

## ROLE OF *BOLBADDHA RASA* IN *ASRIGDARA* (MENORRHAGIA) – A REVIEW

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### ABSTRACT

Menorrhagia is the most common gynaecological problem faced by menstruating women which is seen in various gynaecological diseases. Menorrhagia is a condition where cyclic bleeding in excessive amount or duration or both present in various pathological conditions. In Ayurveda we can correlate it with *Asrigdara* (*Raktapradara*). Where there is *rakta dhatu vrudhi* and *pitta, vata dosha dushti* is present. Menorrhagia affects day to day life of women. In modern medicine HRT, Antifibrinolytic agents are given for its management which has lots of side effects. In Ayurveda various therapies like *panchakarma*, herbomineral medicines, yoga is described for its management. This doesn't have any side effects. Amongst them use of *bolbaddha rasa* in

*Asrigdara* is very beneficial according to *Rasa Chandanshu* which is a popular ayurvedic text. It has *deepana*, *pachana*, *raktasthapana* and *pittashamana* properties which is useful in it. So, in this article we are going to review on role of *bolbaddha rasa* in *asrigdara* i.e., menorrhagia.

**KEYWORDS:** Menorrhagia, *Asrigdara*, *Bolbaddha rasa*.

### INTRODUCTION

Menorrhagia is the leading and the most common menstrual symptom in reproductive age group in various gynaecological disease. It is defined as cyclic bleeding at normal interval;

the bleeding is either excessive in amount or duration or both.<sup>[1]</sup> This heavy menstrual bleeding affects the physical as well as mental health of women. Menorrhagia is a symptom present in various pathological condition & the treatment of it depends on that condition. That may involve HRT, antifibrinolytic agents or surgical management i.e. Hysterectomy.

In Ayurveda menorrhagia can be correlate with *Asrigdara* (*Raktapradara*).

रजः प्रदीर्यते यस्मात् प्रदरस्तेन् स स्मृतः | च. चि. ३०/२०९

*Pradirana* of *raja* i.e., excessive flow of *raja* is known as *raktapradara*.<sup>[2]</sup> According to *Chakrapani* due to mixture of increased *rakta* and *raja*, total amount of menstrual flow is increases & as *asruk* is synonym of *rakta* hence it is called as *asrigdara*.<sup>[3]</sup> It causes due to excessive *lavana*, *amla*, *guru*, *katu*, *vidahi annapana sevana*. In this there is *rakta dhatu dushti* & *pitta, vata dosha dushti* which cause *asrigdara*.

Management of *asrigdara* in ayurveda is given as-

1] *Panchakarma* therapy –

- *Virechana* (purgation)
- *Uttarbasti*
- *Basti* - eg. *Rasnadi niruha basti*, *rodhradi aasthapana basti* etc.

2] Oral medication - involves *Darvyadi kwath*, *Nyagrodhadi kwath*, *Shatavari ghrita*, *Shalmali ghrita*, *Pradararipu rasa*, *Chandraprabhavati*, *Bolbaddha rasa*, *Bolparpati* etc.<sup>[4]</sup>

## AIMS AND OBJECTIVES

1. To study the role of *bolbaddharasa* in *asrigdara*

## MATERIAL AND METHODS

*Bolbaddha rasa* is a type of *rasakalpa* i.e., herbomineral compound which is used in treatment of menorrhagia, *prameha* etc.

प्रदरं च प्रमेहं च मुत्रकृच्छ्राशमरी जयेत |<sup>[5]</sup>

## Ingredients<sup>[5]</sup>

- *Shuddha parada*
- *Shuddha gandhaka*
- *Amruta satva*
- *Bol* (*Hirabol*)

- *Shalmali swarasa* as *bhavana dravya*

### Method of preparation<sup>[5]</sup>

Take *shuddha parada* and *shuddha gandhaka* and make first *kajjali* of it, then add *guduchi satva* and *hirabol* in it. Take all above 4 drugs in the ratio of 1:1:1:3. Then give seven *bhavana* of *shalmali swarasa* & make *vati*.

### Rogaghnata<sup>[5]</sup>

- *Pradara*
- *Prameha*
- *Mutrakruchcchra*
- *Ashmari*.

**Dose<sup>[5]</sup>** – 2 - 4 *gunja* (250-500 mg)

**Anupana** – *Madhu*

### General description of content of *bolbaddha rasa*<sup>[6][7][8]</sup>

Sr. no.	Dravya	Latin name	Rasa	Virya	Vipaka	Karma
1	<i>Shuddha Parada</i>	Mercury / Hydrargyrum	<i>Shada rasa</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Yogavahi, Rasayana, deepana</i>
2	<i>Shuddha Gandhaka</i>	Sulphur	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rasayana, Agnideepana</i>
3	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	<i>Tikta, Katu, Kashaya</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Rasayana, Jwaraghna, Shothahara, Deepana</i>
4	<i>Bola</i>	<i>Commiphora myrrha</i>	<i>Tikta, Katu, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shothahara, Vedanasthapana, Stambhana</i>
5	<i>Shalmali</i>	<i>Salmalia malbarica</i>	<i>Kashaya</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Shonitasthapana, Stambhana, Grahi, Shothahara</i>

### DISCUSSION

In *asrigdara rakta* is the main *dhatu* that causes pathogenesis along with *pitta* and *vata dosha*. Pittavrutta apana vayu is also responsible for increase in amount of blood during menstruation.<sup>[9]</sup> That's why *rakta*, *pitta* and *vata* are the important pathological factors in *asrigdara*. Rakta is considered to be the vital substance of body & in *asrigdara* there is excessive flow of blood out of body through vagina. So it should be stopped immediately. Hence raktasthapana chikitsa is important. *Aacharya Charaka* explained that *pradara* is

treated on the line of treatment of *raktatisara*, *raktapitta* & *raktarsha*.<sup>[10]</sup> So according to this treatment protocol of *raktarsha* i.e., *deepana*, *pachana*, *agnivardhana*, *raktasangrahana* & *doshapachana* should be given with the help of *tikta*, *Kashaya rasapradhan dravyas*. *Bolbaddha rasa* possess *Madhura*, *tikta*, *Kashaya rasa* as predominant *rasa*, *laghu*, *snigdha* as predominant *guna*, *sheeta veerya* and *Madhura vipaka* mainly. So, it has *deepana*, *pachana*, *agnivardhana*, *raktastambhana* & *tridoshashamaka*, anti - inflammatory properties which helps to normalising the vitiated *doshas* and reduces the symptoms of *asrigdara*. Also, *agnivardhana* and *pachana* help in metabolism of estrogen which helps to reduce the *asrigdara*.

## CONCLUSION

Menorrhagia is a major menstrual problem which affects day to day life of women. It causes excessive uterine bleeding. In Ayurveda menorrhagia can compare with *asrigdara* in which there is *rakta dhatu dushti* and *vata & pitta dosha dushti*. *Bolbaddha rasa* is a herbomineral compound given by ayurveda. The contents of it has *rasayana*, *tridoshashamaka*, *raktasthapana*, *raktastambhana*, *deepana*, *pachana*, *agnivardhana* and anti-inflammatory properties which normalising the vitiated *doshas* & cures the *asrigdara*.

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