



An Ayurvedic Approach on Endometritis w.s.r. to *Pittaja Asrigdara*-A Case Study

Sonu¹, Mahesh Dixit², Narendra Kumar Meena³

1. PG Scholar, Prasuti Tantra Evum Striroga Vibhag M.M.M. Govt. Ayurved College, Udaipur.
2. HOD & Principle, Prasuti Tantra Evum Striroga Vibhag M.M.M. Govt. Ayurved College, Udaipur.
3. Associate professor, Prasuti Tantra Evum Striroga Vibhag M.M.M. Govt. Ayurved College, Udaipur.

Article Info

Article history:

Received on: 03-10-2022

Accepted on: 20-11-2022

Available online: 30-11-2022

Corresponding author-

Sonu, PG Scholar, Prasuti Tantra Evum Striroga Vibhag M.M.M. Govt. Ayurved College, Udaipur.

Email: dr.sonumanojrolan@gmail.com

ABSTRACT:

A woman's reproductive system is a delicate and complex system in the body. It is important to protect it from infections and injury for their health. Endometritis is inflammation of the uterine lining. It can affect all layers of the uterus and is usually due to an infection. The uterus is typically aseptic nature. However, the travel of microbes from the cervix and vagina can lead to infection. It's usually not life-threatening, but it's important to get it treated as soon as possible. It will generally cure when treated. Untreated infections can lead to complications with the reproductive organs, issues with fertility, and other general health problems. A female patient aged 35 years visited OPD of Prasuti Tantra and Stri Roga department of MMM Govt. Ayurved College, Udaipur, with complaints of heavy menstrual bleeding and prolonged menstrual bleeding more than seven days since six months with lower abdominal pain. Patient was given *Nagkesharadi churna* 3 gm orally BD and *Panchtikta ghritha guggulu* 2tab BD with lukewarm water.

Keywords- Endometritis, Menorrhagia, Uterus, *Asrigdara*, Inflammation

INTRODUCTION

Apart from infections introduced at operations and instrumentation, acute endometritis is either gonococcal or puerperal in type. The regrowth of new surface endometrium during each menstrual cycle prevents the persistence of any infection which is not deep seated. Chronic endometritis is therefore a rare disease between the menarche and the menopause, and only occurs when the uterus is permanently injured, or when there is opportunity for it to be continually reinfected. Its causes are: foreign bodies within the uterus; with inflammatory cells, including altered macrophages known as "foam cells".¹The human body is often under assault either by

outside influences or inside influence. Endometritis is generally caused by infection. All women have a normal mix of bacteria in their vagina. Endometritis can be caused when this natural mix of bacteria changes. Although both the diseases i.e. *Pittaja yonivyapad* and *pittaja asrigdara* are inflammatory conditions of reproductive system, yet in *pittaja yonivyapad* local inflammation and suppuration is primary and dominant feature, menorrhagia is secondary, while in *pittajaasrgdara* menorrhagia is dominant and primary symptom, though inflammation is there.²

Disease Description-

Excessive irregular bleeding per vaginum is a symptom of



either pathology of anatomic components of reproductive system i.e., pelvic infection, inflammations, myohyperplasia, pelvic congestion, endometriosis and diseases of endometrium etc.³ According to Ayurved we can correlate it with *Pittaj Asrigdara*. *Pitta*, aggravated due to excessive use of sour, salty, hot and alkaline substances produce *pradara*. In this condition, the menstrual blood is hot, comes in profuse amount repeatedly and with pain. It is associated with redness, thirst, fever and giddiness.⁴ In modern we can correlate it with Menorrhagia due to pelvic infection. Menorrhagia is defined as cyclic bleeding at normal intervals; the bleeding is either excessive in amount (>80 mL) or duration (>7 days) or both. Menorrhagia is a symptom of some underlying pathology.⁵

Samprapti (Pathogenesis of Disease)

According to Acharya Charak aggravated *pitta*, withholding the *rakta* (blood) vitiated due to above causes increases its amount and then reaching *raja* carrying vessels (branches of ovarian and uterine arteries) of the uterus, increases immediately the amount of *raja* (*artava* or menstrual blood). This increase in menstrual blood is due to relative more increase of *rasa* (plasma contents). Because of increase in the amount of *asrik* it is known as *Asrigdara*.⁶

CASE PRESENTATION

A. Case history

The 35 years old female patient, police officer by occupation. With excessive bleeding per vagina was arrived to OPD of Prasuti Tantra and Striroga for Ayurvedic treatment. Chief complaint was heavy bleeding within the last six months. Due to bleeding, she had fatigue and general weakness. In Physical examination revealed Pulse, Blood pressure within normal limits with elevated temperature. No history of any chronic disease or any other major medical or surgical history.

1.1 Menstrual history-

- LMP: 24-12-21
- Interval -28 days
- Duration-7-8 days
- Pain-mild to moderate

1.2 Obstetrics history- G1 P0 LO A1

- A1- 6week gestation by MTP Pills (4 yrs back)

1.3 Personal history-

- Sleep-normal
- Appetite -normal

- Bowl-clear
- Bladder –clear

1.4 Astavidha pareeksha (eight-fold examination)

- *Nadi* – 74/min
- *Mala* – *Samayak mal pravriti*
- *Mutra* – *Prakrut*
- *Shabda* – *Spastha*
- *Sparsha* – *Samasheetoshna*
- *Druk* – *Prakrut*
- *Akriti* – *Madhyama*

1.5 Dashavidha pareeksha (Ten factor of examination)

- *Prakriti* (constitution) – *Vatapittaja*
- *Vikriti* (state of disease) – *Pittavratapanvata*
- *Saara* (systemic strength) -*Madhyama*
- *Samhanana* (compactness)-*Madhyama*
- *Satmya* (suitability) -*Madhyama*
- *Satwa* (mental status) -*Pravara*
- *Aahar Shakti* (digestive capacity) –*Madhyama*
- *Vayama* -*Madhyama*
- *Vaya* (age) – *Madhyama*
- *Bala* (strength) – *Madhyama*

B. Investigations

Urine examination revealed no significant Abnormality.
USG Shows Endometrium is mildly thickened measures 13.0 mm and filled with heterogeneous material.

C. Diagnosis

From patient's complaints and USG report we diagnosed it as Endometritis. Long duration of flow, passage of clots, use of increased number of thick sanitary pads gives an idea about the diagnosis of menorrhagia due to some pathology that is Endometritis.

D. Plan of Treatment

In shaman Chikitsa we give –

1. ***Nagkesharadi Churna***, a combination of-
Nagkeshar churna-1gm,
Punarnava mandoor-250mg,
Bolbaddha rasa-250mg,
Keharava pishti-125mg
is given ½ TSF orally BD with lukewarm water
2. ***Panchatikta ghruta guggulu***- 2tab BD with lukewarm water

E. Mode of action-

In *Asrigdara* there is *Pittavrta Apanvatdushti* so we want

mainly *Pittashamak*, *Vatanulomak*, Anti-inflammatory, *Raktstambhak*, *Raktvardhak* Properties medicine, there is infection also so we need antibiotic. Above combination have all these.

RESULTS

After given a combination of *Nagkeshar churna*, *Bolbaddha rasa*, *Punarnava mandoor* and *Keharava pishti* for three consecutive cycles. She reported with regular normal flow in menstrual cycle, with relief in pain and temperature completely. Subsequently, confirmed by USG, as normal endometrial lining.

DISCUSSION

In this case, it has been wind up that this patient is having Endometritis with symptoms of Menorrhagia and pain due to the vitiation of *pitta* and *vata dosha*. As *Nagkesharchurna-Nagkesharchurna* due to *rasa*; *Kashaya, tikta* Guna: *laghu, Ruksha, Virya Ushna Vipakakatu, karma-pittashamaka* used as a hemostatic in a case of heavy menstrual bleeding, it helps in reducing pain, bioflavonoid has anti-inflammatory antioxidant property and act on blood vessels thus may help in reducing infection and amount of blood loss during menses."⁷

- a. *Punarnavamandoor*- balance *vat* and *raktadosha* combined effect of all its ingredients shows anti-inflammatory, antifibrinolytic, hepatoprotective effect and enhance Hb level in blood.⁸
- b. *Bolbaddharas*-It balances *tridoshas* and normalizes the *rakta dhatu* function specially *pittashamak, raktsthapak and deepanpachan* properties.'⁹
- c. *Keharavapishti*- balances *rakta* and *pitta*, antibacterial, hemostatic, astringent, anti-inflammatory, antacid properties.¹⁰
- d. *Panchatikta ghrita guggulu-Tridosha shamak* It is useful in cooling the inflamed part of the body, mostly due to aggravated *pitta*. It purifies the blood. Mainly, it is anti-inflammatory, antitoxin, and antibacterial, analgesic.¹¹

CONCLUSION

Various treatments like antibiotic drugs, antifibrinolytic agents and surgical interventions are available in modern for the management of Endometritis and associated symptoms. The Ayurvedic management mentioned above can be recommended as a safer and effective therapy for the management of endometritis.

Acknowledgements - Nil

Conflict of interest - None

Source of finance & support – Nil

ORCID

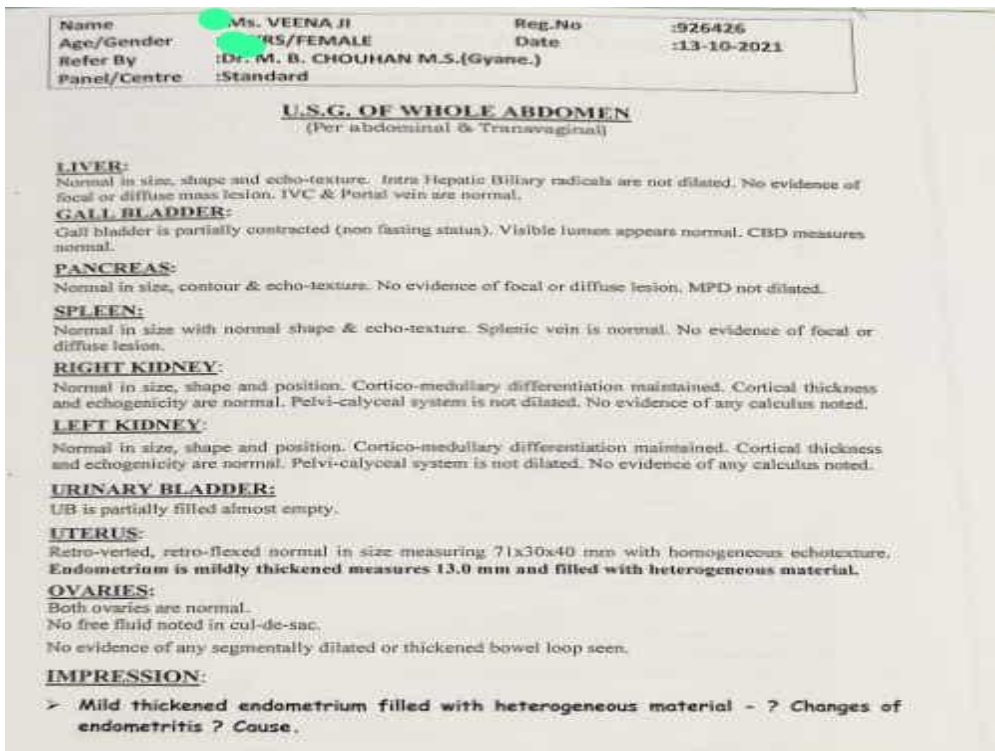
Sonu Verma , <https://orcid.org/0000-0002-0372-1917>

REFERENCE

1. Malhotra N, Jeffcoate's Principles Of Gynaecology, Revised And Updated Eighth Edition, Jaypee Publications, Page No.317
2. Tewari P, Ayurvediya Prasūti Tantra Evam Striroga Part Ii Striroga (Gynecology) Chaukhambha Orientalia ,A House Of Oriental And Antiquarian Books,Varanasi. 2009.Pp.189
3. Tewari P, Ayurvediya Prasūti Tantra Evam Striroga Part Ii Striroga (Gynecology) Chaukhambha Orientalia ,A House Of Oriental And Antiquarian Books,Varanasi. 2009.Pp.184
4. Tewari P, Ayurvediya Prasūti Tantra Evam Striroga Part Ii Striroga (Gynecology) Chaukhambha Orientalia ,A House Of Oriental And Antiquarian Books,Varanasi. 2009.Pp.188
5. Konar H, Dc Dutta's Textbook Of Gynecology Eighth Edition Edited Jaypee Brothers Medical Publishers Page No.154
6. Tripathi R.D, Caraka Samhita Of Agnivesa Elaborated By Charaka & Redacted By Drdhabala (Volume Ii) Edited With "Vaidyamanorama' Hindi Commentary By Acharya Vidyadharshukla,. Charak Samhita Chikitsasthan 30/207 Page No.779
7. [Www.Planetayurveda.Com/Nagkeshar/18/7/2021](http://www.Planetayurveda.Com/Nagkeshar/18/7/2021)
8. [Www.M.Netmeds.Com/Punarnava Mandoor/22aug2022](http://www.M.Netmeds.Com/Punarnava Mandoor/22aug2022)
9. [Www.Ayurvedinfo.Com/12/05/2012](http://www.Ayurvedinfo.Com/12/05/2012)
10. [Www.Ayurtimes.Com/Keharava Pishti/05/06/2015](http://www.Ayurtimes.Com/Keharava Pishti/05/06/2015)
11. [Www.Ayurtimes.Com/Panchatikta Ghrita Guggulu Benefits. Uses ,Dosages & Side Effects](http://www.Ayurtimes.Com/Panchatikta Ghrita Guggulu Benefits. Uses ,Dosages & Side Effects)

How to cite this article: Sonu, Dixit M, Meena NK "An Ayurvedic Approach On Endometritis W.S.R. To *Pittaja Asrigdara-A Case Study*" IRJAY.[online]2022;5(11); 38-41.Available from: <https://irjay.com>
DOI link- <https://doi.org/10.47223/IRJAY.2022.51105>

Before



After

