

**MANAGEMENT OF ASRGDARA (MENORRHAGIA)- AYURVEDIC REVIEW**Shashikumar B. Wankhede<sup>1\*</sup> and Shruti S. Wankhade BAMS<sup>2</sup><sup>1</sup>(B.A.M.S. M.D.) Associate Professor, Strirog & Prasutitantra Department, Government Ayurved College, Nagpur.<sup>2</sup>(B.A.M.S.) General Physician and Strirog Chikitsak.**\*Corresponding Author: Dr. Shashikumar B. Wankhede**

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**ABSTRACT**

In Ayurvedic Samhitas, Menorrhagia is termed as Asrigdara, means excessive discharge of blood per vaginam. Backache, pain in lower abdomen and weakness are also present in this disease. All the gynecological disorders come under the heading of Yonivyapad in Ayurvedic classics. According to Charaka Acharya Raktapradara is described under Pradara Roga. Excessive white discharge per vaginam is called as Shweta Pradara, when there is excessive or heavy menstrual bleeding is called as Raktapradara. Due to pradirana (excessive excretion) of raja (menstrual blood), it is named as Pradara and since, there is dirana (excessive excretion) of asrk (menstrual blood) hence, it is known as Asrigdara. 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 Rugnabala is diminished then only Shamana is advisable. Many herbals and herbomineral preparations are mentioned in Ayurveda to cure Asrigdara and related symptom which can be used as per Anubandha Doshha and Lakshana. Since Asrigdara is mainly due to Vata Pitta Doshha; Kashaya Rasa and Pittashamaka Chikitsa may be adopted. Ayurvedic formulations help in breaking down the pathogenesis of Asrigdara and its recurrence

**KEYWORDS:** Asrigdara, Menorrhagia, Yonivyapad, Artavodushti, Ayurveda.**INTRODUCTION**

Asrigdara defined as Pradirana (excessive excretion) of Raja (menstrual blood), it is named as Pradara and since, there is Dirana (excessive excretion) of Asrk (menstrual blood), hence it is known as Asrigdara. 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. 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. The word Asrigdara explains about prolonged, cyclic or acyclic excessive menstrual bleeding. In this type of bleeding disorder, the quality and quantity of menstrual fluid is mainly affected. Intake of food containing Guru, Amla, Lavana, Vidhahi, Viruddhahara, Sura, Sukta, Dadhi, etc causes Agnivaishamya in turn causes Rasa dusti leading to Asrigdara. If asrigdara is not treated properly, it can cause further complications like Balahani, Dhatu ksheenata, Bhrama, Tamodarshana etc affecting her normal life. Hence it becomes a need to find out a therapy which is simple, easily available, cost effective and easy to administer for the management of Asrigdara. Here a review on Asrigdara and its Doshapratyaneeka Chikitsa in Ayurveda with the etiological factors,

pathogenesis and management of Asrigdara with herbomineral and herbal formulations are mentioned.

**AIM AND OBJECTIVE**

Aim of this review is to evaluate and discuss about Asrigdara, its etiology and pathogenesis and elaborate the Ayurveda management of Asrigdara.

**MATERIAL AND METHOD**

From Brihatrayee, Laghutree Samhita and other Ayurveda literatures, articles related to Asrigdara are compiled.

**Etiology**

According to Acharya's have described different causes of Asrigdara in their texts which are given below.

- Charaka Samhita: Excessive intake of Lavana, Amla, Katu, Vidahi, Krisara, Payas, Dahi, Mastu, Guru, Snigdha and other Mithya Ahar Sevana.
- Sushruta Samhita: Pittavrita Apana Vayu.
- Ashtanga Sangraha: Increase in amount of blood (Ativridhi of Rakta).
- Ashtanga Hridaya: Pittavrita Apana Vayu.
- Madhava Nidana, Bhava prakash,

- Yoga ratnakar: Viruddha Bhojana and Madyadi, Garbhaprapata, Atimaitihuna, Atikarshana, Atimargagamana, Abhighata, Divashayana and Shoka.
- Harita Samhita: Milk carrying channels of infertile women are filled with Vata.
- Kashyapa Samhita: Pittavrita Apana Vata&Ativridhi of Rakta

### Samanya lakshana

- According to Acharya Charaka says that excessive vaginal bleeding during menstruation is the only symptom of Asrigdara.
- According to Acharya Sushruta, there are body ache and pain symptoms present in all types of Asrigdara with excessive vaginal bleeding.
- According to Acharya 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.
- According to Acharya VriddhaVagbhata has described excessive bleeding during menstrual or intermenstrual period as symptom of Asrigdara.
- According to Acharya Bhava Prakash, Madhava Nidana, and Yoga Ratnakar have described the same as in Sushruta Samhita i.e. body ache and pain in Asrigdara.

### Types of asrgdara

- According to Acharya Charaka has described four types of Asrigdara i.e. Vataja, Pittaja, Kaphaja and SannipatajaAsrigdara.
- According to Acharya Sushruta has mentioned all types of Asrigdara along with general clinical features of Asrigdara but has not described any classification.

#### 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, Rasanjanasadrasha, 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, Gairikodakaexcretedslowly, clots like mamsapeshi, kovidarpushpasadrashya, vasagandhi, Pulaktoypratimam, lavanrasa associated with vomiting loss of appetite nausea kasaswasa.

#### 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

#### Incurable

Sannipataja and if there is features of continue bleeding Trushna DahaJwara Daurbalyata Tama Andhakar Swasa Vatajaroga.

#### Upadrava

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

#### Chikitsa

General treatment consists of external/local and internal/systemic both i.e. some remedies are effective by their local application to cure Asrigdara and some are beneficial to treat the disease by their internal i.e. oral use. Both of these i.e. external and internal medicines are broadly described in detail under different headings and given below:

#### Shaman chikitsa

##### Drugs for internal use

- **Kashaya**

DarvyadiKashaya, Nyagrodhadi Kashaya, Pradarhara Kashaya, AsrgdaraharaKashaya, Vasadi Kashaya, Pathyamalakyadi Kashaya

- **Kalka and Churna**

Kalka of TanduliyakaMula with Madhu or Rasanjana with Madhu and rice water.Rasanjana and LakshaChurna taken with goat milk.  
PushyanugChurna, VishveladiChurna

- **Ksheer prayoga**

Ashoka KsheerPaka.

- **Rasaushadhi prayog**

Pradararipu Rasa, Bolaparpati

- **Modaka**

Alabuphala or Malaya (Kakodambari) mixed with equal quantity of sugar and honey.

- **Avaleha**

Khandakushmandawaleha,Brihatkushmandawaleha,Khandakushmandaka, Khandaamalaka, Madhukadhyavleha, Jirakavaleha, Khandakushmandavaleha.

- **Ghritha and Taila**

Mudgadyaghrita, Shalmalighrita, Shit kalyanakghrita, Mahatiktaghrita, Shatavarighrita, Ashoka ghritha, ShatapushpaTaila.

- **Vati kalpana**

GokshuradiGuggulu, ChandraprabhaVati.

- **Varti kalpana**  
Apamargadivarti.

- **Arishta & Asava kalpana**  
Lodhrasava, Patrangasava, Ashokarishta, Pradarantak Rasa, Pradarripu rasa, Bola parpati, Pradarari rasa, Chandrakala rasa.

- **Use of ekala aushadhi** (Single drug preparation):  
Ashoka, Kamal, DurvaSwarasa, Kutaja, Nagkesar etc.

#### Sodhana chikitsa

- **Virechna karma**

Ayurvedic management is a good alternative to Hormonal therapy as it has no side effects with minimal recurrence rate. Once, Shodhana is done there is less chance of recurrence of the disease. As, vitiation of Pitta dosha is there in Raktapradra so, Virechna karma was advocated according to the general condition of the patient. Moreover, Kashyapa has quoted that purgation cures menstrual bleeding.

- **Vaman prayoga**

Vaman is mentioned for Adhog Raktapitta. (Madanphalamanth/ ikshurasamadhusharkara)

- **Basti prayoga**

Basti is beneficial a After 2-3 Niruhabasti, 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.

Rasnadi Asthapan Basti, Chandanadi Niruhabasti, Madhukadianuvasanbasti, Lodhradiasthapan, Pichchabasti, Kushadi Asthapanabasti and Mustadi Yapanabasti are used in Asrigdara.

- **Nasya prayoga**

Shudha go ghrita, Vasa ghrita, Vasa swarasa, Kamalpatraswarasa, Shatavarighrita.

#### DISCUSSION

Asrigdara is Sanskrit word which means excessive bleeding from uterus during menses or intermenstrual. It can be correlate with menorrhagia. Menorrhagia is found as symptoms in so many Yonivyapada such as Rakta yoni by Acharya Vagbhata and Asrijayonivyapada 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. The majority of the Lakshanas of Asrigdara are due to aggravated Vayu, withholding the Rakta (blood) & Pitta vitiated due to NidanaSevana (Ahara, Vihara & Manosambandhi Nidana), increases its amount and then reaching Raja carrying vessels (branches of ovarian and uterine arteries) of the uterus, increases immediately the amount of Raja (Artava or menstrual blood). Complications of Asrigdara includes weakness, giddiness, mental confusion, feeling of darkness, dyspnea, thirst, burning sensation, delirium, anemia, drowsiness, convulsion and

other disorders due Vata vitiation because of excessive bleeding per vaginum. Artava being Upadhatu of Rasa is also vitiated and because of this vikritartavapramanavridhi occur which affect the GarbhashayagataSira (Uterine Congestion/ Increased uterine circulation) which leads to Apana Vayu Dushti and Atyadhik and ChiarakalaArtavastrava (Asrigdara).

The general principles of treatment of bleeding per vaginum as follows- Doshashodhana and Shamana, Rakta-Sthapana & Sangrahana, Use of Tikta Rasa and Eradication of the cause. Considering this principle of treatment, Kutajashtaka Avaleha and Yashtimadhu Ghrita Matra Basti has been selected for the clinical trial. The formulations have Deepana, Pachana, Rakta-Sthapana and Rakta-Sangrahana, Kashaya, Tikta and MadhuraRasa, Garbhashaya Balya, Vatanulomana, Shothahara and Grahi effect. Asrigdara treated with Raktasthambhak, Raktasthapak, Dipan, Pachan Bruhaniya Balya Chikitsa by using Madhur Tikta Kashaya rasa pradhanadravyas in different type of samprapti of Asrigdara. Vatapradhan Raktapradar treated with Madhur AmlaLavana Snigdha Guru Ushna Anuloman Aushadhi.e Taila Tila Madhu Lavan Ela Nagar Mamsa rasa etc. and Basti chikitsa. Pitta pradhan Raktapradar treated with Madhur Tikta Kashaya SnigdhaShitaStambhanDipanPachanAushadhi.eGhritaM adhukaLodhraMustaTriphalaNimbaGuduchi etc and Virechanchikitsa. KaphapradhanRaktapradara treated first with Amapachanachikitsa and then treated with TiktaKatu Kashaya LaghuStambanAushadhi.e Madhu NimbaLodhraTriphala and Vamanchikitsa. Virechan is appropriate SamanyaChikitsa for Raktapradara as it is mainly use for the Pitta dushti and as pitta and rakta have ashrayashrayi bhava virechan is also beneficial for Raktadushti.

#### CONCLUSION

Ayurveda has number of herbal and polyherbal compound drugs useful to manage Asrigdara and related symptoms and complications. Asrigdara is a common Artavvikara, characterized by excessive uterine bleeding with complications. 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. BalyaChikitsa also play important role to prevent the incidence and to treat the present disease.

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