kashay*.
Churna = *pushyanug churna*, *bhumyamli churna*
Vati= *chandrprabhati*, *gokshuradi guggul*.
Avleha= *jirakavleha*, *khandakushmandavleh*.
Ghrut= *shalmali ghrut*, *shatavari ghrut*.
Tail= *shatapushpa tail*.

Aasav and aarishta= lodhrasav, ashokarishta.
 Raskalpa= pradarripu ras.
 Modak kalpana= alabu phala.
 Pravala(coral) and Mukta (pearl) are also used in the acute condition of this disease.
 Nasya – shudha go ghrith, vasa ghrith, vasa swaras ghrith.

Yoga = is also useful

Nadi-Shodhan Pranayama or Anulom-Vilom Pranayama.
 Asanas like-Badhakonasana, Yoga mudra, Vakrasana, Uddiyana, Sarvangasana, Matsyasana, and Shavasana.
 Meditation.

Aaahar = madhur, kashay rasatmak aahar, laghu,sheet, pitta and vat shamak aahar.

DISCUSSION

Menorrhagia is symptoms of so many *Yonivyapada* such as *Rakta yoni* by *Acharya Vagbhata*. And *Asrija yonivyapada* described by *Acharya Charaka*, also have the menorrhagia as main symptom. *Acharya Sushruta* have described the *Yonivyapada 'Lohitakshara'* which also consists of menorrhagia as a symptom. *Asrigdara* is very well correlated with menorrhagia in modern medicine. *Asrigdara* is disease which may be fatal to the patient if not treated properly and timely. Complications of *Asrigdara* includes weakness, giddiness, mental confusion, feeling of darkness, dyspnea, thirst, burning sensation, delirium, anemia, drowsiness, and other disorders due to *Vata* vitiation because of excessive bleeding per vaginum. The drugs and formulations used in treatment of *Asrigdara* are mainly rich in *Kashaya rasa* and *Tikta rasa*. Because both of these rasa have the property of *Stambhana guna* and thus due to astringent property, bleeding will be stopped. another aim of treatment should be rising of hemoglobin level in body and for that, *Raktasthapana* drugs should be used. *Acharya Kashyapa* has explained *Virechana* in treatment of *Asrigdara* because *Virechana* is very effective therapy among *Panchkarma* for *Pitta dosha*. *Rakta dosha* have quality identical to *Pitta dosha*, hence *Virechana* therapy will be also effective to treat the disease originated due to vitiation of *Rakta dosha*.

Because of other vat-pittashamak drugs and vatanulomak drugs prakupit dosha become normal.

CONCLUSION

Asrigdar can be put parallel to Menorrhagia in modern medicine on the basis of different signs & symptoms. By improving the general health of women and increasing personal hygiene, we can prevent the incidence of Menorrhagia. Treatment of Menorrhagia is mainly based on the use of drugs which are having predominance of *Kashaya rasa* and *Rakta-pitta vardhak* properties. *Balya Chikitsa* also play important role to prevent the raktapradar.

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