



“To study the efficacy of Bhumyamalaki Mula Choorna on Raktapradara (Menorrhagia).”

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ABSTRACT: -

Pradara due to *pradirna* (excessive excretion) of *raja* (menstrual blood) ,it is called as *pradara* & since ,there is *dirana*(excessive excretion) of *asrk* (menstrual blood) hence, it is known as *asrgdara*. Menorrhagia, one of the most frequently encountered symptoms in gynecology, is defined as menstruation periods at regular cycle but with excessive flow which may last more than 7 days. Menorrhagia can cause menstrual bleeding of more than 80 mL in each cycle. *Raktapradara* is commonest problem encountered by gynecologist in todays practice & incidence becomes higher with degree of civilization. Blood tissue is considered as one among 7 *dhatu* as per *Ayurveda*. Blood is related with *pitta dosha*. Hence, bleeding disorders are



usually influenced by pitta imbalance. *rakta pradara* covers all types of menorrhagia. The *vayu* after getting vitiated, increases quantity of *rakta*(blood), takes *rakta* to *rajovaha siras* & increases the quantity of *rajah* that comes out through *rajovaha siras* & causes *raktapradara*. The purpose of this study is to identify menstruation characteristics of the women & the effect of menorrhagia on womens quality of life. So many preparation have been mentioned in *ayurvedic* classic for the treatment of *raktapradara*. All these medication have certain fundamental principles *Ayurvedic* drug, *bhumyamalaki mula choorna* with *tandulodak* (rice water) combination was selected for the study.

In this “TO STUDY THE EFFICACY OF *BHUMYAMALAKI*

MULA CHOORNA ON RAKTPRADAR(MENORRHAGIA) ” we will be used *choorna* (powdered) of *bhumyamalaki mula* with *tandulodak* (rice water) orally.

KEYWORDS: *Raktpradar ,vata&pitta dosh, bhumyamalaki mula,*

INTRODUCTION:-

PRADAR due to *pradirna* (excessive excretion) of *raja* (menstrual blood) ,it is called as *pradara* & since ,there is *dirana*(excessive excretion) of *asrk* (menstrual blood) hence, it is known as *asrgdara*. This conditions may arise due to the imbalance of the hormones which is caused by the aggravation of *vat & pitta dosha*. Blood tissue is considered as one among 7 *dhatu* as per *Ayurveda*. Blood is related with *pitta dosha*. Hence, bleeding disorders are usually influenced by *pitta* imbalance.

A normal menstrual cycle is 21–35 days in duration, with bleeding lasting an average of 5 days and total blood flow between 25 and 80 mL. Heavy menstrual bleeding is defined as total menstrual flow >80ml per Bleeding in between menses is also abnormal uterine bleeding and thus requires further evaluation.

The start of menstruation during puberty and the length and

regularity of the menstrual cycle is controlled by hormones produced in an area of the brain called the hypothalamus, as well as by the pituitary and adrenal glands.

Heavy periods, menstrual bleeding are due to many physiological & pathological causes. Many factors such as hormonal imbalance, mental condition, diet, lifestyle contribute to these menstrual problems. Menorrhagia is the technical term for the prolonged uterine bleeding. Uncontrolled uterine bleeding or excessive menstrual bleeding is also termed by this name in few of the instances.

Complications of heavy menstrual bleeding could also be the initial symptoms. Excessive bleeding can lead to anemia which presents as fatigue, shortness of breath, and weakness. In pathogenesis of *raktapradara rasa ,rakta & vata dosha* are main responsible factors. *Bhumyamalakimula choorna* with *tandulodak* plays an important role to alleviate this pathology & effectively controls the bleeding.It is also help to cure the complication which occur due to heavy uterine bleeding. we have to study the combination of *bhumyamalakimula choorna*(powder) with *tandulodak* (rice water) orally as per mentioned in *Bhavprakash Samhita* .

AIMS AND OBJECTIVES:-



Aim:-

To study the effect of *bhumyamalakimula choorna* on *raktapradara* (menorrhagia).

Objectives :-

To study efficacy of *bhumyamalakimula choorna* on *raktapradara*. (menorrhagia).

MATERIALS AND METHODS :-

1. Literary information about the study has compiled from *ayurvedic* texts.

2. Various publication, text books, research papers has considered to collect the literary material.
3. For all the procedures various *ayurvedic* text are referred

Choorna of root of *bhumyamalaki* with *tandulodak* (rice water) prepared according to *Bhavprakash Samhita*, concept of preparation *choorna* take from *sharangdhar Samhita*.

Sr. No	Content	Latin Name	Family	Part Used
1.	<i>Bhumyamalaki</i>	<i>Phyllanthus Niruri</i>	<i>Euphorbiaceae</i>	Root
2	Rice			
3	Water			

PREPARATION OF DRUG:-

The powdered of root of *bhumyamalaki* with *tandulodak* (rice water) will be prepared according *sharangdhar Samhita*.

Sr. No	Content	Rasa	Virya	Vipaka	Guna	Karma
1.	<i>Bhumyamalaki</i>	<i>Tikta, Kashaya Madhura</i>	<i>Sheet</i>	<i>Madhura</i>	<i>Laghu Ruksha</i>	<i>Kaphapitta Shamaka</i>
2.	Rice					
3.	Water					

DISCUSSION:-

Ayurvedic medicine are designed to balance energetic, emotional, mental, physiological and immune responses of the individual to ensure long-lasting and permanent relief. *Ayurvedic* medicine stabilize hormonal imbalance and improve the uterine tonicity. *Ayurvedic* medicine not only reduce profuse menstruation, but also help the body to restore its normal physiological cyclical rhythm of menstruation.

Powder of root of *Bhumyamalaki* with *tandulodak* (rice water) should be orally given in the *raktapradara*. Due to *bhumyamalaki rasa-Tikta Kashaya & madhura* its acts on *pitta dosha*, *guna-laghu*, *ruksha* and its

raktagami & kaphapittashamak properties *bhumyamalaki* acts on *raktapradara*.

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Cite article:

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Ayurlog: National Journal of Research in Ayurved Science- 2019; (7)(1): 1-4