

A STUDY OF LITERATURE REVIEW ON ASRIGDARA (DYSFUNCTIONAL UTERINE BLEEDING)

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ABSTRACT

Asrigdara is characterized by excessive or prolonged menstruation with or without inter-mentrual bleeding. In modern it is correlated with dysfunctional uterine bleeding or abnormal uterine bleeding and the treatment used is haemostatic, analgesic and hormonal therapies, 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 depending upon the *rogabala* of the patients. Many herbal and herbo mineral preparations are mentioned in Ayurveda to cure *Asrigdara* and related symptom which can be used as per *Anubandha Dosha* and *Lakshana*. Since *Asrigdara* is mainly due to *Vata Pitta Dosha*; *Kashaya Rasa* and *Pitta shamaka Chikitsa* may be adopted. Ayurvedic formulations help in breaking down the pathogeneses of *Asrigdara* and its recurrence.

KEYWORDS: *Asrigdara, Nidan-Samprapti, Chikitsa, Ayurveda.*

INTRODUCTION

In Ayurvedic classics, all gynaecological disorders are described under the umbrella of *Yonivyapada*. The disease '*Asrigdara*' is described in the classics as well as in *Vedas*, as an individual disease entity. Excessive bleeding during menses and/or bleeding in between menses has described as *Asrigdara* in *samhitas*. In female, the reproductive system has a great importance and any disease in this system will seriously affect her health and happiness and also it proves to be a great discomfort. *Asrigdara* is one amongst the extensive range of

occurrence. Any abnormality in *Rituchakra* (menstrual cycle) leads excessive and irregular uterine bleeding, which is known as “*Asrigdara*” in classical text. Though it is a symptom of various, *Yoni vyapadas* and *Artava dushti*, specially *Artava ativridhi*, *Pittajayoni vyapad*, *Asrija yoni vyapada*, *Lohitshara yoni vyapad*, *Raktayoni* etc. It is one of the commonest gynaecological Problems. It is a *Rakta pradoshaja vyadhi* due to *Pittavrita apanavata* causing the vitiation of *Rakta Dhatu*.

In modern, Dysfunctional Uterine Bleeding (DUB) According to European Society of Human Reproduction and Embryology is “*Excessive bleeding (excessively, heavy, prolonged, or frequent) of uterine origin, which is not due to demonstrable pelvic disease, complications of pregnancy or systemic disease*”.

In the present context, with an unbelievable progress done by modern medicine in the field of biology, understanding different types of physiological processes and hormonal feedback mechanism, e.g. Hypothalamo Pituitary Ovarian axis have helped in understanding the pathology of Dysfunctional Uterine Bleeding in the depths. But there is no change in its mode of management.

The current modalities of treatment for the management of Dysfunctional Uterine Bleeding are only symptomatic and does not ensure permanent cure for the disease. Researches are going on to understand the pathology of Dysfunctional Uterine Bleeding, which suggests that the disturbed haemostatic mechanism, altered angiogenesis and disturbed inflammatory responses are causes of Dysfunctional Uterine Bleeding but Modern science is unable to tackle with these endometrial responses. Conventional hormonal treatment has its limitations and associated with their side effects and nothing to do with correction of basic pathology.

AIM: Aim of this review is to evaluate and discuss about *Asrgdara*, its etiology and pathogenesis and management.

OBJECTIVE: To elaborate the Ayurvedic literature of *Asrgdara*.

MATERIAL AND METHOD

Review of literature from *Brihatrayee* and *laghutrayee* related to *Asrgdara* were compiled.

Acharya Charaka mentioned this in chikitsa sthana- 30th chapter that the condition where there is excessive flow of *raja* (menstrual blood) is known as *Asrigdara*.

Acharya Susruta mentioned this in sharir sthana-2nd chapter that due to excessive coital act, there will flow of *artava* during any time of *ritu* chakra is known as *Asrigdara*.

According to Astanga Samgraha, the *Asrik* which flows monthly in a women when increased in amount or duration is known as *Asrigdar* or *pradar* or *raktayoni*.

Acharya Madhav mentioned that the condition where there is excessive and painful bleeding per vagina is known as *Asrigdara*.

Besides *Asrigdara*, some other conditions (in *yonivyapad* and *artavyapad*) are also mentioned similar to *Asrigdara*. These are *Raktaja* and *pittaja artavadusti*, *Lohitaksara yoni vyapad*, *Raktayoni* and *Asrija yoni vyapad*. In *garbhasrava* and *garbhapata*, there also the features of *Asrigdara* found. From the point of view of *StreeRoga* (Gynaecology), *Garbhasrava* and *Garbhapata* are not relevant with the topic. Commentator Chakrapani has explained that *Vataja*, *Pittaja* and *Kaphaja yoni roga* also exhibit features like that of *Asrigdara*.

References in different classical texts

Almost all *Ācharyas* have described regarding this symptom but all references are scattered in description of different *Rogas*.

1.	Acharya Charak said that <i>pradar</i> is a disease in which blood comes out through vagina in excessive amount.	Ch.chi/30/209
2.	Acharya Susruta said that <i>Asrigdara</i> is a <i>vyadhi</i> in which bleeding per vaginum occurs during intermenstrual period.	Su.sha/2
3.	Acharya Vagbhat had opinion that when blood either during or in intermenstrual period comes out through vaginum is called <i>Asrigdara</i> or <i>Pradar</i> or <i>Raktayoni</i> .	A.Sam-sha/1/11
4.	Acharya Madhav opined that <i>Asrik</i> or <i>rakta</i> when comes per vaginum in excessive amount is called <i>Asrigdara</i> .	M.Ni-61/1
5.	According to Acharya Dalhana, even less amount of blood can be seen during intermanstrual period or duration of intermenstrual period shortens, the disease can be termed as <i>Asrigdara</i> .	Su.sha-1/18 Dalhan
6.	According to Bhela, when sonita comes from abnormal passages it is known as <i>Pradara</i> . It causes the <i>shosh</i> of female body.	Bhel.sha/5-6

Classification

Acharya Charak, Madhav, Sarangdhar, Bhavprakash and Yogaratnakar have classified the *Asrigdara* into 4 types.

1. *Vataja*
2. *Pittaja*

3. *Kaphaja*

4. *Sannipataja*

Acharya Susruta has not given any classification. Commentator Dalhana given 7 types of *Asrigdara*.

Vataja, Pittaja, Kaphaja, Vata-pittaja, Pitta-kaphaja, Vata-kaphaja and Sannipatik.

Acharya vagbhat also did not mentioned about types of the *vyadhi Asrigdara*. While describing treatment, he mentioned for *vataja, pittaja* and *kaphaja pradara*.

Commentator Dalhan added *dwi-doshaja* types of *Asrigdara*, hence total 7 types has mentioned.

NIDANA

As every *kārya* must have its *kāraṇa*. Like wise the disease is the *kārya*, so there must be a *kāraṇa* (causative factor) for it. These causative factors are called as *nidana*.

The *nidana* of *Asrigdara* is clearly mentioned in Ayurvedic classics. But in a broader sense, *samanya nidana* of *yonivyapad* can also be considered as *nidana* of *Asrigdara*. Also all other factors which can cause *saririk* and *manasik dosa vaishamya* can act as causative factor for the disease.

Charaka	Sushruta	Vagbhatta	M.N./BP/Y.R
<ul style="list-style-type: none"> • <i>Mithyachar</i> (abnormal Diet & mode of life) • <i>Pradustaartava</i> (Abnormalities of artava) • <i>Bijadosha</i> (Abnormalities of bija) • <i>Daivakopa</i> (curse or anger of god) 	<ul style="list-style-type: none"> • <i>Mithyachara</i> • <i>Pradustaartava</i> • <i>Bijadosha</i> • <i>Daivakopa</i> • <i>Atimaithuna with a pravridha linga purush by a ruksha & durbalanari.</i> 	<ul style="list-style-type: none"> • <i>Dustabhojan</i> • <i>Bisamangashayan, bhrisamaithuna</i> • <i>Dustaartava</i> • <i>Apadravya prayoga</i> • <i>Bijadosha</i> • <i>Daivata.</i> 	Followed Charak Samhita.

A. Samanya Nidana of Asrigdara

Due to excessive intake of *lavan, amla, katu, guru, vidahi, snigdha, gramya udak, krisra, payas, dadhi, sukta, sura, mastu* etc. *vayu* become aggravated. It leads to increase amount of *rakta dhatu*. It will increase the quantity of *raja* and resides in *rajovahasira*. Then due to aggravated *apan vayu*, there will be excessive flow of *asrik* or *raja* per vaginum. This condition is termed as *Asrigdara* or *pradar* by the physicians. Here, profuse bleeding per

vaginum takes place.

B. Visista Nidana (Specific Etiology) and Rupa (Clinical Features) of Asrigdara.

Acharya Charak has mentioned more elaborately.

Vataja Asrigdara: Due to *ruksha ahar* *vayu* become aggravated and takes away the maximum amount of blood in *rajovahasira*, causes profuse bleeding per vaginum. There will be *phenila*, *tanu*, *ruksha*, *syaba*, *aruna*, *kimsuk-udaka* like bleeding per vagina may or may not be associated with pain. Associate symptoms are *kati-vanksana-hrit-parsa-sroni tibra ruja* as found in maximum types of *Vata krita vyadhi*.

Pittaja Asrigdara: Due to excessive intake of *amla*, *usna*, *lavan* etc. results in aggravation of *pitta*. That aggravated *pitta* increases the amount of *raja* (as the *samprapti* of the *vyadhi rakta pitta*) leads to excessive bleeding per vaginum. There will be *neela* or *peeta* or *asita*, *usna*, painful and continuous or repeated bleeding per vagina. Associated features are *daha*, *raga*, *trishna*, *moha*, *jwara* and *bhrama* as found in all types of *Pittakrita vyadhi*.

Kaphaja Asrigdara: Due to excessive intake of *guruadi ahar* the aggravated *kapha* leads to excessive bleeding per vagina. There will be *picchila*, *pandu varna*, *guru*, *snigdha*, *shital*, *Ghana raja srava* per vaginum along with dull pain. Associated features are *chardi*, *aroachak*, *hrillas*, *swas*, *kasaas* found in all *Kapha krita vyadhi*.

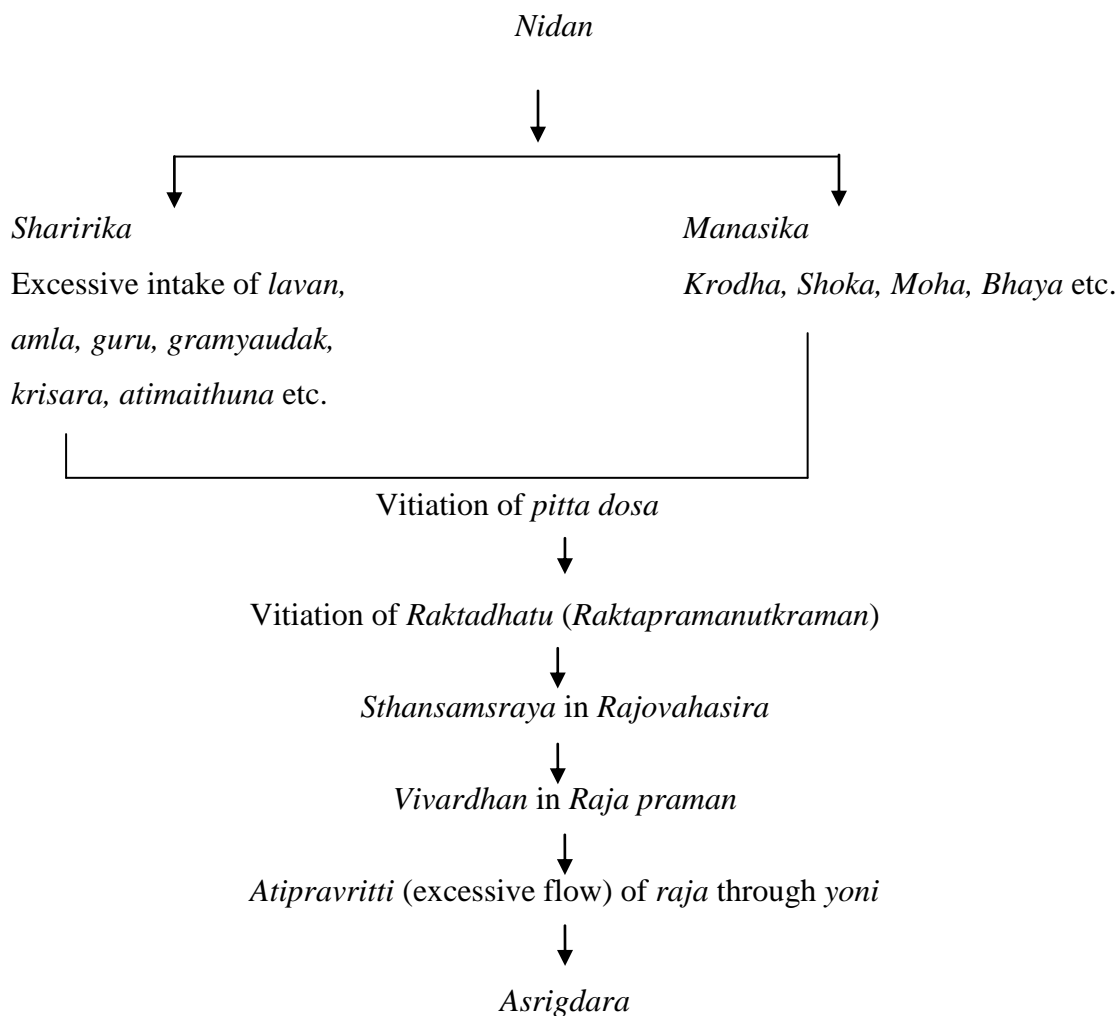
Sannipatik/Tridoshaja Asrigdara: Due to all above mentioned causes, all the three *dosha* becomes aggravated and leads to heavy bleeding per vaginum. Nature of the bleeding is *vidagdha*, *durgandhi*, *picchila* resembles with *ghrita*, *vasa* or *majja*. It is *asadhya*. The lady become *klista* and *praksina*.

Comparison of Clinical Features of Different Types of Asrigdara

Clinical features	Vataja Asrigdara	Pittaja Asrigdara	Kaphaja Asrigdara	Sannipatik Asrigdara
Varna (colour)	<i>Syaba</i> , <i>aruna</i> , <i>kimsukadalasamkasa</i> (Ch, Su, Bh)	<i>Neela</i> , <i>Peeta</i> , <i>Asita</i> (Ch, Su) <i>Hareeta</i> (Su) Like <i>grihadhumadaka</i> , <i>Krishna</i> (Bh)	<i>Pandu</i> (Ch, Bh) Like <i>gairikudaka</i> (Su) Like <i>kovidaarpuspagairik</i> (Bh)	<i>Peeta</i> (Ch) Like <i>harital</i> mixed with <i>ksoudra</i> and <i>sarpi</i> (Ma, Bhav) <i>Kamsyaneela</i> (Bh)
Properties of Raja srava	<i>Phenila</i> , <i>tanuruksa</i> (Ch) <i>Shighram</i> <i>Askkandi</i> (Su, Bh)	<i>Usna</i> , <i>Arti-yukta</i> (Ch) <i>Anistampipilika</i> and <i>maksika</i> (Su, Bh) <i>Chandrika yukta</i> and	<i>Picchila</i> , <i>guru</i> , <i>mandarujakara</i> (Ch) <i>Snigdha</i> , <i>Sital</i> , <i>Bahal</i> , <i>Chirasravi</i> , like	<i>Durgandhi</i> , <i>picchila</i> , <i>bidagdha</i> , like <i>sarpi</i> . <i>Majja</i> and <i>vasa</i> (Ch) With all features, like

	<i>Lauha Gandhi (Bh)</i>	<i>gomutrabha (Bh)</i>	<i>mamsapeshi (Su)</i> <i>Vasadilavan rasa,</i> <i>vasagandhi (Bh)</i>	<i>kanji (Su)</i> <i>Like vasa and majja</i> <i>(Bhav, madh)</i>
<i>Other associated features</i>	<i>Kati-pristha-shroni-vankсанaruja (Ch)</i>	<i>Daha, raga, bhrama, trisna, moha, jwara (Ch)</i>	<i>Chardi, Hrillas, Swas, kasa (Ch)</i>	<i>Ksinashonita, pariklista (Ch)</i>

SAMPRAPTI OF ASRIGDARA



UPADRAVA (complications)

Acharya Susruta, Acharya Madhava and Acharya Bhavamishra mentioned almost similar complications about the vyadhi Asrigdara. These are.

- *Dourbalya* (general weakness)
- *Srama&Bhrama* (lethargy and dizziness)
- *Mada&Murcha* (delirium and faint)
- *Daha* (burning sensation all over the body)
- *Pralapa*(disorientation)

- *Pandutva* (anaemia)
- *Tandra* (excessive sleepiness)
- *All vatajaroga*. (other vatavyadhi)

Chikitsa Siddhanta (Principle of Treatment)

According to Charak, like *Raktayoni*, here in *Asrigdara Rakta stambhak* (hemostatic) drug should be used, on the basis of diagnosed *dosas* by seeing the colour and smell of the blood. Treatment prescribed for *vatala* etc gynaecological disorders should also be used in respective *asrigdara*.

The treatment prescribed for *Rakta atisara* (diarrhoea with blood) *Raktapitta* (bleeding diathesis), *Rakta Arsa* (bleeding piles) *Guhyaroga* (diseases of reproductive system) and *Garbhasrava* is also useful in *asrigdara*.

According to Dalhana Management of *asrigdara* should be done in the line of *adhoga raktapitta*.

According to Chakrapani the treatment of *asrigdara* should be done in the line of management of *Raktapitta*.

TREATMENT

The treatment of *asrigdara* depend upon the cause of bleeding and general condition of the patient, because the excessive bleeding per vagina lead to poor general condition and if general condition of patient is very poor, patient cannot tolerate vigorous treatment. So the aim of treatment is to control the bleeding immediately and remove the cause.

While dealing the treatment of *yoniroga* Charak has specified the treatment according to predominance of *dosas*.

- *Vataja yoniroga*- *Snehan*, *Swedana* and *Basti Chikitsa*
- *Pittaja yoniroga*- use of *sheeta* material with other treatment of *Raktapitta* to stop the bleeding
- *Kaphaja yoniroga*- the hot and dry thing should be used.
- *Sannipataja yoniroga*- treatment should be given according to the predominance of *doshas* or mixed therapy can be given.

Sushruta has mentioned in the treatment of *yoniroga* regarding *snehana* and *basti* according to *doshas*, which is predominant.

The principles of treatment of *asrigdara* can be divided into following types.

- *Nidan parivarjanam*
- *Dosha shodhan*
- *Dosha shaman*
- *Raktasthapana*

1. **Nidan parivarjanam**- This is the main principle which include identification of cause and steps of its eradication.

2. **Dosha shodhan**- it is very important part of ayurvedic chikitsa. Once *shodhan* is done there is very remote chance of recurrence of disease. Normally the *shodhan chikitsa* is considered as use of *panchakarma chikitsa* with *purvarupa*. But this therapeutic procedure is contraindicated in delicate women and weak person. The women suffering from *asrigdara* usually become weak due to loss of vital substances mainly blood of the body. Naturally purifying measures are not prescribed. Another procedure termed as *lekhanakarma* or curettage which is also a type of cleansing measure has positive value in majority of the cases.

3. **Dosha shaman**- in this process treatment is given according to predominance of *doshas*. In other word it is a symptomatic treatment.

4. **Raktasthapana**- The treatment is given to stop the bleeding. Charak has mentioned a long list of drug for *Raktasthapana*.

- *Pushyanug churna*
- *Pradarantak lauha*
- *Prabal bhasma*
- *Salmali*
- *Laksha churna*

Preparations Used for Treatment of Asrigdara

Name of Preparation	Name of Yoga	Reference
<i>Swarasa</i>	- <i>Udumbara swarasa</i> with <i>madhu</i>	<i>Sha.S.Madhyama khanda 2/113</i>
<i>Kalka/Churna</i>	- <i>Tanduliyaka moola kalka</i> with honey	- <i>Yo. Ra.PradarRoga Chi.</i>
	- <i>Bala moola kalka</i> with milk	- <i>Sha.S.Madhyama khanda 2/113</i>
	- <i>Bhoomy amalaki kalka</i> with <i>tandulodaka</i>	- <i>Yo. Ra.PradarRoga Chi.</i>
	- <i>Rasanjana</i> with <i>Laksha chuma</i> with	- <i>Yo. Ra.PradarRoga Chi.</i> - <i>Sha.S.Madhyama khanda 2/113</i>

	goat milk -Madhuk churna and sharkara with tandulodaka -Indrayava Churna -Pushyanuga Churna	-Yo. Ra.PradarRoga Chi. -Ch.Chi.30/90,
Kwatha	-Darvyadi kwatha -Decoction of flowers of <i>Dhataki</i> and <i>Pungi</i> . -Decoction of <i>Ela</i> , <i>Lajjala</i> , <i>Salmali</i> , <i>Haritaki</i> and <i>magadhika</i> -Decoction prepared with <i>Nyagrodhadi gana</i>	-B.P.Chi.68/18 -Yo. Ra. PradarRoga Chi. -HaritaSamhita. -Sha. S.M.Kh.2/ 113
Ksheera	<i>Ashoka vankalasidhha ksheera</i>	B.P.Chi-68
Gutika	-Gokshuradi Guggulu -Chandraprabha Gutika	-Sha.S.M.-7, Yo.Ra.Prameha Chi. - Yo. Ra.PradarRoga Chi.
Modaka	-Alabuphala Modaka -Malaya phala Modaka	-B.P.Chi-68 - Yo. Ra.PradarRoga Chi.
Ghrita	- Brihatshatavar iGhrita -Shalmali Ghrita -Sheetakalyanaka Ghrita -Shatavari Ghrita -Mahatiktaka Ghrita	-Ch.Chi.-30, A.S.Ut.39, -A.H.Ut-34 - Yo. Ra.PradarRoga Chi. -Yo. Ra.PradarRoga Chi. -Ka.S.Kal.5 -Sha.S.M.-9
Tail	-Shatavari tail -Shatpushpa tail	-Sh.S.M.9/133 -Ka.S.K.5/23
Avaleha	-Kushmand avaleha -Jeerak avaleha -Kandamalaka	-B.P.Chi-68 - Yo. Ra. PradarRoga Chi. -Yo.Ra.Raktapitta Chi
Kalpa	-Lashuna kalpa -Shatpushpa kalpa -Shatavari kalpa	-Ka.S.K.2/29,30 -Ka.S.K.5/210 - Ka.S.K.5/15
Rashoushadhi	-Pradararipu rasa -Bola Parpati Rasa	- Yo. Ra. PradarRoga Chi. - Yo. Ra.PradarRoga Chi.

Pathya (Beneficial Diet)

The beneficial diet and mode of life advised for *raktapitta* is to be prescribed for the cases of excessive bleeding per vagina.

Cooled decoctions of drugs of *utpaladi* group, meat soup of wild animal or bird are beneficial. Cooked shali as *shastika* rice should be given in diet.

Leaves of *patola*, *shelu* with fruits of *sinduvra* prepared with ghrita is beneficial. Ghrita made from butter which is extracted from milk should be taken with milk and meat. Meat soup of rabbit, *kapinjala* is advised. Soup of *tanduliyaka*, *mudga* and seeds of *kashmari* should be used.

Apathya

Excessive salt, sour, heavy, hot and *vidahi* food material to be avoided. *Krishara*, *payasa* cured, *shukta*, *mastu* and wine to be avoided. Meat of fatty, aquatic and domestic animal to be avoided.

DISCUSSION

Shudha artava is one of the most Important factor for the healthy progeny. *Asrgdara* means Excessive bleeding from uterus during Menses or intermenstrual. It can be correlate With Dysfunctionl uterine bleeding. Certain herbal or Poly herabal *ayurvedic* drugs are used to Reduce *asrigdara* and its complications. *Asrgdara* treated with *Raktasthambhak*, *Raktasthapak*, *Dipan*, *Pachan*, *Bruhaniya*, *Balya Chikitsa* by using *Madhur*, *Tikta*, *Kashaya rasa pradhana dravyas* in different Type of *samprapti* of *Asrgdara*. *Vata pradhan asrigdara* treated with *Madhur*, *Amla*, *Lavana*, *Snigdha*, *Guru*, *Ushna*, *Anuloman*, *Aushadhi* etc. And *Basti chikitsa*. *Pitta Pradhan asrigdara* treated with *Madhur*, *Tikta*, *Kashaya*, *Snigdha*, *Shita*, *Stambhan*, *Dipan*, *Pachan*, *Aushadhi*. and *Virechan chikitsa*. *Kapha pradhan asrigdara* treated first With *Aama pachana chikitsa* and then Treated with *Tikta*, *Katu*, *Kashaya*, *Laghu*, *Stamban*, *Aushadhi* and *Vaman chikitsa*. *Virechan* is appropriate *Samanya Chikitsa* For *asrigdara* as it is mainly use for the *Pitta dushti* and as *pitta* and *rakta* have *Ashray ashrayi bhava virechan* is also Beneficial for *Raktadushti*.

CONCLUSION

Asrgdara is a common *Artav vikara*, Characterized by excessive uterine bleeding With complications. Modern treatment with Analgesics and hormonal therapy has Limitations, side effects and which also leads To the recurrence of disease. Ayurveda have Number of herbal and polyherbal compound Drugs useful to manage *Asrgdara* and related Symptoms and complications.

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