



A CLINICAL STUDY TO EVALUATE THE EFFICACY OF MADHUKA CHURNA IN THE MANAGEMENT OF RAKTAPRADARA – A CASE STUDY

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ABSTRACT

The onset of menstruation is the marker of normal female reproductive health and wellness. Any variability in the menstrual cycle leads to menstrual disorders and excessive bleeding is one of the most common gynecological disorder occurring in woman of reproductive age. If there is abnormally excessive or prolonged bleeding it leads to the condition Raktapradara/Asrigdhara. It mainly affects the woman of reproductive age group. Excessive bleeding not only hampers day-to-day activities of woman but also affects woman's emotional and physical state. Various treatment modalities are described for heavy menstrual bleeding like hormonal replacement therapy, anti-fibrinolytic drugs, etc. which, when administered have the increased rate of recurrence and risks of surgical intervention. Ayurveda describes a wide range of treatment principles and formulations in the management of Raktapradara which not only cures and prevents its recurrence but also helps in improving the general health of women. Madhuka Churna, mentioned in the context of Raktapradara in Bhavaprakasha is one such formulation. Here, a case study of a female patient of age 24years complaining of excessive vaginal bleeding is presented. In the present study it was observed that, Madhuka Churna was effective in the management of Raktapradara.

KEYWORDS : Raktapradara, Menstruation, Excessive bleeding, Madhuka Churna, Bhavaprakasha, Ayurveda.

INTRODUCTION

Woman is considered as a Source of Creation^[1]. The reproductive life of a woman starts with puberty and ends with menopause. In between these two ends, there is a progenitive life having menstrual cycle i.e. Rutuchakra. Menstrual bleeding is termed as Rajasrava. The average length of menstrual cycle is 28 days with range of 21 to 35 days. The duration of menstruation is about 4-5 days and the amount of bleeding is estimated to be 20 to 80ml with an average of 35 ml^[2]. A deviation of 2-3 days from the monthly rhythm is quite common but if there is abnormally excessive or prolonged bleeding it may hamper reproductive function and may result in surgical intervention. Excessive or prolonged bleeding is termed as Raktapradara. Acharya Charaka mentioned due to Pradirana (excessive excretion) of raja (menstrual blood) it is named as Pradara^[3]. Since there is dirana (excessive excretion) of asrk (menstrual blood) it is known as Asrgdara^[4]. Raktapradara not only hampers the day-to-day activities of a woman but also affects the physical and emotional state of mind. Charaka describes its pathophysiology stating that the aggravated vayu withholds rakta, increases in its amount reaching the rajovaha sira and further increases the rajas and causes Raktapradara^[3].

As the disease is characterized by excess flow of blood out of the body and Rakta is known to be a vital substance of the body (jivana karma), women thus require a rapid, safe and effective treatment. Treatment which is gentle, non hormonal, practical, safe and effective in the medical management is advisable. Due to limitations of medical therapy and surgical therapy, there is a necessity to have an integrated and comprehensive therapeutic intervention in Ayurveda which not only cures Raktapradara and prevents its recurrence but also helps in improving the general health of women. Raktapradara is mainly due to vata-pitta dosha in association with rakta, hence raktasthambaka and vatashaman chikitsa may be adopted. Ayurveda, describes a wide range of medicines/ drugs which are vata-pitta shamaka, balya, brmhana, vrshya and rasayana in the management of Raktapradara. Madhuka Churna, mentioned in the context of Raktapradara in Bhavaprakasha^[5] is one such formulation.

AIMS AND OBJECTIVES

To study the effect of Madhuka Churna in the management of Raktapradara.

MATERIALS AND METHODS

मधुकर्षमेकं कर्षकाञ्चसितं तथा । तण्डुलोदकसम्पिष्टं लोहिते प्रदरे पिबेत् ॥ (भा. प्र. प्रदररोग 68/12)

In Bhava Prakasha, Pradara roga Chikitsa adhyaya, it is stated that -

Madhuka Churna and Sarkara each 1 karsha when taken along with Tandulodaka as anupana cures Raktapradara^[5].

DRUG REVIEW

Drug Name	Family	Botanical Name	Parts used	Guna	Dosha karma
Madhuka ^[6]	Fabaceae	Glycyrrhiza glabra	Roots	Rasa : Madhura Guna : Guru, Snigdha Virya : Sheeta Vipaka : Madhura	Vata-pitta hara

Sita (Khanda-sharkara) – Vata, Raktapitta nashaka^[7].

Tandulodaka – Pittashamaka, Mutrala, used as an Anupana/Adjuvant

A CASE SUMMARY**PATIENT INFORMATION**

- A female patient of 24years visited OPD of N. K. Jabshetty Ayurvedic Medical College, Bidar, Karnataka on 18-07-2022 with the complaints of excessive vaginal bleeding for 7-8 days since 1month along with body pain and lower abdominal pain.
- Patient was unmarried and a student who belongs to middle socio-economic class.
- Patient was thoroughly interrogated and all required clinical assessments were done. Other possibilities were ruled out and intervened.

Menstrual History :

Menarche : 13 years

LMP : 16-07-2022

Regularity of cycle – Regular

Interval of bleeding : 25-26 days

Duration of bleeding : 7-8 days

Amount of bleeding : 4-5 pads/day

Dysmenorrhoea +

History of Past illness : No history of DM/HTN/IHD/CKD/Thyroid dysfunction

Past Medical history : NA

Past Surgical history : NA

Family history : patient Mother also suffered from Raktapradara.

History of Drug Allergy : Patient was not known to any drug allergy

Personal History :

Diet : Veg

Appetite : Good

Sleep : Sound

Bowel : Regular

Micturition : Clear

General Examination

BP : 120/80 mm of Hg

Pulse : 78/min

Temp : 98.4°F

RR : 18/min

Weight : 57kg

Height : 5.5 ft

Systemic Examination

CVS : S₁ and S₂ Normal

CNS : conscious and oriented

RS : B/L chest clear, no added sounds heard

Local Examination

Per Abdomen Examination : soft and non-tender

Per Vaginal Examination : Uterus Anteverted, Normal in size and shape (done after cessation of her menses)

Ashtavidha Pariksha

- Nadi : 78/min
- Mala : Prakrita (1-2 times a day)
- Mutra : Prakrita (5-6 times a day)
- Jivha : Alipa
- Shabdha : Avishesha
- Sparsha : Anushna Sheeta
- Druk : Prakrita
- Akriti : Madhyama

Dashavidha Pariksha

- Prakruti : Pitta-Kaphaja
- Vikruti : Rasa, Rakta

- Sara : Madhyama
- Samhanana : Madhyama
- Satmya : Madhyama
- Satva : Madhyama
- Pramana : Madhyama
- Ahara shakti : Madhyama
- Vyayama shakti : Madhyama
- Vaya : Madhyama

INVESTIGATIONS

- Hb : 9.8 gm%
- Blood Group : O +ve
- WBC : 9,700 cells/cumm
- RBC : 4.30 Millions/cumm
- Platellet count : 2.32 Lakhs/cumm
- Bleeding Time : 4 min 15 sec
- Clotting Time : 7 min 30 sec
- RBS : 98mg/dL
- T3, T4, TSH : Normal
- Urine Routine : NAD
- HIV, HBsAg : NR
- USG Abdomen and Pelvis : Normal Study

DIAGNOSIS

On the basis of presenting complaints and assessment, the case was diagnosed as Raktapradara.

THERAPEUTIC INTERVENTION

In active phase of bleeding, patient was administered Madhuka churna and Sarkara in the dose of 6 grams, twice daily after food for 3 consecutive menstrual cycles with Tandulodaka as Anupana.

FOLLOW-UP AND OUTCOME

Follow-up was done every month after menstruation.

Midpoint and progress

During the first cycle, after the start of medicine, only amount of bleeding was reduced and patient needed 3-4 pads/day and no other specific changes was observed in the above mentioned presenting complaints.

After 2 months at the time of second cycle, the duration of bleeding reduced to 6 days with the interval of 26-27 days. Patient needed 2-3 pads/day. Lower abdominal pain and body pain were reduced as compared to first cycle.

Endpoint findings

At the end of 3 months, menstrual duration was decreased to 5 days with the interval of 28-30 days. The amount of bleeding was reduced to 1-2 pads/day. Lower abdominal pain and body pain were not reduced significantly as compared to second cycle. The patient could bear the pain in this cycle.

RESULT

	No of visits	BT	AT1	AT2	AT3
1.	LMP	16-07-2022	09-08-2022	03-09-2022	01-10-2022
2.	Duration of Menstrual flow	7- 8 days	No specific changes	6 days	5 days
3.	Interval of Menstrual Cycle	25-26 days	No specific changes	26-27 days	28-30 days
4.	Amount of Blood loss (No. of pads used/day)	4-5 pads/day fully soaked	3-4 pads/day	2-3 pads/day	1-2 pads/day
5.	Pain in abdomen and body pain	Moderate	No specific changes	Mild	Mild

Madhuka Churna thus showed significant result in the management of Raktapradara.

DISCUSSION

Shuddha Artava is one of the most important factor for the healthy progeny^[1]. Menstruation marks the reproductivity of a woman. Normal Menstrual cycle indicates the normal health of the woman. Any deviation from the normal cycle leads to menstrual disorders and affects the health of the woman. Excessive bleeding/ Raktapradara is one of the most commonly occurring menstrual disorder in woman of Reproductive age group. Excessive bleeding during menstruation interferes with the physical, emotional and social life of the woman. Ayurveda describes Rakta as one of the vital substance and if timely intervention is not taken, then excessive flow of blood out of the body can lead to life threatening condition and may require hospitalization and even surgical intervention. Ayurveda describes wide range of treatment principles for the management of Raktapradara.

Acharya Charaka describes, treatment prescribed for Raktatisara, Raktapitta, Raktarsha to be adopted in the management of Raktapradara^[8]. He also states the Hemostatic drugs indicated in Raktayoni to be beneficial in curing Raktapradara^[9]. With this line of treatment, Rakta-sthapaka, Deepana-paachana dravya and Vata-shamaka dravyas having tikta, kashya rasa pradhana dravyas are indicated in Raktapradara. Madhuka churna due to its Madhura rasa, Madhura vipaka and sheeta virya^[6], pacifies pitta and helps in breaking down the pathogenesis of Raktapradara and prevents its recurrence due to its properties such as shonitasthapana, daha-shamaka, vata pitta hara^[6], etc. Madhuka is described in the Shonitasthapana gana dravya by Acharya Charaka^[6]. It acts as a blood-purifier and indicated in pitta-anila-asra vyadhis. Chemical constituents of Glycyrrhiza glabra such as glycyrrhizin, glycyrrhetic acid and their derivatives have been reported effective as anti-coagulant also in haemorrhagic diseases^[10]. Madhuka thus proved to be effective in the management of Raktapradara. It not only reduced the symptoms of Raktapradara but was also effective in normalizing menstrual cycle.

CONCLUSION

Management of Raktapradara through an integrative Ayurvedic approach proved to be successful. Madhuka Churna not only regularizes the menstrual cycle to normalcy but also improves the overall health of the woman.

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