

**EFFECT OF ATIBALAMOOOL CHURNA WITH MADHU IN
MANAGEMENT OF ASRIGDAR****¹*Dr. Ujwala Jatale and ²Dr. Saudamini Choudhari**¹Assistant Professor Streerog Prasutitantra.²HOD Streerog Prasutitantra.Article Received on
18 Feb. 2023,Revised on 11 March 2023,
Accepted on 31 March 2023

DOI: 10.20959/wjpr20235-27742

Corresponding Author*Dr. Ujwala Jatale**Assistant Professor Streerog
Prasutitantra.**ABSTRACT**

Asrigdar indicated the excess and irregularity of menses. In the female, the reproductive system has great importance and only disease in this system will seriously affect her health and happiness, due to limited medical therapy and surgical therapy of modern science. It became necessity of the time to find out an effective, harmless therapy to manage the condition. This case study was done to evaluate the efficacy of atibalamool churna with Madhu on Asrigdar. atibalamool is easily available and cost-effective and safe drug treatment which was done for 3 months. it is observed that the drug is effective in the

management of Asrigdar.

INTRODUCTION

The menstrual cycle is complex series of physiological changes that occur in women on monthly basis. Only abnormality in rutuchakra [menstrual rhythm] leads to excessive and irregular uterine bleeding which known as "ASRIGDAR" according to chakrapani.

Causative factor like amla, lavan, vidahi, virudha ahar, diwaswap leads to disturbance in "JATHARAGNI" [digestive fire]. Which causes pitta & rakta dushti which leads to the Asrigdar.^[3]

Dysfunctional uterine bleeding mentioned in modern science can be correlated to Asrigdar linked with similar signs and symptoms.

About 10-15% of women experience an episode of abnormal uterine bleeding at some time during the reproductive year of their life. In modern medicine heavy menstrual bleeding in

management with various medical therapy which has a lot of side effects. So, it is necessary to find out an effective non-hormonal remedy that is simple, easily available, cost-effective, and easy to administer for the cure of Asrigdar.

Madhu rasa of Atibalmool churna, Madhur rasa of Madhu, causes pitta shaman and it decreases the Rakta Dhatu dushti and Rakta Vardhan. Due to Kashya Rasa, Ruksha Guna of Madhu it reduces kleda and reduced srotorodh causes vatanuloman and it break Asrigdar samprapti.

AIM

To study the efficacy of Atibalmool churna with Madhu in the management of Asrigdar.

OBJECTIVE

- i) To find easy and effective management of Asrigdar.
- ii) To minimize the complication of Asrigdar.

REVIEW OF LITERATURE

1] According to Ayurved: Due to Dirana (excessive menstrual excretion), As there is excessive excretion of Asruka [Menstrual blood] this disease is called “Asrigdar”.

Asruka- Menstrual Blood

Dara- excessive excretion

2] According to Modern

DUB can correlate with Asrigdar which is defined as “Dysfunctional uterine bleeding” from uterus in the absence of an organic cause.

Nidan & Samprapti

According to Acharya Charak, women who consume excessive salty, sour, heavy, pagnet hot, meat of fatty domestic animals, krashars, mostly, wine due to hetusevan, vitiate pitta, vata, kapha dosha, rasa and rakta dhatu increase the sara and dravya guna of pitta and increase in the volume of rakta it reaches garbhashayagat rojovaha sira and increases amount of raja due to relative increase of raja and apan vayus expels the increase raja.

Samanya Lakshana

Presence of excessive excretion of artav during menstruation Artav in excess amount and for prolonged period as well as during intermenstrual period.

DRUG REVIEW**1] Atibalamool**

Latin Name: Abutilon Indicum.

Family: Malvacea

Ras: Madhur

Vipaka: Madhur

Guna: Laghu, Snigdh

Doshakarma: vatghna, pittaghna.

2] Madhu (Honey)

Rasa: Madhur, Kashaya

Vipaka: Madhur

Virya: Sheet

Guna: Guru, Ruksha, Yogvahi

MATERIAL AND METHODOLOGY**Case Report**

Personal History

Name: XYZ

Occupation: House wife

Age: 32 years

Sex: Female.

Height: 5.3ft.

Weight: 62kg.

Marital Status: Married,

Diet: Mixed diet.

Agni: Manda,

Nidra: Khandita

Prakriti: vatpittanubandhi

A case study was conducted in a patient of regular heavy menstrual bleeding since, 4 Month with mild abdominal pain and fatigue.

History of Patient illness

The patient had complained of regular heavy menstrual bleeding for 4 months with mild abdominal, and general weakness patient had taken hormonal treatment but it worsens her physical and mental health.

For this purpose, the patient came for Ayurvedic management of Asrigdar. Then I advise Atibalmool Churn, 5mg with Madhu two times regularly for 15 days, and significant results were observed.

Past History: NAD

Pre-menstrual History:

Regular, 4-to-5-day bleeding, with mild abdominal pain, LMP- 4th day of menstruation.

Present MH- Regular, 12–15-day, heavy bleeding 4-5 pad, with abdominal pain.

Obstetrical History

G₃P₂A₁L₂

G₁: fch 6 yrs FTND

G₂: Mch. 4 yrs FTND

G₃: SA

Contraception- Use of a Condom

Ashtavidha Pariksha

Nadi: 32/min

Mutra: 5 aryaka

Mala: Intermittent constipation

jivha: alpa lipt

Shabdha: Clear

Sparsha: Normal

Mruda: Normal

Akruti: sthula.

Treatment

The selected patient will be treated under the following group.

Drugs	Atibalmool Churna
Dose (Matra)	5gm. (B.D)
Duration	15 days.
Route of Administration	Oral (Abhyantar).
Kala	Prakbhakta Kala.
Anupan	Madhu.
Form of Drug:	Churna

Follow Up

- 1st follow up- was taken on 6th, 9th, 15th day of menstrual cycle
- 2nd follow up- was taken on next menses.

Observation

Before	After	
Bleeding: Heavy menstrual bleeding up to 15 days. No. of pad 6 required.	Bleeding decreased day by day after medicine.	
	Day of tlt	No. of pad taken
	1	6
Weakness	2	5
	3	4
Abdominal Pain	4	3
	5	2
	6	1
	7	none spotting pad not required
	8	stop bleeding

DISCUSSION

Today's sedentary lifestyle affects women's reproductive health it is one cause behind the DUB. In Ayurvedic classics, Asrigdara is very well correlated with DUB in modern medicine.

Asrigdar is a very severe and life-threatening condition that may be fatal to the patient. If not treated properly and timely in Asrigdar management of atibalmool churna drug has advised with madhu.

CONCLUSION

Today's sedentary lifestyle causes vitiation of Rakta, pitta, and vata which are the dushya and dosha of Asrigdara respectively.

Atibalmool Churna and Madhu have a significant role in a bleeding disorder like Asrigdara.

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