

A COMPENDIUM ON RAKTAPRADARA

Dr. Princy Prabhu^{*1}, Dr. Sridevi Swamy², Dr. Ishwari Patil³, Dr. Sheela Mallikarjun⁴,
Dr. Sonalika Hiremath⁵

¹PG Scholar, ²Professor and HOD, ³Associate Professor, ⁴Professor, ⁵Assistant Professor
PG Department of Prasuti Tantra and Stree Roga, NK Jabshetty Ayurvedic Medical College
and Research Centre, Bidar, Karnataka, India.

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***Corresponding Author**

Dr. Princy Prabhu

PG Scholar, PG Department
of Prasuti Tantra and Stree
Roga, NK Jabshetty
Ayurvedic Medical College
and Research Centre, Bidar,
Karnataka, India.

ABSTRACT

Raja or menstrual blood is expelled from the uterus through vagina in biological rhythm of women during her reproductive period i.e. from menarche to menopause. It denotes the healthy state of the female reproductive system. Any variation in the amount of bleeding may lead to overall discomfort. Raktapradara comes under Rakta Pradoshaja Vikara characterized by Rakta Ati Pravritti, Anruta Kala Pravrutti, Deerga Kala Pravrutti, Daha in adho vankshana pradesha, shroni, prushta, and kukshi etc. Raktapradara also referred as Asrigdara described in Ayurvedic texts resembles Dysfunctional Uterine Bleeding (DUB). DUB, a state of abnormal uterine bleeding without any clinically detectable organic, systemic and iatrogenic cause. The bleeding may be abnormal in frequency, amount and duration or a combination of any three. Haemostatic, analgesic, and hormonal therapies are advised there is no satisfactory result but in our Ayurvedic text many formulations help in breaking down the pathogenesis of Raktapradara and its recurrence.

KEYWORDS: Raja, Asrigdara, Raktapradara, Dysfunctional Uterine Bleeding.

INTRODUCTION

Ayurveda gives utmost importance to Dinacharya, Rutucharya & Sadvritta palana. In this present scenario, arrogation of modern lifestyle affecting women's reproductive health mainly; complaints of excessive bleeding and irregular uterine bleeding are increasing. Women having regular menstruation, possessing Shudha Artava, Shudha Yoni and

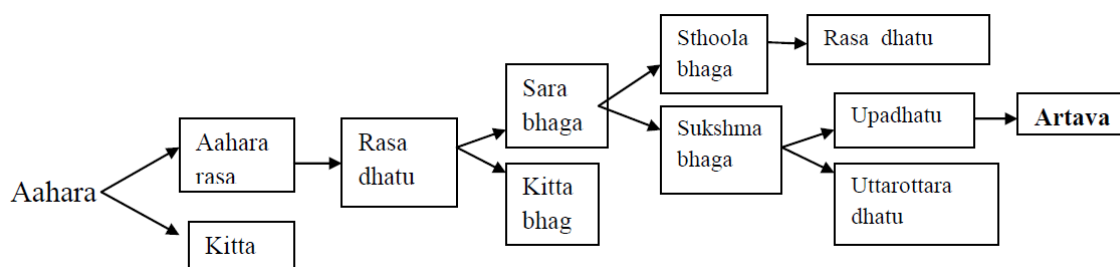
Garbhashaya can bestow a Shreshta Praja.^[1] The average length of menstrual cycle is 28 days, however a cycle can range from 21 days to 35 days. The duration of menstruation is about 4-5 days and amount of bleeding is estimated to be 20-80 ml with an average of 35ml.^[2] The menstrual cycle is regulated by the proper functioning of the Hypothalamo-pituitary-ovarian axis and any imbalance causes menstrual disorders. According to CharakaSamhita, there is Pradirana (excessive secretion) of Rajah (menstrual blood) hence termed as Rakta pradara.^[3] Excessive menstrual blood loss interferes with the woman's physical, emotional, social and psychological quality of life. Raktapradara can be correlated to Dysfunctional Uterine Bleeding (DUB), which is defined as a state of abnormal uterine bleeding without any clinically detectable organic, systemic and iatrogenic cause (pelvic pathology, e.g. Tumor, inflammation or pregnancy is excluded). Currently DUB is defined as a state of abnormal uterine bleeding following anovulation due to dysfunction of Hypothalamo-Pituitary-Ovarian axis.^[4] The prevalence of abnormal uterine bleeding among reproductive- aged women internationally is estimated to be between 3% to 30%. Many studies are limited to heavy menstrual bleeding (HMB), but when irregular and intermenstrual bleeding are considered, the prevalence rises to 35% or greater.^[5] Various treatment modalities are prescribed in modern medicine, like prostaglandin synthesis inhibitor, antifibrinolytic agents, hormonal etc if these medical management fails surgical treatment is preferred. Instead of surgical intervention, we can try with ayurvedic drugs which are safer, reliable and effective. Hence, a review on Asrigdara with the etiological factors, pathogenesis and its management with individual drugs and formulations are compiled.

AIMS AND OBJECTIVE

To review Ayurvedic literature, etiology, lakshana, pathogenesis, differential diagnosis and management of asrigdara.

MATERIALS AND METHODS

This study is compiled from brihatrayee, laghutrayee and other ayurvedic literatures including modern texts.

ARTAVA UTPATTI^[6]**SHUDHA ARTAVA LAKSHANA^[7]**

The normal menstruation is that which has inter-menstrual period of one month; duration of blood loss as 5 days, devoid of pain or burning sensation, excreted blood is not unctuous, not very scanty or excessive in amount; the color resembles gunja fruit, padma and or indragopa.

PRAMANA

स्त्रीणां रजसो अञ्जलयश्चत्वारः। [अ.सं.शा ५/९८]

The amount of blood loss varies in individuals, according to vagbhata its 4 anjali approx. 4ounces i.e., 118ml, it's quite more compared with modern texts i.e., 80ml average but it seems to be total blood loss of 4-5 days.^[8]

SWARUPA

आर्तवं शोणितं त्वाग्नेयम्। [सु.सू.१४/७]

Aartava is agneya swarupa & has characteristics of rakta.^[9]

ARTAVA NISHKRAMANA

मासेनोपचितं काले धमनीभ्ययां तादार्तवम्।

ईषत् कृष्णं विवर्णं च वायुर्योनिमुखं नयेत्॥ [सु.शा ३/१०]

Acharya Sushrutha, Vagbhata & Bhavamishra considers the mechanism of menstrual bleeding as the blood collected for the whole month by both the dhamanis (uterine vessels and endometrial capillaries) assuming slight black color and specific odor is brought downwards to vaginal orifice by Vayu for excretion.^[10]

While modern texts says, endometrium is the inner most layer of the uterus made up of basal and functional layers. Functional layer is under direct influence of hormones specially estrogen and progesterone. The growth and regeneration occurred with increasing level of

estrogens secreted from follicles. Growth of endometrium continued till ovulation & later with the presence of progesterone it gets converted into secretory phase & able to hold the product of conception. Failure of conception leads to fall down of progesterone.

The coiled arteries of endometrium become buckled with subsequent stasis of blood flow. Necrosis of superficial layers of the endometrium is produced either by local stasis or vasoconstriction of coiled arteries or ischemia. The menstrual bleeding occurs when the open arteries damaged by necrosis relax and discharge blood in the uterine cavity. Irrespective of ovulatory cycle the shedding of endometrium is due to vascular changes with resultant ischemia.

Vascular changes in endometrium and the amount and duration of menstrual bleeding are controlled by the interaction of different prostaglandins secreted by the endometrium.

CONCEPTUAL STUDY

Acharya Charaka mentioned Raktapradara as Rakta Pradoshaja Vikara. He has also explained it separately in detail under Yonivyapad Chikitsa adhyaya and also under Pittavruta apana vayu.^[11]

Acharya Sushruta mentioned it under Pitta Vridhi Lakshana, Rakta Pradoshaja Vikara and pittavruta apana vayu.^[12] As a disease he has given scattered references in sharira sthana and uttara tantra.

Vagbhata 1^[13] & 2^[14] has mentioned asrigdara as upadrava of yonivyapad and considered as synonym to Raktayoni yonivyapad.

According to Kashyapa it's mentioned under Rakta Pradoshaja Vikara.

SYNONYMS

Pradara – Charaka

Asrigdara – Chakrapani, Sushruta, Madhava Nidana, Bhavaprakasha

Raktapradara – Sharangadara

NIRUKTI

The word Asrigdara is derived from two words;

Asrik - menstrual blood

Dara - excessive excretion

PARIBHASHA

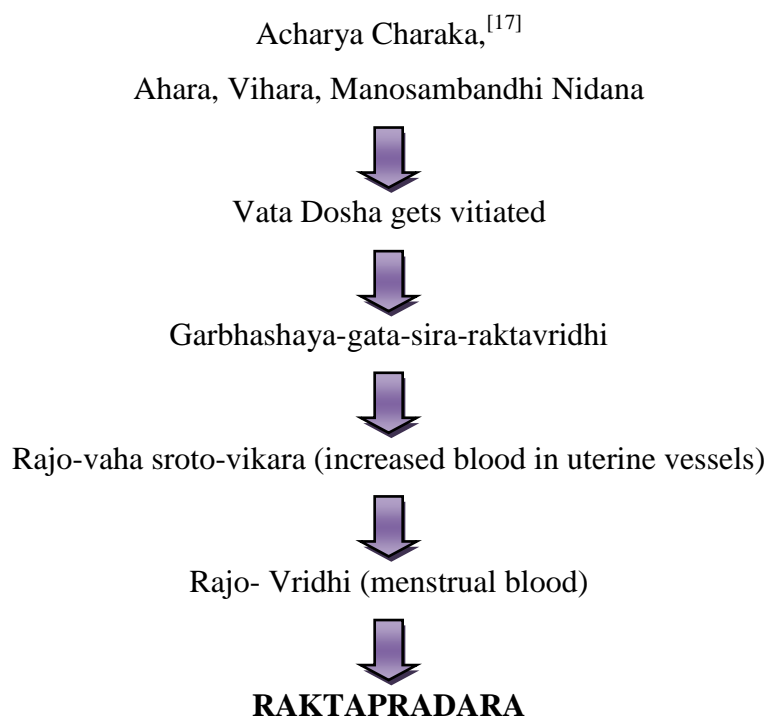
Due to excessive expulsion/excretion (pradirana) of rajas. It is termed as pradara.^[15]

There is excessive excretion (dirana) of asrik, hence termed as asrigdara.^[16]

NIDANA

AUTHOR	AHARAJA	VIHARAJA	MANASIKA	ANYA
CHARAKA	Lavana, amla, guru, katu, vidahi, snigda, pishita, gramya-audaka mamsa, krishara, payasa, dadhi, shukta, mastu, sura	-----	-----	----
MADHAVA NIDANA, BHAVAPRAASHA & YOGARATNAKARA	Virudha ahara(matra & samyoga), madya	Atimaithuna, adhva, yana, atikarshana, bhara, abhighata, divaswapna	Shoka, bhaya, krodha	Garbaprapata, ajeerna, adyashana
HARITA	-----	-----	-----	Vatapurita ksheeranaadi
BHELA	----	-----	----	Shonita in dushtamarga
KASHYAPA	----	-----	----	Rakta-ati-vridhi

SAMPRAPTI



SAMPRAPTI GHATAKA

Dosha- Vata, Pitta

Dushya – Rasa, Rakta, Artava

Agni – Jataragnimaandya

Srotas – Artavavaha, rajovaha, rasavaha, raktavaha

Srotodushti – Atipravritti

Adhishthana – Garbhashaya

Rogamarga- Abhyantara

BHEDA

Acharya Charaka mentions 4 types- Vataja, pittaja, kaphaja and sannipataja^[18]. But while explaining the treatment mentions pittavataja asrigdara, hence he accepts dwidoshaja asrigdara.

According to Madhava^[19], Bhavaprakasha^[20], Yogaratnakara^[21] & Vangasena^[22] mentions 4 types – shleshmaja, pittaja, vataja, sannipataja. Madhukosha explains for shleshmaja being first due to the presence of pain. While Bhavamishra mentions more bleeding in this type as a reason.

To add this, commentators Dalhana and Indu have accepted 7 types of asrigdara- Vataja, Pittaja, Kaphaja, Vata-pittaja, Pitta-kaphaja, Kapha-vataja & Tridoshaja/Sannipataja.

SAMANYA LAKSHANA

Acharya Sushruta has mentioned excessive amount, prolonged periods, or even with or without mid-menstrual bleeding (Dalhana adds mid menstrual bleeding may be scanty or for short duration) and different from the features of normal menstrual blood. All types of Raktapradara has bodyache & pain.^[23] Dalhana in other context mentions daha in adhasharira i.e, vankshana, shroni, prishtha, vrukka.^[24]

VISHISHTA LAKSHANA^[17]

VATAJA	PITTAJA	KAPHAJA	SANNIPATAJA
<ul style="list-style-type: none"> Phenila-tanu-ruksha srava, Shyava-aruna varna srava, Kimshukodaka sankasha 	<ul style="list-style-type: none"> Neela-peeta-asita rakta srava Atyushna rakta srava Nitya rakta srava Muhur-muhur 	<ul style="list-style-type: none"> Pichila-guru-snigdha raktasrava Pandu varna rakta srava Ghana-manda- 	<ul style="list-style-type: none"> Durgandha-pichila-vidagdha rakta srava Peeta rakta srava Sarpi-majja-vasa raktasrava

▪ Kati-vankshana-hrit-parshva-prushta-shroni vedana	rakta srava ▪ Arti ▪ Daha ▪ Raga ▪ Trishna ▪ Moha ▪ Jwara ▪ Bhrama	rujakara rakta srava ▪ Chardi ▪ Arochaka ▪ Hrullasa ▪ Shwasa ▪ Kasa	▪ Vegasravi ▪ Nirantara srava ▪ Trishna ▪ Daha ▪ Jwara
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SADHYA-ASADHYATA^[25]

- ❖ Ekadoshaja sadhya.
- ❖ Sannipataja asrigdara is asadhya.
- ❖ The women having the bleeding with features like continuous bleeding, suffering from thirst, burning sensation, fever, anaemia and weakness is asadhya.

UPADRAVA^[26]

The complications associated with raktapradara are:

Dourbalya(weakness), Bhrama(giddiness), Murcha(mental confusion), Tamas(blackout), Trishna(thirst), Daha(burning sensation), Pralapa(delirium), Panduta(anemia), Tandra (drowsiness), Ashepaka vata roga(other Vataja disorders like convulsions) etc.

DIFFERENT CLINICAL ENTITIES HAVING RAKTAPRADARA AS A SYMPTOM OR LEADING INTO RAKTAPRADARA:

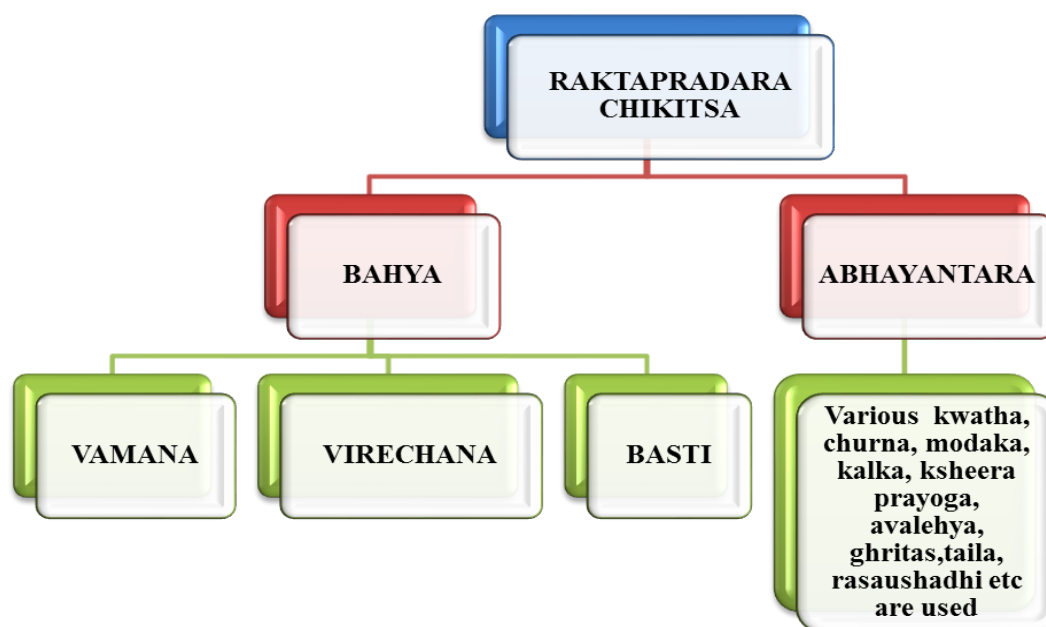
Sl.NO	Clinical Entity	Dosha Involved	Clinical Features	Refrence
1.	Pittaja Yonivyapat	Pitta	Pitta vedana like osha, chosha, daha, paaka, jwara, excessive bleeding	C.Chi.30/11-12
2.	Asrija Yonivyapat	Rakta	Excessive bleeding even after attaining pregnancy	C.Chi.30/16
3.	Rakta Yoni	Rakta & Pitta	Excessive bleeding per vagina	AS.U.38/45 AH.U 33/43
4.	Paripluta Yonivyapat	Pitta & Rakta	Excessive bleeding with pain all over pelvis	C.Chi.30/23-24
5.	Yoni Arsha	Pitta & Rakta	Karira with excessive bleeding	AS.U.38/10
6.	Raktarbuda	Tridoshas	Vritta, unnata shotha with excessive bleeding	AS.U.34/16
7.	Parisravi Jataharini	Rakta pradhana tridosha	Excessive bleeding	K.Ka.6/35-36
8.	Pittavrita Apana	Pitta & Apana Vayu	Raja atipravritti, asrigdara	C.Chi.28/230 S.Ni.1/37
9.	Adhoga Raktapitta	Rakta & Pitta	Dwidwara adhah gati (medra-yoni-guda) Excessive bleeding	C.Chi.4/15 M.N.9/3
10.	Rakta Gulma	Rakta Pitta	Atipravritti rudhira	Ka.khi.9/85
11.	Rakta Dosha Vikriti	Rakta	Asrigdara, Pradara	C.Su.28/11 K.Su.27/62-63

CHIKITSA SUTRA

- Nidana parivarjana.
- Raktasthapaka and Rakta Sangrahana dravyas/ chikitsa.
- Yonivyapad chikitsa can be used.
- Use of Tikta-Kashaya Rasa dravyas.
- Treatment described for Rakta-atisara, Raktapitta, Raktarshas, Guhya roga & Garbha srava is beneficial in Raktapradara.
- If a young women suffering with raktapradara, takes congenial diet and have less complications can be treated on the lines of Adhoga Raktapitta.
- Use of Basti is beneficial.
- Virechana is helpful in menstrual disorders.

SAMANYA CHIKITSA

- Rest in bed with head low position.
- Cold compression on hypogastric region.
- liquid diet only

**LIST OF FEW FORMULATIONS**

- 1) To aid the process of coagulation (shamana uttarabasti)^[27]
Saurashtri jala (alum), panchavalkala kashaya
- 2) To wash out the uterine contents (shodhana uttarabasti)^[27]
Triphala kashaya, Nimbapatra kashaya – for vaginal douches

Karanja taila, Chandana taila- for intrauterine instillation

3) Local- Apamargaadi Varti is advised to keep in vagina^[28]

Shikharyaadi Varti.^[29]

4) Madhukaadi lepa^[30]- Madhuka, Utpala beeja, Trapusha, Shatavari, Vidarikanda, Ikshu mula churna mixed with Shatadhauta grita and applied over Shira, Yoni and Sarva shareera.

SL.NO		FORMULATION	REFERENCE
1.	CHURNA	Pushyanuga Churna Sarasija makarandaadi Churna Vishailaadi Churna	B.R. 66/25-31 Sahasrayoga Sahasrayoga
2.	RASAUSHADHI	Bolabadha Rasa Bola Parpati Chandrakala Rasa Pradarantaka Loha Pradaraari Loha	Bharat Bhai.Ratnakar 3/4753 Yogaratanakara B.R. mutraghata 68-76 B.R. 66/79-83 B.R. 66/74-78
3.	GRITA	Ashoka Grita Shalmali Grita Shatavari Grita Mudgadya Grita Sheeta kalyanaka Grita Tengin pukkuladi Grita Mahatiktaka Grita Modaka twagadi Grita Nyagrodhadya Grita Vishvallabha Grita	B.R. 66/103-109 YR 68/862 V.S.Streeroga 73/70-75 Y.R 68/862 Y.R 68/863 Sahasrayoga Sha.Ma 9/45-50 Sahasrayoga B.R. 66/93-99 B.R. 66/100-102
4.	AVALEHYA	Khandakushmanda Jeerakavalehya Madhukaadya Avaleha Kutajavalehya Pushkaraleha Khandakushmandaka Khandaamalaka	Bha.Pr.Chi 9/49-57 YR Pradara Chikitsa B.R 66/35-41 Sha.Ma.8/38-44 B.R 66/42-48 BP.Chi.9/72-74
5.	KSHEERA PRAYOGA	Ashoka valkala kwatha sidha ksheera	BP.Chi.68/14
6.	VATI	Ratna prabha Vati Shilajatu Vati Chandraprabha Vati	B.R 66/63-67 Bhi. Rat. 66/68-73 YR Prameha Chi
7.	KASHAYA	Vasa Kashaya Vasaadi Kashaya Pathyamalakyaadi Kashaya Asrigdarahara Kashaya Raktapittahara Kashaya Pradarahara Kashaya Musalikhadiraadi Kashaya Kousa Musthabhayadi Kashaya	B.R 66/18 Sahasrayoga Sahasrayoga Sahasrayoga Sahasrayoga Sahasrayoga Sahasrayoga Sahasrayoga Sahasrayoga

8.	AASAVA ARISHTA	Ashokarishta Patrangasava	Sahasrayoga B.R 66/122-126
9.	GUDA	Shatavari Guda Koutajaadi Guda	Sahasrayoga
10.	YUSHA	Shanaadi Pushpa Yusha	KS.KhiS.4/47.2-49.1
11.	ASTHAPANA BASTI	Chandanaadi Niruha Basti Rodhraadi Asthapana Basti Kushaadi Asthapana Basti Raasnaadi Asthaapna Basti	CS.Si.3/48-52 SS.Chi.38/55-59 SS.Chi.38/51-54 SS.Chi.38/71-74
12.	ANUVASANA BASTI	Madhukaadi Anuvasana Basti	SS.Chi.37/27-29
11.	YAPANA BASTI	Mustaadi Yapana Basti	AS.Ka.5/11

DISCUSSION

The word Arthava denotes two meanings - antahpushpa and bahirpushpa. Here, it deals with bahirpushpa i.e, menstrual blood. Shudha artava is one the most important factor for a healthy progeny. Rajahswalacharya have been clearly mentioned and justified by Acharya Sushruta, avulsion in practicing this may lead to menstrual abnormalities. Asrigdara is excessive bleeding per vagina which is known to mankind since vedic period. Excessive bleeding from the uterus can be during menses or inter-menstrual period. Raktapradara is an individual disease as well as symptom for few yonivyapads like: asrija yonivyapad described by Acharya Charaka and Raktayoni by Acharya Vagbhata. As Rakta is considered as a vital entity, if lost in excess causes complications like weakness, giddiness, mental confusion, feeling of darkness, dyspnoea, thirst, burning sensation, delirium, anemia, drowsiness, convulsion and if not treated properly and timely may be fatal to the patient. The main treatment principle of Asrigdara is Agni Deepana, Amapachana, Rakta Shodhana, Rakta Sthambana, Pitta-Kapha Shamaka, Vatanulomana and giving bala to the Garbhashaya. It is mainly due to vitiation of pitta dosha due to its ashaya-ashrayi bhava with rakta, even rakta gets vitiated followed by tridoshas hence treatment related to Rakta-Pitta Shamana with Tikta-Kashaya Rasa, Sheeta Virya and Sthambana Gunayukta dravyas should be used. Maharshi Kashyapa, has described use of purgation (virechana)^[31] in treatment of Asrigdara as it's an appropriate therapy for Pitta dosha and Rakta dhatu. Harita mentions certain drugs for Yonipravaaha like madhuka, samanga, eladala, nimbadala, pathya etc.^[32] Raktapradara is also one among Raktapradoshaja Vikara.^[33] Treatment principles of Raktatisara, Raktapitta and Rakta Arshas can also be adopted while treating Asrigdara.

CONCLUSION

Asrigdara or DUB is one of the commonest gynecological disorders nowadays, characterized by prolonged and excessive uterine bleeding along with pain and body ache. In Ayurveda,

treatment starts with Nidana parivarjana and has got many herbal, herbo-mineral drugs along with Panchakarma procedures which helps to cure and prevent its recurrence. There are much medical, hormonal and surgical management mentioned in modern texts which has got limitations, side effects and which also leads to recurrence of the disease. Hence, it's the the need of hour to switch to natural and satisfactory management through Ayurveda.

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