

**EFFECT OF ASHOKGHRUT UTTARBASTI IN CASE OF ASRIGDAR:
SINGLE CASE STUDY****Dr. Subhash Marlewar***

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ABSTRACT

Any abnormality in Rutuchakra (menstrual rhythm) leads excessive and irregular uterine bleeding which is known as "Asrigdara" in classical text. Various reports suggest that 30 to 50% of women in the reproductive age group suffer from excessive and irregular uterine bleeding by various causative factors. Heavy uterine bleeding is managed with medical therapy with associated side effects, and if unsuccessful is followed by surgical intervention. Modern and other medical systems failed to offer a complete care for the same. Thus there is scope for alternate management of excessive and irregular uterine bleeding. Ayurvedic understanding of disease points towards

predominance of Vatadushti. So in this state, Uttarbasti is choice of treatment for regularization of the menstrual cycle. The present case study was done to evaluate the role of Ashokghrut Uttarbasti in the management of Asrigdara. After 3 cycles of Uttarbasti, patient had regular menses. After taking treatment for 3 months patient is completely cured.

KEYWORD: Any abnormality in Rutuchakra Ashokghrut Uttarbasti completely cured.

INTRODUCTION

Asrigdara indicated the excessive and irregularity of menses. Due to alteration of food habits and changing life styles complain of the excessive and irregular uterine bleeding is increasing day by day. Heavy uterine bleeding is managed with hormonal therapy with associated side effects, and if unsuccessful is followed by surgical intervention. Modern and other medical systems failed to offer a complete care for the same. Due to limitation of medical therapy as well surgical therapy of modern science, it becomes the necessity of the time to find out an

efficational harmless therapy to manage the condition. Thus there is scope for the alternate management of infertility related to menorrhagia in Ayurveda.

In Ayurveda it is clearly mentioned that irregularity of any function of body mainly caused due to vitiated vata dosha. Uttarbasti has vatashamak property due to snigdha gun of medicated ghrut. Ashok causes vasoconstriction and thus acts as a haemostatic. So in this state Ashok siddha ghrut Uttarbasti is the choice of treatment for Asrigdara i.e. menorrhagia to regularize the menses.

MATERIALS AND METHODS

A 36yrs old female patient of Asrigdara was selected.

Drug

Ashok siddha ghrut.

Preperation of drug

Ashok siddha ghrut was prepared by snehapaka rule mentioned in the Sharangdhara Samhita.

Route of administration

Intrauterine (Uttarbasti).

Duration

From 5th day of menses for 5 consecutive days for 3 cycles.

Dose

10 cc Uttarbasti daily.

Case study

A 36yrs female patient approached to Podar Ayurveda Hospital, Mumbai on 5th Jan 2015 with complaints of heavy menses since 6 months with 3-4 pads/day and has bleeding for 15 days for every cycle. Her marital status was 12 years and her family was completed. Laproscopic TL was done. There was no any other medical or surgical illness. Her menstrual cycle was regular before. After that it becomes of 30-35 days with 15days bleeding per cycle with 3-4 pads/day.

First she consulted a Gynaecologist and went on to take all treatment as per her advice. Patient continued the treatment for 2 months but the treatment fails. The allopathic treatment unable to eradicate her pathology from its root.

The patient belongs to middle economic class. A detailed comprehensive history reveals that there is over intake of katu and lavana rasa, over intake of curd and atiyanaavrohana which helps to aggravate the disease process. In general examination patient was lean, having weight 40 kg and height 4'8". Ultrasound of abdomen pelvis was carried out to rule out pathology, which shows mildly thickened endometrium 14.4 mm.

In search of a medicine, who compete all the sign and symptoms successfully and overcome the etiopathology completely Ashok siddha ghrut Uttarbasti was planned. Patients give advised to take a normal diet. Avoid excessive oily, sweet, spicy, fried food, curd, fermented food, over diet and sour items. To have more green vegetable and fruits, To have more milk, simultaneously to maintain stress free lifestyle. 3cycles of Ashokghrut Uttarbasti given. After 3 cycles of Uttarbasti patient had regular menses. And after that she doesn't have the complaint of heavy menses.

RESULT

After 3 cycles of Uttarbasti, patient had regular menses. After that there is no relapse of menorrhagia. Patient is cured completely. Ultrasonography repeated after 3 month after completion of 3 cycles of Uttarbasti. Endometrial thickness was 10mm after Uttarbasti.

DISCUSSION

In today's era menstruation related problems are becoming major issues in every woman's life due to altered food habits and modern lifestyle. Menorrhagia is one of them. The menstrual rhythm (length of the cycle) depends upon the hypothalamo - pituitary - ovarian function where as the amount of blood loss depends upon the uterine condition. Various reports suggest that 30 to 50% of women in the reproductive age group suffer from excessive and irregular uterine bleeding by various causative factors.

According to Ayurveda cause of any menstrual disorder is vitiated vata dosha. Uttarbasti is one the choice of treatment for vata dosha dushti. Drug used for uttarbasti is Ashok siddha ghrut. Medicated ghrut also causes vatashaman. Ashok has stimulating effect on endometrium and ovarian tissue. Bark of Ashoka is astringent and refrigerant.

It contains ketosterol which is useful in uterine disorders. Ashoka tree bark is loaded with chloroform, methanol and other properties that treat bacterial and fungal infection. Uttarbasti regulates the normal phenomenon of Vata Dosha, which controls the Aartava in females. Thus due to Ashokghrut Uttarbasti there is regularization of menstrual cycle and menstrual bleeding.

CONCLUSION

Menorrhagia is one of the major problem encountered in gynecological practice. When main stream treatment fails, Ayurveda's principle based therapy plays a pivotal role to give a complete cure. However, in fact there is a strong need for creating community awareness about health care facilities and instils self concern in women for their own health need.