

Ayurvedic Approach of *Asrigdara* (Menorrhagia) w.s.r. to DUB

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Abstract

Menorrhagia is heavy and prolonged menstrual flow at regular intervals. This condition is commonly seen in women of reproductive age and should not be considered as a disease; it is rather a symptom that indicates that something is wrong in the body. *Ayurvedic* Menorrhagia treatment and management works on balancing the aggravated *Doshas* and reducing episodes of excessive bleeding. Dysfunctional uterine bleeding (DUB) is a condition that affects nearly every woman at some point in her life. Also called Abnormal Uterine Bleeding (AUB), DUB is a condition that causes vaginal bleeding to occur outside of the regular menstrual cycle. Certain hormonal conditions and medications may also trigger DUB. *Ayurveda* has explained various menstrual abnormalities under the heading of *Artavadushti*. *Asrigdara* means heavy vaginal bleeding during or before or after menstrual period. According to the definition, the disease *Asrigdara* appears to be analogous to menorrhagia, metrorrhagia and both menometrorrhagia. Though the menorrhagia is not directly described in any textbook of *Ayurveda* but it is quite similar to *Asrigdara* having uterine bleeding other than menstrual bleeding. Amongst all the other causes Menorrhagia is not new for *Ayurveda* which is described under the heading of *Asrigdara*. Clinical feature of both Menorrhagia and *Asrigdara* is uterine bleeding along with other complications. *Asrigdara* are of four types *Vataja*, *Pittaja*, *Kaphaja*, and *Sannipataja*. *TrividhaPariksha* also helps to diagnose the disease by means of *Darshana*, *Sparshana* and *Prashna*.

Keywords: *Artavadushti*, *Asrigdara*, *Dysfunctional Uterine Bleeding*, *Menometrorrhagia*.

Introduction

The word *Asrigdara* is described in *Charaka Samhita*, *Sushruta Samhita*, *AstangaHridaya* and *AstangaSangraha*. Also, for excessive bleeding per vagina, the word *Asrigdara* is described in *SharangadharaSamhita* and *BhavaPrakash*. *Asrigdara* is not a disease, but a symptom of so many diseases. Sometimes this symptom becomes so severe that it overshadows the other symptoms of actual disease and patients come to O.P.D. for the treatment of only this symptom. Therefore, *Charaka* and *Vagbhata* have described only its symptomatic treatment. It is subdivided into 4 types such as *Vataja*, *Pittaja*, *ShleshmilkiandSannipatiki*.

Pathogenesis

According to *AcharyaCharaka*, aggravated *Vata* affects uterine vessels and boosts amount of blood and this increase in blood volume thus causes increase in menstrual blood and creates *Rakta-pradara*.

Symptoms

- Heavy blood loss during the menstrual period.
- Bleeding or spotting between periods.
- Cramping and pain in the lower abdomen and sacral region.
- Fatigue.
- Headache.
- Feeling of heaviness in the body.
- Constipation.
- Breast tenderness.
- General debility.
- Indigestion.
- Anaemia.
- Mood Swings.
- Hot flushes.
- Vaginal tenderness.

Classification

Acharya Charaka has described four types of *Asrigdara* i.e. *Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja Asrigdara*. *Acharya Sushruta* has mentioned 'all types of *Asrigdara*' along with general clinical features of *Asrigdara* but has not described any classification. Mostly *Acharyas* have mentioned four types of *Asrigdara*.

Investigation

1. Hb%
2. BT and CT
3. Thyroid function test
4. USG
5. Diagnostic hysteroscopy

Treatment

In *Ayurveda*, Menorrhagia is referred to as *Raktapradar* or 'excessive secretion of menstrual blood'. The causes mentioned above lead to the aggravation of *Pitta Dosha* and impairment of *Rakta Dhatu* (blood). This contaminated blood moves towards the pelvic region and causes imbalance of *Apana Vata*, which is responsible for controlling the flow of the menstrual blood through *Artavavaha Strotas* (channels carrying menstrual fluids). Low *Apana Vata* and contaminated blood increase menstrual blood, which leads to

Menorrhagia. Menorrhagia treatment is a combined approach that includes *Rasayana*, Herbal medicines, along with diet and lifestyle recommendations.

General treatment is described below:

- Medicinal treatment:

StambhanaDravyas (for reducing excessive blood flow)

Pitta Shamaka (Balances pitta),

Vatanulomana (*Vata* balancing)

RaktaPrasadakaDravyas

Examples –

Bol parpati

GokshuradiGuggulu

ChandraprabhaVati.

Lodhrasava,

Patrangasava

Ashokarishta.

*Kshirapaka*ofstem bark of *Ashoka*.

SheetakalyanakaGhrita

ShatavariGhrita,

MahatiktakaGhrita,

ShatavariTaila and *Shatapushpa Tail*.

PradarariLoha: This is an extremely useful *Ayurvedic* herbal remedy for heavy periods.

Pravala(coral) and *Mukta* (pearl) are used in the acute condition of this disease.

- *Panchakarma*

Panchakarma includes five therapies like *Virechana*, *Basti*, etc.External treatments like *YoniPrakshalana* (vaginal cleansing), *Pichu* (vaginal sterilization with medicated oil and ghee), *AvagahaSweda* (Sitz bath), *Abhyanga* (massaging with herb-medicated warm oil), *Chakra Basti* (application of *Ayurvedic* medicine on the naval area)

- *Yoga*

Nadi-ShodhanPranayama or *Anulom-Vilom Pranayama*.

Asanas like-*Badhakonasana* , *Yoga mudra*, *Vakrasana*, *Uddiyana*, *Sarvangasana*, *Matsyasana*, and *Shavasana*.

Meditation.

- *Ahara*

The *Madhur* and *KashayaRasarich* foodstuff is appreciable.

- *Vihara*

It remains specific to the individual's constitution, nature of work and geographical conditions.

- Home Remedies:

- The bark of *Ashoka* tree mixed with milk and water is an effective natural remedy for those who are suffering from DUB.
- Banana flower cooked with some curd can help DUB improve significantly.
- Intake of vitamin C can help set off the damage induced by persistently heavy periods.
- Red raspberry leaves are beneficial for women suffering from heavy menstrual flow
- Add some ginger powder to a cup of water and simmer for 5 minutes. Drink this tea two times every day, especially post meals.
- Add 1 teaspoon of Cinnamon powder to 1 cup of hot water. Simmer for a few minutes. Add honey, and drink this solution two times a day.
- Eat iron-rich foods such as dark green vegetables, legumes, pumpkin seeds, egg yolks, liver, red meat, raisins, prunes, and cereals fortified with iron.

Diet & Lifestyle Advice

- Avoid the consumption of spicy, sour or heavy foods.
- Avoid tea, coffee, and icy cold drinks. Instead, have drinks at room temperature and that have cooling properties, such as peppermint tea.
- Any kind of physical and psychological stress should be strictly avoided.
- During menstruation, raise the foot of the bed in order to keep the legs and feet elevated while sleeping.
- Cooling showers and bathing with sandalwood and mint essence are helpful.

Precautions

- Record of your menstrual flow.
- If having abdominal pain during menstruation, apply a hot water bottle to your lower abdomen or back.
- Drink a few cups of chamomile, or green tea daily to relax.
- Do regular moderate exercise. Enjoy a warm bath to relax your muscles and ease the pain and tension.
- Get plenty of rest.
- Massage your lower back with warm coconut or olive oil to relieve the pain.
- At least 7 to 8 hours of sound sleep.
- Do not lift heavy weight during menstruation.

Discussion

Dysfunctional Uterine Bleeding has a wide spectrum of presentations that range from heavy bleeding requiring hospitalisation and which also disturbs the lifestyle of the patient. It becomes necessary for a

gynaecologist to find out the exact cause leading to the condition and the *Doshas* involved in the *Samprapti* for *SampraptiVighatana* by the use of appropriate *AushadhaDravyas*. . *Asrigdara* is very severe and life threatening disease which may be fatal to the patient if not treated properly. Complications includes weakness, giddiness, feeling of darkness, dyspnoea, thirst, burning sensation, delirium, anaemia, drowsiness, convulsion and other disorders due to *Vata*, excessive bleeding per vagina. The drug formulations used in the treatment of *Asrigdara* are mainly *KashayaRasa* and *TiktaRasa* because both of these *rasa* have the property of *StambhanaGuna* in *Ayurveda*. Then next aim of treatment should be rising of blood i.e. haemoglobin level in body and for that, *Raktasthapana* drugs should be used. Use of purgation (*Virechana*) in treatment of *Asrigdara* is most appropriate and superior therapy among *Panchakarma* for *Pitta dosha* and *Raktadoshas* since they have quality identical to *Pitta Dosha*. *Virechana* therapy will be also effective to treat the disease originated due to vitiation of *Raktadosha*. During the treatment, as per *Ayurveda* text, diet restriction and life style modification, further advice milk and ghee intake, life style modification included minimal exercise. Approach of *Ayurveda* towards diagnosis and management of a patient can save the time and money. Using *Ayurveda* medication DUB can be well treated without any complications.

Conclusion

Excessive menstrual blood loss is a common reason for women to seek medical help and leads to large demands in health resources. *Ayurvedic* medication is effective medicine in treating Dysfunctional Uterine Bleeding. *Asrigdara* can be considered parallel to Menorrhagia in modern medicine on the basis of different signs & symptoms. *Ayurvedic* treatment for DUB includes internal treatment with medicines, *Panchakarma*, external treatment, proper diet, positive lifestyle and other procedures. We can prevent the incidence of Menorrhagia by improving the general health of women and increasing personal hygiene. Treatment of Menorrhagia is mainly based predominantly on *Kashaya Rasa* and *Rakta-pittaVardhak* properties. *Balya Chikitsa* also play important role to prevent the incidence. The *AushadhaYogas* used in this case were mainly *Vata-Pittahara*, *Raktastambhaka* and *Rasayana* and thus helpful in this condition.

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