

DRUG REVIEW OF KUSHAMoola CHURNA WITH TANDULODOK IN ASRUGDARA MANAGEMENTAarifa Shaikh¹, Umesh Lunawat²¹M.S. Striroga & Prasuti Tantra

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(Published Online: October 2021)

Open Access

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Article Received: 06/10//2021 - Peer Reviewed: 18/10/2021 - Accepted for Publication: 19/10/2021

**ABSTRACT**

In *Ayurveda*, menstruation has been described in 3 phases as *rajahkala* (menstrual period) *rutukala* (fertile period) and *rutuvyatitkal* (premenstrual period) & Do's and Don'ts regarding this has also been explained in detail. Due to so much physical and emotional stress women are suffering from so many menstrual problems, *Asrugdara* (menorrhagia) is one of them and in *Samhitas* its causes, Etiopathogenesis, treatment and complications are explained in detail. Menorrhagia is being treated with hormonal combination have so many side effects in acute as well as chronic therapy.

Kushamool churna with *tandulodak* (Rice water) as explained by *Bhaishajya Ratnawali* treats *Asrugdara* in 3 days. Due to its pharmacological properties, it breaks down the pathology of *Asrugdara* in the acute stage. So, we can formulate this combination for the acute condition of menorrhagia.

Keywords: *Rajahkala*, *Rutukala*, *Rutuvyatitkal*, *Asrugdara*, Menorrhagia, Etiopathogenesis.**INTRODUCTION**

Ayurveda, like every science, has its own philosophy and its own way of approach. Clinical research is the

most fruitful line of approach to evaluate the methods of diagnosis and treatment.

¹Acharya Charak said that the best Physician knows the science of drug administration according to 'Desha' i.e., patient's body and 'Kala' (time). He prescribes a drug only after examining each patient individually. A clinical study requires very keen observation of patients as well as the effect of a drug to prove any hypothesis in the field of research.

As in nature, the regularity of seasons denotes its normal way in the same manner, a regular menstrual cycle indicates the normal wellbeing of a woman. *Asrugdara* ²(menorrhagia) is one of the main menstrual disorders in women. Because of disturbance in intake of proper diet, rest, stress, multiple miscarriages and abortions, menstrual disorders have become common in women nowadays. Management of such disorders by hormones often causes undesirable side effects. Several medications with harmonious principles have been described in Ayurvedic classics.

The term 'drug' is derived from the French word 'Drogue' means a day herb/product that is used to modify or explore the pathological/physiological status for the benefit of the recipient.

³Since oldest literature i.e., *Veda* glorifies that drug were worshipped as God and *Samhitas* also explain that "Nothing in the world exists without any thera-

peutic utility". Taking this fact into consideration. Ayurvedic physicians have formulated single as well as compound drugs for the cure and prevention of various ailments.

DISCUSSION

⁴In *Asrugdara* so many preparations of *shodhan* (purification) and *shaman* (suppression) have been mentioned. All these medications in *shaman chikitsa* have certain common fundamental properties i.e., *pitta*, *vata shamak*, *kapha shodhak*, *Raktashodhak* (Purification of blood) *Stambhak* (Astriction), *Garbhashay balya* (Uterine tonic) & *vatanulomak* (Down forcing Vaat). In *Ayurveda*, a protocol for *Asrugadara* management is *Agnideepan* (Ignition of Agni), *Raktasangrahan* (Coagulation of blood) with *dosha pachan* (Desiccation).

⁵*Bhaishajya Ratnavali* being ancient literature about drugs and diseases mentioned that the drug *Kushamoolachurna* along with *tandoolodak* can cure *Asrugdara* in 3 days

Kushamoola (*Desmostachya Bipinnata*)

Tandool (*Oryza Sativa*) i.e., rice

In *Ayurveda*, drug action depends on *Rasa*, *guna*, *virya*, *vipak*.

Table 1: Pharmacological properties of the drug

	⁶ <i>Kushamool</i>	⁷ <i>Tandool</i>
<i>Rasa</i> (Taste)	<i>madhur, kashay</i>	<i>madhur, kashay</i> (Astringent)
<i>Virya</i> (Potency)	<i>Sheeta</i> (Cool)	<i>sheeta</i>
<i>Vipak</i> (After digestion taste)	<i>Madhur</i> (Sweet)	<i>Madhur</i>
<i>Guna</i> (Qualities)	<i>Snigdha, laghu</i>	<i>Laghu, snigdha</i> (Smooth)
Form	<i>Churna</i> (Powder)	Rice water (<i>Hima</i>)
Latin Name	<i>Desmostachya Bipinnata</i>	<i>Oryza Sativa</i>
<i>Doshaghnata</i> (Dosha regulation)	<i>Tridoshaghna</i>	<i>Tridoshaghna</i>

⁸*Tandoolodak* is rice water made by 1 part of rice and 6 parts of water-soaked overnight as explained by *Acharya Sharanghar* in *Himakalpana*.

<p>⁹ <i>Samprapti</i> (etiopathogenesis) of <i>Asrugdara</i> <i>Nidana sevan</i> (Intake of causative factor) ↓ <i>tridosha prakopa</i> (Aggravation) ↓ <i>Agnimandya</i> (Dyspepsia) ↓ <i>Vikrut ahar rasa</i> (Defective) ↓ <i>rasagni vaishamya</i> (Inequality) ↓ <i>vikrut rasadhātu</i> ↓ ↓ <i>Artava Updhatu</i> <i>Raktavridhhi</i> (Subtissue) (Increase) ↓ affect uterine vascular apparatus ↓ uterine congestion ↓ <i>Apan Vayu dushti</i> (Vitiation) ↓ <i>Asrugdara</i></p>	<p>Probable Action of <i>Kushamoola churna</i> with <i>tandulodak</i> ↓ <i>Pitta shaman & vatanuloman</i> ↓ <i>Kashay rasa- agnideepak</i> ↓ <i>Agnideepan</i> ↓ <i>Doshpachan</i> ↓ <i>Raktastambhan & raktasangrahan</i> by <i>sheet virya</i> ↓ Breaks actual pathogenesis ↓ bleeding stops by <i>rakta sangrahan & stambhan</i> ↓ <i>Daurbalya</i> (Weakness)& <i>Panduta</i> (Pallor) cured by <i>madhur</i> and <i>snigdha guna</i> ↓ breaks down the last phase of pathogenesis</p>
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III) Chemical Properties:

Table 2: Chemical Composition

<p>¹⁰ <i>Kushamool</i> Eseroline – anti cholinergic, analgesic Camphene- antioxidant Caryophyllene- anti-inflammatory Eudesmol-hepato protective</p>	<p>¹¹ <i>Tandool</i> Vitamin B, B₂, B₃, B₅, B₆ along with carbohydrates, sugar, fibres and protein.</p>
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CONCLUSION

So, it can be concluded that *Kushamoola churna* along with *tandoolodak* proves to be effective in *Asrugdara*. Ayurvedic classics have been mentioned this far ago so clinical trials should be carried out for efficacy evaluations of such formulations, for better treatment of diseases and to minimize surgical interventions.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: *Aarifa Shaikh & Umesh Lunawat: Drug Review Of Kushamoola Churna With Tandulodok In Asrug-Dara Management*. International Ayurvedic Medical Journal {online} 2021 {cited October 2021} Available from: http://www.iamj.in/posts/images/upload/2550_2553.pdf