

## A conceptual study on the effectiveness of Pradararipu Rasa in the management of Asrugdhara

\*Dr Anjana P , \*\*Dr Arun Pratap

\* Specialised Ayurvedic Consultant , VaidyaratnamVaidyasala Vaikom Kottayam

\*\* Professor & HOD Department of KayaChikitsa , Pankajakasthuri Ayurveda Medical College Thiruvananthapuram .

Submitted: 01-03-2023

Accepted: 12-03-2023

**ABSTRACT:** There is a saying that only a healthy woman will be able to produce a healthy generation. There are so many factors affecting the physical and mental health of females. Out of these factors, excessive menstrual flow during menstrual period or intermenstrual period dominate the queue. In Ayurveda excessive flow of menstrual blood is called Asrugdhara and in modern terms it is named as Menorrhagia. Asrugdhara is classified in to four types based on the symptoms and the colour of the menstrual flow. In all the types, predominant symptoms are excessive flow of menstrual blood and pain. While assessing the pathogenesis of Asrugdhara, Tridosas play an important role. So a combination which possess Madhura-Tikta rasa, Katu Vipaka, Seethavirya, Raktastambana properties can effectively manage the signs and symptoms of the disease. Pradararipu Rasa is a herbomineral formulation explained by Yogaratnakara in Asrugdhara Chikitsa contain equal parts of Sudha Parada, Sudha Gandhaka, Naga Bhasma, three parts of Rasanjana and four parts of Lodhra Choorna. All the choornas were mixed together and done Bhavana with Vasa Swarasa for one day and administered at the dose of two Valla with honey. By assessing the properties of the ingredients, the yoga possess Madhura, Tikta, Kashaya rasa, Seethavirya, Katuvipaka, Raktastambana properties which can effectively subsides the symptoms of Asrugdhara. Owing to low dose, fastest action, palatability Rasa medicines are surely a boon for the society. More over the Parada contain in the formulation possess Yogavahi property which enhances the overall therapeutic efficacy of the combination.

**Key words:-** Asrugdhara, Menorrhagia, Pradararipu Rasa

### I. INTRODUCTION :

The health of nation mainly depends on the health of women population as only a healthy woman will be able to produce the healthy

generation. During daily medical practice we often come across various gynecological complaints, among which, 'Asrugdhara' is much common. The disease Asrugdhara means Dirana ( excessive excretion ) of Asrk ( menstrual blood). Due to Pradirana ( excess flow) of Raja ( menstrual blood) it is also named as Pradara<sup>1</sup>. According to Charaka and Chakrapani, increased Rakta gets mixed with the Raja and thus the quantity of Raja increases<sup>2</sup>. 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 Asrugdhara<sup>3</sup>. Vagbhata has mentioned excessive bleeding during menstrual or intermenstrual period as the main symptom of Asrugdhara<sup>3</sup>. Chakrapani while explaining Vatadi Yonirogas, opines that Nidana sevana stimulate Vatadi specific type of Asrugdhara and manifest intermenstrual bleeding as a symptom<sup>3</sup>.

According to the classic description, Asrugdhara can be correlated to Menorrhagia. Menorrhagia is the medical term for menstrual periods with abnormally heavy or prolonged bleeding. . It is defined as cyclic bleeding at normal intervals, the bleeding is either excessive in amount (>80ml) or duration or both<sup>4</sup>. Excessive menstrual blood loss interferes with the physical and psychological quality of life of women. It is estimated that approximately 30% of women complain of menorrhagia<sup>5</sup>. In case of organic causes like Fibroid uterus, Adenomyosis etc, surgery is the only choice. But in absence of organic pathology, medicinal therapy is the first choice of treatment for Asrugdhara. Most commonly used treatment according to modern science for Asrugdhara is Hemostatic, Analgesics and Hormonal therapies<sup>5</sup>. However, the conventional treatment with hormones has its limitations. Due to limitation of medical therapy as well surgical therapy of modern science, it becomes

the necessity of the time to find out an efficient harmless therapy to manage the condition.

Rasachkitsais considered to be the superior line of samanaChikitsa in Ayurveda, owing to benefits like smaller dose, palatability (often tasteless), faster action and highest success rate<sup>6</sup>. Pradararipu Rasa is a herbomineral formulation explained by Yogaratanakara, commonly used in the management of heavy bleeding or intermenstrual bleeding at the OP level. Here an attempt was done to view the effectiveness of the formulation in a conceptual way.

**Aim:** To conduct a conceptual study on the effectiveness of Pradararipu Rasa in the management of Asrugdhara.

**Disease Review<sup>7</sup>:-**

**Nidana:**-Due to the excess intake of Lavana, Amla, Guru, Katu, Vidahi, SnigdhaMamsa like Gramyamamsa, oudhakamamsa, Medhyamamsa, krisara, Payasa, Dadhi,Sukta, Masthu, Sura etc., Vata gets vitiated along with Pitha and Kapha dosa.

**Samprapthi<sup>8</sup>:-**The Dravaguna of Pitha increases which in turn increases the quantity of Rakta, due to Asraya-asrayibhava.The increase in quantity of Rakta in Garbhasayagata Rajovaha sira results in excess quantity of Rajas. Thus the excess loss of Rajas produces the disease Asrudhara.

**SampraptiGhatakas:-**

Dosa : Tridosha

Dushya: Rasa, Rakta, Sukram

Upadhathu: Artava

Srotas: Rasa, Rakta, Artava

Agni : Jataragni, Rasadhvatvagni

Udbhavasthana – PakwasayaSamuthajam

Srotodusti: Atipravruthi

Vyadhimarga :Abhayanthara

Lakshana: Atipravruthi, Angamardam, Vedana

**Samprapthi:**

**Asrugdhara**

**Samanya lakshana<sup>9</sup>:-**Excessive blood flow, Angamarda and Vedana.

**Classification :<sup>10</sup>-**

Based on the properties of the menstrual blood and symptoms,Asrugdhara is classified under four groups – Vataja, Pithaja, Kaphaja and Sannipataja.

- Vataja Asrugdhara:** - menstrual blood is Phenila, Rooksha, Syava or Arunavarna and resembling washings of flower of Palasha , comes with or without pain. In this type patient experience severe pain in sacral, groin, flanks, back and pelvic region.
- Pithaja Asrugdhara:-**menstrual bloodis Neela, Peetha or Asitha Varna, Ushna, comes out in excess amount with pain. Also associated with symptoms like Daha, Trishna, Brama, Jwara and Moha.
- Kaphaja Asrugdhara:-** menstrual blood possess properties like Pichila, Panduvarna, Guru, Snigdham, Seetha, mixed with mucus , thick and discharged with mild pain. Other symptoms like Chardi, Arochaka, Hrillasa, Swasa, Kasa are also present.
- Sannipataja Asrugdhara:-**menstrual blood dischargedresembles Sarpi, Majja and Vasa associated with symptoms like Trishna, Daha, Jwara etc. This type is said to be incurable as it makes the RogiDurbala and Ksheena Rakta.

**Upadrava<sup>11</sup>:-**If the disease doesnot take proper care it will produce Upadravas like Dourbalyam, Bhrama, Moorcha, Tama,Trisha, Daha,Pralapa, Pandu, Tantra and VatikaRogas.

**Yoga Review<sup>12</sup>:-**

Pradararipu rasa is a herbomineral formulation explained by Yogaratnakara in Asrugdhara Chikitsa. The formulations contain equal parts of Sudha Parada, SudhaGandhaka, Nagabhasma, 3 parts of Rasanjana, 4 parts of Lodrachoorna. All the ingredients were mixed together and give Bhavana with Vasa Putapaka Swarasa for one day. After proper Bhavana and drying the formulation can be administered at a dose of dwivalla pramana<sup>13</sup> (750mg) with Madhu as Anupana.

**Analysis of properties of ingredients of Pradararipu Rasa.**

S.No	Ingredient	Rasa	Guna	Veerya	Vipaka	Dosaharatva	Other properties

1.	Sudha <sup>14</sup> Parada	Shatrasa	Snigdha	--	--	Tridosaharam	Rasayana, Yogavahi, Balyam
2.	<sup>15</sup> Sudha Gandhaka	Madhura Kashaya, Tikta	Snigdha	Ushna	Katu	Kaphavatahara	Deepana, Pachana, Rasayana
3.	Naga <sup>16</sup> Bhasma	Tikta	Snigdha, guru,	Ushna	--	Tridosa haram	Deepanam ,sukrala, balyam vajikaranam
4.	Rasanjana <sup>17</sup>	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kaphapitha	Pradarahara  Netrarogahara
5.	Lodhra <sup>18</sup>	Kashaya, Tikta	Laghu, Ruksha	Seetha	Katu	Kaphapitha	Raktapitha, Pradara
6.	Vasa <sup>19</sup>	Tikta, Kashaya	Laghu, Ruksha	Seetha	Katu	Kaphapitha	Pradara, raktapitha,

## II. DISCUSSION:-

Due to Nidana sevana, Vata and Pitta Dosas get vitiated resulting in increased quantity of Dushta Rakta which comes into Rajovaha Srotas via Garbhashayagata sira and gets mixed with Raja. In turn quantity of Raja gets increased. Dushta Rakta along with Raja in the form of increased vaginal bleeding produces the disease Asrugdhara. Due to respective Nidana, Kapha Dosa also gets vitiated resulting in Agnimandhyam. Jataragni Mandhya would lead to Dhatvagni Mandhya which in turn causes defective formation of Dhathus. Since Rajas is derived from Rasa Dhathu, defective formation of Rasa Dhathu also alters the quality of Rajas. The disease is classified in to four groups as per the character of the menstrual blood and the associated symptoms. In all types, excess flow of menstrual blood and pain are the common symptoms. The excess flow may be during Ritukala( menstrual period) or Arithukala ( intermenstrual period). So a combination which possess Tridosahara, Deepana, Pachana, SeethaVeerya, Raktastambana, Madhura –Tikta-Kashaya rasa and KatuVipaka, may effectively useful in breaking the Samprapthi of the disease.

Pradararipu rasa is a herno mineral combination which contains equal parts of Sudha Parada, Sudha Gandhaka, Naga Bhasma, 3parts of Lodhra Choorna and 4 parts of Rasanjana. All the ingredients were mixed together and give Bhavana with Vasa Swarasa.

- **Sudha Parada:** Due to Shatrasa it is Tridosasamana. It possesses properties like SnigdhaGuna, Balya, Rasayana and Yogavahi.
- **Sudha Gandhaka:** - Due to SnigdhaGuna it act as Vatasamana. Due to Madhura- Kashaya rasa it is PithaSamana and Raktastambaka. Due to Katuvipaka it is Agnideepanam, Drava Soshana and Srotosodhaka.
- **Kajjali:** It possessYogavahi propertywhich in turn enhances the therapeutic efficacy of the formulation.
- **Naga Bhasma:** Due to Tikta Rasa, act as Raktastambaka. Due to,SnigdhaGuna , UshnaVeerya and Sara guna helps in the normalisation of vitiated Vata. Tikta rasa helps in Pithasamana. UshnaVeerya, Tikta Rasa, Lekhanaguna helps in the normalisation of vitiated Kapha. It also possesses properties like Agnideepana, balya, sukrala etc.
- **Lodhra:-**Act asRaktastambana due to Kashaya- Tikta Rasa, SeethaVeerya and Laghuguna. Kashaya- tikta rasa helps in Pithasamana. RukshaGuna and KatuVipaka help in the Soshana of Drava vridhi of Pitha occurred due to Nidana Sevana. It also possessDeepana property due to its KatuVipaka. It possessGrahiswabhaba, which may also helps to reduce the bleeding.

Menorrhagia results from abnormal levels of prostaglandins or fibrinolytic system in the endometrium. Usually the management is done by

the administration of Antifibrinolytic agents, non steroidal anti-inflammatory drugs and prostaglandin synthesis inhibitors<sup>5</sup>.

Lodhra contains chemical constituents like Symposide and epifzelechin which have proven antifibrinolytic activity<sup>18</sup>. Also the Glycosides present in the drug shows spasmolytic activity<sup>18</sup>. Studies conducted on animals showed that the ethanolic extract of Lodhra bark showed antifibrinolytic activity<sup>20</sup>. Flavonoids present in this drug exhibit antispasmodic action on bladder and uterus. Triterpenoids present in the drug shows spasmolytic, anti-inflammatory, antioxidant and analgesic properties. Flavonoids present in the drug shows anti-inflammatory and antioxidant actions<sup>21</sup>. Utility of Lodhra in the management of Menorrhagia was proven clinically<sup>22</sup>.

- **Rasanjanam:-** Due to Ushna Veerya it acts as Vatasamanam. Due to Tikta- Kashaya rasa it acts as Raktastambaka and helps in normalising the vitiated Pitha. Due to Laghu, Rukshaguna and Katu Vipaka it helps in the Soshana of Dravavidhi of Pitha. Due to Katu Vipaka it is Srotosodhaka and Agnideepaka. Rasanjana is prepared by heating Darvi Kashaya in Ajadugdha. Hence some properties of AjaKsheera will be incorporated into Rasanjana like katu-tikta rasa and laghuguna. Reported clinical and experimental studies of Daruharidra, showed that the plant possesses various pharmacological properties like anti-inflammatory, analgesic etc<sup>23</sup>.
- **Vasa:-** It is said to be the Agroushadha of Raktapitha. Since the treatment principles of Raktapitha can be adopted in the management of Asrugdhara, the drug may play a vital role in the management of Asrugdhara too. Due to Tikta- Kashaya Rasa and Seetaveerya it helps in controlling the blood flow. Due to Katu Vipaka it helps in the Soshana of Dravavidhi of Pitha and helps to correct the Agnimadhya. It has proven haemostatic activity<sup>24</sup>. Vasaka exhibits antispasmodic, expectorant and blood purifying qualities<sup>25</sup>. Vasicine, the main alkaloid of Adhatodavasisa shows anti-inflammatory activity<sup>26</sup>. Bhavana with Vasa Swarasa will incorporate its properties to the formulation and thereby enhancing the total efficacy of the same.
- **Madhu :-** Due to Madhura- Kashaya Rasa, Madhura Vipaka, Ushna Veerya it is Tridosha Samana, Agnideepana and Soshana<sup>27</sup>. It possesses Yogvahi property too<sup>28</sup>. Bee's honey

has the haemostatic action too. Therefore it has enhanced the therapeutic value of the combination<sup>29</sup>.

### III. CONCLUSION:

Asrudharais the disease characterised by the excessive flow of menstrual blood during Rithukala or Arithukala. Based on the description of the signs and symptoms, the disease can be correlated to Menorrhagia. Although there are four types of Asrugdhara, excessive bleeding and pain are the common symptoms. Here an attempt was done to review the effectiveness of Pradararipu rasa, conceptually in the management of Asrugdhara. By analysing the properties of the ingredients of the combination, Pradararipu Rasa is a combination which possess Madhura-Tikta-Kashaya rasa, Seetha Virya, Katu Vipaka, Tridosahara and Raktastambana properties. All these properties can effectively help in breaking the pathogenesis of the disease.

### REFERENCES:-

- [1]. VaidyaJadavaji Trikamji Acharya . Charaka Samhita of Agnivesha( AyurvedaDipika ; Chakrapanidatta ; comme, Sanskrit). Varanasi: ChaukhambhaOrientalia; reprint 2007; Page no 643. 30 / 209.
- [2]. VaidyaJadavaji Trikamji Acharya . Charaka Samhita of Agnivesha( AyurvedaDipika ; Chakrapanidatta ; comme, Sanskrit). Varanasi: ChaukhambhaOrientalia; reprint 2007; Page no 643. 30 / 208.
- [3]. Prof. Ku. Premavathy Tiwari. Ayurvediya Prasooti Tantra Evam Stree Roga ( Hindi). 2<sup>nd</sup> edition. Chaukhambha Orientalia; 2000. Chapter 2. page no 273.
- [4]. D C Dutta. Text book of Gynaecology. Hirlal Konar. 5<sup>th</sup> edition. Kolkatta: New Central Book Agency; 2008. page no 181.
- [5]. <https://www.tandfonline.com/doi/abs/10.1080/j.1600-0412.2003.00097.x>
- [6]. Prof. Siddhinandan Mishra. Ayurvediya Rasastra ( Hindi). Reprint. Chaukhambha Orientalia ; 2016. Page no 27.
- [7]. VaidyaJadavaji Trikamji Acharya . Charaka Samhita of Agnivesha ( AyurvedaDipika ; Chakrapanidatta ; comme, Sanskrit). Varanasi: ChaukhambhaOrientalia; reprint 2007; page no 642. 30/ 204-206.
- [8]. VaidyaJadavaji Trikamji Acharya. Susuta Samhita of Susruta ( Nibandhasangraha commentary; Dalhana Acharya; Sanskrit).

- Varanasi: ChaukhambhaOrientalia; 9<sup>th</sup> edition; pageno 346 2/ 18-19.
- [9]. VaidyaJadavajiTrikamjiAcharya . Charaka Samhita of Agnivesha( AyurvedaDipika ; Chakrapanidatta ; comme, Sanskrit). Varanasi: ChaukhambhaOrientalia; reprint 2007; page no 643. 30/207-208.
- [10]. VaidyaJadavajiTrikamjiAcharya . Charaka Samhita of Agnivesha( AyurvedaDipika ; Chakrapanidatta ; comme, Sanskrit). Varanasi: ChaukhambhaOrientalia; reprint 2007; page no 643. 30/ 210-224.
- [11]. VaidyaJadavajiTrikamjiAcharya. Susuta Samhita of Susruta ( Nibandhasangraha commentary; DalhanaAcharya; Sanskrit). Varanasi: ChaukhambhaOrientalia; 9<sup>th</sup> edition; pageno 346 2/ 19.
- [12]. Prof. Ku. PremavathyTiwari. Ayurvediya Prasooti TantraEvamStreeRoga( Hindi). 2<sup>nd</sup> edition. Chaukhambha Orientalia; 2000. Chapter 2,page no 213.
- [13]. Dr RavindraAngadi. A Text book of Bhaisajya Kalpana Vinjnana ( English).2<sup>nd</sup> revised edition. Varanasi :Chaukhambha Surbharati Prakashan; 2016. Chapter 2;Pageno 23.
- [14]. Dr DamodarJoshi.RasaSastra( English). Reprint edition. ChaukhambhaOrientalia; 2017.Chapter 3. Page no 26.
- [15]. Dr DamodarJoshi.RasaSastra ( English). Reprint edition. ChaukhambhaOrientalia; 2017.Chapter 5. Page no 201.
- [16]. Dr DamodarJoshi.RasaSastra( English). Reprint edition. ChaukhambhaOrientalia; 2017.Chapter 4. Page no 133-134.
- [17]. Dr J.L.N Sastry. DravyagunaVijnana. 2<sup>nd</sup> edition. Varanasi: Choukhambha Orientalia; 2005. Page no 56.
- [18]. Dr J.L.N Sastry. DravyagunaVijnana. 2<sup>nd</sup> edition. Varanasi: ChoukhambhaOrientalia; 2005. Page no323.
- [19]. Dr J.L.N Sastry. DravyagunaVijnana. 2<sup>nd</sup> edition. Varanasi: ChoukhambhaOrientalia; 2005. Page no408.
- [20]. [http://impactfactor.org/PDF/IJPPR/7/IJPPR\\_Vol7,Issue5,Article30.pdf](http://impactfactor.org/PDF/IJPPR/7/IJPPR_Vol7,Issue5,Article30.pdf)
- [21]. <file:///C:/Users/win%2010/Downloads/3-Vol.-7-Issue-10-October-2016-IJPSR-RE-1945.pdf>
- [22]. Dr J.L.N Sastry. DravyagunaVijnana. 2<sup>nd</sup> edition. Varanasi: ChoukhambhaOrientalia; 2005. Page no 324.
- [23]. [https://www.ijrams.com/uploads/185/6779\\_pdf.pdf](https://www.ijrams.com/uploads/185/6779_pdf.pdf)
- [24]. Dr J.L.N Sastry. DravyagunaVijnana. 2<sup>nd</sup> edition. Varanasi: ChoukhambhaOrientalia; 2005. Page no 410.
- [25]. [https://wjpr.s3.ap-south-1.amazonaws.com/article\\_issue/1604136245.pdf](https://wjpr.s3.ap-south-1.amazonaws.com/article_issue/1604136245.pdf)
- [26]. <https://www.ijrasb.com/ojs/index.php/ojs-ijrasb/article/view/301>
- [27]. The Ayurvedic Pharmacopoeia of India. Part I. Volume VI. Page no 214.
- [28]. The Ayurvedic Pharmacopoeia of India. Part I. Volume VI. Page no 215.
- [29]. [https://www.ayujournal.org/temp/Ayu304421-3738754\\_102307.pdf](https://www.ayujournal.org/temp/Ayu304421-3738754_102307.pdf)