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## Management of Asragdara through Ayurveda.

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### Abstract

*Ayurveda Acharya* explaining general clinical features says that excessive and prolonged blood loss during menstruation or even scanty blood loss during intermenstrual period is known as *Asragdara*. Menorrhagia is defined as excessive cyclic uterine bleeding which occurs at regular intervals over several cycles, or prolonged bleeding that lasts for more than seven days, Modern medicine NSAIDS, anti-fibrinolytic agents & hormonal therapies used for menorrhagia Aim of this review is to evaluate & effectiveness of *ayurveda* treatment of *Asragdara*. Is to elaborate the management of *Asragdara* through *Ayurveda*. Different type of *dosa*, *dhatu*, *smaprapati*, *srotash dusthi* and *anuband hita lakshana* are seen in every patient of *Asragdara*.so that treatment should be depends on the basis of *dosha anubandhan & samprapati vightan chikitsa*. *Asragdara* treated with *dipan*, *pachana*, *shodhana*, *shaman*, *barhaniya*, *balyaan drakta sthamabak chikitsa* by using *Madhurtikta Kashaya rasa pardhana dravyas* in different type of *asragadar*.

### Keywords:

*Asragdara, Nidan - Samprapati, Menorrhagia, Yonivyapad, Artavadushti, Chikitsa, Ayurveda.,*

## INTRODUCTION:

The terms Asrik menstrual blood and dara are the roots of the word *Asrigdara* indicate in this section what needs to be modified after that select the paraphrasing option below excessive excretion due to *pradirana* excessive excretion of *raja* it is named as *pradara* and since there is *dirana* of *asrk* hence it is known as *Asrigdara*. According to above definitions it can be said that, Excessive or prolonged bleeding occurring in menstrual or inter-menstrual period is called *Asrigdara* and *Pradara* is the synonym of *Asrigdara*.<sup>2,3</sup>

According to above definition the disease *Asragdara* appears to be analogous to menorrhagia however to understand the definition correctly due consideration has to be given to the description of its pathogenesis and general clinical features, *charaka* say that increased rakta gets mixed with raja thus the quantity of raja increases. *Cakrpani* explaining *vataja* etc., *yoniroga* has said that these simulate *vataja* etc. specific type of *Asragdara* and manifest intermenstrual bleeding also a symptom.

In Modern it is correlated with menorrhagia is bleeding occurs at normal intervals 21 -35 days but with heavy flow >80 ml or prolonged duration >7 days usually caused by condition affecting uterus and vascular apparatus.

Ayurveda treatment should be depends on the basis of dosha *anubandhan* & *samprapati vighatan chikitsa*. *Asragdara* treated with *dipan*, *pachana*, *shodhana*, *shaman*, *barhaniya*, *balyaand rakta sthamabak*

*chikitsa* by using *Madhur tikta Kashaya rasa pardhanadravys* in different type of *asrgadar*.

### Aim:

Aim of this review is to evaluate & effectiveness of *ayurveda* treatment of *Asragdara*.

### Objective:

Is to elaborate the management of *Asragadara* through *Ayurveda*

### Material and Method:

Review of literature from *Samhitas*, *Nighantu*, *tikaye* and other *Ayurveda* literatures related to *Asragdara*, and from e-sources were compiled.

### General etiology:

All the *Nidana of Asrigdara* are grouped under four headings-<sup>1, 3, 4, 5</sup>

#### 1. Aaharaja Nidana

(a) *Charaka Samhita* - *Lavana*, *Amla AndKatu Rasa*, *Snigdha*, *Guru*, *Vidahi Gunas*. *Mamsa*, *Krishara*, *Payasa*, *Dadhi*, *Shukti*, *Mastu*, *Sura* and *Madya*. (b) *Madhava*, *Bhavaprakash* and *Yogaratanakar-ViruddhaBhojana*, *Atimadya Sevan*, *Adhyashana* and *Ajeerna*.

2. *Viharaja Nidana* - *Madhava*, *Bhavaprakash* and *Yogaratanakar* - *Atimaithuna*, *Atiyana*, *AtimargaGamana*, *Atibharvahana* and *Diwaswapna*.

3. *Mansika Nidana - Shoka* (Madhava, Bhavaprakash and Yogaratnakar)

4. *Others - Garbha Prapata & Abhighata* (Madhava, Bhavaprakash and Yogaratnakar) *Vitiated Apatya Marga* (Bhela Samhita) and *Vata-Purita Ksheena Nadi* (Harita Samhita)

### General pathogenesis:

According to *Charaka*, the aggravated *Vayu* with hold *rakta* vitiated due to excessive consumption *lavana, amla, katu, vidhai, curd, etc.* increases its amount reaching the *rajo vaha sira* (uterine vessels) which further increases the *rajas* (mentioned blood). Hence due to the quantitative increase in blood, it is termed as *Asragdara*.

### Samprapti Ghataka:

*Dosha, dushya, adhistan etc*<sup>3,4,5</sup>

Name	Dushti
<i>Dosha</i>	<i>Vata pitta pradhana</i>
<i>Dushya</i>	<i>artava, rasa and Rakta Pradhan</i>
<i>Agni</i>	<i>Jathragnimandya</i>
<i>Adhithana</i>	<i>ArtavavahistrotasaGarb hashya,</i>
<i>Strotasa</i>	<i>Artavahi, rasavahiRaktavahi,</i>
<i>Srotodushtipra kara</i>	<i>Atipravriti</i>
<i>Rogamarga</i>	<i>Aabhyanatar</i>

### Clinical features of specific types of Asragdara:

Types of Asragdara:<sup>3,4,5</sup>

1. *vataj aAsragdara*: menstrual discharge is frothy, red, black rough, thin expelled quickly or easily associated with severe pain in sacral region, groin, cardiac region, flanks, back & pelvis.

2. *pittaja Asragdara*: menstrual flow is blue, yellow, blackish flow expelled profusely, hot blood expelled repeatedly associated with burning sensation, pricking pain, redness all over body, thirst, mental confusion, fever & giddiness.

3. *kaphaja Asragdara*: it is slimy, pale, heavy, unctuous, cold, mucoid thick and is discharged with mild pain, associated with vomiting, loss of appetite, nausea, *swasa, kasa etc.*,

4. *Sannipataj Asragdara*: Discharge per vagina is foul smelling, yellow acquires opposite qualities, discharge of *vasa and meda* is burnt by pitta, the flow resembles *ghee, majja or vasa* associated with thirst, burning sensation, fever, anemia, weakness.it is incurables.

### Samanya Lakshanas:

1. *Raja Atipravruthi* (Excessive bleeding)

2. *Deergha kalanu bandhi* (Prolonged menstruation)

3. Intermenstrual bleeding Along with or without *Angamarda* (body ache) and *Vedana* (pain)

**Upadrava:**

Excessive bleeding leads to weakness, giddiness, mental confusion, blackout, dyspnea, thirst, burning sensation, delirium, anemia, drowsiness and disorders of *vata* like convulsions etc.,

**Sadhyasadhyata:**

1. Sadhya: *vataja, pittaja, kaphaja*
2. Asadhya: *Sannipataja Asragdara*
3. *Sannipataja* as bad prognosis sign: continuous bleeding, thirst, burning sensation, fever, anaemia, weakness etc.,

**Chikitsa Siddhanta:** <sup>3, 5, 6</sup>

1. *Nidana Parivarjana*
2. *Dosha Shodhana*
3. *Dosha Shamana*
4. *Raktasamgrahana - Rakta Shodhana - Rakta Sthapana*
5. *Use of Tikta Rasa (Deepana-Pachana)*

**Nidana Parivarjan:**

Excessive intake of salty, sour, heavy Katu (hot), Vidahi (producing burning sensation) and unctuous substances, meat of domestic, aquatic, Payasa, etc. etiology and these should be avoided.

Vihara: To avoid day sleeping, riding, walking, weight lifting, bathing, anointing, massaging, laughing, talking too much, combing and excessive exercises.

**Dosha Shodhana:**

Diseases treated with the *Shodhana Chikitsa* have negligible chance of recurrence because vitiated Doshas are totally expelled from the body. Those treated with *Shamana Chikitsa* are vulnerable for recurrence because subtle amount of vitiated Doshas left in the body which can get aggravated with the slightest opportunity.

a) *Virechana*: *Virechana* has been indicated. The predominant Dosha being Pitta, purgation cures menstrual disorders therapy. Acharya Charaka has suggested the use of *Mahatikta Ghrita* for *Virechana* in *Pittaja Asrigdara*.

b) *Basti*: *AsrigdaraVyadhi* occurs due to vitiation of Vata and *Basti* is said to be the best treatment for Vata Dosha. Classics have mentioned the use of Uttar Basti in *Asrigdara*. According to Vagbhata, use of 2 or 3 *Asthapana Basti* followed by Uttar Basti is beneficial.

**Dosha Shamana:**

Dosha which are increased brought down to normal by applying different methods of *Shamana Chikitsa*.

**Rakta Samgrahana and Rakta Sthapana Dravya:**

This means the administration of drugs or other measures which causes *Rakta Stambhana*. In this disease excessive bleeding during menstrual and inter-menstrual period causes a condition of

anaemia in the patient. *Raktavardhaka Chikitsa* is also necessary.

### Use of Tikta Rasa:

It pacifies the *Pitta Dosha*, *Agni Deepana-Dosha Pachana* (To improve metabolism), *Rakta-Samgrahana* (As a coagulant), *Tikta Rasa* has *Lekhana Karm*.

### Drugs for External use:

1. Northwards situated root of *vyaghranakhi* grown in a sacred place, uprooted during *uttaraphalaguninaksatara* and tied in the waist cures *raktapradara*.
2. Use of *satapushpa* oil in the form of inhalation and massage is beneficial.

### Drugs for internal use:

#### *Kasaya:*

*Darvyadikwatha*, *Nyagrodhadikwatha*, *pradaraharakasaya*, *Asragdarahakasaya*,

#### Pastes & powders:

1. Pestled root of *tanduliyaka* mixed with honey Or honey with *rasanjana* should be taken with rice water.
2. Powdered *rasanjana* or *laksa* should be taken with goat milk.
3. *Pusyanuga curna* with honey followed by rice water should be used.

#### Use of medicated milk:

Properly prepared and cooled milk medicated with decoction of stem bark of *asoka*.

#### *Modaka:*

The balls should be made with powdered fruits of *alabu* or *Malaya (kakodum-bari)* mixed with equal quantity of sugar and honey.

#### *Avaleha:*

*Jirakawaleha*, *Khandakusmandawaleha*, *Behatakusmandawaleha*.

#### *Ghrita:*

*Vrhatsatawarighrta*, *phalaghrta*, *Mudgadyaghrta*, *Salmalighrta*, *satakalyanakaghrta*, *satawarighrta*, *mahatiktaghrta*.

#### Oils:

*Satawarioroil*, *Satapuspa oil*

#### *Rasas:*

*Pradararipurasa*, *bolaparpati*, *Pradarantakalauha*.

#### *Vati Kalapana:*

*Goksuradiguggulu*, *Candraprabhagutika*,

#### *Arishta:*

*Asokarista*, *Patrangasava*

#### *Sodhana Chikitsa:* <sup>3, 5, 6,</sup>

#### Vasti:

Use of two or three *asthapana basti* followed by *uttarabasti* is beneficial. This should be given during the period of *artava*, because during this period the uterus or vagina is free from covering or their orifices are open thus receive the unction easily, however, during emergency this basti can be used at any time *Candanadi or rasnadi niruha basti, Madukadianuwasana basti, Kusadiasthapana basti, Rasnadiasthapana basti, mustadiyapana basti etc.*

### **Yusha and peya:**

1. The Soup should be prepared with flowers of *sana, salmali, dhataki, padma, saugandhika, kovidara and karbudara* without mixing oil or sour articles, this soup should be medicated with *dadima*.
2. A beverage prepared with *bala, varsatparni, salaparni, dadima* and unripe young fruits of *bilva* is beneficial in diarrhoea mixed with blood, severe *Asragdara* and abortion

### **Beneficial Diet:**

Cooled decoction of drugs of *utpaladi* group,

Meat soup of wild birds or animals.

Cooked *Sali* or *sastika*

Vegetables: tender leaves of *patola, selu, yuthika* and *atimukta* along with fruits of *sindvava* prepared with *ghrta*.

*Ghrta* medicated with *kakolyadigana*.

### **Discussion:**

The normal menstrual is that which has intermenstrual period of one month. Excessive or prolonged bleeding occurring in menstrual or inter-menstrual period is called *Asrigdara* and *Pradara* is the synonym of *Asrigdara*

In Modern it is correlated with menorrhagia is bleeding occurs at normal intervals 21 -35 days but with heavy flow >80 ml or prolonged duration >7 days usually caused by condition affecting uterus and vascular apparatus.

*Vasti* are beneficial for *Asrgadara*. use of two or three *asthapana basti* followed by *uttarabasti*. this should be giving during the period of *artva*, because during this periods the uterus or vagina is free from covering and orifice is open thus receives *sneha* easily.

Decoction, pastes and powders are beneficial for *asrgadar*.

Properly prepared and cooled milk medicated with decoction of stem bark of *asoka*. if used in the morning according to one's own digestive capacity cures severe *Asragdara*.

*Awaleha* is beneficial in *pradara*. i.e *Khanda kusmand awaleha* used of this in the dose of one pala or according to one's digestive power cures *rakt pitta* and *pradara*, it is *brmhana* (anabolic) and increases strength.

Uses of *Ghrta* cures *pradara*, increases energy, complexion, and digestive fire i.e.

*phalagharta*, *vrhatsatawarigharta*, *salmaligharta* etc.

Oil prescribed for general menstrual disorder is beneficial if used orally or in the form of inhalation, massage or *basti satawari oil*, *satapuspa oil*

Uses of *bolaparpati* cures all disorder of blood, *raktapiita*, rectal and vaginal bleeding immediately.

*Goksuradiguggulu* uses of these cures difficult *prameha*, *vatarakta*, urinary disorder and *asmari* etc. *Chandprabhagutika* used for general menstrual disorder.

Soups: Uses of this is beneficial for *Asragdara*, *raktapitta*, burning sensation and disorders of abdomen and eyes.

Beverages: beneficial in diarrhea mixed with blood, severe *Asragdara* and abortion

***Vatajaasrgadar***: *Tilachurna* with curd ghee and honey should be taken.

*Mamsa rasa* of *varahamedas* with *kulatthakwatha* is beneficial and *vastichikitsa*.

***Piitajaasrgadar***: *Rakta pitta* treatment can be done for *pittaja asrgadar*.

*Mahatiktaghrta* should be used for purgation.

*Virechan* is appropriate *samanyachikitsa* for *raktapardar* as it is used for *pitta dushti*.

***Kaphja Asragdara***: powder of *nimba* and *guduci* should be used with wine.

Used of juice of root of *kakajangha* mixed with powder of *lodhra* and honey cures *kaphajaAsragdara* and *vamanchikitsa*

*Ayurveda* treatment should be depends on the basis of dosha *anubandhan* & *samprapati vightanchikitsha*. *Asragdara* treated with *dipan*, *pachana*, *shodhana*, *shaman*, *barhaniya*, *balyaandrakta sthamabak chikitsa* by using *Madhur tikta Kashaya rasa pardhanadravys* in different type of *asrgadar*

### Conclusion:

*Asrgadaris* a common *Artvadusti*. Excessive bleeding during menstrual or inter menstrual period is known as *Asragdara*. modern medicine NSAIDS, anti-fibrinolytic agents & hormonal therapies used for menorrhagia. Different type of dosa, dhatu, *smaprapti*, *srotashdusthi* and *anubandhita lakshana* are seen in every patient of *Asragdara*.so that treatment should be depends on the basis of dosha *anubandhan* & *samprapati vightan chikitsha*. *Asragdara* treated with *dipan*, *pachana*, *shodhana*(*basti*, *virechan*, *vaman*), *shaman*, *barhaniya*, *jivaniya*, *balya* and *raktasthamabak chikitsa* by using *Madhur, tikta Kashaya rasa pardhana dravyas* in *asrgadar*.

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