

"THERAPEUTIC SIGNIFICANCE OF LAGHUSUTSHEKHAR RAS IN ASRIGDARA (MENORRHAGIA): A CLASSICAL AYURVEDIC PERSPECTIVE"

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ABSTRACT

Asrigdara is a gynaecological condition exhibited by excessive and/or prolonged menstrual blood flow. In Ayurveda, it is generally caused by the vitiation of Pitta Rakta & Vata Doshas. Modern correlation may be done with Menorrhagia, a common disorder in reproductive-age women, which often leads to various accompanying pathologies like anemia, fatigue, and reduced quality of life. Laghusutshekhara Ras, a classical herbo-mineral formulation, is indicated in the management of Pitta-dominant disorders, including Amlapitta (hyperacidity), Ardhabheda (migraine), and dysfunctional uterine bleeding. This formulation is composed of Shunthi (*Zingiber officinale*), swarna gairik (purified red ochre), nagvalli swaras (betel leaf extract), which possess deepana (digestive stimulant), pachana (digestive), pittavata shamak (Pitta-vata pacifying), and rakta-stambhak (hemostatic) properties. This formulation helps to manage the excessive uterine bleeding by harmonizing the Pitta and Vata dosha,

improving digestive fire (Agni), and augmenting overall metabolism, which is crucial in the pathogenesis of Asrigdara. Moreover, its Rasayana (rejuvenating) effect aids in rejuvenation and improving general health. This article explores its potential and mechanism in the effective management of Asrigdara.

KEYWORDS: Asrigdara, Menorrhagia, Pacifying Doshas, Rasayan.

INTRODUCTION

Asrigdara is a gynecological condition exhibited by excessive uterine bleeding, which is pathologically correlated with menorrhagia in contemporary medicine. Acharya Charaka has designated Asrigdara as a distinct disorder in the Yonivyapad Chikitsa Adhyaya, cataloguing it under Raktaja Vikara and also correlating it with Pitta-avrita Apana Vayu. Acharya Sushruta has also documented Asrigdara as an independent disorder in the Sharira Sthana under the chapter Shukra-Shonita Shuddhi Sharira Adhyaya. It is also mentioned under Pitta-samyukta Apana Vata and Rakta-doshaja Vikara.

In Ashtanga Sangraha, the term Raktayoni is used to signify excessive and abnormal uterine bleeding. whereas, Ashtanga Hridaya describes Raktayoni but did not directly mention Asrigdara or Pradara.

Nidan

Lavana (salty) and Amla (sour) Rasa have Tejo and Jal Mahabhuta. Jala Mahabhuta surges Drava (fluidity) Guna, while Tejo Mahabhuta raises Pitta due to its Ushna Guna, and further leads to the vitiation of Pitta. Moreover, intake of Pittavardhaka Dravyas, which also raises Dravamsha of pitta dosha and ultimately Sama pitta gets accumulated in the body.^[1] Besides this, Atimatrashana is also an important etiological factor in causing aam dosha as mentioned in the Charaka Samhita and the Ashtanga Samgraha.^[2]

Samprapti

Due to above mentioned nidanas, vatta and pitta doshas get vitiated which further disrupt the normal movement and cohesion of Rakta. In Ayurveda, Aratava (menstrual blood) is considered a byproduct of the Rasa Dhatu. The imbalance of doshas and dhatus caused by Rasa Dushti interferes with the production and control of Aratava, resulting in irregular, excessive, or insufficient monthly bleeding.^[3] This pathophysiological alteration results in a raise in the quantity as well as deterioration in the quality of Rakta, leading to its vitiation.^[4] Simultaneously, Pitta dosha becomes aggravated, contributing to an increase in Ushma (heat) within the body. This excess heat further liquefies the Rakta, enhancing its Dravatva (fluidity) and promoting its excessive flow.

The combined vitiation of Vata and Pitta doshas, along with the deteriorated quality of Rakta, affects the Garbhashaya (uterus) and its associated channels. This imbalance leads to the expulsion of an excessive amount of Artava (menstrual blood), proclaiming as Asrigdara.

Lakshan

There is no mention of the Purvarupa of the Asrigdara phase in the literature. Several Lakshanas, including Sarvadaihika and Sthanika, are produced by the vitiated Dosha.^[5] Acharya Charaka has described the only one symptom i.e. presence of excessive bleeding during menstruation. According to Sushruta, a protracted period of excessive menstruation, even in the absence of a typical monthly cycle, differs from the characteristics of regular menstrual blood or indicates the characteristics of a certain Dosha known as Asrigdara.^[6] Pain and aches in the body are the major symptoms of all forms of asrigdar.^[7]

Laghusutshekhar Ras^[8]

Table No. 1

S.no	Ingredients	Quantity
1	Shuddha Swarna Gairika (red ochre)	2 parts
2	Shunthi (Zingiber officinale)	1 part
3	Nagvalli swaras	Bhavna dravya

Pharmacological Actions

Laghusutshekhar Ras acts as a detoxifier and anti-toxin, which helps to reduce ama in the body and prevents its further formation through its digestive action. This action is contributed by presence of ginger root powder in formulation. Its effects appear on all three dosha, but especially it reduces aggravated pitta. Like Sutshekhar Ras, it also reduces amla and tikshna qualities of pitta dosha.

Raspanchak

Table No.2

	Shuddha Gairika ^[9]	Nagvalli ^[10]	Shunthi ^[11]
Rasa	Kashaya (astringent), Madhur	: Kashaya ,Katu,Tikta	Katu
Guna	Snigdha,Vishad	Laghu,Tikshna,Vishad	snigdha
Veerya	Sheeta	Ushna	Ushana
Vipaka	Madhur	Ushna	Madhur

In short, Laghusutshekhar Ras acts on.^[12]

Dosha – when pitta is aggravated by its Tikshna and Amla guna.

Dushya - Ras, Rakta.

Sthan - Amashay, pakwashay, Raktvaha strotas

Matra of Laghusutshekha^[13]

1 – 4 Gunja (approx. 125–500 mg)

Anupana- Milk, sugar

Probable mode of Action of Laghusutshekhar Ras

Ayurveda states that Pitta-Rakta vitiation is the primary cause of Asrigdar, which results in tissue imbalance and bleeding disorder. Gairika, due to its kashaya (astringent) rasa acts as raktstambhak (hemostatic agent) reducing excessive bleeding and pacifying Pitta.^[14] Shunthi metabolizes the Ama (toxins) and boosts Agni(digestive fire) and further preventing the aggravation of doshas.^[15] Nagavalli acts as a potent Pittashamak and Raktashodhak, thus balancing the aggravated Pitta and cleansing the vitiated Rakta Dhatu. It possesses Shothahara (anti-inflammatory)properties, preventing secondary infections and reducing inflammation.^[16] Its Yogavahi^[17] (catalytic)nature enhances the bioavailability of other drugs and aids in breaking the Samprapti by restoring the equilibrium of Dosha, Dhatu, and Mala.

DISCUSSION

Asrigdar is a very common disorder in reproductive-age women. Vitiation of pitta,rakta & vata are the primarily responsible factors behind this pathology. Therefore, vata-pitta shamak and rakta shodhak properties play an important role in the management of disease. Laghusutshekhar ras has ingredients, which are mainly aam pachan, agni deepan, pittashamak & raktastambhak properties. Thus, this formulation modulates Pitta and Rakta dosha, regularizes metabolic dysfunction, and promotes hemostasis, thus breaking the pathological cycle of Asrigdar.

CONCLUSION

Laghu sutshekhar Ras balances the vitiated state of doshas, dhatu, and agni and further remedies the pathology. Conceptually, it is determined that substances with deepan–pachan, pittashamak and raktastambhak properties may reduce the drava roop of vitiated pitta and prevent excessive menstrual bleeding. Hence, this herbo-mineral formulation is a simple and effective treatment modality for Asrigdar and a real breakthrough in the coming times for the treatment.

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