

## AYURVEDA MANAGEMENT OF RAKTAPRADAR: A CASE STUDY

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Article Received on 07/05/2022

Article Revised on 18/05/2022

Article Accepted on 25/05/2022

**ABSTRACT**

*Raktapradar* is one of the gynecological problems associated with severe bleeding; it may or may not be accompanied by menstruation. According to Charaka, due to *Pradirana* (excessive excretion) of *Raja* (menstrual blood), it is named *Pradara* and since there is excessive excretion of *Asruk* (menstrual blood) hence it is known as *Raktapradar*. Ayurvedic texts have described a variety of treatment options in the management of *Raktapradar*. Many women of reproductive age suffer from *Raktapradar*. There is a wide range of treatments in modern medicine which are non-hormonal, hormonal, and surgical. In Ayurveda, *Pathya-Apathya* with medication has very much importance. It is a part of ayurvedic treatment. We present here a case study of a patient 15 years old, complaining of *Raktapradar*. In the present study, it is observed that *Pathya-Apathya* with medication has a significant role in relieving symptoms of *Raktapradar*.

**KEYWORDS:** *Raktapradar*, *Pathya-Apathya*.**1. INTRODUCTION**

The standard of social living is changing day by day. Due to the speedy and stressful lifestyle, no one follows *Dinacharya*, *Rutucharya*, etc perfectly. Due to alternation of food habits and changing lifestyles complaints of excessive and irregular uterine bleeding are increasing. As per various studies, 30-40% of women of reproductive age suffer excessive or irregular uterine bleeding due to various factors. Around 10-15% of women employees need to take rest because of excessive bleeding. Heavy uterine bleeding is managed by medical therapy. This medical therapy has a lot of side effects and if it fails then surgical intervention is indicated. Because of the limitation of medical and surgical therapy in Allopathy, it becomes a need to find out alternative effective and harmless therapy to manage excessive or irregular P/V bleeding.

In Ayurveda length of the normal cycle (28-30 days) and the duration of bleeding time (4-5 days) are mentioned. Normally in a healthy girl, menarche occurs 11-15 years with a time interval of 28-30 days, and the duration of bleeding is about 4-5 days. In *Raktapradar* there is an increased amount and duration of blood flow during menses. In Ayurvedic text, the causative factor of *Raktapradar* has been mentioned. The management and prevention of *Raktapradar* are also mentioned. Many preparations have been mentioned in our *Samhitas* for *RaktaPradar*. All these preparation have a

certain common basic principle of Ayurveda. So keeping in mind all of the above reasons, the present study has been selected.

*Raktapradar* is a disease manifesting as excessive bleeding per vagina. This disease has been known to mankind since the age of Veda and Purana. Charaka explained *Pradara* as a separate disease with its management in *Yoni Vyapad Chikistya*. Acharya Sushruta explained it as a separate disease entity in *Shrukra Shonit Adhyaya* in *Shaarirasthana*. Ashtang Sangraha explained *Rakta Yoni* and stated *Asrigdara* and *Pradara* as its synonyms.

Definition of *Raktapradara* according to modern medicine – Menorrhagia denotes cyclic regular bleeding which is excessive in amount or duration. It is generally caused by conditions affecting the uterus or its vascularity rather than any disturbance of function of the hypothalamic-pituitary-ovarian axis.

Abnormal uterine bleeding can have many causes. It includes the subsequent Pregnancy, Miscarriage, Adenomyosis, use of some contraception methods, like a prophylactic device (IUD) or contraception pills, Infection of the uterus or cervix, fibroids, Problems with blood coagulation, Polyps, Endometrial hyperplasia, Certain types of cancers like cancer of uterus, cervix, vagina, polycystic ovarian syndrome.

## 2. Patient Information

A female patient age 15 years presented with per vaginal bleeding, lower abdominal pain and general weakness for the last 10 days. She had not taken any medication prior. The patient was brought by her mother for Ayurvedic treatment.

### 2.1 Clinical findings and diagnostic assessments

The patient was subjected to a detailed physical examination, and her vitals were normal. The patient had a thin build. There was no significant family history of any major illness. Medical history revealed the patient had not taken any medication for the above complaints. On clinical examination, she had mild pallor. She underwent basic pathological and radiological investigation which does not reveal any major abnormal findings. The patient had lower abdominal tenderness. The patient's *prakruti* was assessed as *Pita-Vataj*

### 2.2 History

The patient was a student studying in 9th Standard. Her socioeconomic status was middle class. Her personal history was normal and no bladder bowel complaints. This patient menarche one year back. Afterward, she had 8-10 cycles regularly without any major complaints. During this cycle initially normal bleeding but there was continuous bleeding after 5 days. At this time quantity was less. Due to bleeding, she had fatigue and general weakness. In her diet, she had fond of eating *Panipuri*, *Bhel*, *Idli*, *Dosa*, and *Pizza* and she used to sleep at midnight and wake up late.

### 3. Therapeutic Intervention

The patient was diagnosed with *Raktapradra*, *Pitta*, and *Vata Dosh* prominently. Treatment includes *Lodhra Churna* and *Pathya-Apathya*. She was advised to stop eating spicy food, curd, Toor dal, Bengal gram split, Green Chilly, and maximize the use of Green gram split. She was advised to go to bed early. I advised *Lodhra Churna* 3Gm/Day along with *Ghruta Anupan*.

### 4. Follow up and Outcome

The follow-up was advised after 3 days. After 3 days, the complaint of P/V bleeding and abdominal pain was reduced. *Pathya-Apathya* with medication was advised to continue for 3 days. After 3 days P/V bleeding was stopped.

## 5. DISCUSSION

Charak says that females who consume excessive salty, sour, heavy, *Katu*, *Vidahi* and oily substances, meat, *Krsara*, *Mastu* (curd water), and wine, her aggravated *Vatadosha*, withholding the *Rakta* (blood) vitiated. Because of the above causes blood increases in amount and so reaching *Raja* carrying vessels (branches of ovarian and uterine arteries) of the uterus, increases immediately the quantity of *Raja* (*Artava* or menstrual blood), in other words the rise in the amount of *Raja* is because of the relative increase of *rasa*. Due to an increase in the amount of blood the *acharyas* named it

*Raktapradar*. *Bhel*, *Madhav Nidana*, *Bhavprakasa*, and *Yogratnakar* have mentioned that the use of an incompatible diet and wine, eating before the previous meal is digested, indigestion, riding, walking, grief, weight lifting, trauma, and day-sleeping are the causes of *Raktapradar*.

As per Ayurveda, *Ratri Jagarana*, *Divaswap* and eating *panipuri*, *Panipuri*, *Bhel*, *Idli*, *Dosa*, and *Pizza*, etc. considered as *Tikshna – Ushna Viruddha Aahar Vihar*. It increases all *dosha*. It also disturbs *Aapan Vayu Karya*. Increased *vata-pitta dosha* and disturbed *Apan Vayu*, hampers *Aartavahwah Strotasa*, which increases P/V bleeding. It is observed that modification in lifestyle and balanced diet i.e. *Pathya-Pathya* helps in decreasing P/V bleeding.

*Lodhra* has properties of *Kashya tikt rasa*, *Katu Vipaka*, *Laghu Ruksha Guna* and having *sheet virya*. Due to all these properties, *Lodhra* works as *Sthambhak* and is commonly used in *Raktapradar*. *Grutha* has *Pitta-shamak* property so it helps and stimulates the properties of *Lodhra*.

## 6. CONCLUSION

Management of *Raktapradara* through an integrative Ayurveda approach proved to be successful. *Lodhra* not only helps to stop bleeding but also improves Women's overall health. *Lodhra* also helps in the detoxification of the body. Modification in lifestyle and balanced diet i.e. *Pathya-Apathya* helps in decreasing PV bleeding.

## 7. Patient Perspective

After consuming *Lodhra churna*, the patient's PV bleeding stopped and her abdominal pain reduced. She felt more energetic in her daily activities. Her diet improved significantly. She recognized the importance of *Pathya-Apathya* along with medication

## 8. Informed Consent

Informed Consent was taken from the patient for this study.

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