REVIEW ARTICLE

Compilation of Management of *Asrigdara* from various Ayurvedic classic text books

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ABSTRACT:

Introduction: According to Charaka Acharya *Rakta pradara* is described under *Pradara Roga*. Excessive white discharge per vagina is called as *Shweta Pradara*, when there is excessive or heavy menstrual bleeding is called as *Raktapradara*. Due to *pradirana* (excessive excretion) of *raja* (menstrual blood), it is named as *Pradara* and since, there is *dirana* (excessive excretion) of *asrk* (menstrual blood) hence, it is known as *Asrigdara*. *Asrigdara* appears to be analogous to *menorrhagia*. In this Review where 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*, *Rasa* are being described with separate headings.

Keywords: *Asrigdara*, Formulations, Preparations

INTRODUCTION

In *Asrigdara*, there is excessive excretion (*dirana*) of *asrk*, hence it is termed as *Asrigdara*.¹ 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*.² *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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DOI: 10.51649/healer.44

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Submitted: 13.11.2020

Received: 19.11.2020

Revised: 21.01.2021

Accepted: 26.01.2021

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%.³ 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:⁴

- 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), *Raktaarsa* (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 *uttaraphalguninakshatra*, the root tied around the waist, cures *Rakta pradara*. (*Yogratnakar pradarroga chikitsa*)⁶

Satapushpa oil mentioned in the context of *Artavdushti*, used in the form of *Nasya* and *Abhyanga* is beneficial.

Vasti :

Without the vitiation of *Vayu*, the *yonis* of female does not get vitiated. That means whenever *yoniroga* 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 shamak chikitsa* is done before starting any specific treatment.⁷

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*, *vrsha*, *sariva*/gopangana, *lodhra*, *manjistha*, *ananta*, *bala*, *sthiradi* 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*, *dwikakoli*, *kaseruka*, *sita*, *jivaka*, *padmarenu*, *prapaundarika*, *kamala*, *utpala*, *lodhra* or *lauha*, *atmagupta*, *madhuka*, *vidari*, *munjataka*, *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*⁹ in *Astanga Hridaya*. In *kwatha dravyasgopangana* is substituted instead of *sariva* and *nagahwa* is substituted instead of *kesara* among *praksepa dravyas*.

Madhukadi anuvasana vasti¹⁰

- ✓ Kalka of *madhuka*, *usira*, *kasmari*, *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*, *vrsha*, *kasmari*, *meda*, *madhuka*, *padmaka*, *sthiradi* *panchamula* and *trina panchamula* (3 *karsa* each) with 8 times water, heated and reduced to one fourth. In eight *pala* 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*, *amrta*, *eranda*, *bala*, *rasna*, *punarnava*, *manjistha*, *aragwadha*, *usira*, *trayamana*, *aksa*, *rohini* and *laghupanchamula* (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 yasti*, *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 vasti¹¹

- ✓ 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*/katwanga, 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*, *vivrita 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*, *satahwa*, *sarja rasa*, *saindhav*, *mustaka*, *mocharasa*, *anatomula*, *vayasi*, *bilwatwak*, *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 USE¹²**KASHYA PREPARATION**

Pradarahara kasahya (Sahastrayogam)	Decoction of <i>khadira</i> , <i>sita</i> (<i>chandan</i>), <i>bala</i> , <i>asana</i> , <i>sariva</i> , <i>vrsa</i> , <i>japa</i> , <i>ambu</i> (<i>musta</i>), <i>mochaka</i> , <i>valkala</i> (<i>salmalitvak</i>), <i>amlaki</i> is administered with sugar and honey. It is indicated in <i>Pradra roga</i> .
Asrigdara kashaya (Sahastrayogam)	<i>Musta</i> , <i>amrita</i> , <i>madhuka</i> , <i>chandan</i> , <i>sevayu</i> (<i>usira</i>), <i>viswa</i> (<i>sunthi</i>), <i>masa</i> , <i>agnimantha</i> , <i>kana</i> (<i>pippali</i>), <i>mudga</i> , <i>kulattha</i> , <i>citraka</i> are used to prepare <i>kashaya</i> and administered early morning with honey cure <i>Asrigdara</i> . It is indicated in <i>Asrigdara</i> .
Sweta pradarahara kashaya (musalikhadiradi kashaya)	Decoction of <i>musali</i> , <i>khadira</i> , <i>amalaki</i> , <i>trikanta</i> (<i>Gokshura</i>), <i>jambu</i> , <i>vari</i> (<i>Satavari</i>), administered with <i>ksira</i> . It is indicated in <i>Swetapradara</i> and <i>Raktapradara</i> .
Kausamustabhayadi kashaya	<i>Kashaya</i> prepared with <i>kausamusta</i> , <i>abhaya</i> (<i>haritaki</i>), <i>durva</i> , <i>guduchi</i> , <i>sariva</i> , <i>tila</i> is administered with <i>ksira</i> . It is indicated in <i>Pradara</i> .
Vasadi kashaya	Decoction prepared with <i>vasa</i> , <i>apamarga</i> , <i>attitol</i> (<i>udumbaratwak</i>), <i>vari</i> (<i>satavari</i>), <i>sevya</i> (<i>usira</i>), <i>bala</i> , <i>bandhujivaka</i> <i>mulatwak</i> is administered with <i>sarkara</i> and <i>ghrita</i> . It is indicated in <i>Pradara</i> .
Darvyadi kwatha	Cooled decoction of <i>darvi</i> , <i>rasanjana</i> , <i>musta</i> , purified <i>bhallataka</i> , <i>srpahala</i> , <i>vrsa</i> and <i>kirattika</i> . <i>Pradara</i> associated with pain, yellow, white, black or red discharges.
Pathyamalakyadi kashaya	Decoction prepared with <i>pathya</i> (<i>haritaki</i>), <i>amalaki</i> , <i>vibhitaki</i> , <i>viswau-sadhi</i> (<i>sunthi</i>), <i>devadaru</i> , <i>rajani</i> (<i>haridra</i>) is administered with <i>ksaudhra</i> and <i>lodhra churna</i> . It is indicated in <i>Sarva pradara</i> .
<ul style="list-style-type: none"> • <i>Kwatha</i> prepared from <i>dhataki</i> and <i>pugapuspa</i> administered for 3 days cures <i>pradara</i>. • <i>Kwatha</i> prepared with equal quantity of <i>Ela</i>, <i>Samanga</i> (<i>lajjalu</i>), <i>shalmali</i>, <i>haritaki</i> and <i>magadhika</i> mixed with sugar and honey cures vaginal bleeding. 	

Kalka and churna prayoga¹³

- ✓ *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 *bharngi* 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* or *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 *bhumyamalaki 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)¹⁴

- ✓ Powder of *chandana*, *jatamansi*, *lodhra*, *usira*, *padmakesara*, *nagapuspa*, *bilwatvak*, *bhadra mustaka*, *sarkara*, *netrabala*, *patha*, *kutaja tvak*, *sunthi*, *indrayava*, *ativisha*, *dhataki 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)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 *bilwa*, *lodhra*, *swarna gairika*, *katphala*, black pepper, dry ginger, raisins, red variety sandalwood, *syonaka*, *kustha*, *anantamula*, *dhataki puspa*, *arjuna twaka*. It is indicated in bleeding piles, bleeding diarrhoea, *Yonidosha* and *Rajodosh*.

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

- ✓ *Churna* is prepared with equal parts of the following: roots of red lotus, red cotton, *karavira*, *javakushum*, *dhataki puspa*, *jiraka*, red variety sandalwood. It is also indicated in *rakta mutra*, *yonisula*, *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 and when only milk remains it should be removed from fire and cooled. It is used in *Asrigdara*.

Modaka (Yogratanakara pradararoga 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 prakaran¹⁶

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*), *sariba dwaya*, *usira*, *bhumyamalaki*, *vidari*, *magadhi (pippali)*, *madhuka*, *adreja (silajit)* – 1 tola each. *Tuga kshiri (vamsalochan)* – 1 kudava, *sarkara* – 1 kudava. The *lehya* thus prepared is administered early morning. *Asrigdara*, *Rajodosh*, *vata Pitta* roga, *Raktapitta*.

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 puspa*, *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-k*, *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 separately. 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 steamed, 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); *talisapatra*, *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 *Asrigdara*.

Medicated ghrithas

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 *chandana*. 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*, *madhuyasti*, *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. 9/45-50¹⁷)

- ✓ *Churna* of *saptacchada*, *prativisha*, *samyaka*, *katurohini*, *patha*, *musta*, *usira*, *triphala*, *parpata*, *patola*, *nimbi*, *majistha*, *pippali*, *padmaka*, *sati*, *chandana*, *dhanwayasa*, *visaladwayam*, *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*, *draksha*, *vidarikanda*, *trinapanchamula*, *jivaniya gana dravyas* (equal quantity) – 1 part, *cowsghee* - 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 ghrita¹⁸

- ✓ *Ghrita* (640 gm) is cooked with *satavari* (640 ml), milk (1280 ml) along with *kalka* of *astavarga*, *madhuyasti*, *chandana*, *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*, *rsbhaka*, *meda*, *mahameda*, *kakoli*, *ksirakakoli*, *reddhi*, *vrddhi*, *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*, *chandana*, *sita trt(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:¹⁹

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

Vati yoga:²⁰

Gokshuradi guggulu (Sha. Sam. Madh. 7/84-87)	<i>Kwatha</i> is prepared by heating <i>gokshura</i> (whole plant -28 <i>palas</i>) and water (6 fold that of <i>gokshura</i>). To this filtrate guggulu (7 <i>palas</i>) mixed and recooked when it reaches the consistency of <i>jaggery</i> , <i>churna</i> of <i>trikatu</i> , <i>triphala</i> and <i>musta</i> (one <i>pala</i> each i.e. total seven <i>palas</i>) should be mixed making it solid and tablets are prepared. It is indicated in <i>pradara</i> .
Chandraprabha gutika (Yogratnakar, prameha chikitsa)	<i>Churna</i> of <i>vella</i> , <i>vyosa</i> , <i>triphala</i> , <i>trilavana</i> , <i>dwiksara</i> , <i>chavya</i> , <i>anala</i> , <i>sya-ma</i> , <i>pippalimula</i> , <i>mustaka</i> , <i>sati</i> , <i>maksikadhatu</i> (<i>swarnamaksika bhasma</i>) <i>twacha</i> , <i>sadgrantha</i> , <i>amaradaru</i> , <i>varanakaba</i> , <i>bhunimba</i> , <i>danti</i> , <i>nisa</i> , <i>pa-tra</i> , <i>ela</i> , <i>ativisha</i> (one <i>karsha</i> each) <i>lauha bhasma</i> (8 <i>karsa</i>), <i>twakksiri</i> (one <i>pala</i>), <i>pura</i> (guggulu -10 <i>pala</i>) and <i>silajambhana</i> (8 <i>pala</i>) are triturated together and tablets are made. It is indicated in <i>Pradara</i> , intermittent fever, increases <i>ojas</i> .

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*, *saugandhika*, *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* is beneficial in *Asrigdara*.(**Ka. Khi. 4/80-81**)

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

- ✓ *Churna* of *apamarga mula*, *wheat powder*, *khadira*, *ahiphen*a (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*, *ahiphen*a (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), (Sa-hastrayogam)	<i>Asoka tvak</i> (100 <i>pala</i>) + 4 <i>drona</i> of water should be boiled and reduced to 1/4 th quantity cooled and following drugs are added <i>guda</i> (200 <i>pala</i>), <i>dhataki</i> (16 <i>pala</i>), <i>ajaji</i> , <i>musta</i> , <i>sunthi</i> , <i>daru</i> , <i>utpala</i> , <i>phalatrika</i> , <i>amrasthi</i> , <i>jiraka</i> , <i>vasa</i> , <i>chandan</i> (1 <i>pala</i> 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 <i>Asrigdara</i> , <i>Raktapitta</i> , <i>Aruchi</i> , <i>Sopha</i> .
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Patrangasav (Bha. Rat. 66/114-118), Sahastrayogam	<i>Patranga, khadira, vasa, salmali kusuma, bala, bhallataka, sariva</i> (both varieties), <i>japa, kususma, utpala, amrasthi, darvi, bhunimba, ahiphena, bilwa, bhringraja, twacha, kumkuma, devakusuma (lavang)</i> – 1 pala each: <i>draksa</i> (20 pala), <i>dhataki</i> (16 pala), <i>jala</i> (2 drona), <i>sarkara</i> (100 pala), <i>ksaudra</i> (50 pala)- all these drugs are placed in earthen ware, sealed well and buried in ground for 1 month. After 1 month is taken out and preserved after filtration. It is indicated in <i>Sweta</i> and <i>Rakta Pradara</i> associated with pain, <i>Jwara, Pandu, Sotha, Mandagni</i> and <i>Aruchi</i> .
Laksmanarista (Bha. Rat. 66/119-121)	<i>Kwatha</i> prepared from <i>lakshana mula</i> 4670g and water (50 litres), all sugar (9340g), <i>dhataki puspa</i> (750gm), <i>mustaka, madhuyasti, bala mula, triphala, haridra, daruharidra, jiraka, rakta chandan, ajmoda, yavani, bilwa majja</i> (46g each) all these are put in earthen ware smeared with <i>ghrita</i> and fermented, buried under the earth for 1 month, thereafter removed and liquid (<i>arista</i>) is strained. It cures all <i>Striogas</i> .

DISCUSSION

Some drugs with their pharmacological actions are being described here. *Shatavari* is antiabortifacient (shatavarin I), antioxytotoxic (shatavarin IV), galactagogue, spasmolytic to uterus, anticoagulant, enzymatic. *Asoka* is spasmogenic, oxytotoxic, uterotonic, antibacterial, anti-implantation, antitumour, antiprogesterone, antioestrogenic, activity against menorrhagia and anticancer. *Amalaki* is spasmolytic, mild CNS depressant, hypolipidaemic, antiatherosclerotic, antimutagenic, antimicrobial, antioxidant, immunomodulatory, antifungal, antitumour, hypoglycaemic, antiinflammatory, 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 *Garbhashya-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, Raktapittahara* → 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 number of herbal and polyherbal compound drugs useful to manage *Asrigdara* and related symptoms and complications.

ACKNOWLEDGEMENTS: Not Applicable

CONFLICT OF INTEREST: Author declares that there is no conflict of interest.

SOURCE OF SUPPORT: None

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How to cite this article:

Jha K , Bharathi K, Jha K, Sonu, Anu MS, Compilation of Management of Asrigdara from various Ayurvedic classic text books, The Healer Journal, 2021;2(1):100-110