

STUDY THE ROLE OF PUSHYANUG CHURNA IN THE MANAGEMENT OF PRADAR**Dr. Punam Kumari^{*1}, Dr. Vinod Kumar², Dr. Pooja Sharma³ and Dr. Anupam Pathak⁴**^{1,2,3}PG Scholar, Department of Swasthavritta, SGCA & H, Tantia University, Sri Ganganagar.⁴Professor & HOD Department of Swasthavritta, SGCA & H, Tantia University, Sri Ganganagar.***Corresponding Author: Dr. Punam Kumari**

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ABSTRACT

Pradar is a most common Gynecological problem found in STRIROGA VIJANA OPD. Pradar is characterized by excessive secretion of white and reddish discharge from vagina .If discharge is white in colour is called Shvet Pradar and if discharge red in colour then it is called Rakt Pradar. According to Ayurveda Leucorrhoea is termed as Shvet pradar. Leucorrhoea is excessive white or yellowish, non-purulent, non-offensive and non irritant normal vaginal discharge. Asrigdar is excessive bleeding per vagina. All the gynecological disorders come under the heading of Yonivyapad in Ayurvedic classics. Every women faces various physiological & psychological problems during her fertile period of life. Now a day women's health is of Prime-importance to get a healthy society. Women take care of everyone's health in their family but neglect their own health. Pushyanug churna is a classical Ayurvedic medicine used in Pradar mainly in Rakt Pradar and other disease in which blood discharge from vagina and rectum.

KEYWORDS: Pradar, Asrigdar, Raktapradar, Leucorrhoea, Yonivyapada, Shvetpradar, Pushyanug churna.**INTRODUCTION**

In a day to day practice, Leucorrhoea is one of the most common disorder. A change in life style due to faulty dietary habits, excessive work load etc and individual errors like self ignorance, shame, hesitation to consult the Doctor's. Most of the female avoid to discuss the problem with doctor. According to Ayurveda Tridoshaja yoni secrete white colour discharge Acharya charak explain the Shleshmaja yoniyapad and its symptoms as leucorrhoea. The word shvetapradar has described in Sharangadhara Samhita, Bhava Prakash, Yoga Ratanakara, Commentary on Charaka Samhita by Chakrapani. Rakt Pradar or abnormal uterine bleeding is regular or irregular, cyclic or acyclic bleeding from uterus. The word Asrigdar has described in Charak Samhita ,Susruta Samhita, Astang Haridya and astang Sangraha. Asrigdar is not a disease but symptoms of many disease. According to center of control and preventions, genital infection is most common sexual transmitted disease in women. Sometimes many genital infections are asymptomatic but cause death. So it is more important to rule out causative factors. Pushyanug Churna is a famous Ayurvedic medicine used in the Ayurvedic treatment for bleeding disorder, leucorrhoea, Menorrhagia and Metrorrhagia etc.

AIMS AND OBJECTIVE

To establish the role of Pushyanug churna in the management of Pradara.

To study and Review of the literature through Ayurvedic texts.

MATERIAL AND METHOD

Material collected from different Ayurvedic classical book, Research paper and journals referred to fulfill this part and through internet.

Method

Excessive secretion of white and reddish discharge from vagina is called Pradar. Excessive normal vaginal discharge is called leucorrhoea .Mucus membrane and glands produce secretion which is white, thick, sticky and foul smelling. Secretion helps healthy vagina. Irregular and acyclic bleeding from uterus is called Metrorrhagia. Excessive bleeding per vagina is called Asrigdar or Raktpradar according to Ayurveda.

Etiology

According to Charak samhita: Excessive intake of Lavana, amlakatu dahi, mastu, guru, snigdha and other mithya ahar sevana.^[1]

Sushruta samhita: Pittavrita Apana Vayu.^[2]

Astang Sangraha: Ativiridhi of Rakta^[3]

Virudhamadhyashanat ajairant garbha pratat atimithumat yananadhvashokat atikarsanacha bharadhighatat shayanadiva cha (Ref: yogratnakar) Virudha aharsevana adhyashana (over eating), Ajirna (indigestion) Garbhaprapat (Abortion), More sexual interaction, Atishok, sleeping at day time.

Pathogenesis

According to Acharya Charaka, aggravated vata affects uterine vessels and boosts amount of blood and this increase in blood thus cause increase in menstrual blood and create Rakta-Pradara. And Vitiated kapha dosha and dushit aapanvayu makes artavaha srotas dushti leading to excessive discharge from vagina create ShvetPradara.

Pushyanug Churna

Ingredients of Pushyanug churna with their Rasapanchkas. ^[5,6]

Sl. No.	Dravya	Rasa	Guna	Veerya	Vipaka
1.	Patha	Tikta	Laghu teekshna	Ushna	Katu
2.	Jambu	Kashaya, Madhura, amla	Laghu,ruksha	sheeta	Sheeta
3.	Amra	Madhura, amla Kashaya	Laghu,ruksha	Sheeta	Katu
4.	Pashana bheda	Tikta, kashaya	Laghu,snigdha	Sheeta	Katu
5.	Rasanjana	Tikta, kashaya	Laghu, ruksha	Ushna	Katu
6.	Ambhastha	Tikta,	Laghu,teekshna	Ushna	Katu
7.	Salmali	Madhura,kashaya	Laghu,snighda	Sheeta	Madhur
8.	Samanga	Tikta, kashaya	Laghu,ruksha	Sheeta	Katu
9.	Vatsaka	Tikta,kashaya	Laghu,ruksha	Sheeta	Katu
10.	Bahluka	Tikta,katu	Snighda	Ushna	Katu
11.	Ativisa	Tikta,katu	Laghu,ruksha	Ushna	Katu
12.	Bhilva	Tikta,kashaya	Laghu,ruksha	Ushna	Katu
13.	Musta	Katu,tikta Kashaya	Laghu,ruksha	Sheeta	Katu
14.	Lodhra	Kashaya	Laghu,ruksha	Sheeta	Katu
15.	Gairika	Madhur,	kashaya	Sheeta	Katu
16.	Katvanga	Tikta,kashaya	Ruksha	sheeta	katu
17.	Maricha	katu	Laghu ,ruksha,	ushna	katu
18.	Shunti	Katu	Guru, ruksha	Ushna	Madhura
19.	Mrudvika	Madhura	Guru,snighda mridu,	Sheeta	Madhura
20.	Rakta	Madhur,tikta	Laghu,ruksha	Sheeta	Katu
21.	Katphala	katu,tikta,kashaya	Laghu,teekshna	Ushna	Katu
22.	Ananta	Madhura,tikta	Guru	Sheeta	Madhura
23.	Dhataki	Katu,kashaya	Laghu,ruksha	Sheeta	Katu
24.	Madhuka	Madhura	Guru, snigdha	Sheeta	katu
25.	Arjuna	Laghu,kashaya	Laghu, ruksha	Ushna	Katu

Procedure

To prepare Pushyanug churana, all the herb are ground to make fine powder properly mix.

Dosage: 1-3 gm with Anupana honey and tandulodaka, 1-2 times in day.

Indications

Asrigdhara (Menorrhagia)
Shwetpradar (Leucorrhoea)
Rajodosha
Yonidosha
Arsa

Symptoms

Excessive vaginal bleeding during menstruation according to Charaka.

Bodyache and pain in lower abdomen with vaginal bleeding.^[4]

Dyspareunia

Irritation and itching in genitalis.
Digestive disturbance like constipation.
General weakness.

Mode of Action

Pushyanug churna is used in all pradara rogas according to classical books.

Excessive discharge through vagina is main symptoms of pradara rogas due to kapha vrudhhi.

Grahi due to tikta, kashaya rasa indicted in all bleeding disorder.

DISCUSSION

Pushyanug churna is well known Ayurvedic drug for the treatment of Pradara rogas.

Drugs of pushyanug churna acts as Sthambhana eg. Rakta chandana, manjista, dhataki etc.

Due to sita virya of mostly drugs it act as pittaghana. It is pittakaphara.

Lodhra has anti-inflammatory activity, sheeta virya, laghu, rakt dosha nashka is drug of choice in gynecological disorder. It is used in leucorrhoea, menorrhagia and other gynaecological disorder.

Due to kashaya Rasa it restrains Srava.

Dhataki has Anti-microbial and Anti-inflammatory properties.

Acharya charaka mentioned Kashaya Rasa as having Pharmacological action like Sthambhan and kaphananashak. So kashaya rasa stop Srava.

CONCLUSION

Pushyanuga churna is a classical Aurvedic preparation. Drugs present in this preparation has sthambhan, anti-fungal and anti-bacterial actions. It is used in different rogas with specific anupanas. In which tandulodaka plays important role and gives better result in any type of Pradara specifically Raktpradara.

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