

“Effect of ashoka ghrita in asrigdhar (menorrhagia): A case study”

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How to Cite this article:
“Effect of ashoka ghrita in asrigdhar (menorrhagia): A case study”/ Reema Vijay Vartak, Seema Mehre/
Ayurlog: National Journal of Research In Ayurved Science 2019; 3(2): pages: 01- 05

Ethical approval:
Approved by the Institutional ethics committee

Conflict of Interest:
None declared

Sources of Funding: None

Date of Submission:
03/03/2019.

Date of Peer Review:
14/03/2019.

Date of Acceptance:
26/03/2019.

Date of Publishing:
01/04/2019.

Keywords:
Asrigdhar, Menorrhagia, Ashokaghrita

Name of Publication
Dudhamal Publications
(OPC) Pvt. Ltd., Chembur,
Mumbai, Maharashtra, India

Abstract:

Aim and Background: The term Menorrhagia is from Greek word, men meaning ‘menses’ and ‘rrhagia’ meaning ‘burst forth’¹⁰. It denotes cyclic bleeding which is excessive in amount or duration. It is a very common complaint among females in recent years. It has negative effects on women’s quality of life with limited options available in modern medicine, following *Ayurvedic* principles of diagnosis and treatment can be useful.

Case Description: A 42 years old female Hindu patient, housewife by occupation visited our OPD with complaints of Excessive P/V bleeding during menstruation, prolonged bleeding for 7-8 days with interval of 18-20 days which was heavy with passage of big clots for first 4-5days. She changes 7-8 pads/day, next 3-4days moderate bleeding, changes 4-5pads/day was seen. Associated with fatigue patient was not able to do her normal activities. Diagnosed as *Raktapradar* according to Ayurveda.

Treatment: She was given *Ashokaghrita* 1tsf, twice a day before food daily for 6 months³.

Outcome: After three months of treatment patient showed significant relief in symptoms. Significant reduction in PV bleeding, proper intervals in between menses and reduction in passage of clots.

Conclusion: Significant relief can be achieved in patients of menorrhagia by applying principles of diagnosis and treatment of *Asrigdhar*. It’s single case study and can lay down road ahead for further research.

INTRODUCTION:

The term Menorrhagia is from Greek word, 'men' meaning 'menses' and 'rrhagia' meaning 'burst forth'. It denotes cyclic bleeding which is excessive in amount or duration¹⁰. It is a very common complaint among females in recent years. It has negative effects on women's quality of life. A normal menstrual blood loss is 50 to 80 ml and does not exceed 100ml⁵. Despite rarely being life-threatening, menorrhagia has significant effects on personal, social, family, and work life of women and thereby reduces their quality of life. Women describe the loss or reduction of daily activities as more important than the actual volume of bleeding. Menorrhagia is largely responsible for iron deficiency anaemia, which have negative effect on woman's health.

'Asrk' means menstrual blood and 'dirana' means excessive flow^{1,6}. Therefore, *Asrigdara* means heavy vaginal bleeding during menstruation along with passage of clots. Though menorrhagia is not described in any *Ayurveda* text directly but it is quite similar to *Asirgdara*. The main clinical feature of both *Asrigdara* and menorrhagia is heavy uterine bleeding with its other complications. *Asrigdara* is of five types. They are classified

depending upon the dominance of particular *dosha*⁷. There are many Ayurvedic drugs and preparations available on menorrhagia in classic *Ayurvedic* texts. *Ayurvedic* drug *Ashokghrita* is selected for the study.

Case description:

A 42 years old female Hindu patient, housewife by occupation visited our OPD on 23/02/2018 with complaint of excessive P/V bleeding during menstruation, prolonged bleeding for 7-8 days with interval of 18-20 days. Patient was said to be apparently healthy 2 years back. She suddenly noticed excessive bleeding P/V during menstruation, which occurred at an interval of 18 to 20 days. Bleeding lasted for 7-8 days with minimal clots, changes 6-7 pads/day with lower abdominal pain and low back ache. For the same, she approached a modern clinic and was prescribed with oral medicines. Patient got relief from the symptoms for a period of 6 months with the continuation of medication. As she found relief, she discontinued her medication for 3 months. Again, she started bleeding for 7-8days, which was heavy with passage of big clots for first 4-5days and 7-8 pads/day, next 3-4days moderate bleeding changes 4-5pads/day was seen. Associated with pain in lower back and abdomen.

Past history: No H/O DM/HTN/hypothyroidism or any other major medical or surgical history.

Family history: No history of same illness in any of the family members.

Menstrual history: Menarche - 12 yrs.

Obstetrics history: G2P2L2A0D0, both FTND at hospitals

Married: for 22 years

Contraceptive history: She underwent Open Tubectomy -18 years back.

General examination:

Pulse: 82 b / min

BP: 130/80 mm of Hg

Temperature: 98.4 F

Respiratory Rate: 18 cycles / minute

Height: 155cms

Weight: 69 kg

Tongue: Uncoated

Built: Moderate

Pallor/Icterus/Cyanosis/Clubbing/Oedema/Lymphadenopathy: Absent

Systemic examination:

- CVS: S1 S2 Normal
- CNS: Well oriented, conscious.
- RS: AEBE clear
- P/A- Soft, non-tender

Ashta Vidha Pariksha:

- 1)Nadi - 82 b / min
- 2)Mala - Once / day
- 3)Mutra - 5 - 6times/day
- 4)Jivha - Alipta
- 5)Shabda – Avishesha

6)Sparsha - Anushna Sheeta.

7)Druk - Avishesha

8) Akriti - Madhyama

Lab Investigations:

- Hb – 7.7gm%
- USG abdomen and pelvis (28/2/18)

Impression: Bulky uterus with ET- 14mm

Diagnosis: In view of modern sciences, it was clearly a case of Menorrhagia. According to Ayurveda the patient clearly showed symptoms of *Asrigdhar* such as excessive, prolonged bleeding with passage of clots ^{1,7}.

Treatment Given: She was given *Ashokaghrita* 1tsf, twice a day before food daily for 6 months³.

CONTENTS:

It contains *Ashoka moola* and *Twak*, *Ajaksheera*, *Kakoli*, *Ksheera kakoli*, *Meda*, *Mahameda*, *Jeevaka*, *Rishabhak*, *Riddhi*, *Vriddhi*, *Mashparni*, *Mugdaparni*, *Yashtimadhu*, *Draksha*, *Shatavari*, *Bhringaraja*, *Sita*, *Tandulodak*, *Rasanjan*, *Parushaka*, *Priyala*, *Mridvika* and *Goghrita*. Most of the ingredients have *Kashaya* and *Madhura rasa*, *Sheeta veerya*, *Rakta stambhaka* and *Vatapittahara dravyas*⁹. According to ayurvedic classical text, *chikitsa* of *Asrigdar* is *Rakta Sangraha* & *Rakta Stambhak*². The main ingredient is *Ashoka* which is a uterine tonic and haemostatic in nature and thus a cardinal herb in treating *Asrigdhar*⁴.

Treatment outcome:

Date of follow up	LMP	Medicine	Signs and symptoms
26/03/2018	17/03/2018	<i>Ashokaghrita</i> 2tsf half an hour before food twice a day	Duration of menses 6-7days, with clots, mild pain in lower abdomen and back. 5-6pads/day
21/04/2018	13/04/2018	<i>Ashokaghrita</i> 2tsf half an hour before food twice a day	Duration of menses 6-7days, with clots, mild pain in lower abdomen and back. 5-6pads/day
16/05/2018	09/05/2018	<i>Ashokaghrita</i> 2tsf before food twice a day	Duration of menses 5-6days, without clots, mild pain in lower abdomen and back. 5-6pads/day
11/05/2018	05/06/2018	<i>Ashokaghrita</i> 2tsf half an hour before food twice a day	Duration of menses 4-5days, without clots, no pain in lower abdomen and back. 4pads/day
08/07/2018	02/07/2018	<i>Ashokaghrita</i> 2tsf half an hour before food twice a day	Duration of menses 4-5days, without clots, no pain in lower abdomen and back. 4pads/day
05/08/2018	31/07/2018	<i>Ashokaghrita</i> 2tsf half an hour before food twice a day	Duration of menses 4days, without clots, no pain in lower abdomen and back. 3pads/day

Rajo vruttanta	Before 6months	After 6 months
Menstrual cycle	7-8days flow every 18-20 days	4-5days flow every 28days
Quantity	Excessive bleeding (7-8pads/day)	Normal flow (3-4pads/day)
Color	Dark reddish	Dark reddish
Odour	No foul smell	No foul smell
Consistency	With clots	Without clots
Pain	Severe lower abdomen pain, lower backache	Mild or no pain in lower back or abdomen

DISCUSSION:

Ashoka ghrita is a uterine tonic which improves uterine functions, modulates uterine contractions, stabilizes hormonal imbalance and is haemostatic in nature. It gives strength to the uterus which helps in easier dislodging of the uterine lining during menstruation and prevents

ischemia. Thus, it reduces menstrual cramps. It also corrects the aggravated *pitta*. Its *Vipaka* acts as *vatapittahara*, *sthambana*, *raktashodhaka*. It corrects *rasa*.

The constituents of *Ashoka* include glycosides, flavonoids, tannins, saponins, and sterols. Research has shown that it

has antibacterial, anti-fungal, oxytocic, uterotonic, anticancer, anti-progestational, anti-estrogenic, anti-inflammatory, and anti-oxidant Phytoestrogens which are also present in *Ashoka* bark modulate the raised levels of hormones in cases of primary dysmenorrhoea.

Ghrita is prepared by *Ghrita Kalpana* described in *Sharangdhar Samhita* ⁸. It has *Madhura rasa*, *Sheeta virya* having *Vata-pittahara* qualities. It is *Balya* and is beneficial for *Rasa dhatu* and does *Preenana* of *Garbhashaya*.

CONCLUSION:

Menorrhagia is a common complaint present in the women world-wide. *Asrigdara* correlate to *menorrhagia*. As we see, patients have heavy uterine bleeding along with its complications which should be managed instantly to stop the further complications.

Ayurveda has number of herbal and compound drugs useful to manage this bleeding disorder. In my opinion, the Ayurvedic drugs will become a boon to treat the *menorrhagia* patients and also its complications.

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