

**EFFECT OF RAKTA JAPAPUSHPA DECOCTION IN RAKTAPRADAR  
WITHSPECIAL REFERENCE TO MENORRHAGIA - A CASE STUDY****Anjali R. Kanaujiya<sup>1\*</sup> and Pradnya Deshmukh<sup>2</sup>**<sup>1</sup>PG Scholar, <sup>2</sup>H.O.D & Professor,

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**ABSTRACT**

*Raktapradar* in Ayurveda is characterized by excessive or prolonged menstruation with or without intermenstrual bleeding, It can be correlated with menorrhagia. which is one of the most common bleeding disorders in women. Ayurvedic texts have described a variety of treatment options in the management of *Raktapradar*. This case study describes the case report of a 24 years old female who was complaining of *Raktapradar*. In present study, it is observed that *Japapushpa* has provided significant relief in the symptoms of *Raktapradar*. *Japapushpa* is mentioned in *Bhavprakash Nighantu* as a *sangrahi dravya*, and it is traditionally used in kerala in *Rajaswalaparicharya*.

**KEYWORDS:** Raktapradar, Japapushpa.**INTRODUCTION**

"In Ayurveda, the woman is considered to be “**Shakti**”; the Mother and Source of creation, in whose lap all of civilization is cradled. Hence the health care of women is very important. Due to alteration of food habits and changing lifestyles incidence of excessive and irregular uterine bleeding is increasing dayby day. Various reports suggest that 30-50% of women in reproductive age group suffer from excessive and irregular uterine bleeding by various causative factors. Raktapradar means heavy vaginal bleeding during or before or after menstrual period. Raktapradar can be correlated to Menorrhagia.

Menorrhagia denotes cyclic regular bleeding which is excessive in amount or duration. In Ayurvedic text the etiological factors of Raktapradar have been mentioned. The management

and prevention of Raktapradara also found in Ayurveda.

For the management of Raktapradara various herbal, polyherbal, minerals and herbo minerals drugs have been suggested in Ayurveda. Hence this research article will highlight, about menorrhagia with special reference to Raktapradara.

Heavy uterine bleeding is managed with medical therapy which has lots of side effects and if unsuccessful is followed by surgical intervention. Due to limitation of medical therapy as well as surgical therapy of modern science, it becomes a necessity of time to find out an effective harmless therapy to manage condition. Many preparations have been mentioned in our text for treatment of Raktapradar. All these medications have certain common fundamental principles.

In pathogenesis of Raktapradar, pitta and vattadoshas, rasa and raktadhatu and agnimandya are main responsible factors.

Rakta Japapushpa drug is tikta, kashayarasatmak, pittakaphashamak, raktastambhak. These properties are responsible to control bleeding.

### **Need of study**

Over 75000 hysterectomies are now carried out due to menstrual disturbances only. (Ref: Jaypee journals: Efficacy of a selective Estrogen receptor modulator: Ormeloxifine in management of Dysfunctional uterine bleeding)

In ayurveda there are so many traditional medicine are available which can be use in respective disorder.

To evaluate the efficacy of this traditional medicine as per the day to day parameter, its our responsibility to carry forward and scientifically proof the action of our traditional medication.

### **AIMS AND OBJECTIVE**

- To study the action and efficacy of Raktajapapushpa decoction in Raktapradar.
- To carry out a comprehensive literary study of Raktapradar.

### **Drug review**

Latin name:- Hibiscus rosa-sinensis

Family:- Malvaceae

Hindi name - Japa, Gudahala, Gudhal

English name – Hibiscus

Bengali name - Jaba

Kannada name – Dasavala

Marathi name-Jasvand

Tamil name -Shemaparuti

Telugu name – Dasanamu

Sanskrit Synonyms of Hibiscus: Oundrapushpa, Trisandhya, Aruna, Sita, Hema Pushpa, Rakta Pushpa, Aruna Sita

### **Medicinal properties of hibiscus**

Rasa - Kashaya, Tikta

Guna - Laghu, Rooksha

Vipaka - Katu

Veerya - Sheeta

Karma - Kaphapitta shamaka

Pharmacological action - Antifertility, Analgesic, Hypotensive.

### **MATERIAL AND METHODS**

A 24 year old patient came to S.M.B.T Ayurved hospital at PTSR OPD with c/o: -Heavy menstrual bleeding with severe pain lower abdomen by occupation she is Nurse

Menstrual history – Menarche: - At the age of 15 year LMP-1/1/2023

LLMP- 4/12/22

(7-8days/28-30 days/regular, heavy bleeding with clot, 5-6 pads/day), painful. Marital status- Unmarried.

Patient have this complaint since menarche.

No any medical and surgical illness. Weight- 48 kg,

Height-156cm, BMI-19.7 kg/cm.

The trial drug was selected from Bhavaprakash Nighantu.

*Raktajapapushpa siddha kwath* was given 40 ml twice a day with jaggery from first day of menses till five days.

In search of a medicine, who complete all the sign and symptoms successfully. Patient was instructed to avoid salty, sour, fermented and heavy food items in diet and simultaneously to

maintain stress free lifestyle.

## OBSERVATION AND RESULT

On the basis of Vas scale and PBAC Calculation

	Before treatment	After treatment
Interval of Menstrualcycle	28-30 days	28-30 days
Duration of Bleeding	7-8 days	5 days
Amount of Bleeding	5-6 pad/day	3-4 pad/ day
Pain during Menses	Severe	Mild

The patient had bleeding from 7-8 days before treatment. After treatment, patient got relief in all her signs and symptoms.

## DISCUSSION



After studying different samhitas the main chikista for Raktapradar is *raktastambhan* as *sakshat raktadhatu* is lost per vaginally so it is to be preserved. The drug *Japa* is best *raktastambhan* and *Sangrahi*. It is effective on Raktapradar chikista. After studying modern aspect, we may conclude that the disease *Raktapradar* is analogous to menorrhagia, Japa has properties of Kashya tikt rasa, Katu Vipaka, Laghu Ruksha Guna and having sheet virya. Due to all these properties, Japa works as Sthambhak and is commonly used in Raktapradar. From

this case study, we found Hibiscus rosa-sinensis gave *raktastambhak* effect and symptoms of lower abdominal pain were reduced.

## CONCLUSION

*Raktapradar* is commonly seen in society as a dominant problem, occurring in female as *yoni- garbhashaya vikar*. *Raktapradar* is caused by vitiated *pitta* and *vata* in association with *rakta* and line of treatment should be *rakta stambhak* along with *vatashaman*. *Raktajapapushpa* decoction effectively reduces quantity of per vaginal bleeding due to *vatakaphashaman*, *raktasangrahan*, *raktastambhan* properties. Trial drug *Raktajapapushpa* decoction act by specific prabhav i.e. *Raktastambhak* (Haemostatic activity) etc. This is a single case study, so we have to do more study for more definitive result.

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