



"A Clinical Study Of Efficacy Of Rakta Stambaka Group Of Drugs In Rakta Pradara"

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ABSTRACT

Abnormal uterine bleeding (AUB) is one of the most common menstrual disorders seen in the reproductive age group of women. AUB is refers the uterine bleeding outside the normal volume, duration, regularity or frequency. The clinical features of Raktapradara have close resemblance with Abnormal Uterine Bleeding. Raktapradara is a condition in which excessive or prolonged flow of blood during menstrual cycle or inter menstrual cycle as per Ayurveda. Ayurveda with its holistic approach can provide a comprehensive and effective treatment for the disease Raktapradara. The formulation 'of rakta stambaka churna was In the present clinical study with single group, 30 patientswere enrolled and completed the study. All the patients were subjected to oral adminstration of rakta stambaka drugs for 5 days. The efficacy of treatment is assessed by adopting scoring methods for the Subjective and objective parameters and the results are analyzed statistically by paired "t" test. The results of the study indicate that the 'p' value is highly significant to extremely significant in all parameters and gave good resultswithout any complications.

Key words: Abnormal Uterine Bleeding, Raktapradara

INTRODUCTION

Female is compared to mother earth both have the Qualities of forbearance and procreation.

Vedas compared Stree as prudhvi & purusha as Akasa.

As the mother earth receives or collects rain water, Stree also receives or collects bija (Sperm) following which the sown seed germinates resulting in formation of embryo (Garbha).

A healthy woman is the foundation of healthy family and a healthy Society. The health of women to a large extent depends on her menstrual cycle.

Acharya Charka said that women are the original source of progeny, is hampered by the disorders pertaining

to their genital tract¹.

A slight deviation either in duration or amount of bleeding will lead to abnormality in either structure or function of internal genital organs.

Geographical conditions, racial factors, Nutritional Standards, Environmental factors and indulgence in strenuous physical and mental activity can detect hormonal and menstrual status of the women.

In modern era there is a sharp increase in incidence of menstrual abnormalities in women in modern era, for which Ayurveda is the best solution.

Ayurveda system quotes artava as ovum, hormones, menstruation and its vitiation will leads to various gynecological disorders including menstrual abnormalities; ovulatory problems or hormonal imbalances. Hence correction of vitiated artava is needed to get rid of menstrual abnormalities.

The disease Asrgdara refers to excessive or prolonged or inter menstrual bleeding which is the one amongst the disorders that effect not only the general health but also mental psychological health and may leads to mental depression.

In modern days due to changing life style and food habits, the incidence of menstrual abnormalities like excessive, irregular menstruation, are getting increased because of which women need to take off from the work. Menstrual abnormalities affects not just physical but also Social emotional and psychological well-being and Quality of life.

Abnormality in the function of doshas either aggravated or decreased (vitiated) will lead to dosha vaishamya condition, will leads to disease.

Factors which affect women's health are:

- life style changes-Improper dietary regimens.
- Hormonal imbalances.
- Physical and mental stress.
- Lack of proper nutrition.
- Multiple and frequent pregnancies.
- Poor hygiene and illiteracy.
- Recurrent abortions.

In Ayurvedic system menstrual abnormality can be treated with dietary changes, life style adjustments, medications and panchakarma therapies.

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The process of menstruation clearly divides women's life into two phases.

- Active reproductive age group including menstrual phase.
- During the years of menstruation.

In the beginning menstruation marks puberty with abrupt increase in female sex hormones and physical changes, various social and emotional factors plays their role in menstrual cycle.

- Acharya Susruta says - The disease Asrgdara is characterised by profuse menstrual blood at either regular or irregular intervals is known as Asrgdara¹.
- Asrgdara is characterized by excessive prolonged inter menstrual bleeding with body aches and pain.²
- Acharya Charaka says that the menstrual blood (stored in yoni) gets vitiated by the pitta dosha will cause excessive flow of menstrual blood due to excessive indulgence of pitta kopa and rakta dushya ahara & vihara Thus condition is referred asrija yoni vyapath or raktaja yoni³.

AIMS AND OBJECTIVES :

- To evaluate the effect of Rakta Stambaka group of drugs orally in Asrgdara.
- To provide safe, non-hormonal, herbal drug for the patients of Raktapradara.
- To provide safe and low cost treatment in less duration.

Materials and Methods:

Source of data:

It is an open clinical study on 30 subjects with oral administration of rakta stambaka dravyas for 5 days for a period 3 months. The patients who have attended the OPD and IPD of the department of Prasuthi tantra and Stree Roga, Dr. N.R.S Govt. Ayurvedic Medical College, attached to A.L Govt. Ayurvedic hospital, Vijayawada, between 16 and 50 years of age suffering from Abnormal Uterine Bleeding were screened. Among them 30 patients fulfilling the inclusion and exclusion criteria were selected and informed consent was taken.

Criteria for selection of cases:

a. Inclusive criteria:

1. Age group above 16 and below 50 years will be selected.
2. Excessive bleeding during menstruation – changing of more than 3 pads per day.
3. Intermenstrual bleeding.
4. Prolonged menstrual bleeding i.e. more than 6 days.

b. Exclusive criteria:

1. Uterine and pelvic pathologies such as myoma, endometrial polyps.
2. Patients with chronic illness
3. Bleeding disorders like thrombocytopenia etc.
4. Patients with Diabetes.
5. Patients using IUCD /Oral Contraceptive pills.
6. Organic lesions of reproductive tract such as Tuberculosis, carcinoma, Tumors.

Assessment criteria

a. Subjective parameters

- i. Duration of bleeding per cycle.
- ii. Interval between 2 menstrual cycles.

b. Objective parameters

- i. Amount of loss of menstrual blood in number of pads.
- ii. Haemoglobin %

Assessment scale: Grading

Parameter	Grade 0	Grade 1	Grade 2	Grade 3
Bleeding amount in no of pads	1-2 pads/day	3-4 pads/day	5-6 pads/day	7 and above pads/day
Duration of Bleeding in no of days	3-5 days	6-7 days	8-9 days	9 and above days
Interval of Menstruation (in no. of days)	25-30	20-24	15-19	Less than 15 days
Pallor (Hb %)	Normal (>11 gm %)	Mild (9-11 gm %)	Moderate (7-9 gm %)	Severe (<7 gm %)
Passage of clots	Absent	Mild	Moderate	Severe

Investigations

- Complete blood count, Bleeding time, Clotting time, Random blood sugar, Erythrocyte sedimentation rate.
- Urine routine and microscopic.
- Ultrasound - Abdomen and pelvis.
- PAP Smear (If necessary)

Intervention

Rakta stambaka churna

Dosage – 5gms

Administration – Orally Morning and Evening after food.

Observation

Among 30 patients Age group of 15-25 are 37%, 25-35 are 20%, 35 to 45 are 43%. Majority of the patients are Hindus 90%, 90% are having mixed diet and 60% are housewives. Majority of the patients are married 67% and 60% of Parous women.

RESULT

Assessment Criteria	Mean $\pm$ Sd		Mean Difference	df	t stat Value	p Value	Inference
	BT	AT					
No of Pads	2 $\pm$ 0.3	0.233333 $\pm$ 0.667499	2.667	29	20.53	p <0.0001	Extremely significant
Duration of Bleeding in No. of days	2.9 $\pm$ 0.3	0.433333 $\pm$ 0.715697	2.467	29	18.50	p <0.0001	Extremely significant
Duration of Menstruation	0.433333 $\pm$ 0.843933	0.133333 $\pm$ 0.339935	0.3	29	2.7572	0.0100	Very Significant
Passage of Clots	1.16666 $\pm$ 0.897527	0.1 $\pm$ 0.395811	1.067	29	7.4433	p < 0.0001	Extremely Significant
Haemoglobin %	1.2333 $\pm$ 0.4229	0.4333 $\pm$ 0.4955	0.8	29	7.1802.	p < 0.0001	Extremely significant

Discussion

Effect of rakta stambaka churna in Number of Pads / Day:

Among 30 result shows mean score before treatment was 2.9 which reduced to 0.233333 after treatment with mean difference 2.667. Statistical analysis shows, this difference is considered to be extremely statistically significant ($p < 0.0001$), with t value 20.5382.

Effect of rakta stambaka churna in Duration of Bleeding in No. of days:

Among 30 patients result shows mean score before treatment was 2.9 which reduced to 0.433333 after treatment with mean difference 2.467. Statistical analysis shows this difference is considered to be extremely statistically significant ($p < 0.0001$), with t value 18.50.

Effect of rakta stambaka churna in Interval of Menstruation

Among 30 patients result shows mean score before treatment was 0.433333 which reduced to 0.133333 after treatment with mean difference 0.3. Statistical analysis shows this difference is considered to be very statistically significant. ($p = 0.0100$), with t value 2.7572.

Effect of rakta stambaka churna in Passage of Clots

Among 30 patients result shows mean score before treatment was 1.16666 which reduced to 0.1 after treatment with mean difference 1.067. Statistical analysis shows this difference is considered to be extremely statistically significant ($p < 0.0001$), with t value 7.4433.

Effect of rakta stambaka churna in Haemoglobin %

30 patients result shows mean score before treatment was 1.23333 which reduced to 0.43333 after treatment with mean difference 0.8 Statistical analysis shows this difference is considered to be extremely statistically significant ($p < 0.0001$), with t value 7.1802

Discussion on drugs:

The ingredients used in Rakta stambaka Churna includes following properties, which are tridosha hara especially pitta kapha syamaka.

Rasa: All the ingredients used in the present preparation are having the properties of Tikta madhura and kashaya rasas.

- Tikta rasa has actions like daha prasamana, kandughna and krimighna properties.
- Kashaya rasa is having actions like stambana rakta prasadana, soshana and ropana.

Madhura rasa acts as daha prasamana. Madhura rasa mainly acts as pitta kapha hara, stambana, rakta prasamana, ropana, soshana and samsamana properties and its pancha bhoutika composition is vayu (air) and pruthvi (solid).

Tikta, kashaya, Madhura rasas mainly mitigate the pitta dosha, which is predominant dosha in asrghara.

Guna: Ingredients in rakta Stambak Churna are having laghu ruksha gunas.

Laghu guna helps to reduce kleda or discharge, it reduces mala and cleans the channels (srotases).

Ruksha guna subsides kleda and result in Stambana, soshana and rukshana.

Virya and vipaka: Durva has sita virya and madhura vipaka. It reduces bleeding & pus discharge.

All the drugs included in Rakta stambana group are having haemostatic action, which prevents or stops bleeding. Most of the drugs acts as sonita staphana, dha prasamana and rakta prasada etc.. properties.

Priyangu: (Callipara macrophylla) priyangu is having Sita virya, Kashaya madhura rasas and Ethanolic polyherbal extract of Callipara macrophylla (priyangu) contains glycosides, flavonoids, saponins and tannins used to stop bleeding.

Naga Kesara: (Mesua ferra) It is having Kashaya rasa, laghu Ruksha gunas. Due to its astringent property it helps in management of bleeding disorders. Mesua ferra contains terpinoids, steroids which have haemostatic action.

Sura punnaga: (Mammea suriga) is having madhura, kashaya rasas, laghu Ruksha gunas, sita virya and contains glycosides, alkaloids Saponins and tannins in the extracts which help in promoting coagulation system activation thus stops bleeding.

Parnabeeja: (Bryophyllum pinnatum) is having kashaya rasa, laghu Ruksha guna, madhura vipaka and contains mallic acid quinonens, ascorbic acid alkaloids

, tannins, flavonoids, organic acids which are reported to have blood coagulation properties

Ayapana: (Eupatorium triplinerve) is having tikta kashaya rasas laghu Ruksha guna, ushna virya, The leaves contain herniarin and Stigmasterd, vitamin C, carotene, thymo- hydroquinone dimethyl ether. It also contains flavonoids, terpenoid and coumarins. These

ingredients accelerate the formation of haemostatic pathways mainly through enhancing vascular wall contraction thus increasing platelet aggregation.

Jhandu: (Tagetes erecta) – It is having tikta kashaya rasas, laghu Ruksha guna, sita virya and phytochemical studies have revealed Tagetes erecta flowers contain several classes of secondary metabolites which show coagulation property flavonoids, carbinoids, Saponins.

Shaka: (Tectona grandis) It is having kashaya rasa laghu guna, sita virya and the phytochemical constituents include alkaloids, phenolic glycoside also rich in flavonoids, steroids, fatty

estere which are used to heal wounds and blood coagulation.

Kukundara:(*Blumea lacera*)It is having kashaya rasa,laghu Ruksha tikshna guna ,ushna verya and contains alkaloids, amino acids, carbohydrates, tannins, phenolic compounds,Flavonoids, Saponins, coumarin and terpenoids which acts as astringent, septic, anti inflammatory.

Jalakambhi:(*Pistia stratiotes*) It is having tikta madhura rasas, laghu Ruksha guna sheeta verya and phytochemical composition contains Carbohydrates, saponins, flavonoids phenols and tannins terpinoids and Coumarin glycoside. It is used in Stopping of bleeding.

Gairika:ShuddhaGairika is an astringent and haematinic. It increases hemoglobin level due to its rich sources of iron. Gairika was found to be effective in controlling heavy menstrual blood flow & improves general condition. It is also said that single drug Gairika can effectively be used for controlling bleeding instead of combination of multiple drugs hormonal treatment by its astringent & styptic properties. Shuddha Gairikais also used in treatment of Netraroga, Raktapitta, hikka, vamana, vatavikara, Raktapradara, kandū, Jwara.

CONCLUSION

The condition Rakta pradara is defined as prolonged flow of blood with or without increase in the amount of menstrual blood. The vitiation of Vata dosha leads to a large number of disorders which also includes Rakta Pradara in which the women gets a lot of health disturbance for attending her daily activities with lots of complications like weakness, giddiness, mental confusion and dyspnoea, thirst, burning sensation all over the body, delirium,anemia,drowsiness,convulsions,psychologicaldisturbances and family disturbances. To prevent Rakta pradara, stambana and deepana, pachana drugs should be included in treatment. These drugs will help to arrest the bleeding and have amapachana karma .For present study drugs having above qualities like Rakta stambana and Amapachana are taken in the form of Rakta Stambak Churna. Ingredients of this drug are having Madhura, Tikta, Kashaya rasas, with seeta virya, madhura vipaka, pittavata hara, and kaphapittahara properties,along with raktapitta hara, raktaSrava hara and yoni roga vinasana properties.

As pitta and rakta are having same properties, the present formulation used in the treatment of Raktapradara includes pitta syamaka and kashaya rasa pradhana properties. Pitta samaka drugs will helps to prevent and cure the condition of Rakta pradara.

Kashaya rasa drugs are having properties of Stambana and ama pachana. So the present formulation is able to control excessive flow of blood during menstruation.

Total 30 patients were taken for the present clinical study with oral administration of Rakta Stambaka churna along with durva Swrasa as anupana in sufficient quantity. In oral administration form from 5th day to 10th day of the onset of menstrual Cycle.

In the same manner treatment should be continued for a period of 3 months with follow-up of every month and results were tabulated every month and results were tabulated.

During the course of treatment no side effects were observed.

In the present clinical study out of 30 patients 23 patients (76.67%) got good improvement, 5 patients (16.67%) got moderate improvement, 2 patients (6.67%) got mild improvement. Hence it is concluded that oral administration of rakta stambaka churna has given good result. Further research and trails are necessary to conduct for proposing results. Hence it is concluded that oral administration of Rakta Stambak Churna has given moderate result. Further research and trails with good sample of patients is necessary to establish the effective results of the drug.

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