ABSTRACT: Abnormal uterine bleeding (AUB) is defined as any alteration in the pattern or volume of menstrual blood flow. The prevalence of AUB is very high i.e. 17.9% (FOGSI 2016/02/GRCP-ON-AUB) in present days. Abnormal uterine bleeding is one of the highly prevalent gynecological problems among the females during their reproductive years. Abnormal uterine bleeding or Asrigdara 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 a worsening of the condition of the patient due to excessive blood loss. So, there 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. Therefore many formulations have been mentioned in our texts for the treatment of Asrigdara. Yogaratnakar has described Bhumyamalaki Churna in the treatment of Pradara. Bhumyamalaki is Kapha-Pittashamaka drug due to its properties like Sheetaveerya, Madhura Vipaka, Laghu-Ruksha Guna and Madhur, Tikta, Kasaya Rasa. It has anti-inflammatory and analgesic properties, which may influenced vascular apparatus of reproductive system. Bhumyamalaki is effective in Asrigdara due to its Raktapitta Shamaka and Yonidoshahara property.

Keywords: Asrigdara, Bhumyamalaki Churna, Yogaratnakar
INTRODUCTION:

Any uterine bleeding which is a deviation from the normal regular predictable menstrual cycle with average and predictable amount and duration of bleeding is abnormal uterine bleeding. As per American College of Obstetrics and Gynecology, Abnormal uterine bleeding (AUB) is defined as bleeding between periods, bleeding after sex, spotting anytime in the menstrual cycle or for more days than normal, bleeding after menopause. Menstrual cycles that are shorter than 21 days are abnormal and it can occur at any age. Abnormal uterine bleeding can have many causes viz miscarriage, ectopic pregnancy, adenomyosis, use of some birth control methods such as an intrauterine device (IUD) or birth control pills, infection of the uterus or cervix, fibroids, problems with blood clotting, polyps, endometrial hyperplasia, malignancy of the uterus, cervix, or vagina, polycystic ovary syndrome.

In Ayurveda texts description of Asrigdara given appears to be analogous to abnormal uterine bleeding. It has been stated in Charaka Samhita that because of increase in the amount of menstrual blood (Dirana of Asrika), it is named as Asrigdara and since in this condition excessive quantity of blood is discharged (Pradirana of Raja), it is also known as Pradara. Acharya Sushruta quotes, when same menstruation comes in excess amount, for prolonged period, and/or even without normal period of menstruation and different from the features of normal menstrual blood is known as Asrigdara. The mortality and morbidity of AUB reveals that single episode generally carries good prognosis. Patients who experience repetitive episodes

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might experience significant consequences like anemia, endometrial cancer and infertility. It can have a substantial financial burden and affect quality-of-life. It affects women's health both medically and socially. Yogaratnakar has described Bhumyamalaki Churna in the treatment of Pradara⁴. Bhumyamalaki is Kapha-Pittashamaka drug due to its properties like Sheetaveerya, Madhura Vipaka, Laghu-Ruksha Guna and Madhur, Tikta, Kasaya Rasa⁵. It has anti-inflammatory and analgesic properties, which may influence vascular apparatus of reproductive system⁶. Bhumyamalaki due to its Raktapitta Shamaka and Yonidosahara property has been taken in the present study to evaluate its therapeutic efficacy in the management of Asrigdara.

**BHUHYAMALAKI CHURNA**

Table no.1: Shows description of Bhumyamalaki Churna

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Ingredient</th>
<th>Scientific name</th>
<th>Useful part</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Bhumyamalaki</td>
<td>Phyllanthus urinaria Linn.</td>
<td>Panchangaa</td>
</tr>
<tr>
<td>2.</td>
<td>Shali (Rice)</td>
<td>Oryza sativa</td>
<td>Seed</td>
</tr>
<tr>
<td>3.</td>
<td>Water</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table no. 2: Showing pharmacological properties of Bhumyamalaki Churna⁷

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Dravya</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Effects on Dosha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Bhumyamalaki</td>
<td>Madhura, Tikta, Kasaya</td>
<td>Laghu, Ruksa</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Kaphapitta shamaka</td>
</tr>
<tr>
<td>2.</td>
<td>Shali (Rice)</td>
<td>Madhura, Kasaya</td>
<td>Laghu, Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Pittashamaka</td>
</tr>
<tr>
<td>3.</td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Table no.3: Showing the main effects of drugs of Bhumyamalaki Churna in various diseases

<table>
<thead>
<tr>
<th>Sr.no.</th>
<th>Dravya</th>
<th>Karma</th>
<th>Rogaghnta</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td>Water</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table no.4: Showing Predominant rasa panchaka of Bhumyamalaki Churna

<table>
<thead>
<tr>
<th></th>
<th>Ras</th>
<th>Madhura, Tikta, Kasaya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Guna</td>
<td>Laghu, Ruksa</td>
</tr>
<tr>
<td>2.</td>
<td>Virya</td>
<td>Sheeta</td>
</tr>
<tr>
<td>3.</td>
<td>Vipaka</td>
<td>Madhura</td>
</tr>
<tr>
<td>4.</td>
<td>Karma</td>
<td>Mainly PittasamaKaa</td>
</tr>
</tbody>
</table>

Samprapati Ghataka of Pradra:
- **Dosha** – Vata(Apan)-Pitta- Pradhana, Artavavahi Strotasa
- **Dushya** – Rakta (Pradhana) and Artava, Rasa
- **Agni** - Jathragnimandya
- **Adhishtana** - Garbhashaya, Artavavahi Strotasa
- **Strotasa** - Rakta Vahi, Artavavahi, Rasavahi
- **Sroto-Dusti Prakara** - Atiprawritti
- **Roga Marga** – Aabhyantara
MODE OF ACTION OF DRUGS OF BHUMYAMALAKI CHURNA:

BY RASA PANCHAKA:

- **Rasa:** Bhumyamalaki Churna has Madhura, Tikta and Kashaya rasa.
  1- Kashaya Rasa results in Kleda Shoshana, Raktpitta Prashamana and Lekhana. Samgrahi and Stambhaka actions of Kashaya Rasa help in Raktasamgrahana and Rakta Stambhana. Prithvi Mahabhuta present in Kashaya Rasa is responsible for Samghata i.e. compactness in the endometrium thereby reduces the fragility of the endometrium.
  2- Madhura Rasa results in Rakta Prasadana and relieves complications of Asrigdara i.e. Trishna, Daha and Murchha. Madhura rasa is also having Vata-Pitta Prashamana, balya, prahaladana, jeevana, tarpana, sandhanakara guna leading to improvement of physiological as well as psychological strength of body and organs (uterus).
  3- Here tikta Rasa have Agni Deepana and Pachana properties which help to cure Agnimandhya condition.

Tikta rasa is having pitta-shaleshna upshoshana guna helping to reduce extra congestion in uterus.

- **Guna:** Bhumyamalaki Churna has Laghu and Ruksa guna. Lekhana and Ropana Karma occur due to Laghu Guna. Ruksa Guna helps in Rakta Stambhana and Shoshana of increased Rakta Dhatu in Asrigdara. Lekhana action which helps in the scraping of endometrium thereby reduces the endometrial thickness. It resembles with “medical curettage”.

- **Veerya:** Bhumyamalaki Churna has Sheeta Veerya. Sheeta Veerya results in Pittashamana, Rakta Stambhana and Rakta Pitta Prasadana. Sheeta Veerya does Pittashamana, Rakta-sangrahana / Rakta-stambhana and Dahaprasamana, that corrects burning sensation and excessive blood loss.

- **Vipaka:** Bhumyamalaki Churna has Madhura Vipaka. It does Vata-pitta Shamana & formation of proper Rasa dhatu takes place.

- **Doshaghna:** Bhumyamalaki Churna having Kapha-Pitta shamaka property.
1- Bhumyamalaki Churna reduces uterine congestion also by its Shothahara action.  
2- It also has Dahaprashamana action and corrects burning sensation of the body.  
3- It is hepatoprotective activity, antifibrotic and anti-inflammatory, immunomodulator, nephroprotective and anticancer properties.  
4- It also have pharmacological actions like, Astringent, Antispasmodic, Appetizer, Anodyne, Anti-hepato toxic, Anti-viral, Biliary, urinary Cell protective property, Carminative, Febrifugal, Analgesic, Tonic, Vermi-fugal, Hypoglycemic, Emmenagogue and Laxative.

- Bhumyamalaki Churna has astringent action that slows the loss of body fluids i.e. menstrual bleeding affect tissue tone.

➢ Tandulodaka as Sahapana:  


- Tandulodaka has anti-inflammatory and antioxidant action. This may help in eliminating the chronic infection of uterus and pelvic congestion thus reducing the menstrual blood loss. Tandulodaka has also Anti-diarrheal, Anti-dysentric and Anti-fungal properties.

Vitamin B complex present in Tandulodaka may help to normalize estrogen metabolism. Thiamine improves endothelial activity of the arteries. This may help to reducing bleeding.

DISCUSSION:  

Vitiation of Pitta Dosha and Rakta with Apan Vayu Vaigunya can lead to the pathogenetic changes leading to Asrigdara. Function of Agni is also impaired in Asrigdara. Due to impairment of Agni, Rasa Dhatu didn’t formed properly and improper Rasa Dhatu formation leads to improper Rakta Dhatu formation. In other words, all seven Dhatus formed improperly. Along this Artava (Updhatu of Rasa) formation is also impaired. So according to its pathogenesis (Samprapti) Pittasamaka, Vatanulomana, Rakta-sthapaka, Rakta-
samgrahi, Agni-deepana and Garbhashaya-balya Chikitsa is beneficial in Asrigdara. Bhumyamalaki is Kapha-Pittashamaka drug due to its properties like Sheetaveerya, Madhura Vipaka, Laghu-Ruksha Guna and Madhur, Tikta, Kasaya Rasa. Bhumyamalaki Churna reduces uterine congestion also by its Shothahara action. It also have pharmacological actions like, Astringent, Antispasmodic, Appetizer, Anodyne, Anti-hepato toxic properties. Due to these properties Bhumyamalaki Churna have enough potential to treat the pathology of the Asrigdara.

CONCLUSION:

Excessive and/or prolonged bleeding during menstrual or inter menstrual period is known as Asrigdara. According to Dalhana scanty flow for short duration during inter menstrual period is also considered as Asrigdara. In Asrigdara - prominent Doshas are Vata and Pitta, so main principle of the management of Asrigdara is Agni Deepana (balancing the digestive fire), Dosha Pachana (eliminating toxins from the body), Vata Anulomana (pacifying the vata dosha), Pittashamana (pacifying the pitta dosha), Raktasthapana (stop excessive flow of blood), Raktasamgrahana (increasing the viscosity of rakta dhatu), Raktashodhana (eliminating the factors causing rakta dushti), and Garbhashaya Balya Chikitsa and it should be done by Tikta & Kashaya Rasa Pradhana Dravyas. Thus pacifying the pitta dosha helps to mitigate the improper shedding of endometrium & to give raktsangrahana and raktastambhana effects. This drug also regulate the menstrual cycle by correcting the hypothalamo-pituitary-ovarian axis, hormonal imbalance, endometrial growth, uterine congestion, myometrial contraction, liver insufficiency and whole menstrual rhythm.

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Conflict of interest :- Nil
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