

A BRIEF POSTULATION OF RAKTAPRADARA (MENORRHAGIA)

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ABSTRACT

Reproductive potentiality in a woman begins at the point of Menarche, which is the beginning of cyclic uterine bleeding in the anatomically and physiologically normal female and that capability of procreation ends at Menopause. Discussion: Menstruation (Rutuchakra) occurs periodically for every month and consists of assorted intermittent phases. Endometrium shedding is called as “Menses”. Normal menstrual bleeding is cyclic, occurs every 21 to 35 days, with an average of 28 days. Bleeding lasts for 2 to 7 days with a normal blood loss of 35 to 80 ml. Menorrhagia is defined as cyclic bleeding at normal intervals, the bleeding is either excessive in amount (>80ml) or duration (>7 days) or both. According to Ayurveda, due to Pradirana (excessive excretion) of Raja (menstrual blood), it is known as “Raktapradar”.

KEYWORDS: Raktapradara, Abnormal Uterine Bleeding, Menotaxis, Menorrhagia.

INTRODUCTION

Ayurveda is one of the pivotal branches of Indian medicine system. The fundamental principle of Ayurveda is to prevent diseases by balancing body, mind and soul. A healthy woman lays the foundation of healthy family and society. According to Ayurveda, Sukh means “Arogya” and “Dukha” means Anarogya. Human life is constantly impacted by the rhythmic events operating in this Universe. Health is the true way of achieving longevity in all species including human being. Women’s health is considered to be the health of population. World Health Organization states that, women’s health now has become a crucial

priority. If woman is healthy physically and mentally, then only she can give birth to a healthy child. But due to gynaecological disorders, the aim to achieve healthy generation fails.

Reproductive potentiality in a woman begins at the point of Menarche, which is the beginning of cyclic uterine bleeding in the anatomically and physiologically normal female and that capability of procreation ends at Menopause. Menstruation (Rutuchakra) occurs periodically for every month and consists of assorted intermittent phases. Endometrium shedding is called as “menses”. Normal menstrual bleeding is cyclic, occurs every 21 to 35 days, with an average of 28 days. Bleeding lasts for 2 to 7 days with a normal blood loss of 35 to 80 ml. The menstrual rhythm depends upon the Hypothalamo-Pituitary-Ovarian co-ordination and the amount of blood loss depends upon the uterine condition.

Menstruation denotes the healthy state of female reproductive systems. But in present era with changing role of women in society, alteration of food habits and changing life styles, incidence of Gynecological disorders is increasing day by day which affects the general health and routine work schedule of women. Raktapradar is one such disorder, commonest among all Gynecological complaints, which may lead to various complications in female and also affects the quality of her life.

Menorrhagia is defined as cyclic bleeding at normal intervals, the bleeding is either excessive in amount (>80ml) or duration (>7 days) or both. It is also called as Hypermenorrhoea. The term Menotaxis is often used to denote prolonged bleeding. Heavy Menstrual Bleeding (HMB) is defined as a bleeding that interferes with woman's physical, emotional, social and material quality of life.

Raktapradar is often seen in the community as a dominant problem occurring in female as Yoni-garbhashaya vikara. It is mainly caused by vitiated Pitta and Vata in association with Rakta. Heavy Menstrual Bleeding may lead to various complications in female and also affects the quality of her life. The WHO reports that, 18 million women aged 30-55 years perceive their menstrual bleeding to be exorbitant. In India, Menorrhagia constitutes to about 15 to 20% of all gynaecological admissions. Out of these, 24% are below 20 years, 43% are between 20 to 40 years. This condition is getting worse because of high prevalence of anaemia among Indian women.

ARTAV UTPATTI

Artava is an Upadhatu of “Rasa” but according to Sharangadhara and Bhavprakash it is an Upadhatu of “Rakta”. According to Charak, Sushruta and Astanga Hridaya Artava is formed from Rasa Dhatu. Astanga Sangraha said that it is formed from Rakta Dhatu. According to Vagbhata-I, the Rakta reaching uterus and coming out for three days in every month called Artava

a) Kala

It is of two types Nityaga and Avsthika. Nityaga Kala is depend on Rutu Chakra while Avasthika depends on the stages of Sharirik Vrudhi Avastha. According to Acharya Sushruta, Artava Darshana occurs at the age of 12yrs and Artava Nivrutti is at the age of 50yrs.

b) Dhatuparipurnata

Kashyap said that presence of Artava (Shonita) from childhood which is similar to Shukra, is not visible due to very minute quantity and it can be visible in Yoni after the maturation of all organs.

c) Karma

According to Kashyap, as the fire located within the wood cannot be noticed without specific efforts, similarly the Artava requires specific efforts for their gross appearance.

d) Swabhava

According to Kashyap, Swabhava or the nature is responsible for phenomenon, which has been accounted with Dhatu Paripurnata.

e) Vayu

Apana and Vyan Vata are mainly responsible for the Artava Utpatti and Sancharana.

RUTUCHAKRA (MENSTRUAL CYCLE)

It is divided into 3 phases-

1. Raja Kala (Menstrual phase)
2. Rutu Kala (Proliferative phase)
3. Rutuvyatitkala (Secretory phase))

Menstruation is the visible manifestation of cyclic physiologic uterine bleeding due to shedding of the endometrium following invisible interplay of hormones mainly through

hypothalamo-pituitary ovarian axis. The period extending from the beginning of a period to the beginning of the next one is called menstrual cycle. Menstruation commences at the puberty which occurs between 11-15yrs with a mean of 13yrs and ceases at menopause which normally occurs between the ages of 45 and 50yrs, the average age is 47yrs (Except during pregnancy and lactation).

RAKTAPRADARA / ASRUGDHAR / PRADARA (MENORRHAGIA) –THE DISEASE

Asruk + Dara = Asrugdara

Excessive excretion of Raja is called as “Pradar”.

It is the condition in which the Rajorakta (menstrual blood) flows in more quantity. Charak defines, due to Pradirana (excessive excretion) of Raja (menstrual blood) it is named as “Pradar” and since, there is Dirana (excessive excretion) of Asruk (menstrual blood) it is known as “Raktapradar.

Hetu

I) Ahara Hetu: Over indulgence of substances such as

- a) Lavana, Amla, and Katu Rasa,
- b) Food having characteristics such as Guru, Snigdha and Vidahi
- c) Milk products like curd, Payasa, Krushara
- d) Beverages like Shukta, Mastu, Sura

Over indulgence of Katu Rasa, Ruksha, Sheeta Dravyas - Aggravates Vata

Over indulgence of Amla and Lavana Rasa,

Vidahi Bhojan – Aggravates Pitta – Vitiates Rakta

Viruddha Bhojana and Adhyashana –Agni dusti – vitiates Rakta

II) Vihara Hetu

- a) Diva Swap
- b) Atimaithuna
- c) Atiyana
- d) Atimargagamana
- e) Atibharavahana.

Atikarshana, Ativyavaya – Dhatukshaya – Vitiate Vata

Atiyana Arohana, Atimarga gamana – Aggravates Vata – Vitiates Shonita

III) Manasika Nidana

Shoka - Ati Shoka – Vitiates Mana – Aggravates Vata and Pitta – Vitiates Shonita

III) Anya Nidana

a) Abhighata- Abhighata – Shonita – Reaches to Dustamarga – Pradar

b) Garbhapata- Garbhapata, Abhighata– Ksheera Nadi (filled with Vata) – Absence of Ksheera – Raktapradar

c) Artava Vaha Srotasa Dushti Hetu –

-Indulgence in a sexual activity before the proper development of the genital organs

- No indulgence into sexual activity at all

- Indulgence into sexual activity in excessive amount

- Excessive use of- Shastrakarma e.g. repeated D & C for various reasons.

RUPA/SIGNS OF RAKTAPRADAR

Acharya Charak has described the only symptom i.e. presence of excessive bleeding during menstruation.

According to Vagbhata excessive bleeding during menstrual period or intermenstrual period is known as Asrugdar, Pradar or Raktayoni.

Bhavprakash, Madhav Nidana, Yogaratnakar has mentioned that in all types of Raktapradar bodyache and pain are present.

SAMPRAPTI

The increase amount of Raja is due to mixture of Raja with blood. This increase in menstrual blood is due to relative more increase of Rasa. Thus excretion of excessive quantity of Raja it is known as Pradar. Acharya Charak has also enumerated Raktapradar amongst the diseases of vitiated and Pittavruta Apana Vayu. The Chala Guna of Vayu and Sara Guna of Pitta plays an important role in forming the basic Samprapti of Raktapradar.

SAMPRAPTI GHATAKA

Dosha : Tridosha

Dushya : Rasa, Rakta, Artava

Agni : Jathragnimandya

Srotasa : Artavavaha, Rasavaha, Raktavaha

Srotodushti : Atipravrutti

Adhithana : Garbhashaya and Artavavaha Srotasa

Rogamarga : Abhyantara

TYPES OF RAKTAPRADARA

1. Vataj
2. Pittaj
3. Kaphaj
4. Sannipataj

UPADRAVA (COMPLICAIONS)

1. Daurbalya (Weakness)
2. Bhrama (Giddiness)
3. Murcha (confusion)
4. Tamapravesh (Delirium)
5. Daha (Burning sensation)
6. Trushna (Thirst)
7. Pralapa (Mourning)
8. Panduta (Paleness)
9. Tandra (Drowsiness)

DIFFERENTIAL DIAGNOSIS

1. Pittaj Yonivyapad
2. Asruja Yonivyapada
3. Adhog Raktapitta
4. Lohitkshara Yonivyapada
5. Paripluta Yonivyapada

CHIKITSA SIDDHANT (GENERAL LINE OF MANAGEMENT)

1. Nidan parivarjana
2. Dosha Shodhana
3. Dosha Shamana
4. Raktasthapana
5. Raktasangrahana
6. Rasayana (Apunarbhava) chikitsa

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