

A CASE STUDY OF RAKTAPRADAR

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ABSTRACT

Raktapradar is one of the gynaecological problem associated with severe bleeding, it may or may not be accompanied with menstruation. *Ayurvedic* texts have described a variety of treatment options in the management of *Raktapradar*. Despite wide range of treatment and management modalities in contemporary medicine, which have even multiplied over the recent years, search for safe options, which is non-hormonal, non-surgical, effective and without any adverse effects is needed. *Ashokkshirpak* is mentioned in *Bhavprakash* in the management of *Raktapradar*. It is easily available, convenient to consume, cost effective and safe. This article describes the case report of a 28 years old woman who was complaining of *Raktapradar*. In present study, it is observed that *Ashok Kshirpak* has provided significant relief in all the symptoms of *Raktapradar*.

Keywords: *Raktapradar*, *AshokKshirpak*

INTRODUCTION

Due to alteration of food habits and changing life styles incidence of excessive and irregular uterine bleeding is increasing day by day. Various reports suggest that 30-50% of women in reproductive age group suffer from excessive and irregular uterine bleeding by various causative factors (ref??). 28% of female population consider their menstruation excessive and plan their social activities around the menstrual cycle. 10% of women employees need to take off from the work because of excessive menstrual loss. Over 75000 hysterectomies are now carried out due to menstrual distur-

bances only. (Ref: Jaypee journals: Efficacy of a selective Estrogen receptor modulator: Ormeloxifine in management of Dysfunctional uterine bleeding)

Raktapradar means heavy vaginal bleeding during or before or after menstrual period. *Raktapradar* can be correlated to Menorrhagia. Menorrhagia denotes cyclic regular bleeding which is excessive in amount or duration. In *Ayurvedic* text the etiological factors of *Raktapradar* have been mentioned. The management and prevention of *Raktapradara* also found in *Ayurveda*. For the

management of *Rakṭapradara* various herbal, polyherbal, minerals and herbo minerals drugs have been suggested in *Ayurveda*. Hence this research article will highlight, about menorrhagia with special reference to *Rakṭapradara*.

Heavy uterine bleeding is managed with medical therapy which has lots of side effects and if unsuccessful is followed by surgical intervention. Due to limitation of medical therapy as well as surgical therapy of modern science, it becomes a necessity of time to find out an effective harmless therapy to manage condition. Many preparations have been mentioned in our text for treatment of *Rakṭapradar*. All these medications have certain common fundamental principles.

On the light of above present study has been selected. The woman who consumes excessive salty, sour, heavy, *katu*, *vidahi* and unctuous substances, meat of domestic, aquatic and fatty animals, curd, *sukta*, *mastu* and wine, aggravated *vayu*, withholding the *rakta* vitiated due to above causes increases its amount and then reaching *raja* carrying vessels of the uterus, immediately increases the amount of *raja* is due to its mixture with increased blood. This increase in menstrual blood is due to relatively more increase of *rasa*. Excessive blood is discharged hence it is known as *Rakṭapradar*.

In pathogenesis of *Rakṭapradar*, *pitta* and *vattadoshas*, *rasa* and *raktadhatu* and *agnimandya* are main responsible factors. *Ashoka* drug is *katu*, *tikta*, *kashayarasatmak*, *pittakaphashamak*, *raktashodhak*, *raktastambhak*. These properties are responsible to control bleeding.

AIMS AND OBJECTIVES

1. To study the action and efficacy of *Ashok valkal kshirpak* in *Rakṭapradar*.
2. To carry out a comprehensive literary study of *Rakṭapradar*.

REVIEW OF LITERATURE

Definition *Rakṭapradar* according to *Ayurveda*

According to *Charak* due to *Pradirana* (excessive excretion) of *Raja* (menstrual blood), it is named as *Pradar* and since, there is excessive excretion of *Asruk* (menstrual blood) hence, it is known as *Rakṭapradar*. According to *Sushruta* the *Rakṭapradar* means heavy vaginal bleeding during or before or after menstrual period.

Definition of *Rakṭapradar* according to Morden

Menorrhagia denotes cyclic regular bleeding which is excessive in amount or duration. It is generally caused by conditions affecting the uterus or its vascularity, rather than any disturbance of function of the hypothalamic- pituitary-ovarian axis.

General aetiology and pathogenesis according to *Ayurveda*

Charak says that women who consumes excessive salty, sour, heavy, *Katu*, *Vidahi* (producing burning) and unctuous substances, meat of fatty domestic and aquatic animals, *Krsara*, (oil made of rice and pulses), *Mastu* (curd water) and wine, her aggravated *Vayu*, 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), in others words the increase in amount of *raja* is due to relative increase of *rasa* (plasma contents). Because of increase in the amount of blood the *acharyas* named it as *Rakṭapradar*. *Bhel* opinions that if blood goes to abnormal passage, the woman suffers from *Pradar*. *Madhava nidana*, *Bhavprakasa* and *yogratnakar* have mentioned that use of incompatible diet and wine, eating before the previous meal is digested, indigestion, abortion, excessive coitus, riding, walking, grief, emaciation, weight lifting, trauma and day-sleeping are the causes of *Rakṭapradar*.

Table No 1.1: Causative factors

S.N.	General causes	Pelvic causes	Contraceptive use	Hormonal / DUB
1.	Blood dyscrasia	PID, pelvic adhesions	IUCD	Ovulatory-irregular ripening or irregular shedding
2.	Coagulopathy	Adenomyosis	Post- tubal sterilization	An ovulatory-Resting endometrium
3.	Thyroid dys-function	Feminizing tumour or the ovary	Progestogen-only pills	Metropathiahaemorrhagia
4.	Genital TB	Endometriosis		
5.		Pelvic congestion		
6.		Uterine fibroid		

Clinical features of Raktapradar according to Ayurveda

Charak has described the only symptom i.e. presence of excessive bleeding during menstruation. *Sushruta* says, that when same menstruation comes in excess amount, for prolonged period and /or even without normal period of menstruation (during menstruation in excessive amount and for prolonged period, but in inter menstrual period even scanty and for a short duration), and different from the features of normal menstrual blood is known as *Raktapradar*. All types of *Raktapradar* have association of body ache and pain.

Dalhana has described clinical features of *Raktapradar* as burning sensation in lower portion of groin, pelvic region, beck region of kidney and flanks and severe pain in uterus. Explaining about the repetition of clinical features has said that physicians accepting these clinical features.

Vagbhatta says that excessive bleeding during menstrual or inter menstrual period is known as *Raktapradar*, *Pradara* or *Raktayoni*. *Madhava nidana*, *Bhavprakasa* and *Yogratnakar* have mentioned that in all types of *Raktapradar* body ache and pain are present.

Clinical features of menorrhagia according to Modern

A normal menstrual blood loss is 50ml to 80ml, and does not exceed 100ml. In menorrhagia, the men-

strual cycle is unaltered but the duration and quantity of the menstrual loss are increased.

Causes of abnormal uterine bleeding.

Abnormal uterine bleeding can have many causes. It includes the following Pregnancy, Miscarriage, 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, Certain types of cancers such as, cancer of uterus, cervix, vagina, polycystic ovarian syndrome.

DRUG REVIEW

Latin Name: Saraca asoca

Family: Legumes

Subfamily: Caesalpiniaceae

Regional name:

Hindi: Asoka

Kannada: Asokada

Tamil: Asokam

Malayalam: Asokam

Sanskrit: Asokah

Chemical composition:

The *Ashoka* tree's dried bark contains tannins, sterol, catechol, and other organic calcium compounds. The powered bark of the tree also contains Aluminum, strontium, calcium, iron, magnesium, phosphate, potassium, sodium, and silica

Therapeutic Uses of Ashoka Herb:

The *Ashoka* tree has many health benefits and has long been used in traditional Indian medicine as a key ingredient in various therapies and cures.

Some of the therapeutic uses of the *Ashoka* herb:

- 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. The *Ashoka* herb benefits the endometrium and uterine muscles and this makes it effective as a uterine tonic for irregular menstrual cycles and miscarriage. It is also effectively used in Ayurveda for clearing congestion from the Medas Dhatus and Mamsa, especially when there may be leucorrhoea, endometriosis, cysts, and fibroids from excess *kapha* and *ama* in the *Artava Srotas*.
- The *Ashoka* herb also has a nourishing effect on the circulatory system, thereby making it an effective remedy in arrhythmia and cardiac weakness.
- The *Ashoka* herb also helps in encouraging urine flow and thus helps in treating conditions that cause painful urination.

This is the main herb recommended for women to relieve them from gynaecological problems. It keeps women energetic and youthful with its anti-depressant properties. Hence it is used as the best medicine for women since ages. In short *Ashoka* tree is widely used to heal several health issues.

MATERIAL AND METHODS

A 28 year of old female patient of *Rakṭapradar* was selected.

ASHOK VALKAL KSHIRPAK

The trial drug was selected from *Bhavaprakash samhita madhyam khanda streerog adhikar 68/14* *Ashok valkal kshirpak* was given 40 ml twice a day, prepared by classical method.

CASE STUDY

A 28-year-old female patient approached to Y.M.T Ayurvedic Hospital Kharghar on 18th feb 2016 with complaints of heavy bleeding since last 10 days and weakness with body ache. Her marital status was 2 yrs. She is anxious for child. Her menstrual cycle was regular. First she consulted Allopathy and took as per advice with no relief. The patient belongs to high socio-economic class, used to taking junk food (*virudhha aahar*) and sedentary habits, which helps to aggravate the disease.

In general examination Wt- 58kg, Ht- 5'2"

Menses are regular. Painful menses. LMP – 8 feb 2016

Last to last menstrual period was 6 jan 2016

P- 78/min, BP- 120/70 mmof Hg.

Blood investigation- Hb- 11.6 gm%

T3, T4, TSH- Normal

In search of a medicine, who complete all the sign and symptoms successfully. Patient was instructed to avoid salty, sour, fermented and heavy food items in diet and simultaneously to maintain stress free lifestyle. Patient had regular menses with normal bleeding next cycle and follow up done for next 3 cycles.

OBSERVATION AND RESULT

The patient had bleeding from 10 days before treatment. After treatment, patient got relief in all her signs and symptoms. Patient had regular menses with normal bleeding in next cycle and follow up done for next 3 cycles.

DISCUSSION

At this study of *Rakṭapradar* it has been found that various authors have been described the *Rakṭapradar* in detail. After studying different *samhitas* the main *chikista* for *Rakṭapradar* is *rakṭastambhan* as *sakshat raktadhatu* is lost per vaginally so it is to be preserved.

The drug *Ashoka* is best *raktastambhan* and *raktashodhak*. It is effective on *Raktapradar chikista*.

After studying modern aspect, we may conclude that the disease *Raktapradar* is analogous to menorrhagia. Conventional Allopathy treatment which is totally hormonal treatment (not correct...please modify and give reference of other medicines). As long as the treatment is continued, the diseases controlled but it again recurs when hormonal treatment is discontinued and finally hysterec-tomy is advised.

From this case study, we found *Saraca Asoka* gave *raktastambhak* effect and symptoms of lower abdominal pain were reduced.

CONCLUSION

The entire work entitled “A case study of *Raktapradar*.” can be conclude as below

- *Raktapradar* is commonly seen in society as a dominant problem, occurring in female as *yonigarbhashaya vikar*.
- *Raktapradar* is caused by vitiated *pitta* and *vata* in association with *rakta* and line of treatment should be *rakta stambhak* along with *vatashaman*.
- *Raktapradar* can be correlated with menorrhagia of modern.
- *Raktastambhan* and *vedanaprashman* effect were observed after treatment.
- *Ashok valkal kshirpak* is good *raktastambhakyog* for *Raktapradar*.
- *Ashok valkal kshirpak* effectively reduces quantity of per vaginal bleeding due to *pittashaman*, *raktasangrahan*, *raktastambhan* properties.
- It can be used in *Atyartava*.
- It is also noted that trial drug *Ashok kshirpak* was palatable for patient.
- Trial drug *Ashok valkal kshirpak* act by specific *prabhav* i.e. *Raktastambhak* (Haemostatic activity) etc. which bring improvement in *Raktapradar* by its action on *vata* and influence on vascular structure of female reproductive system.

- Good response of trial drug in the management of *Raktapradar*, opens a new chapter for further research work with larger sample and long duration of follow up.

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