



Clinical study of *Yashti-shatavari Yoga* in *Asrugdara* w. s. r. dysfunctional uterine bleeding.

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ABSTRACT-

Asrugdara (D.U.B) is one of the commonest problems faced by gynaecologists in today's practice. Its incidence is increasing with degree of civilization. Menstrual abnormality can hamper day-to-day activities of women of reproductive age, affecting their physical, mental and social aspects of life. Hence, a definite and effective treatment is required. In modern medicine, various treatments like HRT, antifibrinolytics, etc are used. These medicines have many side-effects and its long-term use is questionable. Also, the last resort is surgical hysterectomy, which is not appreciable in young age women with D.U.B. The present study is aimed to observe the efficacy of Ayurvedic formulation mentioned in *Yogratnakar* – "*Yashti-Shatavari Yoga*" in *Asrugdara*. Study was conducted on 70 patients, 35 patients each in Trial group and Control group respectively. The clinical assessment was done on basis of grading criteria with specific *symptomatology* of *Asrugdara*. The results were statistically and clinically

significant to relieve symptoms of *Asrugdara* and improving general health of women.

KEYWORDS: *Asrugdara, Yogratnakar, Yashti-Shatavari Yoga, Dysfunctional Uterine Bleeding (DUB)*

INTRODUCTION-

Reproduction is a gift given by Nature to womanhood. Women are blessed with certain anatomical and physiological features which are referred to as '*Streekar Bhava*'. Menstruation i.e. *Rajpravrutti* is the monthly bleeding of women, which starts with menarche and ends with menopause. Abnormality occurring in this cycle has adverse effects on women's health. The age of menarche is about 12.5 years in normal healthy women. The length of *Rutuchakra* (menstrual cycle) is usually twenty-eight to thirty days. It is common to have a deviation of two to three days in a monthly rhythm. The duration of bleeding is 3-5 days and estimated blood loss is 20-80ml. Many *gynaecological* disorders have been mentioned in *Ayurvedic* texts under the headings of *Yoni vyapad* and *artav vyapad*.

According to *Ayurvedic* classics '*Asrugdara*' is excessive and irregular uterine bleeding which is a result of abnormal *Rutuchakra* (menstrual cycle). It can be compared to Dysfunctional Uterine Bleeding as mentioned in modern science. Excessive or prolonged blood loss during menstruation with or without bleeding during the intermenstrual period is called '*Asrugdara*'. About 30 to 50% women of reproductive age suffer from menstrual disorder. After studying its cause and classification, DUB can be correlated with *Asrugdara*. When abnormal uterine bleeding is not associated with any genital tract abnormalities, then it is termed as DUB. Prevalence of DUB in India is around 10-12%. There is an increase in incidence of DUB because of lifestyle changes, improper diet, stressful work schedule, etc. If *Asrugdara* is left untreated, it can lead to complications like severe anaemia, excessive menstrual bleeding, infertility and psychological distress. Many treatments are available in modern science like HRT, Antifibrinolytic agent, hysterectomy. But there is need to search for the drug which is non-hormonal, non-surgical and effective. The drug should not only help to cure *Asrugdara*, but also and improve the general health of women. In *Yogratnakara*, such *kalpa* is mentioned which is *raktastambhak*, *raktaprasadak*, *garbhashay-sankochak* and *rasayan*. The drug '*Yashti-Shatavari Yoga*' mentioned by *Yogratnakar* for the treatment of *Asrugdara* was selected for present study. *Asrugdara* is *Pitta dushtikara* and the drugs used in the study are *sheet* and *pittashamak*.

AIMS AND OBJECTIVES-

AIM - To study the efficacy of *Yashti-Shatavari Yoga* in *Asrugdara*

OBJECTIVES –

1. To evaluate the role of *Yashti-Shatavari Yoga* in *Asrugdara*
2. To study effect of *Yashti-Shatavari Yoga* in detail

MATERIAL AND METHODS-

Materials – All available *Ayurvedic* books and Modern texts, articles, journals, Internet research paper were referred for the study.

Sample size – 35 in each group

Selection of patient – from the *streerog prasutitantra* O.P.D

Group A – 35 patients with *Yashti Shatavari Yoga* (5 gm BD)

Group B – 35 patients with Tranexamic Acid (500mg BD)

Treatment given for first 7 days of each menstrual cycle for 3 consecutive cycles

Trial Drug- *Yashti Shatavari Yoga* is prepared using standard *Ayurvedic* preparatory methods.

Drugs used:

- *Shatavari* Wet root (*Asparagus racemosus Willd.*)
- *Yashtimadhu* dry roots (*Glycerrhiza glabra Linn.*)
- *Sita/ Mishri* (Sugar Candy)

Duration of study-

- Duration of study: - 18 months
- Total duration of treatment:- 90 days
- Follow up: - Assessment on 0th, 8th day followed by 1st
- Day of 2 consecutive menstrual cycle

Inclusion criteria:

1. Patient fulfilling diagnostic criteria
2. Age group of patients between 20 to 35 years female.

3. The duration of bleeding must be >7 days and quantity must be >80-100 ml per cycle.
4. Patient who was attended OPD and IPD of *Ayurvedic* Hospital with the complaint of heavy menstrual bleeding without any pelvic pathology (*Asrugdara*) in the reproductive age group.

Exclusion criteria:

1. Patient having gross abnormalities of uterus and pelvis.

2. Patient suffering from severe anaemia (Haemoglobin <7gm%).
3. Patient should not have any pelvic pathology like *Arbuda* (tubo ovarian mass), fibroid, polyp, *Ratkagulma*, *Karkatarbuda* (malignant tumour), endometriosis.
4. Patients with systemic disorders like Thyroid dysfunction, Hypertension, Tuberculosis, Diabetes mellitus.
5. Patients with previously diagnosed bleeding disorders.
6. Women using IUCD/ OCP.

CRITERIA FOR ASSESSMENT-

Subjective Criteria:

Table No. 1. Duration of Flow during Menstrual period:

1	3-5 days	0
2	6-9 days	1
3	>9 days	2

Table No. 2. Colour and odour –

1	Red black colour with <i>lohgandhi</i>	0
2	Fresh bleeding with no odour	1
3	Red colour, clots or foul smell	2

Table No. 3. General symptoms-

Sr. No.	Symptoms	Grade	<i>Angamarda</i>	<i>Daurbalya</i>	Sroni prishta <i>vedana</i>	<i>Tama</i> (feeling darkness)
1.	Absent	0	-	-	-	No H/O
2.	Mild	1	Perform routine work	Decreased activities	Alpa <i>Vedana</i>	Occasional
3.	Moderate	2	Only do some routine work	Wt. constant but decreased activities	Intermittent	Intermittent
4.	Severe	3	Lying on bed	Decreased activities with decreased Wt.	Continuous	Continuous

OBJECTIVE CRITERIA:

Table 4. Amount of Bleeding

1.	2 sanitary pads used/day	0
2.	3-5 sanitary pads used/day	1
3.	6 or more sanitary pads used/day	2

Table 5. Haemoglobin %

1	Normal (>11 gm%)	0
2	Mild (9-10 gm%)	1
3	Moderate (7-8 gm%)	2

INVESTIGATIONS:

1. Haematological investigations like Hb%, CT, BT
2. USG – Abdomen and Pelvis (if necessary)
3. Other investigation if necessary.

RESULTS-

According to statistical analysis

A. Subjective Parameters

Table: Overall Effect of Therapy as per Statistical analysis

Sr. No.	Subjective Parameters	Within Groups (Wilcoxon test)		Comparison (Mann-Whitney's test)
		Group A	Group B	
1	Duration	Significant	Significant	Significant (A > B)
2	Colour	Significant	Significant	Insignificant (A ≈ B)
3	Angamarda	Significant	Significant	Insignificant (A ≈ B)
4	Daurbalya	Significant	Significant	Insignificant (A ≈ B)
5	S.P. Vedana	Significant	Significant	Insignificant (A ≈ B)
6	Tama	Significant	Significant	Insignificant (A ≈ B)
7	Amount	Significant	Significant	Insignificant (A ≈ B)

(≈ - No significant difference)

B. Objective Parameters

Table: Overall Effect of Therapy as per Statistical analysis

Sr. No.	Objective Parameter	Within Groups (Paired t test)		Comparison (Unpaired t test)
		Group A	Group B	
1	Hb	Significant	Significant	Insignificant (A ≈ B)

(≈ - No significant difference)

DISCUSSION-

Vata and *Pitta* are the prominent *doshas* in *samprapti* of *Asrugdara*. The drug selected in present study is *Yashti-Shatavari Yoga* (granules), in which *Yashtimadhu* and *Shatavari* by their *Madhur rasa*, *sheeta virya* and *Madhur vipaka* are potent *Pittashamaka* drugs. It helps to suppress *ushna*, *tikshna guna* of *pitta* and stops bleeding by capillary constriction. *Yashtimadhu* - works as *raktaprasadak*, helps in the nutrition of *mamsadi dhatus* of capillary walls, *Pittashamaka*, *rasayan dravya* which is useful to increase tonicity of *mansadhatu* of *Garbhashaya*. *Yashtimadhu* and *Sharkara* are also described as *shonitsthapan*. So, in *Yashti-Shatavari Yoga*, drugs have property of *agnimandya nashaka*, *Vatanashak-Kaphanashaka*, *Raktapittanashaka*, *aampachana*, *brihana*, *Sthambhana* and *Sangrahan*, *Shonitsthapan*, *Garbhashaya balyakara* which leads to *Sampraptibhanga* of *Asrugdara*. By applying Man Whitney's U test, value of p being <0.05, it was concluded that *Yashti-Shatavari Yoga* is significantly effective than Tranexamic acid to reduce Duration of bleeding (Subjective Parameter) in *Asrugdara*. Also for other subjective parameters, p value is >0.05, therefore it can be concluded that there is no significant difference between efficacy of *Yashti-Shatavari Yoga* and Tranexamic Acid to reduce associated symptoms like *Angamarda*, *Daurbalya*, *Tama*. For objective parameter – Hb%- by applying Student's t test for Unpaired data, p value is >0.05, hence it is concluded that there is no significant difference between efficacy of *Yashti-Shatavari Yoga* and Tranexamic acid

to increase *Hemoglobin* in *Asrugdara*. Statistical analysis after study showed that *Yashti-Shatavari Yoga* is as efficient as clinically proven drug *Tranexamic acid* in treating *Asrugdara*.

CONCLUSION-

Significant difference was seen in parameter- Duration of bleeding which emphasizes that *Yashti-Shatavari Yoga* is more efficient than control drug- *Tranexamic Acid*.

No significant difference was seen in other subjective and objective parameters which concludes similar efficacy of both groups.

After completion of the study, it can be concluded that the trial drug *Yashti-Shatavari Yoga* is clinically effective in relieving the symptom of *Asrugdara* without having any adverse effect on patients.

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