

AYURVEDIC MANAGEMENT OF RAKTAPRADARA W.S.R. TO ENDOMETRIAL HYPERPLASIA – A CASE STUDY

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ABSTRACT

Background: *Ayurveda* got incarnated upon the planet Earth to achieve the good health, which is prime root to perform virtuous acts, to acquire gratification of desires and last but not the least Emancipation. Now adays women are suffering from several gyneacological problems due to their unhealthy diet and lifestyle but most of the time they ignore their problems, and one of them most of the common problem is *Raktapradara*; which is characterized by irregular and/or excessive bleeding per vagina, caused not only during menses but may be even during intermenstrual period.

Material & Method: A 47year old, married, female patient suffering from heavy vaginal bleeding which is previously diagnosed with Endometrial Hyperplasia in her USG findings, has given *Shaman Chikitsa* (*Pittashamak, Vatashamak and Raktastambhak*) and *Shodhan Chikitsa* (*nitya virechan*) for 3 months.

Conclusion: Treatment given to the patient proved very beneficial and quickly acting in the management of *Raktapradara*.

Keywords: *Ayurveda, Raktapradara, Endometrial Hyperplasia, Shaman Chikitsa*

INTRODUCTION

Normal menstrual bleeding is cyclic, 3-5 days duration and 4 *Anjali* in *Praman* (approx. 50-60 ml.) with its normal colour (like *Indragopa*) as described in Ayurvedic texts.¹ But when normal menstruation bleeding pattern is altered in reference of duration, amount, colour and cycle; the conditions are called *Artavadushti* and *Raktapradara* is one of them. In *Raktapradara* excessive and irregular bleeding occurs per vagina during menses or intermenstrual period.² *Raktapradara* is caused by excessive consumption of salty, sour, heavy, *Katu*, *Vidahi* and unctuous substances, meat of domestic, aquatic and fatty animals, *Krasara*, *Payasa*, curd, *Sukta*, *Mastu* and wine.³ Endometrial Hyperplasia is a condition in which the endometrium becomes abnormally thick. Although endometrial hyperplasia is not cancer, it can lead to uterine cancer in some women. It is characterized by heavier or longer lasting menstrual bleeding than usual. It is usually caused by an excess of estrogen without progesterone. The progesterone is not made, and the lining of uterus does not shed of and ovulation does not occur. This means that the endometrium may continue to grow in response to the production of estrogen. The cells of the endometrium may abnormally crowd (hyperplasia) which may lead to the cancer of uterus.^{4,5,6}

Case Presentation

A female patient aged 47 year, married, housewife, multigravida (G2, P2, A0, L2, D0) was examined in the

center. In her previous USG report dated 22/1/2018 she was diagnosed with endometrial hyperplasia. Patient was complaining of continuous heavy bleeding (4-6 pads/day) and bleeding stopped only after intake of allopathic medication and restarts on stopping the medication and doctor had advised her to undergo hysterectomy surgery. Other associated complaints of patient were hyperacidity, chronic constipation, low back pain and lethargy. On examination patient was found anemic and with abdominal distension. There was no any abnormal findings seen in the physical examination and in per vaginal examination uterus is bulky, no tenderness in fornices and fresh bleeding found.

Treatment

The treatment was carried out with the following medicines (table 1) for 3 months. During this period patient was advised to take *Santarpan* (milk) and *Raktavardhak Ahara* (seasonal fruits and green leafy vegetables) and was asked to prepare her meal in Iron utensils and to avoid, *Vidahi*, *Snigdha*, *Lavan*, *Amla* and *Katu Ahara* and avoid physical and mental exertion. After 3 months of treatment she was relieved from excessive bleeding and her periods reached normalcy, without any allopathic medication. Then patient was asked to undergo sonography. That sonography report dated on 15/5/2018 revealed no Endometrial Hyperplasia.

Table 1: Drugs prescribed to the patient

Sr. No.	Name of the drugs	Quantity	Dosage
1.	<i>Pushyanug Churna</i> <i>Bhuiamla Churna</i> <i>Godanti Bhasma</i> <i>Mandur Bhasma</i> <i>Sphatika Bhasma</i>	3gm 2gm 500mg 125mg 125mg	Twice a day with honey and <i>Tandulodak</i>
2.	<i>Dashmool Qwath</i>	20ml	Twice a day with <i>jala</i>
3.	<i>Patrangasava</i>	20ml	Twice a day with <i>Sambhaga jala</i>
4.	<i>Chandraprabha Vati</i>	500mg	Twice a day
5.	<i>Shatavarex</i>	5gm	Twice a day with milk
6.	<i>Erand Bhrisat Haritaki</i>	2gm	At bedtime with lukewarm water

Observation & Result: The patient had followed the *Ahara & Aushadhi* instructions strictly. The sonography was made after 3 months. The findings of sonography report before and after treatment are as shown in Table 2.

Table 2: Results of Sonography (Pelvis)

Particulars	Before treatment (22/1/2018)	After treatment (15/5/2018)
Uterus	Bulky, retroflexed and heterogenous myometrium	Normal, anteverted, homogenous walls
Endometrium	Endometrium thickness is 18mm	Endometrium thickness is 5mm
Left Ovary	Normal in size	Normal in size
Right Ovary	Normal in size	Normal in size
Cul de sac	Clear	Clear

DISCUSSION

Endometrial Hyperplasia caused excessive vaginal bleeding which affects women's routine lifestyle. Medication which was given to the patient i.e. *Pushyanug Churna* cures *Raktapradara*, *Yonidosha*, *Shwet*, *Neel*, *Peet*, *Krishna* and *Arun Pradara*. *Bhuiamla* also a well-known drug mentioned in *Pradar Roga*.⁷ *Godanti bhasma* is carrying *Sheet Guna* and also a calcium supplement⁸ and quick relief in *Rakta Pradara* when it gives along with *Patrangasava*.⁹ *Sphatika bhasma* acts as *Raktasravarodhaka* and *Madhur*, *Kashaya* with slight *Amla* in *Rasa*. *Mandur bhasma* is *Sheet* in *Guna* and *Veerya*, *Vrishya* and *Param Raktavriddhikara* (best haemetinic) in *karma*.¹⁰ *Dashmool Qwath* acts as *Vatashamaka* and in *Charak Samhita* it is mentioned that in any type of *Yoniroga*, *Vatadosha* is always dominant.¹¹ *Chandraprabha Vati* acts on *Pandu*, *Katishula*, *Striroga*, *Artava Ruja*, *Daurbalya* and diseases of *Artava* in females.¹² *Patrangasava* cures *Raktapradara*, *Pandu*, *Dustartava* and *Daurbalya*. Most of the ingredient of *Patrangasava* are having *Sheet* and *Kashaya* in *Rasa*.¹³ *Shatavarex* is a patent medicine in which *Shatavari* is main ingredient. It is *madhur* and *tikta* in *rasa* and *sheet* in *Veerya* and cures *Vata*, *Pitta* and *Rakta Dosh*a and also cures various reproductive and hormonal issues in women.¹⁴ *Erand Bhrista Haritaki* was given as a mild purgative to relieves her constipation. It is also mentioned in *Kashyap Samhita*, purgation relieves *Asrigdosha*.

CONCLUSION

There are several formulations, lifestyle, diet is mentioned in various ayurvedic texts for the efficacious treatment of *Raktapradara*. This study is said to be an excellent example in the proper and effective management of Endometrial Hyperplasia/*Raktapradara*.

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