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A Literary Review of *Asrigdara* in Ayurved w.s.r. to Menometrorrhagia

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ABSTRACT:

In *Prasuti tantra* OPD, Menometrorrhagia is the most common gynaecological illness. It is a symptom that can be detected in the majority of gynecological issues. The irregular, massive blood loss per vaginum is a symptom of abnormal uterine bleeding. Bleeding in excess of regular amounts and for a longer period of time during the menstrual cycle. Abnormal uterine bleeding is known as *Asrigdara* in Ayurvedic samhitas, which implies *pradirana* (extreme excretion) of *raja* (menses) per vaginum. The causative factor or *Dosa In Asrigdara is Vayu*, and the vitiated *Dhatu Or Dusya is Rakta* (blood), or blood is also vitiated. Because the qualities of *rakta and pitta* are so similar, vitiating *Rakta* would aggravate *pitta* as well. As a result, management should be centered on the usage of medications with *Kashaya Rasa and Pittashamak Guna*. Due to its *Stambhana* feature, *Kashaya rasa* is mostly used to treat bleeding symptoms. There is loss of *Rakta Dhatu*, so we use the drugs and diet that increases *Rakta Dhatu*. Management mainly based on the principle of *Raktastambhaka* and *Raktavardhaka*.

Keywords- *Asrigdara*, Menometrorrhagia, *Kashaya*, *Vata*, *Pitta*.

INTRODUCTION

Menstruation lasts about 4-5 days on average, with blood loss ranging from 20 to 80 mL on average, with intervals of 21-35 days and cyclic as mentioned in classics. The irregularity can be seen in terms of length, frequency, or amount, or any combination of these. The irregular, massive blood loss per vaginum is a symptom of abnormal uterine bleeding^[1]. Menometrorrhagia can be caused by a variety of factors, including psychological distress, nutritional insufficiency, and infections such as chlamydial. *Asrigdara* literally means acyclic or severe vaginal bleeding during the menstrual cycle and the

intermenstrual interval. Ayurvedic samhitas, which implies *pradirana* (extreme excretion) of *raja* (menses) per vaginum^[2]. The causative factor or *Dosa in Asrigdara is Vayu*, and the vitiated *Dhatu Or Dusya is Rakta* (blood), or blood is also vitiated^[3]. According to Acharya Charak and Chakrapani, as *rakta* (blood) mixes with *raja* (menstrual blood), the amount of *raja* increases^[4]. According to Acharya Dalhana, *Asrigdara*^[5] is excessive blood loss for a lengthy period of time throughout the menstrual cycle or even meagre bleeding during the intermenstrual phase. Excessive blood loss during menstruation or intermenstrual



periods,^[6] according to Acharya Vagbhatta. According to Acharya Susruta excessive menstrual discharge for a prolonged duration is called *Asrigdara*. According to above description *Asrigdara* may be closely co-related with the Menometrorrhagia.

Definition of *Asrigdara*-

It is the condition in which, the *raja* (menstrual blood) flows in excessive quantity for a long duration. It is known as *Asrigdara*. Acharya Charak has stated that due to *pradirana* (excessive excretion) of *raja*, (menstrual blood) it is also named as *Pradara* ^[7].

***Nidan*(Causative factors)-**

According to Ayurveda-

Excessive consumption of *lavana* (salty), *amla* (sour), *guru* (heavy), *katu* (hot), *vidahi* (bitter food that causes burning sensation), oily substances, domestic, amphibian, and unctuous animal meat, *krsara* (olio made with rice and pulses), *payasa* (rice cooked with milk and sugar), curd, *sukta* (vinegar), *mastu* (curd water), and *sura*.^[8]

According to modern ^[9]-

- Endometriosis
- Adenomyosis
- Infections-Chlamydial etc.
- DUB

***Samprapti* of *Asrigdara*-**

According to Acharya Charak, aggravated *vata* , withholding the *rakta* vitiated due to above causes, increases its amount and then reaching *rajovahi/aartavahi srotas* (branches of ovarian and uterine arteries). Increases the amount of *raja* (*aartava* or menstrual blood) due to its mixture with increased blood. In this condition there is excessive excretion of blood , thus known as *Asrigdara* ^[10].

***Samprapti ghataka* -**

Dosa- Vata,Pitta,Kapha (sannipata)

Dhatu- Rasa, Rakta

Upadhatu- Raja, Aartava

Srotas- Aartavavaha Srotas

Sroto dusti - Atipravrtti

Asaya - Garbhasaya

Agni - Dhatuvagni

Dusyata - Pittavrt Apan Vayu

Vyana vayu (vitiated) is responsible for excessive uterine criculation and *apana vayu* is for the flow of menstrual bleeding. *Pitta* (vitiated) plays an important role in causing the disease. It vitiates *rakta* and *aartava* and many symptoms like *daha* etc. are produced by vitiated *pitta*.

Probably the mucous membrane – the endometrium is the seat of *kapha*, it is also involved because the irregular

shedding of the endometrium will be there in *Asrigdara*.

Due to indulgence in *nidana*, *vata* and *rakta* will get vitiated. Vitiated and provoked *vata* causes increase in amount of *rakta*. *Rakta* increases by its *rasa bhava*. The high amount of *rakta* enters in uterus by *garbhasaya gata sira* (uterine arteries.)

The *raja* (menstrual contents like cellular debris, dead ovum etc.) will mix with the *rakta* ,arshit in uterus and will get discharged. It can be clarified that probably the blood as a whole will not increase. As the *chala guna* of *vyana vata* and *sara guna* of *pitta* (*rakta, pitta* are *sajatiya dravyas*) gets enhanced, so the uterine circulation also will increase.

***Chikitsa Siddhant*-**

1. *Nidana parivarjana*
2. *Dosha shamana*
3. *Dosha shodhana*
4. Use of *Basti* is beneficial ^[11].
5. Treatment prescribed for *Raktapitta, Raktaatisara, Raktarsa*.^[12]
6. Purgation cures menstrual disorders ^[13].

Pathya-Apthya

***Pathya* ^[14]-**

1. *Godhuma* (wheat)
2. *Shashtika shali* (*shashtika* rice)
3. *Jangalamansa rasa* (desert animals)
4. *Pakwa kushmanda*
5. *Tanduleeyaka*
6. Dry grapes
7. Pomegranate
8. Date fruits
9. *Amla*
10. Ghee
11. Honey and
12. Milk

***Apthya* ^[15]-**

1. Spicy, Sour and Salty food
2. *Kshara dravya*
3. Fish
4. Alcohol
5. Spicy food
6. Black gram
7. *Tila* (sesame)
8. *Kulattha* (horse gram)
9. Sour *Dadhi* (curd)

DISCUSSION

One of the most important factors for a healthy progeny is *Shudha artava*. Excessive uterine bleeding during menses or intermenstrual periods is referred to as *Asrigdara*. It has been linked to uterine hemorrhage dysfunction. *Asrigdara* and its consequences are treated with herbal ayurvedic medications. *Raktasthambhak, Raktasthapak, Dipan, Pachan, Bruhan Madhur, Amla, Lavana, Snigdha, Guru, Ushna, Anuloman, Aushadhi, and Basti chikitsa* are used to cure *Vata pradhan asrigdara*. *Madhur, Tikta, Kashaya, Snigdha, Shita, Stambhan, Dipan, Pachan, Aushadhi, and Virechan chikitsa* were used to treat *Pitta Pradhan asrigdara*. *Aama pachana chikitsa* was used to cure *Kapha pradhan asrigdara*, followed by *Tikta, Katu, Kashaya, Laghu, Stamban, Aushadhi, and Vaman chikitsa*. *Samanya Chikitsa's Virechan* is apt. *Asrigdara* is mostly used to treat *Pitta dushti*.

CONCLUSION

Asrigdara can be considered as Menometrorrhagia on the basis of different signs and symptoms. We can provide symptomatic relief by advising rest, assurance and symptomatic handling. We can use the drugs that are having properties like *Kashaya rasa, shoth har* and *Raktavardhakn* in the management of Menometrorrhagia. In modern, treatment is based on hormone replacement therapy and surgical interventions^[16] which have their own harmful effects. Taking into mind the side effects and adverse effects, ayurvedic management can be recommended as a safer and effective management of Abnormal uterine bleeding.

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