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Management Of *Asrigdara* Through *Ayurveda* : A Case Study

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ABSTRACT: -

Asrigdara is a condition that physician to face in day-to-day practice. It is a common medical disease seen in women. Which can cause significant disturbances physically as well as mentally. *Asrigdara* characterized by excessive excretion of *Asrik*, which is correlated with menorrhagia, it is defined as excessive cyclic uterine bleeding which occurs at regular interval over several cycles or prolonged bleeding that lasts for more than seven days. Abnormal uterine bleeding includes both cyclic and non-cyclic bleeding. *Acharya charaka* has explained many causative factors for like *Ati Lavana*, *Amla*, *Guru*, *Katu*, *Vidahi*, *Krushara*, *Payasa*, *Saktu*, *Mastu* etc. aggravates *vata* withholds *rakta*, vitiated due to above mentioned reasons. Increases its amount reaching the *Rajovaha Sira* (uterine vessels) which further increases *rajas* (menstrual blood). Normalizing the amount of flow and curing the associated symptoms are fundamental principles of treatment to be adopted.

A 38-year-old married woman visited the OPD of Department of PTSR of SDMT's AMC Terdal on 02/12/2020. She had complaints of heavy bleeding since 26/11/2020. With lower abdominal pain, pain was spasmodic in nature along with generalized weakness.

Key words: *Asrigdara*, AUB, Menorrhagia, Uterine vessels.



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INTRODUCTION

A normal menstruating female denotes a healthy state of reproductive system. Abnormal uterine bleeding is a common condition affecting 14.25% of women reproductive age and may have significant impact on their physical, social, emotional and maternal quality of life ^[1]. Nearly 30% of all gynecological out patient attendants are of abnormal uterine bleeding ^[2].

Acharya Sushruta mentions excessive flow and prolonged duration with or without menses mild-menstrual bleeding (*Dalhana* elaborates excessive flow during menses, for prolonged duration, mild- menstrual bleeding which may be scanty and for short duration), different from normal features (i.e. devoid of qualities of *shudda artava*) and denotes features of specific *doshas* involved is known as *asrigdara*. All types of *asrigdara* are associated with body ache and pain. *Dalhana* in another context mentions the clinical features of *asrigdara* as burning sensation in lower portion of groin, pelvic region, back, renal angle, uterus and acute pain in uterus ^[3].

CASE REPORT

A 38 year old married woman visited the OPD of Department of PTSR of SDMT’s AMC Terdal on 02/12/2020. She had complaints of Heavy bleeding since 26/11/2020. With lower abdominal pain, pain was spasmodic in nature along with generalized weakness.

Past history : N/K/C/O DM/ HTN / Thyroid dysfunction .

Family history : No history of similar problem in any of the family members.

Personal history :

Diet – vegetarian

Appetite – Good

Bowel – Once / day

Maturation – 4 to 5 times / day 1to 2 times / night

Sleep – Sound sleep

Menstrual and Obstetric history

Age of Menarche – 13 years

Menstrual cycle – 4 to 5 days / 28– 30 days

2- 3 pads / day

Clots – present

Lower abdominal pain - present

L.M.P – 26/11/2020

O/H – G₂ P₂ L₂ A₀ D₀

G₁- Full term normal vaginal delivery

G₂- Full term normal vaginal delivery

Table 1 Menstrual history

	Previous cycle	Present cycle
Duration	4-5 days	Continuous since 26/11/2020
Interval	28-30 days	–
Amount	2-3 pads / day	4-5 pads / day
Color	Dark red	Dark red
Odor	Normal	Normal
Consistency	With clots	With clots
Dysmenorrhea	Mild pain	Moderate pain

Dasha vidha pareeksha*Prakruti – Vata-Kapha**Vikruti – Pitta-Vata**Sara – Madhyama**Samhanana – Madhyama**Pramana – Dhairgya- 150 cms, Dehabhara – 62 kg**Satmya – Madhyama**Satva - Madhyama**Ahara shakti – Abhyavarana shakti – Madhyama
Jarana shakti – Madhyama**Vyayama shakti – Madhyama**Vaya – Youvana***General examination**

Built – Moderate

Nourishment – Moderate

Temperature – 98.2 F

Respiratory rate – 22/min

Pulse rate – 68 bmp

Blood pressure – 110/70 mm of hg

Height – 150cms

Weight – 68 kg

Tongue – Uncoated

Systemic examinationCVS : S₁ and S₂ heard

CNS : Conscious and well oriented with date, time and place.

RS : Normal vesicular breathing, no added sounds.

P/ A : Soft, Tenderness - present

Investigations on 2/ 12/ 2020

CBC - Hb% - 9.2 gm %

CT – 4.2 min

BT – 3.8 min

TSH – 3.62mg/ml

USG – Uterus is normal size

Normal endometrial thickness of 5.2 mm.

Both ovaries are normal in size.

No free fluid seen in POD.

Intervention : from 2/12/2020*Pushyanuga churna* 3 gm BD for 1 month after food

Syrup M2- Tone 2tsf BD for 1 month after food

Table -2 Patient follow up, treatment and observation.

Date of follow up	Treatment given	Observation
2/12/2020	<i>Pushyanug churna</i> 3gm BD for 1 month – after food Syrup M2-Tone 2tsf BD for 1 month- after food	Amount of flow reduced
11/12/2020	<i>Pushyanug churna</i> 3gm BD for 1 month – after food Syrup M2 –Tone 2tsf BD for 1 month -after food	Bleeding stopped on 09/12/2020
28/01/2021	No medication	Menses started from 12/01/2021 stoped on 18/ 01/2021 Amount 2-3 pads / day
02/03/2021	No medication	L.M.P – 20/02/2021 Flow for 4 days Amount 2-3 pads/day

DISCUSSION

In allopathic medicine we are having Hormonal therapy so *Ayurvedic* management is a good alternative, *Acharya Charaka* has said that it should be treated on the line of *Raktapitta*, *Raktatisara*, *Raktarsha* [4]. According to line of treatment of *Raktarsha*, *Deepana*, *Pachana*, *Rakta Sangraha* and *Dosha pachana* by *Tikta* and *Kashaya rasa pradhana Dravya* should be given [5].

Pushyanug churna is indicated in *Asrigdara* by *Acharya Charaka* [6]. Most of the ingredients are having *Tikta* and *Kashaya Rasa Sheeta virya*. Due to *Rakta Upashoshana guna* of *Tikta rasa* and *Sangrahi*, *stambana guna* of *Sheeta rasa*, *Shoshana guna* of *Kashaya rasa* it acts on *Asrigdara*.

Syrup M2-Tone is indicated in Menorrhagia, Metrorrhagia, Dysfunctional uterine bleeding [7]. It is a comprehensive for formulation containing herbs like *Ashoka*, *Lodhra*, *Jatamansi* and *Shatavari* that help to control pain and lethargy.

Herbs in M2-Tone tablets thus maintain hormonal, nutritional and emotional balance and also improve overall health in women. It also contains *Shuddha kasis*, a haematinic that helps to improve hemoglobin level.

CONCLUSION

In modern medicine *Asrigdara* is treated with Hormonal therapy for regulation and stoppage of bleeding which are having serious side effects and finally advising Hysterectomy. The clinical study has shown fruitful results over the regulation of the menstrual cycle and normalization of bleeding. We can conclude from this case study that *Ayurvedic* drugs play an effective in curing the *Asrigdara* and also need of further study of longer duration and on larger sample size is required.

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