

## ROLE OF NAGKESHAR CHURNA WITH TANDULODAK ANUPANA IN ATTYARTAVA (MENORRHAGIA) - A SINGLE CASE STUDY

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Article Received on  
21 July 2018,

Revised on 11 August 2018,  
Accepted on 31 August 2018

DOI: 10.20959/wjpr201816-13323

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### ABSTRACT

Menorrhagia (*attyaratava*) is termed as excessive bleeding during regular menstruation. It affects personal, physical, mental, social, family and work life of women's and reduces their quality of life. Excessive *ushna*, *tikshna*, *sara*, *drva* properties of vitiated *pitta* responsible for heavy bleeding while menstruation. *Nagkeshar* is helpful in bleeding disorder. It acts as haemostatic and anti-inflammatory. *Nagkeshar* mainly acts on the blood capillaries, due to its *kashay rasa* and *shita virya or ishat ushna* (cold potency). *Tandulodak* is *shita*, *kashay* in nature, as *anupana* it is helpful to increase the action or potency of *nagkeshar churna*. So it helps in

controlling the excessive bleeding disorder. A girl having age 24 had came at OPD, with complaint of menorrhagia since 6 month with mild fever and general fatigue. All clinical investigation was done including sonography. All reports were normal. And USG showed the mild bulky uterus. So, *Nagkeshar churna*(5gm) was advised to patient with *anupana* of rinsed rice water(50ml) twice a day for seven days and Significant result was observed.

**KEYWORDS:** *Nagkeshar*, *Tandulodaka*, Menorrhagia, *Attyaratava*.

### INTRODUCION

Ayurveda has described many fundamental concept like *dohsa*, *dhatu* with their *updhatu* and *mala*. *Artava* is the *updhatu* of *Rasa dhatu*. *Ati* means excessive and *artva* means menstrual blood. So, increased flow of menstrual blood than normal is termed as *attyaratva*. This excessive bleeding may last for more than 7 days and is often accompanied by fatigue, cramps, headache, weakness and pain. It interfere the women's physical, mental, social life and declines the quality of life. In Ayurveda, the condition of excessive bleeding during

periods is known as *Rakta Pradra*.<sup>[1]</sup> This condition arises when the *pitta* and *vata* get vitiated.

Today's sedentary lifestyle, diet, regimen, stress, spicy junk food, excess workout may responsible for vitiation of *rasa*, *rakta dhatu* and *pitta dosha*. *Pitta dosha*, *rakta dhatu* and *artava upadhatu* has mutual relationship between each other.<sup>[2]</sup> So if *pitta* get vitiated *rakta* and its *upadhatu artava* also get vitiated resulting menorrhagia (*attyaratva*). Ayurveda recommends many herbs and home remedies that can be easily used to cure the problem of heavy bleeding during periods. *Nagkeshara* (*Mesua ferrea*) is the herbs that are helpful in solving the problem of heavy bleeding. It is *kashay*(astringent)and *tikta*(bitter) in *rasa* (taste), *Ishat ushn*(hot), *sheet viryatmak* (cold potency), *laghu* and *ruksha* in nature and pacify the *pitta*. It is haemostatic and anti inflammatory in action. It is mostly referred in bleeding disorders.<sup>[3]</sup> The concept of *anupana* described very well in our classics.<sup>[4]</sup> By using the appropriate *anupana* increases the potency of that drug action. So, in this single case study *Nagkeshara* powder was advised with *tandulodaka anupana* and significant result was observed. It is discussed in discussion chapter.

**AIM:** Role of *Nagkeshara Churna* in *Attyaratva* with *Tandulodha Anupana* (menorrhagia)- A single case study.

**OBJECTIVE:** To evaluate the efficacy or role of *Nagkeshar Churna* with *Tandulodak Anupan* in *Attyartava* (Menorrhagia).

## MATERIAL AND METHODOLOGY

### CASE REPORT

**Personal History-** Name- xyz, Occupation- private job, Age -24 yrs, Sex- Female, Education-MCA, Height - 5ft, Weight- 70 kg, BMI-30.14, Diet – Mix diet, Marital status- unmarried. *Agni- Madhyam, Koshth- Madhyam, Bala- Madhyam, Nidra- Atinidra, Prakruti- Kaph Pradhan Pittanubandhi*.

A case study was conducted in a patient of regular heavy menstrual bleeding since 6 month, with fatigue and mild fever.

**History of present illness:** Patient had complaints of regular heavy menstrual bleeding since last 6 month with general weakness, mild fever with mild bulky uterus in USG. Patient had taken hormonal treatment but it worsens her physical and mental health. For this purpose,

patient came for management of menorrhagia, then we advised *Nagkeshar* powder (5 gm) with rinsed rice water (50 ml) regularly for 7 days & significant results were observed.

**Past history:** History appendectomy before 1 year.

**Premenstrual history:** Regular, 10 to 15 day heavy bleeding with mild abdominal pain & discomfort. LMP: 3/6/2018.

**Ashtavidha parikshan:** 1.Nadi - 78/minute, 2.Mala (bowel habit) –normal. 3.Mutra – Samyaka, 4.Jivha –Nirama, 5.Shabd - clear pronunciation, 6.Sparsha –Samshitoshna, 7.Druk –Normal, 8. Akrti -Sthulakrti (obese).

**Nidan Panchaka: (in patient)** - (1) *Hetu* – History of Excess junk, spicy food, *dadhi*(curd), fish, day-sleep, excess workout, *mutra & purisha vega dharana*. (2) *Purvaroop* – *Attyartava* (heavy bleeding up to 15 to 20 day), (3) *Roopa* – *Attyartava* (heavy bleeding) with fatigue, mild fever, *Shwas*(dyspnoea) (4)*Upshaya* – *Nagkeshar churna* with *tandulodak anupana*. (5) *Samprapti*- Harmful *pitta and vata* causes vitiation of *Artava vaha Srotasa*.

**Systemic examination** – In Systemic examination on inspection she was normal, Auscultation peristaltic sounds heard, Palpation mild tenderness over pelvis, Percussion was normal. (CVS, RS, CNS – NAD, BP- 130/80 mmofHg, PR- 92/Min).

**Investigation:** Hb- 7.8gm/dl. USG finding- Bulky uterus.

On the basis of examination and assessment of clinical feature, history and clinical reports available we diagnosed the case as menorrhagia.

**Treatment planned** – *Nagkeshar Churna*/powder (Pharmacy Baidyanath) 5 gm twice a day with *Tandulodak Anupana* after meal (rinsed rice water 50 ml) for 7 day. Advised healthy diet and *hetu* was avoided (causative factor) which observed in the patient.

**Preparation method:** 50 gram rice taken + 500 ml normal drink water added and kept for whole night. Then it used as *tandulodak* in patient. (Also hot water can be use, but use it after cooling for medicinal purpose).

## OBSERVATIONS AND RESULTS

Before	After		
1. Heavy menstrual bleeding up to 15 day Number of pads required - 8 to 9 pads for 15 day regularly.  2. Fever – 40 <sup>0</sup> C temperature	Bleeding decreased day by day after medicine.		
	Days of menses	No. of pads taken by patient	Temp
	1 <sup>st</sup> day	8 pads taken by	39.3 <sup>0</sup> C
	2 <sup>nd</sup> day	6 pads taken	38.5 <sup>0</sup> C
	3 <sup>rd</sup> day	4 pads	38.2 <sup>0</sup> C
	4 <sup>th</sup> day	4 pads	37.3 <sup>0</sup> C
	5 <sup>th</sup> day	3 pads	37.3 <sup>0</sup> C
	6 <sup>th</sup> day	2 pads taken	36.8 <sup>0</sup> C
	7 <sup>th</sup> day	1 pad	36.7 <sup>0</sup> C
	8 <sup>th</sup> day -	Pad Not required, bleeding stop completely	36.7 <sup>0</sup> C
3. Fatigue - <b>Grade 2</b> observed.	Fatigue – <b>Grade 1</b> observed.		
<b>Grade3</b> - Unable to do daily activities, need IV fluid <b>Grade2</b> - Able to do daily activities, but need rest <b>Grade1</b> - Able to do daily activity, feel tired after activity. <b>Grade0</b> - Daily activities are normal without tiredness.			

## DISCUSSION

Menorrhagia is one of the most common symptoms seen in gynaecology. It is defined as menstruation at regular cycle but with excessive flow which may last for more than 7 days with menstrual bleeding of more than 80 ml in each cycle.<sup>[5]</sup> Menorrhagia have effects on personal, physical, mental, social, family and work life of women and thereby reduces their quality of life.<sup>[6]</sup> In some cases, the cause of heavy menstrual bleeding is unknown, but a number of conditions may cause menorrhagia like Hormonal imbalance, PCOS, Adenomyosis, Dysfunction of ovaries, Uterine fibroid, Polyp, Endometrial Cancer, Dysfunctional uterine bleeding, inherited bleeding disorder etc.<sup>[7]</sup> Excessive or prolonged menstrual bleeding can lead to Anaemia and more complication. So need to care, early diagnosis and management.

Today's sedentary lifestyle affects woman's reproductive health it is one cause behind Menorrhagia. According to Ayurveda it is called as *Rakta-pradar*, "*Prakarshen Diryadte iti pradar*". In *pradar* management *nagkeshara* drug has advised with rinsed rice water (1 pal rice+8 fold water), termed as *tandulodaka*. It is the subtype type of *hima* formulation described by Acharya Sharangdhara.<sup>[8]</sup> *Tandulodaka* is *kashay* and *madhur* in *rasa* (taste), therefore helpful to increase the haemostatic action (*Rakt Sthabhak*) of *nagkeshara churna*. *Nagkeshara* (*messua ferrea*) has astringent taste with *ishat-ushna* (in small extent hot), *ishat*

*sheet virya* (cold potency). It is *lagu, ruksha* in nature, so it act as haemostatic by constricting the blood capillaries and prevents the bleeding.<sup>[9]</sup> It acts as anti-inflammatory, antiseptic, antifungal, analgesic, hepato-protective, antioxidant, antispasmodic in action. It contain 1,5-dihydroxyxanthone (II), euxanthone 7-methyl ether (IV) and  $\beta$ -sitosterol, messuol etc. The Extract of *M. ferrea* has also been shown to possess estrogen and progesterone-like effects which were proposed to be helpful in the correction of hormonal imbalance during menstrual disorders.<sup>[10]</sup>

In this case; patient had complaint of mild fever and fatigue, it was due to heavy bleeding. Patient started to take nagkeshar churna with tandulodak from 1<sup>st</sup> day of her menstrual cycle. Day by day significant effect was seen. As soon as bleeding stopped, her fatigue and mild fever get reduced.

## CONCLUSION

Nowadays *Attyaratava* (Menorrhagia) is most commonly interfering the personal, physical, mental, social, family and work life of women and thereby reduces their quality of life. So, it is need to early diagnosis and Management. Today's sedentary lifestyle causes vitiation of *Rakta* and *Pitta* which are the *dushya* and *dosha* of *Attyaratava* respectively. *Nagkeshar churna* with *Tandulodaka* has significant role in the *bleeding disorder like Attyaratava* (Menorrhagia). It acts as haemostatic, anti inflammatory, analgesic due to its *pitta shamak* and *kaphashamak* action. Also it corrects the hormonal imbalance (estrogen and progesterone) so, it have significant role in the menorrhagia.

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