

**Ayurlog: National Journal of Research in Ayurved Science**

A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

**Asrugdara (excessive menstrual bleeding) and its management**

---

Jadhav Sharavati N<sup>1</sup> Lomate Prasad U<sup>2</sup>

1.P.G.Scholar M.S. (STRIROG)

2. HOD AND Professor, Dept .Strirog and prasuti tantra L.R.P. AYURVEDIC MEDICAL COLLEGE, ISLAMPUR, SANGALI.

---

**Abstract –**

Ayurveda is a branch of medicine which has served humanity since ancient times. Both Prophylactic and Curative aspect are delt in this unique and superb science.

In daily practice abnormalities in menstrual function are common conditions seen by Gynecologist and Primary health providers. Abnormal menstrual bleeding is certainly a health concern for women that can significantly impact quality of life. Various studies suggest that, over 75,000 hysterectomies are now carried out every year with 30 % of them carried out for menstrual disturbances alone. In the present article we will see the overall management of *Asrugdara* according to Modern science, Surgery and Ayurveda.

**Introduction –**

In daily practice abnormalities in menstrual function are common conditions seen by Gynecologist and Primary health providers. Abnormal menstrual bleeding is certainly a health concern for women that can significantly impact quality of life.

*Asrugdara* is one of the most common menstrual disorder associated with excessive menstrual bleeding with or without inter menstrual bleeding. The menstrual cycle may be defined by its length, regularity, frequency and pattern of menstrual blood loss. The average length of menstrual cycle (*Rutuchakra*) is usually twenty four to thirty five days. The duration of

\*Special Issue for “National Seminar- Practical approach in Prasutitantra And Streerog 2015”

## Ayurlog: National Journal of Research in Ayurved Science

A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

bleeding is about four to five days, but ranges from two to seven days. The usual volume of blood loss is approximately 30ml and greater than 80 ml is considered abnormal.

### Asrugdara Defination -

Menstruation when it comes in excess amount, for a prolonged period and even with or without intermenstrual (during menstruation excessive in amount and for prolonged period, but in intermenstrual period even scanty and for short duration) bleeding, different from the features of normal menstrual blood or denoting the specific *dosha* as described in *Sushruta Sutrasthana* is known as *Asrugdara*.

### Classification of Asrugdara according to Ayurveda-

1. Vataja Asrugdara,
2. Pittaja Asrugdara
3. Kaphaja Asrugdara ,
4. Sannipatika Asrugdara.

### Classification according to Modern aspect-

1. **Menorrhagia** - Excessive menstrual bleeding (Excessive menstrual loss in amount or duration or both)
2. Inter menstrual bleeding at regular intervals of 2 to 3 weeks
  - i) **Polymenorrhoea** - Bleeding is normal in amount
  - ii) **Epimenorrhoea**- Bleeding is heavy

\*Special Issue for "National Seminar- Practical approach in Prasutitantra And Streerog 2015"

## **Ayurlog: National Journal of Research in Ayurved Science**

*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved*

**3. Metrorrhagia-** Irregular intermenstrual Uterine bleeding

**4. Dysfunctional Uterine bleeding (DUB)** - In all the above abnormal Uterine bleeding conditions, when no specific or organic cause (Systemic / hematological / pelvic) is found, then, this is called as DUB.

### **SYMPTOMS OF ASRUGDARA –**

*Ati Rajastrava praman* (Excessive menstrual blood loss)

*Atyadhik Raja kalavadhi* (Prolonged duration of menstrual flow)

*Granthil Rajastrav swaroop* ( Passage of blood clots)

*Angamarda* (Bodyache)

*Adhoudar shool* (Pain in hypogastric region)

*Kati shool* (Low backache)

### **MANAGEMENT ACCORDING TO MODERN SCIENCE-**

#### **A.MEDICINAL MANAGEMENT-**

- 1) Primary health care** - Oral iron - folic combination.
- 2) Emergency drugs for heavy menses-** Inj. Aquaviron ( Free testosterone 15mg in each 1ml ampoule) 50mg I/M daily for two days.
- 3) Oral Contraceptive** – e.g. Ovaral-L, Ovaral.
- 4) Non steroidal anti inflammatory drugs-** e.g.Mefanemic acid 500mg thrice daily.
- 5) Danazole-** Danazol 100 mg twice daily is given after food for 4 months.
- 6) Inj.Depo-Provera (Medroxy progesterone acetate)** –It is given as 150 mg Intramuscular every 6 wks

\*Special Issue for “National Seminar- Practical approach in Prasutitantra And Streerog 2015”

## Ayurlog: National Journal of Research in Ayurved Science

*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved*

7) **GnRH agonist** – Inj. Decapeptyl 3.75 mg is given Intramuscular every 28 days for 9-12 months

### **B. SURGICAL TREATMENT –**

- 1) Dilatation and Curettage.
- 2) Transcervical Resection of Endometrium (TCRE).
- 3) Uterine thermal balloon therapy.
- 4) Trans catheter uterine artery embolisation.
- 5) Hysterectomy.

### **C. AYURVEDIC MEDICINE-**

- 1) **Swarasa-** e.g. *Vasa swaras.*
- 2) **Kwatha-** e.g. *Darvyadhi Kwatha.*
- 3) **Kalka** –e.g. *Tanduliyaka mul (root) kalka taken with Tandulodaka(rice water).*
- 4) **Awaleha-** e.g. *Khandakushmandawaleha, Bruhatkushmandawaleha.*
- 5) **Ghruta-** e.g. *Vasa Ghruta.*
- 6) **Oils-** e.g. *Shatavari tail.*
- 7) **Rasas-** e.g. *Bola Parpati, Kutaj Parpati.*
- 8) **Gutikas-** e.g. *Gokshuradi Gutti, Chandraprabha Gutti.*
- 9) **Asava and Arishta-** e.g. *Kutajarishta, Ashokarishta.*
- 10) **Choorna-** *Pushyanuga choorna with honey followed by rice water, Yashtimadhu choorna and sita(crystal sugar) with rice water.*

### **ADVANTAGES AND BENEFITS OF AYURVEDIC MEDICINAL THERAPY –**

1. It is a simple, safe and sure treatment for *Asrugdara*.

\*Special Issue for “National Seminar- Practical approach in Prasutitantra And Streerog 2015”

## Ayurlog: National Journal of Research in Ayurved Science

*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved*

2. It helps in reducing surgical intervention ( D & C, Hysterectomy), And its complication.
3. No side effects.
4. Easy available, Cost effective.
5. It is very safe in patients who are otherwise not fit for surgery.

### Conclusion-

Considering *Asrugdara* management Ayurvedic medicine can be used as first line of treatment as it is found quite effective and without any side effects.

### REFERENCES –

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. <b>Sushruta Samhita -</b></li> <li>2. <b>(Ayurvedtatwa sandeepika)</b></li> <li>3. <b>Charaka Samhita -</b></li> <li>4. <b>Astanga Hridaya -</b></li> <li>5. <b>Jeffcoats principles of</b></li> <li>6. <b>Dr D.C.Dutta ,Text book of</b></li> </ol> | <p style="text-align: right;">Kavi.Dr. Ambikadatt Shastri,<br/>Chaukhamba Prakashan, 13<sup>th</sup> edition 2010.<br/>Pt.Kashinath Pandey,<br/>Dr.Gorakhnath Chaturvedi.<br/>Chaukhamba Prakashan, 2008.<br/>Kavi. Atridev Gupta,<br/>Chaukhamba Prakashan, 2012.<br/>6<sup>th</sup> edition -1990.<br/>2<sup>nd</sup> edition -2000.</p> |
|--|--|

*Cite this article:*

**ASRUGDARA (EXCESSIVE MENSTRUAL BLEEDING) AND ITS MANAGEMENT: -**

Sharavati jadhav

*Ayurlog: National Journal of Research in Ayurved Science-2014; 3(2): 1-5*

\*Special Issue for “National Seminar- Practical approach in Prasutitantra And Streerog 2015”