 REVIEW ARTICLE

Compilation of Management of Asrigdara from various Ayurvedic classic text books

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ABSTRACT:

Introduction: According to Charaka Aacharya Rakta pradara is described under Pradara Roga. Excessive white discharge per vaginas called as Shweta Pradara, when there is excessive or heavy menstrual bleeding is called as Rakaprada. Due to pradirana(excessive excretion) of raja (menstrualblood), it is named as Pradara and since, there is dirana(excessiveexcretion) of asrka(menstrualblood) hence, it is known as Asrigdara. Asrigdara appears to be analogous to menstrhagia. In this Review here is compilation of drugs used to treat Asrigdara. Here, in this Review management and formulations along with preparations are being described. Drugs for external use, Vasti, Nasya, Churnas, Kawatha, Kalka, Leha, Guggulu, Modak, Ksheera, Taila, Rasaaare being described with separate headings.

Keywords: Asrigdara, Formulations, Preparations

INTRODUCTION

In Asrigdara, there is excessive excretion ( dirana ) of asrka, hence it is termed as Asrigdara. Dalhana while explaining general clinical features says that excessive and/or prolonged blood loss during menstruation or even scanty blood loss during intermenstrual period is known as Asrigdara. Asrigdara or Abnormal uterine bleeding is of more concern, because excessive or prolonged bleeding may cause undue disruption of woman’s daily activities & affects woman's health both physically and psychologically. The incidence rate of Asrigdara is increasing day by day, so if treatment is delayed this can lead to worsen the condition of the patient due to excessive blood loss. Abnormal uterine bleeding (AUB) is a common problem among (non-pregnant) women in the reproductive age. Formerly, it was known as dysfunctional uterine bleeding (DUB). AUB is responsible for significant health problem and social embarrassment and

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it is one of the common reasons women seek health care. It has a significant impact on the quality of life for women. Women with abnormal bleeding have a lower quality of life than the general female population. AUB leads to loss of productivity and may result in surgical interventions. AUB is reported to occur in 9 to 14% women between menarche and menopause. The prevalence varies in each country. In India, the reported prevalence of AUB is around 17.9%. Various reports suggest that 30 to 50% of women in the reproductive age group suffer from excessive and irregular uterine bleeding by various causative factors. 28% of the female population consider their menstruation excessive and will plan their social activities around their menstrual cycle, and nearly 10% of employed women will need to take time off from their work because of excessive menstrual loss. 6% of women aged between 25 to 44 years consult their GPs about excessive menstrual loss every year. Out of them 35% referred to hospital. 60% will have a Hysterectomy in the next 5 years. Over 75000 hysterectomies are now carried out every year with 30% of them carried out for menstrual disturbances alone. If Asrigdara is not treated properly, it can cause further bleeding complications like anaemia, excessive bleeding can even cause death.

Various treatment modalities prescribed in modern medicine like hormonal treatment, anti-fibrinolytic agents, dilatation and curettage etc. have not proved their definite efficacy in spite of high price and side effects. Although the medical therapy is generally used first in which long term use of hormones like progestin may increase the risk of breast cancer. Dilatation and curettage can also stop the acute episode of excess uterine bleeding but not the subsequent episode, therefore, the ultimate option for Menorrhagia is Hysterectomy. Morbidity is related with the amount of blood loss at the time of menstruation, which occasionally is severe enough to cause Hemorrhagic shock.

Here a review on Asrigdara management of Asrigdara with herbomineral and herbal formulations are mentioned. So, it is a great scope of research to find out safe, potent, cost effective remedy from Ayurveda by addressing the root of the problem thereby improving the quality of life of woman.

Principles of treatment:

- In Raktayoni just like Raktapitta, hemostatic drugs should be used giving due consideration to the association of doshas diagnosed on the basis of colour and smell of the blood.
- The treatment prescribed for Vatala etc (Vatala, pittaja, kaphaja and Sannipataja) yoniroga can be prescribed for Pradararoga. 5
- Treatment prescribed for Raktatisara (diarrhoea with blood), Raktapitta (bleeding diathesis), Raktaarsha (bleeding piles), Guhyaroga (diseases of reproductive system) and abortions is also useful.
- Use of Basti is beneficial.
- Purgation (Virechan) cures menstrual disorders.

Aim: Aim of this review is to evaluate and discuss about Asrigdara, its management, drugs, formulations and preparations.

Objective: To compile Ayurveda Management of Asrigdara with their formulations and preparations.

Materials and methods: From Brihatrayee, Laghutree, Kashyap Samhita and other Ayurveda literatures, articles related to Asrigdara are compiled.

External use:

| Vyaghranakhi | grown in the northern direction at a sacred place, uprooted during uttaranphalguninakshatra, the root tied around the waist, cures Rakta pradar (Yogratnakar pradarroga chikitsa) |
| Satapushpa oil mentioned in the context of Artavdusthi, used in the form of Nasyaand Abhyanga is beneficial. |

Vasti:

Without the vitiation of Vayu, the yoni of female does not get vitiated. That means whenever yoni roga occurs there is predominance of Vata. Hence, Vata plays a major role in aggravating the other doshas as well and hence, Vata should be taken into consideration at first and it should be treated as soon as possible. Hence, for the treatment of Vata, Vasti chikitsa is a must, need to be treated at first. Vata shanak chikitsa is done before starting any specific treatment.

After 2-3 niruha vasti, uttarvasti is beneficial and it should be given during Ritukala (following menses) as vagina is free from covering and orifice is open, thus receives sneha easily, during emergency this vasti may be used at any time. In Asrigdara, following vastis are beneficial.
Chandanadi niruha vasti (A.S.) / Rasnadi niruha vasti (A.H.)

- Kwatha prepared from chandan, padmaka, rddhi, yastyahwa, Rasna, vrsla, sariva/gopangana, lodhra, manjistha, ananta, bala, shiradi and trina panchamoola (all two karsa each), then add milk (half adhaka) and boiled till milk remains. Now the paste of jivanti, meda, rddhi, satavari, vira, dvikakoli, kaseruka, sita, jivaka, padmarema, prapaundarika, kamala, utpala, lodhra or lauha, atmagupta, madhuka, vidari, manjataka, kesara or nagahwa and chandan, ghrita, honey and saindhava are mixed and used as vasti when cooled.

8 This cures burning sensation, diarrhoea, pradara (menometrorrhagia), haemorrhagic diathesis and other disorders of pitta.

The same is termed as Rasnadi niruha vasti in Astanga Hridaya. In kwatha dravyasgopangana is substituted instead of sariva and nagahwa is substituted instead of kesara among praksepa dravyas.

Madhukadi anuvasana vasti

- Kalka of madhuka, usira, kasmar, katuka, utpala, chandana, syama, padmaka, jimutaka, sakrahwa, ativisha and ambu is cooked with ghee mixed with oil (1/4) and milk (8 times), then finally mixed with nyagrodhadi gana. Use of this as a basti cures burning sensation and Asrigdara etc. diseases of Pitta.

Rodhradi asthapana vasti (Su. Sam. Chi. 38/55-59)

- Kwatha prepared from rodhra, chandana, manjistha, rasna, ananta, bala, rddhi, sariva, vrsla, kasmar, meda, madhuka, padmaka, shiradi panchamula and trina panchamula (3 karsa each) with 8 times water, heated and reduced to one fourth. In eight palu quantity of kwatha finely pestled jivaka, kakolidwaya, rddhi, madhuka, utpala, prapaundarika, jivanti, meda, renu, parusaka, abhiru, misi, saindhava, vatsaka, usira, padmaka, kaseru and sugar (all these 19 dravyas together, kalka -3 pala), honey and ghee (4 pala each), milk (2 pala), mamsa rasa (1 pala), sugarcane juice (2 palas) should be mixed and used when cooled. This vasti cures gulma and Asrigdara etc. diseases of pitta.

Mustadi yapana vasti (A.S.K. 5/11)

- Musta, patha, amrita, eranda, balra, rasna, punarnava, manjistha, aragwadha, usira, trayamana, aksa, rohini and laghipanchamula (each one pala), 8 madanphalas heated with water (one adhaka) till one fourth remains. Then it is mixed with milk (2 prastha) and boiled till only milk remains. This mixed with one fourth quantity of jangala mamsa rasa, ghee, honey, saindhav and kalka of vasti, misi, syama, kalingaka and rasanjana. This vasti increases mamsa (muscle), bones or digestive fire, energy/strength and shukra, relieves pain of groins, thighs, sacral region and abdomen: cures Asrigdara, is beneficial for eyes, gives progeny, is Rasayan and best among all Yapana vastis.

Satapuspa taila vasti

- Acharya Kasyapa has mentioned in 5th chapter of kalpa sthana that satapuspa taila vasti is beneficial.

Udumbaradi taila (Cha. Sam. Chi. 30/73-77)

- Unripe fruits of Udumbara, panchavalkala, kulaka/katwangwa, tender leaves of malati,nimbi (equal quantity) total to about one drone, powdered and soaked in one drone of water and kept overnight. After mashing the drugs, it is strained. This filtrate mixed with one prastha oil and kalka of laksha, dhava twak and niryasa (resin) of palasa and salmali (one karsa each) and oil is prepared. Pichu with this oil and pariseka with sita kasaya is done. It is also indicated in picchila yoni, vivrta yoni, kala dusta, darunadusta yoni, helps in achieving conception.
Priyangvadi taila (Bha.Rat. 67/113-117)

- Goats milk, dadhi mastu, daruharidra (750 ml each), add kalka of priyangu, nilotpala, yastimadhu, triphala, rasanjana, red and white variety of chandan, manjistha, satalwra, sarja rasa, saindhav, mustaka, mocharasa, anatamula, vayasi, bilvatwak, sugandha bala, gaja pipaali, pippali, kakoli and ksirakakoli (8gm each) and pouring the above liquids cook preparations thoroughly. It is indicated in Pradara, yonirogas, also protects Garbha.

II. INTERNAL USE

KASHYA PREPARATION

| Pradarahara kasahya | Decoction of khadira, sita (chandan), bala, asana, sariva, vrsa, ambu (musta), mochaka, valkala (salmalitvak), amlaki is administered with sugar and honey. It is indicated in Pradara roga. |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Asrigdara kasahya   | Musta, amritas, madhuka, chandan, sevayu (usira), viswa (sunthi), masa, aghimintha, kana (pippali), mudga, kulattha, citraka are used to prepare kasahya and administered early morning with honey cure Asrigdara. It is indicated in Asrigdara. |
| Sweta pradarahara kasahya \ (musalikhadiradi kasahya) | Decoction of musali, khadira, amalaki, trikanta (Gokshura), jambu, vari (Satavari), administered with ksira. It is indicated in Swetapradara and Raktapradara. |
| Kausamustabhayadi kasahya | Kashaya prepared with kausamusta, abhaya (haritaki), durva, guduchi, sariva, tila is administered with ksira. It is indicated in Pradara. |
| Vasadi kasahya      | Decoction prepared with vasa, apamarga, attioli (udumbaratvak), vari (satavari), sevya (usira), bala, bandhujivaka mulatwak is administered with sarkara and gharita. It is indicated in Pradara. |
| Darvyadi kwatha     | Cooled decoction of darvi, rasanjana, musta, purified bhallataka, sripahala, vrsa and kirattikta. Pradara associated with pain, yellow, white, black or red discharges. |
| Pathyamalakyadi kasahya | Decoction prepared with pathya (haritaki), amalaki, vibhitaki, viswau-sadhi (suni), devadaru, rajani (haridra) is administered with ksaudhra and lodhra churna. It is indicated in Sarva pradara. |

- Kwatha prepared from dhataki and pugapospa administered for 3 days cures pradara.
- Kwatha prepared with equal quantity of Ela, Samanga (lajjalu), shalmali, haritaki and magadhika mixed with sugar and honey cures vaginal bleeding.

Kalka and churna prayoga

- Kalka of tanduliyaka mula with madhu or rasanjana with madhu given with rice water cures Asrigdara.
- Rasanjana and laksha churna (individually or together) taken with goatsmilk cures Asrigdara.
- Churna of madhuka and sugar (one karsha each) with rice water cures Rakta pradara.
- Churna of kankatika mixed with sugar and honey.
- Churna of bharmgi and nagara with rice water cures dyspnoea and pradara.
- Kalka made from kusa mula with rice water cures pradara within 3 days.
- Swaras of unripe udumbara/kasthodumbara fruit mixed with honey followed by milk and rice with sugar.
- Swaras of vasa or guduchi ot satawari along with madhuka churna (one karsa) and sugar (4 karsa) pestled with rice water.
- Churna of bala mula used with milk.
- Churna of kalka of bhunyamalaki mula with rice water cures pradara within 3 days.
- Churna of sunthi and trinta or kutajastaka with ghrita and sugar cures very severe pradara.
- Swarasa of Asoka twak and rasanjana pestled with rice water and mixed with honey relieves pradara.

Chandanadi churna (Bha. Rat. 66/20-24)\textsuperscript{14}

- Powder of chandana, jatamansi, lodhra, usira, padmakesara, nagapusp, bilwatvak, bhadra mustaka, sarkara, netrabala, patha, kutaja tvak, sunthi, indrayava, ativisha, dhahati puspa, rasanjana, pulp of mango seed, seed of jambu fruit, mocharasa, nilotpala, manjistha, samanga mula, suksma ela, dadima are taken in equal quantity. It is indicated in all four types of Pradara, Raktatisara, Raktarsa and Rakta Pitta.

Pushyanuga churna (Bha. Rat. 66/25-31)\textsuperscript{15}

- Powder of all following drugs are taken in equal quantity during pusya nakshatra: patha, seeds of jambu and mango, silajit, rasanjana, ambastha, mocharas, samanga, padmakesara, kesara, ativisha, mustaka, seeds of bilva, lodhra, swarna gairika, katphala, black pepper, dry ginger, raisins, red variety sandalwood, syonaka, kustha, anantamula, dhahati puspa, arjuna twaka. It is indicated in bleeding piles, bleeding diarrhoea, Yonidosa and Rajodosa.

Utpaladi churna (Bha. Rat. 66/32-34)

- Churna is prepared with equal parts of the following: roots of red lotus, red cotton, karavira, javakushum, dhahati puspa, jiraka, red variety sandalwood. It is also indicated in rakta mutra, yoni sula, katisula, kukshi sula with rice water.

Sarasija makarandadi churna (Sahastrayogam)

- Churna of viswa, ela, kana, musali, gokshura, vamsi, sita. It is indicated in Raktapradara.

Use of medicated milk (Bha.P. Chi. 68/14)

Asoka valkala (1 pala), jala (32 pala) is heated and reduced to 8 pala, to this 8 pala kwatha 8 pala kwatha is added and heated when only milk remains it should be removed from fire and cooled. It is used in Asrigdara.

Modaka (Yogratnakara pradaroga chikitsa)

- The balls are made with churna of Alabu phala or Malaya (kakodumbari) mixed with equal quantity of sugar and honey cures pradara. It cures Pradara.

Lehya prakaran\textsuperscript{16}

Shatavari guda (Sahastrayogam)

- Paka is prepared with satavari swaras (1 adhaka), guda (1 adhaka) and ghrita (1 prastha) is added. To this add viswa (sunthi), ela, musali, patha, swadamstra

\((Gokshura), \text{ sariba dwaya, usira, bhunyamalaki, vidari, magadhi (pippali), madhuka, adraja (silajit)} – 1 tola each. Tuga kshiri (vamsalochan) – 1 kudava, sarkara-1 kudava. The lehya thus prepared is administered early morning. Asrigdara, Rajodosa, vatapittaja roga, Rakta Pitta.

Madhukadya avaleha (Bha.Rat. 66/35-41)
Churna of madhuka, red variety sandal wood, laksha, red lotus, rasanjana, kusa mula, bala mula, vasaka mula, seeds of bilwa, mustaka, bilwa majja, mocharasa, daruharidra, dhataki pusp, ashoktvak, raisins, buds of javakusum, amra patra, nalnipatra, satavari, vidarikanda, rajata bhasma, lauha bhasma and abhraka bhasma (6gm each), sugar (312 gm), satavari swaras (375 ml). It cures pradara of various colours (red, yellow, black, white) associated with Yonisula, Kuksi Sula, Vasti Sula, Rakta Atisara, Rakta Arsa, Daha, Moha, Chardi.

Jirakawaleha (Yogratnakar pradararoga chikitsa)

Kalka of jiraka (one prastha) and lodhra (half prastha) mixed with milk (two adhaka) and ghrita (half prastha) cooked over low fire, when this attains lehya consistency, it should be removed and cooled. To this powdered sugar (one prastha) and churna of chaturjataka, kana, viswa, ajaji, musta, bala-ka, dadima, rasaja, dhanyaka, rajani, sadawasaka, vamsaja and twakshiri (one sukti each) should be mixed. It cures Raktapitta, improves colour, complexion and strength.

Khandakusmandawaleha (Bha. P. Chi. 9/49-57)

Fully mature fruit of kusmanda is taken, its pulp is isolated removing seeds, pericarp, fibres etc. The pulpa (1 tula) should be cut into pieces and boiled with water (2 tola), when water reduced to half it is removed from fire and cooled. These pieces are squeezed through a tough cloth and obtained water is kept separate-ly. The squeezed pieces are dried in sun and fried with ghrita (one prastha) in a copper vessel, when these pieces become golden brown like honey, the earlier separated water, sugar (one tula) are mixed and cooked. When it attains the consistency of lehya, churna of pippali, sunthi, jiraka (2 pala each), dhanyaka, patra, ela, maricha, twak (½ pala each) and honey (1/2 prastha) should be mixed. It is indicated in Raktapitta, Pradara.

Khandakusmandaka

According to Bhavmishra: kusmanda swaras (100 pala), cows milk (100 pala), dhatri churna (8 pala) are mixed and cooked over low fire until it becomes solid. To this sugar (8 pala) is mixed.

According to Yogratnakara: Kusmanda pieces are streamed, squeezed and juice extracted (one karsa), then kept aside. 50 palas of steamed kusmanda should be fried in ghee (one prastha); when properly fried sugar (100 pala), vasa kwatha (one adhaka) and the extracted juice should be mixed and cooked properly. To this churna siva, dhatri, Ghana, bharangi, tri sugandha (one karsa each), talisaptra, viswa, dhanyaka, maricha (one pala each), pippali (one kudava) should be mixed and used with honey. It is indicated in Pradara.

Kutajashtakleha (Chakradutta 3/86-89)

Kutaja (8 parts), Salmali, Patha, Samanga, Ativisha, Musta, Bilva, Dhataki (1 part). It is indicated in Asrig- dara.

Medicated ghritas

Mudgadya ghrita(Yogratnakar pradar roga chikitsa)

Medicated ghrita prepared with kwatha of mudga and masa and churna of rasna, citraka, musta, pippali and bilwa. It is indicated in Asrigdara.

Shalmali ghrita (Yogratnakar pradar roga chikitsa)
Ghrita prepared with swaras of flowers of salmali, prisniparni, fruit of kasmari and kalka/swaras of chan-dan. It is indicated in Pradara, Balya, Varnya, Agnidipanakara.

Sitakalyanaka ghrita (Yogratnakar pradar roga chikitsa, Bha. Rat. 66/87)

Kalka or churna of mula of kumada, padmaka, usira, godhuma, ed Sali, mudagparni, payasa, kasmari, mad-huyasti, bala, and atibala, churna paste of utpala, tala mastaka, vidari, satpuspa, saliparni, jivaka, triphala, seeds of trapusa, unripe fruit of banana (half pala each), milk (40 pala), water (20 pala), ghrita (one prastha) should be mixed and cooked. It is indicated Pradara, Raktapitta, Raktagulma, Pandu, Mada, Bhrama.

Mahatikta ghrita (Sha. Sam. Ma. 9/45-50)

Churna of saptacchada, prativisha, samyaka, katurolini, patha, musta, usira, triphala, parpata, patola, nibi, majistha, pippali, padmaka, sati, chandan, dhanwayusa, visaladiwayam, nisa dwayam, guduchi, sariva dwayam, murva, vasa, satavari, trayanti, indrayawa, yasti and bhunimba (one karsa each), ghrita four folds to the total quantity of these drugs, amalaki swarasa (double quantity of ghrita) and water eight folds to ghrita should be cooked together. This is termed as Mahatikta Ghrita. It is indicated in Raktapitta, Raktaar-sa, Pandu, Pradara, fever.

Nilotpaladi ghrita (Chakradutta 62/48-49)

Nila utpala, usira, madhuka, madhu yasti, drakash, vidarikanda, trinapanchamula, jivaniya gana dravyas (equal quantity) – 1 part, cowsghhee-4 part, satavari swaras - 16 part are mixed and cooked, to this ¼ quantity of sarkara is added and administered. It is indicated in Raktapradara, Vataja Raktapitta.

Shatavari ghrita

Ghrita (640 gm) is cooked with satavari (640 ml), milk (1280 ml) along with kalka of astavarga, madhuyasti, chandanana, padmaka, gokshura, kapikacchu, bala, nagabala, salaparni, prisniparni, vidari, sariva, krisna sariva, kasmarya (10 gm each). It is indicated in all types of Asrigdara, Raktapitta, Dahadue to Raktapitta.

Asoka ghrita (Bha. Rat. 66/103-109)

Murchhita ghrita (750 ml), asoka twak kwatha (750ml), jiraka kwatha (750ml), rice wash (750ml), goats milk (750ml), kesaraja swarasa (750 ml), jivaka, rshhkaka, meda, mahameda, kakoli, kisarakakoli, rddhi, vrdhhi, madhuyasti, asoka mula twak, draksha, satavari and tanduliya mula. All the medicines are properly cooked and strain the liquid. Add raw sugar (375 gm) and cook. It is indicated in Pradara (where the discharge is white, blue, krsna), aruchi, pandu.

Modaka twagadi ghrita (Sahastrayogam)

Prepare ghrita with drugs i.e. kalka of aswagandha, vari (satavari), krisna (pippali), mrdwika, yasti, chandan, sita trr(ela), adrija (silajatu) and kasaya of modaka twak, bala mula, tala, nirgundi and japa; swaras of kuhalya (supari puspa) and japa puspa and ksira. It is indicated in Asrigdara, Daruna Asthi Srava (Soma Roga).

Rasa formulations:
| Pradarantaka rasa  
(Bha.Ra. 66/49-51) | Purified mercury and sulphur, vanga bhasma, rajata bhasma, kharpura bhasma, varata bhasma (1 part each), lauha bhasma (12 parts). Kajjali is prepared with mercury and sulphur and rest of materials added and treated with (mardana) ghritakumari swaras for one whole day, dry it in shade and preserve in glass jar. It is indicated to cure all kind of Pradara. |
| Sarvangasundara rasa  
(Bha.Ra. 66/52-56) | Abhraka bhasma (50 gm), borax (12 gm), then following herbs: cinnamon bark, suksma ela, cassia, karpura, jatamansi, jatikosa, sugandhabala, musta, naga-kesara, lavang, triphala (1500g each) all these are treated with water in a hand mortar preparing pills 250mg each. It is indicated to cure Pradara. |
| Chandrakala rasa  
(Bha.Ra. mutraghat 68-76) | Kajjali is prepared from purified mercury (1 karsa) and sulphur (2 karsa). To this add tamra and abhraka bhasma (2 karsa each), then it should be followed by bhavana (impregnation) and mardana (trituration) with swarasa of the following 8 drugs for two days each (mustaka, dadima, durva, ketaki, sahadevi, cumara, parpata, ramasitalika, satavari). To this churna of katuka, guduchisatva, parpata, usira, madhavilata, swetachandana and sariva (equal quantity) is added. Finally draksha phala kasaya is used for bhavana and mardana (7 times) and pills are made (bengalgram size). It is indicated in Raktapradara, Raktapitta, Raktamandura, Bhrama, Murrcha. |
| Pradarari rasa  
(Bha.ra. 66/57-61) | Vanga bhasma, lauha bhasma, ahiphena, rasa sindura, raktotpala, rakta chandana (1 part each) treat them (bharana) in asoka kwatha and make pills of 250 mg each. It is indicated in Pradara, Basti Sula, Rakta Srava, Acute Jwara. |
| Pradarari lauha  
(Bha. Ra. 66/74-78) | Prepare kwatha with vatsaka (4670 gm) and water (12.50 litres), boil and reduces it to 1/8 th and add majistha/samanga, salmali, patha, vilwamajja, mustaka, dhataki puspa, ativisha, abhrakabhasma, lauha bhasma (50 gm each) after the preparation cools down prepare pills of 6 gm each. It is also indicated in Pradara with red, yellow, black and white coloured discharge. |
| Pradarantak lauha  
( Bha. Ra. 66/79-83) | Equal parts of lauha bhasma, tamra bhasma, haritala, vangabhasma, abhara-ka bhasma, varattika bhasma, triphala, trikatu citraka, vidanga, panchalavana, chavya, pippali, sankha bhasma, vacha, hapuspasa, kusha, karchura, patha, devadaru, suksma ela and vrddha adraka is treated with (bhavana) water and pills of 1 gm are prepared. It is indicated in Pradara with discharges of various colours (red/white/yellow/blue), also acts as Rasayan. |
| Pradaripu rasa  
(Yogratnakar , pradaroga chikitsa, Bha.Ra. 66/62 ) | Equal quantity of purified mercury, sulphur, bhasmaof lead, rasanjana (identical to weight of these three) and lodhra (equal to all these four). After kajjali is prepared with mercury and sulphur the rest of the drugs are mixed and triturated with juice of vrsa for one day and tablets weighing 2 balla each are made and administered with honey cures Pradara. It is also known as pradara ripurasa. It is indicated in pradara. |
| Bola parpati (Yogratnakar , pradaroga chikitsa) | Kajjali prepared with equal quantity of mercury and sulphur, to this equal quantity of bola churna should be mixed and parpati is prepared. It is indicated in Raktavikara, Raktapitta, Pradara (bleeding per vagina ). |

Vati yoga: 20
Gokshuradi guggulu (Sha. Sam. Madh. 7/84-87)

*Kwatha* is prepared by heating gokshura (whole plant -28 palas) and water (6 fold that of gokshura). To this filtrate guggulu (7 palas) mixed and recooked when it reaches the consistency of jaggery, *churna* of *trikatu*, *triphala* and *musta* (one pala each i.e. total seven palas) should be mixed making it solid and tablets are prepared. It is indicated in *pradara*.

Chandraprabha gutika (Yogratnakar, prameha chikitsa)

*Churna* of vella, vyosa, triphala, trilavana, dwikara, chavya, anala, syama, pippalimula, mustaka, sati, maksikadhatu (swarnamaksika bhasma) twacha, sadgrantha, amaradaru, varanakaba, bhunimba, danti, nisa, pratra, ela, ativisha (one karsha each) lauha bhasma (8 karsa), twakksiri (one pala), pura (guggulu -10 pala) and *silajambhana* (8 pala) are triturated together and tablets are made. It is indicated in *Pradara*, intermittent fever, increases ojas.

Other formulations:

- Use of *satapuspa* and *satavirya* in menstrual disorders acts like nectar. (Ka. Sam. Kal. 5/13)
- *Yusa* prepared with flowers *sana*, *salmali*, dhataki, *padma*, *sauagandhika*, kokidara, karbudara. It should be medicated with *dadima* (devoid of *taila* or any other amla dravya) (Ka.Sam.khi. 4/47-49)
- *Peya* prepared with *bala*, vrsatparni, salaparni, *dadima* and unripe *bilwa* asrigdara. (Ka. Khi. 4/80-81)

Apamargadi varti (Bha. Rat. 67/61-62)

- *Churna* of *apamarga mula*, wheat powder, *khadira*, *ahiphena* (3 gm each) are compounded in mortar, after getting it dried prepare two wicks out of them. Place the wicks in vagina and it will stop excessive menstrual flow.

Sikharyadi varttika (Bha. Rat. 67/236-238)

- *Mula* of *apamarga*, *godhuma*, *khadira*, *ahiphena* (3 masa each) grounded in water and made into *varti* (4 *gunja*). Lubricated *wick* (in ghee) placed in *yoni*, arrests excessive bleeding.

Arista preparations:

| Asokarista (Bha. Rat. 66/114-118), (Sahastrayogam) | *Asoka tvak* (100 pala) + 4 *drona* of water should be boiled and reduced to 1/4th quantity cooled and following drugs are added *guda* (200 pala), *dhataki* (16 pala), *ajaji*, *musta*, *santhi*, *daru*, *utpala*, *phalatrika*, *amrasthi*, *jiraka*, *vasa*, *chandan* (1 pala each)- all these drugs are put in earthen ware, sealed and buried in the ground for 1 month then should be taken out and preserved after filtration. It is indicated in *Asrigdara*, Raktapitta, Aruchi, Sopha. |
DISCUSSION

Some drugs with their pharmacological actions are being described here. Shatavari is antiabortifacient (shatavari I), antioxytocic (shatavari IV), galactagogue, spasmodic to uterus, anticoagulant, enzymatic. Asoka is spasmodic, oxytocic, uterotonic, antibacterial, anti-implantation, antitumour, antiprogestational, antioestrogenic, activity against menorrhagia and anticancer. Amalaki is spasmolytic, mild CNS depressant, hypolipidaemic, antiatherosclerotic, antimutagenic, antimicrobial, antioxidant, immunomodulatory, antibacterial, antiulcer, adrenergic potentiating, HIV-1 reverse transcriptase inhibitory action. Shalmali is used in haemorrhagic disorder, wound healing, removing pimple/ acne and have cooling effect in burning sensation.

Generally the drugs mentioned above are having Pittashamaka, Vatanulomana, Rakta sthapaka, Rakta-samgrahi, Agni-deepana and Garbhshaya-balya properties. Uterus generally garbhashya (uterus) is mansa dhatu gata organ and drugs are also mansa dhatu bruhaniya dravyas are used. Most of the above mentioned drugs are having tikta, kashaya rasa, katu rasa. Tikta and Katu rasa: Dipana and pachana—Agni vardana and ama pachana→ srotosodhana→ Prakrita rasa and rakta dhatu formation. Kashaya rasa: Stambhana, Grahi, Sleshmahara, Raktapittaahara→ Thus help to reduce the duration and amount of bleeding.

CONCLUSION

Modern treatment in comparison to Ayurveda in Asrigdara has more side effects and complications as well. Modern treatment also leads to recurrence of disease. Ayurveda has numerous herbal and polyherbal compound drugs useful to manage Asrigdara and related symptoms and complications.

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