



“Successfully treated a case of *rajovridhi* with positive outcome of pregnancy.”

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ABSTRACT:

Ayurveda is a holistic science giving knowledge about every aspect of life of an individual and disorders hampering the health of an individual. All aspects of women's life concerning to the reproductive health and maternal health are described in the ayurvedic texts through which one can achieve a goal of healthy progeny. Now a days the lifestyle of all women has completely changed to the sedentary and stressful life due to which they are suffering from many gynaecological problems like *Rajovridhi*, *Rajakshaya*, *Nashtartava* leading to infertility. In present study a case of *Rajovridhi* W.S.R. to Polymenorrhagia is successfully treated with standard ayurvedic formulations like *Pradaradi Lauh*, *Chandraprabha Vati* and *Ashokarishta* by

restoring the reproductive capacity of a women.

KEYWORDS:

Rajovridhi, *Polymenorrhagia*, *Ayurvedic Formulations*, positive outcome.

INTRODUCTION:

God blessed women with the capacity of reproduction which is decreasing day by day due to sedentary lifestyle and changing habits of women. Life of a women goes through different phases like puberty, menarche, reproductive age, *perimenopausal* period and menopause. These all phases are associated with different types of disorders occurring due to change in mode of life, dietary habit and stress factor affecting the normal functioning of reproductive system.

The prevalence of menorrhagia according to “A Community Based Cross-sectional Study” ranges from 6% to 46% of total women [1,2,3]. In *Ayurveda* classic text detailed description of all these disorders were given by our acharyas. According to classic texts and modern science; Normal blood loss during menstruation is 30ml-80ml with the duration of 5 to 7 days [4], any variation from this is considered as a menstrual disorder. *Rajovridhi* can be considered as increase in amount of *Raja* (menstrual blood) or duration of *Raja Pravritti* (prolonged menstrual flow).

Acharya Sushruta has explained the *Rajovridhi* as a condition associated with body ache, excessive bleeding during menstruation with foul smell of menstrual blood or *Raja* [5]. *Polymenorrhagia* is a condition associated with frequent menstruation with heavy blood loss [6]. The disease occurs due to the vitiation of pitta and as the features of pitta & *Raja* are same; vitiation of pitta associated with *Vata* leads to *Artava (Raja) Ativridhi* [7]. *Raja* is also considered as female hormones, in case of *Rajovridhi* there is a hyper estrogenic state causing excessive endometrial shedding with heavy blood loss during menstruation.

While treating the case of *Rajovridhi* *Ayurveda* offers a huge range of formulations according to the Prakriti & condition of patient and severity of disease. In modern science hormonal therapy, oral contraceptive pills, therapeutic D& C and Hysterectomy are the modalities to treat the case which are too costly and with side effects too.

In present study a case of *Rajovridhi* w. s. r. to *Polymenorrhagia* is treated with standard *Ayurvedic* formulations resulting with positive outcome of pregnancy.

AIM & OBJECTIVE:

To treat a case of *Rajovridhi* with ayurvedic formulations by restoring reproductive health of a women.

MATERIALS AND METHODS:

A single case study was done by using standard *Ayurvedic* formulations described in classics.

CASE REPORT: A 30 years married women came to the *Prasuti Tantra & Stree Roga* Opd of DAMCH, *Udgir* on 1/12/2022 with the complains of, frequent menstruation with heavy menstrual flow for 7 to 10 days, pain in abdomen, giddiness, general weakness, anxiety and willingness to conceive.

HISTORY OF PRESENT ILLNESS:

Patient has history of getting frequent menses with prolong per vaginal bleeding since last 3 months so for treatment she approached our OPD.

History of past illness:

Not significant.

PERSONAL HISTORY:

- Diet – vegetarian
- Appetite - Good
- Bowel - No constipation
- Micturition - 4-5 times/day
- Sleep - Sound sleep

MENSTRUAL HISTORY:

LMP- 1/12/2022 with moderately heavy per vaginal bleeding (5-6 pad/day)

Has frequent menstruation with heavy flow (5 to 6 pad/day) for duration of 7 to 10 days with the interval of 15 to 20 days associated with mild lower abdominal pain since last 3 months.

Past menstrual history: 4-5 days/28-30 days with normal flow.

OBSTETRICAL HISTORY: Has one girl child of 5 years old by full term normal delivery

CONTRACEPTIVE HISTORY: History of Cu-T insertion for 3 years and removed 4 months back.

ASHTAVIDHA PAREEKSHA:

- *Nadi* - 82 bpm
- *Mala* - once a day, occasionally constipated
- *Mootra* - 4-5 times/day & occasionally at night
- *Jiwha* - *Alpasama*
- *Shabda* - *Spashta*
- *Sparsha* - *Sheeta*
- *Drika* - *Raktabh*
- *Akriti* - *Madhyama*

Dashavidha Pareeksha:

- *Prakriti* - *Vata Pradhan Pitta*
- *Vikriti* - *Pitta*
- *Sara* - *Madhyama*
- *Samhanana* – *Madhyama*
- *Pramana* - *Madhyama*
- *Satmya* - *Madhyama*
- *Satva* - *Hina*
- *Ahara Shakti* – *Madhyama*
- *Vyayama Shakti* – *Alpa*
- *Vaya* – *Yuva awastha*

GENERAL EXAMINATION:

- Built - moderate
- Nourishment – moderate
- Temperature - 98.6 F
- Respiratory rate – 20 / min
- Pulse rate - 84 / min
- BP - 100/70 mm of hg
- Weight - 50 kg
- Tongue - coated

SYSTEMIC EXAMINATION:

- CVS - S1, S2 heard
- RS - normal breathing
- CNS - conscious, well oriented
- P/A – soft
- P/V – not done as she was menstruating

INVESTIGATIONS:

- 12/12/2022
- Hb – 13.3gm
 - TLC – 10,900/cu mm
 - RBC – 7,400/cu mm

TREATMENT GIVEN:

- a) *Pradaradi lauh* ^[8] (250mg) 2tablets twice a day for 10 days from 1st day of menstrual cycle
- b) *Shankh vati* ^[9] (250mg) 2tablets twice a day for 5 days
- c) *Chandraprabha vati* ^[10] (250mg) 2tablets twice a day for 5 days
- d) *Ashokarishtha* ^[11] 15ml twice a day with water for 1 month

THERAPEUTIC INTERVENTION:

According to Ayurveda while treating any disease *Nidan Parivarjan* plays an important role in *Samprapti Vighatan* of disease pacifying the doshas so, she was advised

Aharaj And Viharaj Pathya & Apathya as follows-

- *Aharaj- Pathya* – green gram, fruits, *Jawar Roti*, *Odan* in less quantity and green vegetables. *Apathya-* spicy food, curd, *Toor Dal*, junk food, green chilly etc.
- *Viharaj-* go to bed early, avoid exertion and stress.
- As she had anxiety and stress; counselling was done to feel relax.

She was treated with same line of treatment for 2 consecutive cycles and in third month she came with complains of amenorrhea of 1 & 1/2 months with mild nausea, Urine pregnancy test was advised and the result was unbelievable i.e., positive for pregnancy. Patient was so happy and satisfied with the line of treatment along with proper counselling as she was frustrated and anxious about the problem she faced and pregnancy issues. In such a way with ayurvedic line of treatment patient got relief and unexpected positive pregnancy outcome.

DISCUSSION:

DISEASE DISCUSSION: Related to this patient the probable causes are, eating spicy food, fast food, exertion, *Ratri Jagaran*, anxiety and stress. Due to above causes *Pitta* along with *Vata* are vitiated which leads to *Apan Vayu Dushti* along with *Raktavaha Strotodushti* affecting the *Artavavaha Strotasa*. So, the symptoms like *Atyartava*, pain in abdomen, low backache and general weakness occurred.

DRUG DISCUSSION:

All above drug used are standard preparations given in classic text.

- *Shankh Vati* has an *Agni Deepan* and *Aampachan* action. Also, it acts as a pain-relieving medicine.
- *Pradaradi lauh* acts as detoxifying agent and helps to correct anemia. It also cures the excessive blood loss by its astringent properties.
- *Ashokarishta-* It acts as a uterine tonic, corrects menstrual irregularities, controls heavy and prolong bleeding during menses also reduces cramps and burning sensation.
- *Nidan Parivarjan* also plays an important role in *Smpraptivighatan* of disease which was explained in our classics.

CONCLUSION:

As we all know that ayurvedic drugs have characteristic of curing the disease with its root cause and preventing the further recurrence of disease, in present study the line of treatment given was worked by correcting the *Rajovridhi* condition of patient. Doshas are pacified and *Strotasa* are cleared leading to natural conception and fruitful outcome of pregnancy.

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