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“Effect of ashoka ghrita in asrigdhar (menorrhagia): A case study”

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Abstract:
Aim and Background: The term Menorrhagia is from Greek word, men meaning ‘menses’ and ‘rrhagia’ meaning ‘burst forth’. It denotes cyclic bleeding which is excessive in amount or duration. It is a very common complaint among females in recent years. It has negative effects on women’s quality of life with limited options available in modern medicine, following Ayurvedic principles of diagnosis and treatment can be useful.

Case Description: A 42 years old female Hindu patient, housewife by occupation visited our OPD with complaints of Excessive P/V bleeding during menstruation, prolonged bleeding for 7-8 days with interval of 18-20 days which was heavy with passage of big clots for first 4-5days. She changes 7-8 pads/day, next 3-4days moderate bleeding, changes 4-5pads/day was seen. Associated with fatigue patient was not able to do her normal activities. Diagnosed as Raktapradar according to Ayurveda.

Treatment: She was given Ashokaghrita 1tsf, twice a day before food daily for 6 months.

Outcome: After three months of treatment patient showed significant relief in symptoms. Significant reduction in PV bleeding, proper intervals in between menses and reduction in passage of clots.

Conclusion: Significant relief can be achieved in patients of menorrhagia by applying principles of diagnosis and treatment of Asrigdhar. It’s single case study and can lay down road ahead for further research.

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INTRODUCTION:

The term Menorrhagia is from Greek word, ‘men’ meaning ‘menses’ and ‘rrhagia’ meaning ‘burst forth’. It denotes cyclic bleeding which is excessive in amount or duration. It is a very common complaint among females in recent years. It has negative effects on women’s quality of life. A normal menstrual blood loss is 50 to 80 ml and does not exceed 100ml. Despite rarely being life-threatening, menorrhagia has significant effects on personal, social, family, and work life of women and thereby reduces their quality of life. Women describe the loss or reduction of daily activities as more important than the actual volume of bleeding. Menorrhagia is largely responsible for iron deficiency anaemia, which have negative effect on woman’s health.

‘Asrk’ means menstrual blood and ‘dirana’ means excessive flow. Therefore, Asrigdara means heavy vaginal bleeding during menstruation along with passage of clots. Though menorrhagia is not described in any Ayurveda text directly but it is quite similar to Asirgdara. The main clinical feature of both Asrigdara and menorrhagia is heavy uterine bleeding with its other complications. Asrigdara is of five types. They are classified depending upon the dominance of particular dosha. There are many Ayurvedic drugs and preparations available on menorrhagia in classic Ayurvedic texts. Ayurvedic drug Ashokghrita is selected for the study.

Case description:

A 42 years old female Hindu patient, housewife by occupation visited our OPD on 23/02/2018 with complaint of excessive P/V bleeding during menstruation, prolonged bleeding for 7-8 days with interval of 18-20 days. Patient was said to be apparently healthy 2 years back. She suddenly noticed excessive bleeding P/V during menstruation, which occurred at an interval of 18 to 20 days. Bleeding lasted for 7-8 days with minimal clots, changes 6-7 pads/day with lower abdominal pain and low back ache. For the same, she approached a modern clinic and was prescribed with oral medicines. Patient got relief from the symptoms for a period of 6 months with the continuation of medication. As she found relief, she discontinued her medication for 3 months. Again, she started bleeding for 7-8days, which was heavy with passage of big clots for first 4-5days and 7-8 pads/day, next 3-4days moderate bleeding changes 4-5pads/day was seen. Associated with pain in lower back and abdomen.

Past history: No H/O DM/HTN/hypothyroidism or any other major medical or surgical history.

Family history: No history of same illness in any of the family members.

Menstrual history: Menarche - 12 yrs.
Obstetrics history: G2P2L2A0D0, both FTND at hospitals

Married: for 22 years

Contraceptive history: She underwent Open Tubectomy -18 years back.

General examination:

Pulse: 82 b / min
BP: 130/80 mm of Hg
Temperature: 98.4 F
Respiratory Rate: 18 cycles / minute
Height: 155cms
Weight: 69 kg
Tongue: Uncoated
Built: Moderate

Pallor/Icterus/Cyanosis/Clubbing/Oedema/Lymphadenopathy: Absent

Systemic examination:

• CVS: S1 S2 Normal
• CNS: Well oriented, conscious.
• RS: AEBE clear
• P/A- Soft, non-tender

Ashta Vidha Pariksha:

1) Nadi - 82 b / min
2) Mala - Once / day
3) Mutra - 5 - 6times/day
4) Jivha - Alipta
5) Shabda – Avishesha
6) Sparsha - Anushna Sheeta.
7) Druk - Avishesha
8) Akriti - Madhyama

Lab Investigations:

• Hb – 7.7gm%

USG abdomen and pelvis (28/2/18)
Impression: Bulky uterus with ET- 14mm

Diagnosis: In view of modern sciences, it was clearly a case of Menorrhagia. According to Ayurveda the patient clearly showed symptoms of Asrigdhar such as excessive, prolonged bleeding with passage of clots.1,7.

Treatment Given: She was given Ashokaghrita 1tsf, twice a day before food daily for 6 months3.

CONTENTS:

It contains Ashoka moola and Twak, Ajaksheera, Kakoli, Ksheera kakoli, Meda, Mahameda, Jeevaka, Rishabhak, Riddhi, Vriddhi, Mashparni, Mugdaparni, Yashtimadhu, Draksha, Shatavari, Bhringaraja, Sita, Tandulodak, Rasanjan, Parushaka, Priyala, Mridvika and Goghrita. Most of the ingredients have Kashaya and Madhura rasa, Sheeta veerya, Rakta Sangrahak & Rakta Stambhak2. The main ingredient is Ashoka which is a uterine tonic and haemostatic in nature and thus a cardinal herb in treating Asrigdhar4.
## Treatment outcome:

| Date of follow up | LMP       | Medicine       | Signs and symptoms                                                                 |
|-------------------|-----------|----------------|-----------------------------------------------------------------------------------|
| 26/03/2018        | 17/03/2018| *Ashokaghrita* 2tsf half an hour before food twice a day | Duration of menses 6-7days, with clots, mild pain in lower abdomen and back. 5-6pads/day |
| 21/04/2018        | 13/04/2018| *Ashokaghrita* 2tsf half an hour before food twice a day | Duration of menses 6-7days, with clots, mild pain in lower abdomen and back. 5-6pads/day |
| 16/05/2018        | 09/05/2018| *Ashokaghrita* 2tsf before food twice a day            | Duration of menses 5-6days, without clots, mild pain in lower abdomen and back. 5-6pads/day |
| 11/05/2018        | 05/06/2018| *Ashokaghrita* 2tsf half an hour before food twice a day | Duration of menses 4-5days, without clots, no pain in lower abdomen and back. 4pads/day |
| 08/07/2018        | 02/07/2018| *Ashokaghrita* 2tsf half an hour before food twice a day | Duration of menses 4-5days, without clots, no pain in lower abdomen and back. 4pads/day |
| 05/08/2018        | 31/07/2018| *Ashokaghrita* 2tsf half an hour before food twice a day | Duration of menses 4days, without clots, no pain in lower abdomen and back. 3pads/day |

## Rajo vruttanta

|                      | Before 6 months | After 6 months                        |
|----------------------|-----------------|---------------------------------------|
| Menstrual cycle      | 7-8days flow every 18-20 days | 4-5days flow every 28days             |
| Quantity             | Excessive bleeding (7-8pads/day) | Normal flow (3-4pads/day)             |
| Color                | Dark reddish    | Dark reddish                          |
| Odour                | No foul smell   | No foul smell                         |
| Consistency          | With clots      | Without clots                         |
| Pain                 | Severe lower abdomen pain, lower backache | Mild or no pain in lower back or abdomen |

## DISCUSSION:

*Ashoka ghrita* is a uterine tonic which improves uterine functions, modulates uterine contractions, stabilizes hormonal imbalance and is haemostatic in nature. It gives strength to the uterus which helps in easier dislodging of the uterine lining during menstruation and prevents ischemia. Thus, it reduces menstrual cramps. It also corrects the aggravated *pitta*. Its *Vipaka* acts as *vatapitattahara, sthambana, raktashodhaka*. It corrects *rasa*.

The constituents of *Ashoka* include glycosides, flavonoids, tannins, saponins, and sterols. Research has shown that it
has antibacterial, anti-fungal, oxytocic, uterotonic, anticancer, anti-progestational, anti-estrogenic, anti-inflammatory, and anti-oxidant Phytoestrogens which are also present in Ashoka bark modulate the raised levels of hormones in cases of primary dysmenorrhoea.

Ghrita is prepared by Ghrita Kalpana described in Sharangdhar Samhita. It has Madhura rasa, Sheeta virya having Vata-pittahara qualities. It is Balya and is beneficial for Rasa dhatu and does Preenana of Garbhashaya.

CONCLUSION:

Menorrhagia is a common complaint present in the women world-wide. Asrigrdara correlate to menorrhagia. As we see, patients have heavy uterine bleeding along with its complications which should be managed instantly to stop the further complications.

Ayurveda has number of herbal and compound drugs useful to manage this bleeding disorder. In my opinion, the Ayurvedic drugs will become a boon to treat the menorrhagia patients and also its complications.

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