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Role Of Ashokarishta In Management Of Asrugdar (Menorrhagia)– A Case Study

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Abstract:-

Menstruation, Conception and Motherhood are the creative aspects of procreation. It is visible manifestation of cyclic physiologic uterine bleeding due to shedding of endometrium. Acharya Susruta mentioned that when artava is coming out in more quantity and that which flows out even apart from the regular period is to be under-stood as Asrigdara. Considering the symptoms of Asrigdar, it can be correlated with D.U.B. D.U.B is a state of abnormal uterine bleeding without any clinically detectable organic, systemic and iatrogenic cause. As Acharyas mentioned many drugs having effect on Asrigdara, so here the effort has been given to evaluate the efficacy of an indigenous drug named as ashokarishta .Objective is to evaluate the efficacy of ashoka herb and its formulation like ashokarishta in asrugdar Menstruation holds two fold aspects in a woman's life. From one perception it defines womanhood and on the other side it can cre-ate hell situation associated with excessive and pro-longed blood loss. The word Aartava denotes menstrual blood whether it is less or more/ *Shuddha* (*Prakrut*) doesn't matter.

Asrugdar (menorrhaggia)is a most common gynecological problem found in Prasuti tantra department. It is not a disease

but it is symptom found in many gynecological disorders.asrugdar is characterized by the excessive bleeding per vaginum in amount and duration both.

In modern science it is correlated with menorrhagia .

Menorrhagia means excessive discharge of blood per vaginum. Backache, pain in lower abdomen and weakness are also present in this disease.

All the gynecological disorders come under the heading of *Yonivyapad* in *Ayurvedic*

classics. *Most of the Yonivyapad* have characteristic features of menorrhagia such as *Raktayoni, Rudhirkashara,*

Putraghni, Apraja etc. Among *Ashta-artavadushti, Raktaja artava-dushti asrudar* is also found aprominent symptom. Since, Asrigdar is mainly due to vitiation of *Vata* and *Pitta dosha* hence, the treatment should be based on the use of drugs which are having predominance of *Kashaya rasa* and *Pitta –shamak*

properties. Therefore, treatment mainly based on concept of *Raktastambhaka* as well as *Raktavardhaka*.

Ashokarishta" is mentioned in bhaishjyaratnavali *pradarrog chikitsa Adhyay* Hence, for present study "*Ashokarishta*" is selected for a case study

Keywords- *Asrugdar*, menorrhagia,*Ayurveda ashokarishta*

Introduction:-Asrugdar is also known by the terminology Raktapradar in ayurveda.

Asrugdar is a disease manifestating as excessive bleeding per vagina. *Charaka* explained pradar as a seprate disease with its manegement in *yoni vyapad chikista* adhyay([1]) Length of normal cycle (28-30 days),duration of bleeding time (4-5) days are mentioned ([2])In *Asrugdar* there is an incresed amount and duration of blood flow during menses. Raktpradar means excessive excretion of menstrual blood , according to acharya charak ,pradirana of raja is termed as Raktapradar that means excessive bleeding per vagina of endometrial layer([3]).28% of female population consider their menstruation excessive and plan their social activi-ties around the menstrual cycle. 10% of women employees need to take off from the work because of excessive menstrual loss([4])

Among School going yonger girls during menstruation days anxiety,weakness,and fear of staining present all the time ,due to this girls are mostly stay at home during their menstruation period of every month.they also hesitate to talk about their problem.therefore there is need to make suitable and safe preparation for them which is safe and alternative to allopathy.

Because less side effects are there.

MENORRHAGIA (SYN: HYPERMENORRHEA)([5])

Menorrhagia is defined as cyclic bleeding at normal intervals; the bleeding is either excessive in amount (>80 mL) or duration (>7 days) or both.

Causes

Menorrhagia is a symptom of some underlying patho-logy-organic or functional.

Organic

Pelvic – fibroid uterus

Adenomyosis

Pelvic endometriosis

IUCD in utero

Chronic tubo -ovarian mass

Tubercular endometritis (early cases)

Retroverted uterus -due to congestion

Granulosa cell tumor of the ovary

Systemic: Liver dysfunction (cirrhosis)-failure to conju-gate and thereby inactivate the estrogens.

Congestive cardiac failure

Severe hypertension

Endocrinal

Hypothyroidism

Hyperthyroidism

Hematological-

Idiopathic thrombocytopenic purpura

Leukemia

Platelet deficiency

Deficiency of clothing factor

Women with anticoagulation therapy (heparin LMWH)

Emotional upset

Functional

Due to disturbed hypothalamo -pitutary -ovarian endometrial axis. Common causes of abnormal vaginal bleeding includes all the causes of organic, systemic,and also nonmenstrual causes of bleeding

Diagnosis

Long duration of flow ,passage of big clots,use of incresaed number of thick sanitary pads,pallor,low level of hemoglobin give an idea about correct diagnosis and magnitude of menorrhaggia.

Treatmment

Definitive treatment is appropriate to the cause for menorrhaggia

.This heavy bleeding is managed by Hormonal / surgical therapy as it has lot of side effect. Hence, it becomes the need of the time to find out an effective harmless therapy which is simple, easily available, cost effective and easy to administer for asrugdar w.s.r. to Menorrhagia. Adverse effect or complication of prolonged vaginal bleeding is patient becomes anaemic(*panduta)*suffering from weakness,(*Dourbalya*)In this context *bhaishjya ratnavali* mentioned orally curative treatment for *Asrugdar* in *pradarrog chikitsa Adhyay* "*Ashokarishta*" *ashokarishta* contains.Ashoka (saraca asoca) as its chief ingredient known for *stambhana,pitta -shamana* and *streeroghar* actions other ingredients like *Dhataki,musta,Amalaki,further* enhances(⁶) *Rakta -stambhan &Rasayana* effect

AIMS AND OBJECTIVES:

1.To study the critical review of ayurvedic and modern literature on Asrugdar and Menorrhagia.

2.Comprehensive study of "*Ashokarishta*"

and its therapeutic evaluation in *Asrugdar*

MATERIAL AND METHODS

A 30 year of old female patient of Asrugdar was selected.

ASHOKARISHTA

One of the uses of the Ashoka herb is in the treatment of menstrual disorders associated with excessive bleeding, congestion, and pain. Use of the benefits of the Ashoka herb when there is dysmenorrhoea, abdominal pain, and uterine spasms([4])

The trial drug was selected from *Bhaishjyaratnavali pradarrog chikitsa Adhyay* ([6])

Ashokarishta was given 20 ml twice a day with equal quantity of water after meal for 60 days([7]) prepared by classical method

CASE STUDY

A 30 year-old female patient approache to

Y.C.A.M.C. Ayurvedic Hospital Chh.Sambhajinagar on 8 july 2025

with complaints of heavy bleeding since last 6 days and weakness with body ache. Her marital status was 12yrs. She is suffering from symptoms like weakness backache,lower abdominal pain during menses,Her menstrual cycle was regular. The patient belongs to middle socio-economic class, used to taking curd,*amla* (sour) ,*guru* (heavy) *katu* (hot) ,*pani Puri*, excessive consumption of *lavana* (salt) on regular basis which helps to aggravate the *vayu* withhold *rakta* which further increases the *rajas* (menstrual blood)

In general examination :-

Wt- 53kg, Ht- 5’2”

Systemic examination:- pallor, vitals are stable

P- 78/min,

BP- 130/70 mmof Hg.

Blood investigation- Hb- 10.5 gm%

T3, T4, TSH- Normal

Menstrual History :

She had regular menses which lasted for 6 days.

Menses are painful with clot

She required Five pads per day which are thoroughly soaked.

Weakness, backache ,pain in lower abdomen i.e.associated symptoms are also present.

The patient had heavy bleeding from 6days

Obstetrics history:

G1P1 L1 A0D0

G1: female child 8yr FTND

Per abdomen: Soft,

Result:-

	Before treatment	After 1month of treatment	After 2 month of treatment
Duration	6days	6days	6days
Pain	++++	++	+
Clot	4-5 clots/day	3-2 clots/day	1 clot/day
Total no.of pad	5/day	3/day	2/day
Associated symptom i.e backache,lower abdomen pain	Severe	Mild	Upsent

Discussion:- In present case study,remarkable improvement was seen after 2month of treatment,diet restriction was followed.this case study showed that Ayurvedic treatment is a very effective in asrugdar.drug didn't show any adverse effect during treatment.The drug Ashoka is best raktastambhan and raktashodhak. It is effective on Raktapradar chikista

From this case study, we found Saraca

Asoka gave raktastambhak effect and symptoms oflower abdominal pain were reduced.

Conclusion:- Based on clinical signs and symptom of asrugdar is correlated with menorrhaggia.In this study Ashokarishta was found to be safe and effective in the manegment of asrugdar. Ashok found to be act as vedanaprashaman in menorrhagggia

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Conflict of interest:- Not found

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