

A DRUG REVIEW ARTICLE ASSESSING BHOOMYAMLAKI CHURNA AND CHANDANA CHURNA IN ASRIGDARA W.S.R TO MENORRHAGIA AND METRORRHAGIA.

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ABSTRACT

Women significantly contribute to society, the economy, and culture in various spheres of life. She neglects her health since she is so preoccupied with doing her job. She ignores her health, which results in severe disease. Several disorders can impact women's reproductive health. *Ayurveda* gives a brief description of the many kinds of *Yonivyapada*. The majority of women these days struggle with stress, anxiety, and emotional behavior. In addition, many women work, making it difficult for them to maintain good cleanliness. As a result of these unsanitary surroundings, they are susceptible to a variety of *yonirogas*.

The illness known as *Asrigdara* is characterized by profuse bleeding per vaginum. If the menstrual cycle becomes aberrant because of the *pradirana* (Excessive Secretion) of *Raja*, then so does *Acharya Charaka*. We refer to it as *Pradara*. The *Ayurvedic* classics have listed numerous benefits under *Shaman Chikitsa*, wherein *Bhoomyamlaki* and *Chandana* are obtained. *Ayurveda*, an ancient Indian system of medicine, focuses on holistic healing, considering the mind, body, and spirit as interconnected entities. Western medicine primarily employs pharmaceutical interventions to treat specific symptoms or diseases. *Ayurveda* treatment relies on natural and personalized treatments based on an individual's unique constitution (*dosha*).

Keywords: Shaman, anti-estrogen, Bahir-Pushpa, Sandhana, DRESS syndrome

INTRODUCTION

Acharya Manu has stated that proper treatment and respect for women are essential for the happiness of human society. Motherhood is the most precious gift that the gods have bestowed upon the female. Puberty and menopause mark the beginning and finish of the preparatory process for parenting. Menstruation is a natural bodily characteristic unique to women. By a woman's biological cycle, *Artava*, or menstrual blood, is discharged from the uterus through the vagina from the time of menarche to the menopause. Two meanings are associated with *Artava*: *Antah Pushpa* and *Bahir Pushpa*. There is a relationship between *Bahir Pushpa* and *Antah*. The suitable work of *Antah Pushpa*, which is required for conception, is externalised in *Bahir Pushpa*. Menstrual blood, or *Bahir Pushpa*, is the subject of this investigation. In *Ayurveda*, *Raja* is described as menstrual blood. The amount of *Raja* is 4 *Anjali*¹. The estimated amount of blood lost is between 20 and 80 ml, with an average of 35 ml²—the illness known as *Asrigdara* is characterised by profuse bleeding per vaginum. *Asrigdara*, in *Acharya Dalhana's* opinion, is defined as excessive and prolonged menstrual bleeding, or even bleeding during the intermenstrual period, which deviates from the characteristics of typical monthly blood. Pathogenetic changes resulting from the vitiation of Rakta and Pitta Dosha with Apan Vayu Vaigunya can cause *Asrigdara*. *Asrigdara* could be co-related to Menorrhagia and Metrorrhagia in modern medicine.

It is defined as abnormal uterine bleeding due to dysfunction of the hypothalamic-pituitary-ovarian axis (endocrine origin).

The term *Kshetra* indicates the *Garbhashaya* (uterus). Conception of *Garbha* depends upon the healthy or

disease-free *Garbhashaya*³. When the *Garbhashaya* is impaired, the implantation power is lost. Similarly, twenty types of *yonivyapada* (diseases of the vagina) also interfere the conception.

Prevalence rate The World Health Organization reports that 18 million women aged 30-55 years perceive their menstrual bleeding to be excessive.

AIM: Evaluation of *Bhoomyamlaki Churna* and *Chandana Churna* in *Asrigdara*.

OBJECTIVES

To evaluate the efficacy of *Bhoomyamlaki Churna* in the management of *Asrigdara*.

To evaluate the efficacy of *Chandana Churna* in the management of *Asrigdara*.

Methodology –Relevant data is gathered using the easily accessible *Ayurvedic Samhita*, *Nighantu*, journals, web sources, etc.

Description of *Asrigdara* (*Pradara*) -

According to *Acharya Charaka*, if the menstrual cycle turns out to be abnormal due to *pradirana* (Excessive Secretion) of *Raja*. It is termed *Pradara*⁴. According to *Acharya Dalhana*, excessive and prolonged bleeding during menstruation or even in the intermenstrual period, different from the features of normal menstrual blood, is called *Asrigdara*⁵. According to *Acharya Vriddha Vagbhata*, excessive bleeding during menstruation or even in the intermenstrual period is described as *Asrigdara*⁶

Description of menorrhagia and Metrorrhagia -

Menorrhagia is defined as cyclic bleeding at regular intervals; the bleeding is either excessive in amount (> 80 mL), duration (> seven days), or both.⁷

Metrorrhagia is defined as irregular, acyclic bleeding from the uterus. The amount of bleeding is variable.⁸

DESCRIPTION OF DRUGS-

1. *Bhoomyamlaki*⁹ –

It is an annual herb ½ - 1 feet tall, quite glabrous, distributed throughout India. **Leaves:** These are similar to amla leaves but somewhat wider. **Flowers:** These are small and yellow. **Fruits:** Resemble gooseberry and are small and round. **Seeds:** These are transversely grooved. These are found in the rainy season. Flowers appear in autumn

and fruits later. It dries up around summer¹⁰. *Acharya Yogratnakar* has described *Bhoomyamlaki Churna* along with *Tandulodak* in the treatment of *Pradara*.

Name	Latin Name	Family	Useful Part
<i>Bhoomyamlaki</i>	<i>Phyllanthus Urinaria</i> Linn.	Euphorbiaceae	<i>Moola</i>

Pharmacological Properties of *Bhoomyamlaki*¹¹

S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Bhoomyamlaki</i>	Madhura, Tikta, Kasaya	Laghu, Ruksha	Sheeta	Madhura	Kapha-pitta shamak

Effects of *Bhoomyamlaki*¹²

S.No.	Dravya	Karma	Rogaghnta
1.	<i>Bhoomyamlaki</i>	Mutrala, Rocana ¹³ , Deepana, Pachana, Raktashodhaka, Yakrit-uttejaka, anulomana, Trishnanigrahan ¹⁴ , Varnaropana, Raktpittahara.	Amlapitta, Dahansaani, Kasa, Swasha, Hikka, Ksaya, Kustha ¹⁵ , Pandu, Prameha ¹⁶ , Trsa ¹⁷ , Ksata ¹⁸ , Mutraro ¹⁹ , Yonidosha, Varnashotha, Aruchi, Agnimandhaya, Kamala, charmaroga, Dorbalya, Visha, Jwara, Stri Roga ²⁰ .

2. *Chandana*²¹ –

A medium-sized evergreen tree, semi-parasitic, glabrous tree with slender drooping branches, raising to 12-18m in height. **Bark:** Dark grey or brownish black, rough with short vertical cracks. **Leaves:** Simple, opposite, elliptic-lanceolate, entire, glabrous. **Flowers:** Brownish purple, violet in terminal, and axillary paniculate cyme. **Fruit:** Globose drupes, purple black with ribbed endocarp. **Seeds:** Hard, globose, or obovoid. **Heartwood:** light yellowish brown when fresh, turning black to dark reddish brown on exposure. *Chandana* trees are found in the dry regions of India, especially in Karnataka, Tamil Nadu, and Kerala.²²

Acharya Charaka has mentioned the management of rakta srava in *Chikitsa Sthan's rakta Atisar chikitsa*. Where *Acharya* has described *Chandana Churna* with *Madhu* and *Tandulodak* in the management of *Rakta Strava*.

Name	Latin Name	Family	Useful Part
<i>Chandana</i>	<i>Santalum Album</i> Linn.	Santalaceae	<i>Kandasara</i>

Pharmacological Properties of *Chandana*²³

S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Chandana</i>	Madhura, Tikta	Laghu, Ruksha	Sheeta	Katu	Kapha-pitta shamaka

Effects of *Chandana*²⁴

S.No.	Dravya	Karma	Rogaghnta
1.	<i>Chandana</i>	Daugandhyahar, Dahaprashaman, varna ²⁵ , twakdosh har, Medhya, Trishnahar, Pittashamak, Hridya, Raktashodhak, Rakta-pitta shamak ²⁶ , Shlehma putihar, swedjanana, kushtaghana, jwaraghana, Angmardprashman, vishaghana ²⁷	Trishna ²⁸ , amlapitta, kamla, Rakta vikar, Raktipitta, Raktapradara, Shwetapradara, Mutrakrichha, Bastishotha, jwar, daha, Angamard, visha

Tandulodaka – *Acharya Sharngadhara* has explained Tandulodak as a derivative form of cold infusion, i.e Hima Kalpana / Sheeta Kalpana²⁹.

Name	Latin Name	Family	Useful Part
<i>Tandula (Rice)</i>	<i>Oryza sativa</i>	Poaceae	Rice water

Pharmacological Properties of Tandula³⁰

S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Tandula</i>	<i>Kashaya, Madhura</i>	<i>Snigdha, Bruhana</i>	<i>Sheeta</i>	<i>madhura</i>	<i>Tridosha³¹ shamak</i>

Madhu-

Name	Latin Name of Bee	Family	Useful Part
<i>Madhu (Honey)</i>	<i>Apis mellifera</i>	Apidae	Honey

Pharmacological Properties of Madhu³²

S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Madhu</i>	<i>Madhura, Kashaya</i>	<i>Laghu, Vishad, Rooksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kapha-pittaghana</i>

Samprapti Ghataka of Asrigdara (Pradara):

Dosha – *Vata (Apana)-Pitta- Pradhana,*

Dushya – *Rakta (Pradhana) and Artava,*

Agni – *Jathragni- mandya*

Adhishthana - *Garbhashaya, Artavavahi Strotasa*

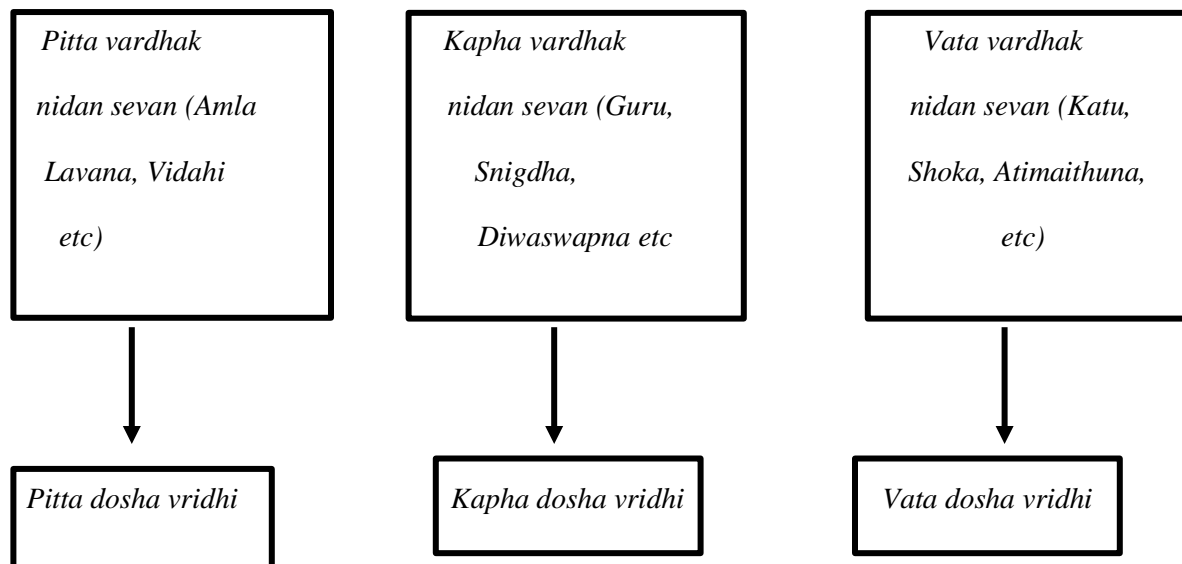
Strotasa - *Rakta Vahi, Artavavahi, Rasavahi*

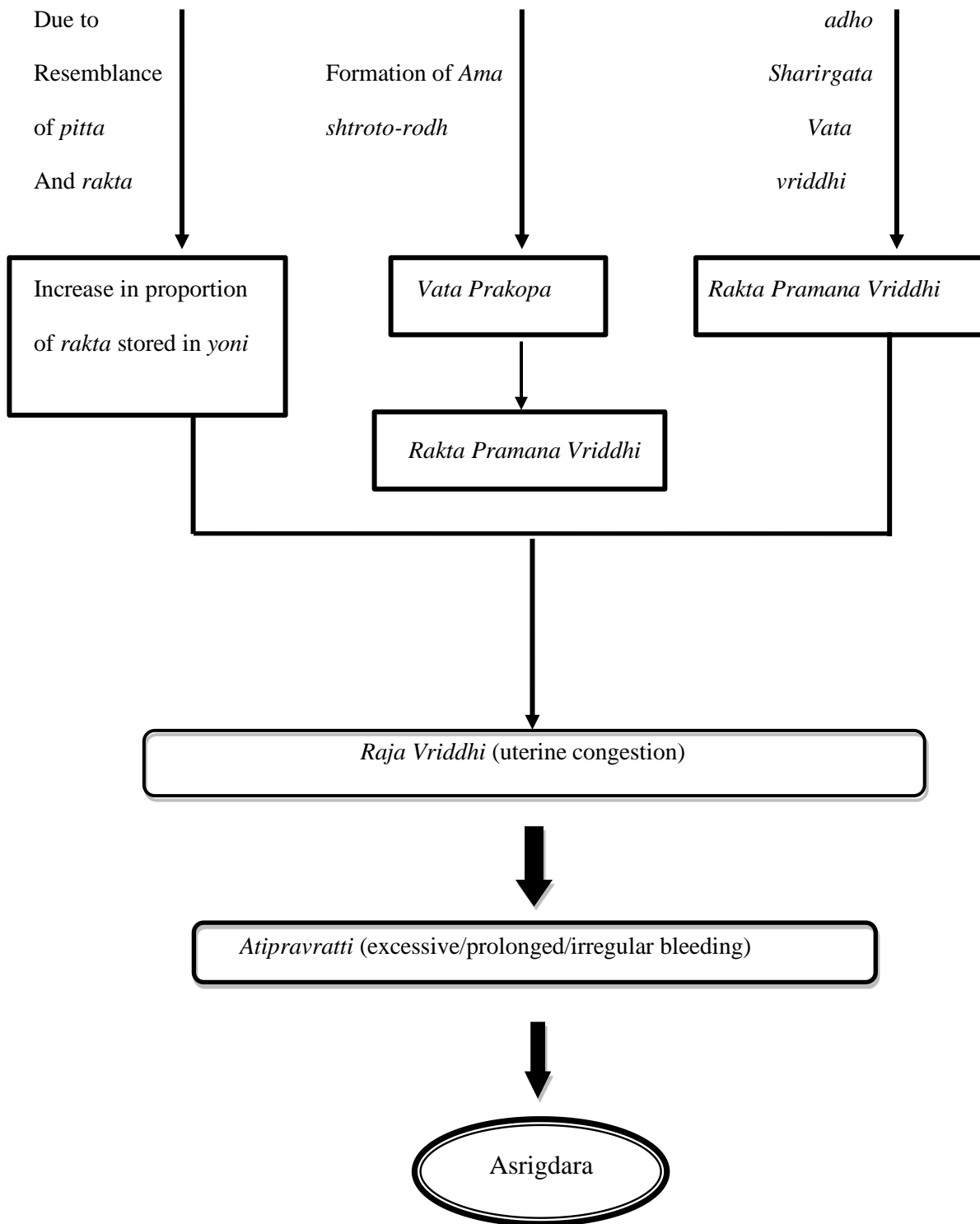
Sroto-Dusti Prakara - *Atipravritti*

Roga Marga – *Aabhyantara*

Samprapti Of Asrigdara

All three *Doshas* are involved in the etiopathogenesis of *Asrigdara* as follows.





RASAPANCHAK OF DRUGS

1. *Bhoomyamlaki* –

Rasa – Kashaya Rasa - Kleda Shoshana, Raktapitta Prashamana, and Lekhana are the outcomes of

Kashaya Rasa. The actions of *Kashaya Rasa* are *Samgrahi* and *Stambhaka*, resulting in *Raktasamgrahana* and *Raktastambhana*. *Kashaya Rasa* has the property of *Ropana* (to heal), i.e. *kashaya*

rasa heals the broken stumps to the vessel, which soothes the bleeding.

Madhura Rasa results in *Rakta Prasadana* and relieves complications of *Asrigdara*, i.e. *Trishna*, *Daha*, and *Murchha*. *Madhura rasa* also has *Vata-Pitta Prashamana*, *balya*, *prahaladana*, *jeevana*, *tarpana*, and *sandhanakara guna*, leading to improvement of physiological as well as psychological strength of the body and organs (uterus). **Tikta rasa** -*Agni Deepana* and *Pachana*, two qualities of *tikta rasa*, aid in the treatment of *Agni-mandhya*. *Pitta-shaleshma upshoshana guna*, present in *tikta rasa*, aids in reducing excess congestion in the uterus. **Guna:** *Bhoomyamlaki Churna* has *Laghu* and *Ruksha* guna. *Ruksha Guna* helps in *Rakta Stambhana* and *Shoshana* of increased *Rakta Dhatu* in *Asrigdara*. *Lekhana's* action helps scrape the endometrium, thereby reducing the endo-Beneficial health effects, e.g. antioxidant, anticarcinogenic, antimutagenic, and anti-estrogenic effects.³³ Antiestrogens are a class of medications that inhibit the biological effects of estrogens, such as estradiol, on the body. They are also referred to as estrogen antagonists or estrogen blockers. They function by reducing or lowering estrogen synthesis and blocking the estrogen receptor.³⁴ Flavonoids inhibit endometrial prostaglandin production and are thus effective in the control of heavy bleeding³⁵

2. Chandana –

Rasa-Tikta Rasa - *Agni-mandhya* can be treated with *tikta rasa*; *Tikta Rasa* has two qualities: *Agni Deepana* and *Pachana*. The *tikta rasa* has *pitta-shaleshma upshoshana guna*, which helps to lessen extra congestion in the uterus.

Madhura Rasa eliminates *Asrigdara*, including *Trishna*, *Daha*, and *Murchha*, and leads to *Rakta Prasadana*. In addition, *Vata-Pitta Prashamana*, *balya*, *prahaladana*, *Jeevan*, *tarpana*, and *sandhanakara guna* of *madhura rasa*, which enhances the body and its organ's (uterus) physiological and psychological vigor.

Virya: *Chandana Churna* has *Sheeta Veerya*. *Sheeta Veerya* results in *Pittashamana*, *Stambhana* and *Rakta Pitta Prasadana*.

metrial thickness. **Virya:** *Bhoomyamlaki Churna* is *Sheeta Virya*. *Sheeta Virya* does *Pittashamana*, *Rakta-sangrahana* / *Rakta-stamina*, and *Dahaprasamana*, which corrects burning sensations and excessive blood loss. **Vipaka:** *Bhoomyamlaki Churna* has *Madhura Vipaka*. It does *Vata-pitta Shamana* & formation of proper *Rasa dhatu* takes place. **Doshagnata:** *Bhoomyamlaki Churna* having *Kapha-Pitta shamaka* property.

Rationality of selection of drugs-

Bhoomyamlaki consists of umpteen phytochemicals-plant-based compounds that provide helpful medicinal properties. These comprise lignans, flavonoids, glycosides, alkaloids, ellagitans, and phenylpropanoids.

Lignans are considered important in preventing and treating cancer, among others.

Vipaka : *Chandana* has *katu Vipaka*. It Enhances *vata* subsides *Kapha*. It has the property of *Baddha vit-mantra-marula (Apana Vayu)*, i.e, it pacifies excessive blood loss.

Guna: *Chandana Churna* has *Laghu* and *Ruksha* guna. *Ruksha Guna* helps in *Rakta Stambhana* and *Shoshana* of increased *Rakta Dhatu* in *Asrigdara*.

Doshagnata: *Chandana Churna* having *Kapha-Pitta shamaka* property.

Rationality of selection of drugs-

The proximate composition and mineral content were determined. Total phenolics, flavonoids, alkaloids, tannins and antioxidant properties were evaluated from the methanolic and aqueous extracts. The heartwood contains Santalic acid, Santalal, α and β santalol, α and β santalene. Flavonoids inhibit endometrial prostaglandin production and are thus effective in the control of heavy bleeding. Phenolics also provide an update on the health-promoting benefits of their essential biological and pharmacological properties, especially anti-inflammatory, antioxidant, and antimutagenic and anticarcinogenic, anti-estrogenic activities³⁶.

3. Tandulodak-

Tandulodaka is *Kashaya rasa*, has the *Sandhana* and *Sangrahi* property, and *madhura rasa* is *Kshata-Sandhanakar*, *Pitta Shamak*, therefore helpful to in-

crease the haemostatic action (*Rakta-Stambhaka*) of Bhoomyاملaki and Chandana.

4. Madhu-

Kashaya rasa in *Madhu* shows the *Sangrahi* property, which helps to stop blood flow and helps Bhoomyاملaki and Chandana to alleviate the bleeding.

Samprapti Vighatan –

Dosha – Pitta Pradhana Vata Kapha- Here, the madhura rasa and madhura Vipaka of both the drugs pacify the vata & Pitta dosha and Sheeta virya pacify the Pitta dosha. *Katu Vipaka* is *Vata-Kapha Shamak*.

Dushaya – Rakta , Artava - Sheeta Virya does *Rakta-sangrahana / Rakta-stambhana* and *Dahaprasamana*.

Agni-Mandhaya - Agni-mandhya can be treated with *tikta rasa*; *Tikta Rasa* has two qualities: *Agni Deepana* and *Pachana*. *Katu Vipaka* helps in *Vata Shamana* and *Kapha Shamana*; hence, *Jataragni Mandya* and *Rasa Dhatu Agni Mandya* can be corrected, which allows the *Utpathi* of *Rasa Dhatu* in a healthy state.

Strotasa - Rakta Vahi, Artavavahi, Rasavahi - Laghu Guna clears all minute channels, *Ruksha Guna* remove *Sroto-Rodha*.

Sroto-Dusti Prakara - Atipravritti - Sheeta Virya does *Rakta-stambhana*, and *Katu Vipaka* of *Chandana Churna* does *Baddha vit-mutra-maruta*(*Apana Vayu*)that corrects excessive blood loss. *Madhura Vipaka* of *Bhoomyاملaki Churna* controls *Apana Vayu*, thereby inducing normal bleeding.

Recent Research works-

The effect of Bhumyamalaki Churna and Kusha Mula Churna in the management of Asrigdara w.s.r. to Menorrhagia³⁷ Maheshwari Danappagoudara, Savita S Patil, Sri Sri College of Ayurvedic Science and Research, Bengaluru, Karnataka, India.

A randomised open-labelled comparative clinical study, where 30 subjects were diagnosed with *Asrigdara*.

Bhumyamalaki Churna showed marked improvement in the amount of bleeding, whereas Kushamula Churna showed improvement in the Duration of bleeding. Bhumyamalaki Churna has a significant effect in reducing lower abdominal pain during menstruation. Both Bhumyamalaki Churna& Kushamula Churna have substantial effects in lowering low

backache during menstruation; reduction in clot size was significant within Bhumyamalaki Churna compared to Kushamula Churna. Bhumyamalaki Churna is having a significant impact within and between the group in haemoglobin levels.

Randomized open-label comparative clinical study on the efficacy of the combination of Chandana Churna and Shatapushpa Taila Nasya with Tranexamic Acid in Rakta Pradara (DUB)³⁸

Shilpa BS, Sridevi M, Shri Jagadguru Gavisiddeshwara Ayurvedic Medical College, Koppal, Karnataka, India.

50 Patients having clinical features of *Raktapradara* were selected for the study.

Group 1 - Oral: *Chandana Churna* 5gm bd from 5th day till bleeding stops.

Nasal: *Shatapushpa Taila* 2 drops in each nostril from the day of cessation of menses till the onset of the next cycle.

Group 2 - Tranexamic acid for five days.

Thus, it is concluded that *Shatapushpa* as media in the oil for *Nasya* and *Chandana Churna* as an oral medicine shows better results in controlling the amount and duration of bleeding and normalising ovarian dysfunction.

A randomised comparative clinical study of Bhumyamalaki churna and madhuka ghrita matra basti in the management of Asrigdara VIS-À-VIS ABNORMAL UTERINE BLEEDING³⁹ Sanju Rao, B. Pushpalatha, Sonu, Keshav Ayurvedic Medical College & Hospital, Aklera, Jhalawar, Rajasthan, India

A total of 36 clinically diagnosed and confirmed cases of *Asrigdara* were registered.

Group A: Bhumyamalaki Churna, 5gm twice daily before food and *Tandulodaka* (200 ml).

Group B: Madhuka Ghrita Matra Basti, 60 ml Just after food. Seven days each in 2 successive cycles from seven days before the due date of the menstrual cycle.

This study overall concluded that both drugs, Bhumyamalaki Churna and Madhuka Ghrita Matra Basti, are effective. Still, Madhuka Ghrita Matra Bas-

ti is comparatively better at curing the subjective and objective parameters of *Asrigdara*.

DISCUSSION

Asrigdara can result from pathogenetic alterations arising from the vitiation of Pitta Dosh and Rakta with Apan Vayu Vaigunya. Agni is compromised in *Asrigdara*, which results in the improper formation of Rasa dhatu, which hinders the formation of Artava, which is the updhatu of Rasa dhatu.

Medical management of heavy bleeding, i.e. *menorrhagia* and *metrorrhagia*, can be divided into two managements: Nonhormonal and Hormonal management.

Nonhormonal consist of Prostaglandin Synthetase inhibitors, i.e Mefenamic acid, and Antifibrinolytic agents, i.e Tranexamic acid. The most common side effects of mefenamic acid are constipation, Heartburn, Nausea, vomiting, Dizziness, Headache, and Itching⁴⁰. Mefenamic acid can cause allergic reactions, including a specific type of allergic reaction called DRESS. DRESS is known as Drug Reaction with Eosinophilia and Systemic Symptoms. It is also sometimes called multiorgan hypersensitivity. This is a reaction that can affect multiple parts of the body, including your liver, kidneys, and heart⁴¹.

Hormonal introduces potent orally active progestins, Danazol, mifepristone, GnRH agonists. A side effect of progestogens is nausea, leg cramps, mastalgia, Weight gain, acne, scanty periods, loss of libido, Virilism, Headaches, Depression, an increase in LDL and a decrease in HDL levels. Side effects of mifepristone: Minor side effects are nausea, vomiting, headache and cramps. Long-term use causes endometrial hyperplasia. Side effects of danazol: Diminished breast size, acne, oily skin, elevation of LDL, reduction of HDL, Decreased libido, Weight gain, atrophic vaginitis, Hirsutism, Hot flushes⁴².

So, according to its pathogenesis (Samprapti), Pit-tashamaka, Vatanulomana, Rakta-sthapaka, Rakta-samurai, and Agni-deepen Chikitsa is beneficial in *Asrigdara*.

Bhoomyamalaki Churna and *Chandana Churna* both have Kapha-Pitta shamaka property.

Madhura rasa and madhura Vipaka of both medications balance the vata dosha, while Sheeta virya balances the pitta dosha. Sheeta Virya also performs Dahaprasamana and Rakta-sangrahana/Rakta-stambhana, which corrects excessive blood loss. Ruksha Guna helps in Rakta Stambhana and Shoshana of increased Rakta Dhatu in *Asrigdara*. Lekhana action, which helps in the scraping of the endometrium, thereby reducing the endometrial thickness. These qualities give *Bhoomyamalaki Churna* and *Chandana Churna* the sufficient ability to treat *Asrigdara* pathology.

CONCLUSION

Asrigdara is the term for excessive and persistent bleeding during the menstrual or intermenstrual phase. Menstruation mainly depends upon the Vata, i.e., Apana Vata. Hypo-thalamo-pituitary-ovarian function has an essential role in the physiology of menstruation. The endometrium also undergoes a series of cyclical changes with the influence of hormones. Intake of excessive Lavana, Amla, Guru, Ushna, Vidahi, Vishtambi, Virudha Ahara and Aanoop mansa rasa (aquatic animals), Kshara, Krushara, Payasa (rice cooked with milk and sweetened) curd, Amla padartha (vinegar), Mastu (curd water), Ativyayam (exhausting activity), Bhaya, Krodha aadi Mansa dosha (emotional upset) etc. are the contributing factors for the incidence of *Asrigdara* to occur.

The primary line treatment of *Asrigdara* is Rakta Stambhana Pitta Kapha Shamana and correction of Vata Dusti. Vata Dosh is responsible for the entire hormonal imbalance or hypothalamic-pituitary-ovarian axis derangements in the body.

Follicle-stimulating and luteinising hormones are composed of proteins, while progesterone and estrogen are created from cholesterol. Shuddha Artava is formed from Aahara rasa/Rasa dhatu.

In my opinion, The *Bhoomyamalaki* and *Chandana* with their Ruksha, Laghu Gunas, Tikta, Kashaya Rasa and Sheeta Virya act on Sara, Drava, Ushna Guna of Pitta Dosh and as vasoconstrictors on the Garbhashayagat Sirah (uterine arteries) and the level of hormones decreases production of unopposed oes-

trogens from cholesterol. It lessens abnormal endometrial proliferation (endometrium hyperplasia), increases fibrin production over severed spiral artery stumps, minimizes uterine congestion, and strengthens capillaries.

Ayurvedic medicine is a better option to avoid the adverse effects of receiving treatment from Western medicine. It has enhanced medical treatment that has no negative impacts. By addressing hormonal imbalances, endometrial development, uterine congestion, and the entire monthly rhythm, the medication regulates the menstrual cycle.

These medicines need more experimentation and clinical trials for their beneficiary results.

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