Analysis on the therapeutic potentials of Madhukadi Churna in Asrigdar w. s. r. to DUB
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Abstract: Asrigdar is a gynaecological condition defined as excessive bleeding during menstruation. Acharya Charak has described this condition due to vitiation of vata & pitta dosha along with rakta dosha. According to modern science, dysfunctional uterine bleeding (DUB) is an irregular, excessive uterine bleeding without any organic cause in the uterus which correlates with the Asrigdar vyadhi mentioned in Ayurveda literature. This condition affects women’s health both medically & socially. Acharya Sushrut says if remain untreated Asrigdar can lead to various complications such as Pandu (anaemia), Vatavyadhi. In the present review the drugs present in madhukadi churna were compiled, analysed and presented scientifically along with their probable mode of action in the management of Asrigdar based on various reported research work. Madhukadi churna is a Rakta–pitta shamak, rakta sangrahaniya combination and also balances vata dosha and kapha dosha. It is a rakta sangrahaniya kalpa due to its tikta kashaya, madhur rasa and sheet virya. Madhukadi churna has potent yonisankochakar (astringent effect on uterine vessels) and raktastrav rodhak (Haemostatic) properties. The drugs in madhukadi churna are proven for their phytoestrogenic action, astringent effect, haemostatic action, muscle relaxant activity, anti-thrombin activity, balances FSH, LH hormones thereby useful for treating Asrigdar (DUB). The present review work reports that madhukadi churna can be used for treating Asrigdar.

Keyword: Asrigdar, Madhukadi churna, DUB, Herbomineral drug

Introduction: In female body, the reproductive system has a great importance. Length of menstrual cycle is usually twenty...
one to thirty five days. The duration of bleeding is about four to five days and estimated blood loss during cycle is 20 to 80 ml. (1) the length of menstrual cycle depends upon the hypothalamo-pituitary-ovarian axis and the amount of blood loss depends upon the uterine condition. Any disease of this reproductive system will seriously affect women’s health and happiness. Asrigdar is one amongst the extensive range of occurrence. Asrigdar is a gynecological condition defined as excessive bleeding during menstruation, Acharya Charak has described that this condition is due to vitiation of vata, pitta and rakta dosha.2. Abnormality in Rituchakra (menstrual rhythm) leads excessive and irregular uterine bleeding which is known as “Asrigdar” in classical text. Asrigdar mentioned in Ayurveda classics can be correlated with DUB. According to modern science, Dysfunctional uterine bleeding (DUB) is an irregular, excessive uterine bleeding without any organic cause in the uterus.3. Acharya Charaka explained Asrigdara as a separate disease with its management in Yoni Vyapada Chikitsa adhyay.4. Acharya Charaka included Asrigdar under Raktapradoshaja Vyadhi.5. Acharya Sushrutra explained it as a separate disease entity in Shukra Shonita Adhyaya in Sharirasthana.6. He also mentioned it under Pitta samyukta apana 7 and in Raka Pradoshaja Vikara.8. Ashtanga Sangraha explained Raktayoni and said Asrigdara and Pradara as its synonyms.

Madhukadichurna mentioned in Charak chikitsasthan yonivyapad adhyaya contents the drug which have pitta-vata shaman and raktasangraniya property 9 .The Ingredients of churna are Madhuka, Triphala, Lodhra, Musta ,sourashtrika. All the drugs have been taken in equal quantity and mixed to prepare madhukadi churna.

**Materials and Methods:**

All the Ayurveda classics and modern text along with journals, PubMed, e books has been thoroughly searched. In the present review the drugs present in madhukadi churn were complied, analyzed and presented scientifically along with their probable mode of action based on various reported research work.

**Result and discussion:**

**Understanding the samprapti and chikitsa sutra of Asrigdara:**

**Sankhya samprapti**- 4 types -vataj, pittaj, kaphaj, sannipataj Asrigdar

As per, Charak Samhita, Acharya Sushruta, Sharangdhara Samhita, Madhav Nidan, Yogratnakar, Bhavprakash, above 4 types are mentioned under the name of Asrigdara.

**Vikalp samprapti**-

Acharya Charak explains that the dushit rakta increases abnormally under the influence of prakupita vayu. After reaching garbhashayagat rajovaha sira, it increases the amount of raja (artava or menstrual blood) immediately. The increase in amount of raja is due to its mixture with rakta; hence it is named as Asrigdar, the disease in which there is excessive bleeding due to increase in amount of dushit Asrik. This disease is also known as Raktapradar as there is pradirana (excessive flow) of Rakta (menstrual blood).
The involvement of excessive use of Amla rasa, Lavana rasa having predominance of Agni+Prithvi, Ambu+Teja Mahabhoot increases Pitta by Ushna, Sara, Drava guna. Vidahi anna, Snigdha anna (pishita-gramy-anupa-audak mamsa), Ushna anna (amla/lavana/ katu rasa pradhan ahaar) etc are Raktavahea Sroto- Dushtikara hetu leads to Rakta and Pitta dushti. Pitta being ushna tikshna gunatmaka and Artava being Agneya, there is natural tendency of vriddhi due to samaanata of guna. While explaining the samprapti of Raktapradar, Acharya Charak & Kashyap Samhita has considered it as a Shonita-janya vyadhi and it is also entitled under Raktapradoshaj vyadhi by Acharya Charak and Acharya Sushruta.

Asrigdar is a debilitating disorder, thus women require a rapid, safe and effective treatment. As the disease is characterized by excess flow of blood out of the body and Rakta is known to be a vital substance of the body (jivana karma), hence Rakta Sthapana chikitsa becomes important. It should be treated on the lines of treatment of Raktatisara, Raktapitta and Rakta arsha according to Acharya Charak 10. While treating asrigdara pachana, deepana, Agni vardhana, rakta Sangrahana, and vikrut dosha shaman is important for sampraptivighatana.

Madhukadi churna mentioned in Charak Samhita yonivyapad chikitsa adhyaya is a Herbomineral drug which can work at the different levels of Samprapti. These levels are

1) Dosha level – Pitta Shamaka, Vatanulomaka
2) Dushya level – Rakta-sangrahaniya
3) Agni level – Deepana-Pachana

Madhukadi churna is a Rakta –pitta shamak combination and also balances vata dosha and kapha dosha. It is also a raktasangrahaniya kalpa due to its tikta kashaya, madhur rasa and sheeta virya. Alum present in madhukadi churna has potant yonisankochakar (astringent effect on uterine vessels) and raktastrav rodhak properties. Considering all these properties of Madhukadi churna sampraptibhang of asrigdar can be done at dosha level, dushya level and Agni level.

Properties of madhukadi churna are tabulated in Table 1. Predominant rasapanchak of madhukadi churna is tabulated in Table 2. In Table 3 pharmacological properties of madhukadi churna are tabulated.

Table 1: showing properties of ingredients of Madhukadi churna.

| Name              | Rasa  | Guna | Virya | Vipak | Doshghnta and Karma                        |
|-------------------|-------|------|-------|-------|--------------------------------------------|
| Yashtimadhu       | Madhur| Guru | sheeta| Madhur| Rakta-Pittaghna, Vata-pittaghna Vranaropan |
| (Madhuk)          |       |      |       |       |                                            |
| Triphala          | Kashay| Ruksha, Sara | Anushna| Madhur| Kapha- pittaghna                           |
| Lodhra            | Kashay| Grahi, laghu | Sheeta| Katu  | Kapha-pittaghna                            |
Table 2: Predominant rasapanchaka of Madhukadi churna:-

| Rasa      | Kashay     |
|-----------|------------|
| Guna      | Ghrahi,ruksha |
| Virya     | Sheeta     |
| vipak     | Madhur     |
| Doshghnta | pittaghna  |

Table no. 3 Drugs of madhukadi churna with pharmacological properties.

| SN. | drugs          | Botanical name                       | activities                                                                 |
|-----|----------------|--------------------------------------|-----------------------------------------------------------------------------|
| 1.  | Yashtimadhu    | Glycyrrhiza glabra                   | 1. Anti-thrombin activity – 11                                               |
|     |                |                                      | 2. spasmyotic                                                               |
|     |                |                                      | 3. muscle relaxant                                                          |
|     |                |                                      | 4. estrogenic activity                                                      |
| 2.  | Lodhra         | Symplocas recemosa                   | 1. Ethanolic extract – in female hormonal dysfunction                       |
|     |                |                                      | 2. Acts of FSH, LH 12                                                       |
| 3.  | Triphala       | Terminalia chebula Emblica officinalis| 1. Astringent,                                                             |
|     |                | Terminalia bellirica                 | 2. wound healing,                                                          |
|     |                |                                      | 3. antibacterial property.                                                 |
| 4.  | Musta          | Cyperus rotundus                     | 1. Selective Estrogen receptor modulator 14                                  |
|     |                |                                      | 2. Anti-estrogenic 15 and                                                  |
|     |                |                                      | 3. anti-inflammatory agent for the treatment of the gynecological disorders |
| 5.  | Kankshi        | Alum potassium                       | Astringent activity                                                        |
|     | (Sourashtrika)|                                      |                                                                            |
Conclusion:

Madhukadi churna is a Rakta –pitta shamak combination and also balances vata dosha and kapha dosha. It is also a rakta sangrahaniya kalpa due to its tikta kashaya, madhur rasa and sheet virya. Madhukadi churna has potent yonisankochakar (astringent effect on uterine vessels) and rakastrav rodhak properties. The drugs in madhukadi churna are proven for their phytoestrogenic action, astringent effect, haemostatic action, muscle relaxant activity, anti-thrombin activity, effect on FSH, LH hormones thereby useful for treating Asrigdar (DUB). The present review work reports that madhukadi churna can be used for treating asrigdar.

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