

## REVIEW ARTICLE ON RAKTAPRADARA (DYSFUNCTIONAL UTERINE BLEEDING)

Anshul shakya<sup>1</sup>, Kanchan Gupta<sup>2</sup>, Reshma Devi<sup>3</sup><sup>1</sup>PG Scholar, <sup>2</sup>Prof. and H.O.D., <sup>3</sup>Lecturer

P.G. Department of Prasuti Tantra &amp; Stri Roga, State Ayurvedic College, Lucknow, Uttar Pradesh, India

Corresponding Author: [anshulshakya936@gmail.com](mailto:anshulshakya936@gmail.com)<https://doi.org/10.46607/iamj07p7052023>

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## ABSTRACT

*Raktapradara* is one of the most common gynecological disorders. According to Charaka, due to *Pradirana* (excessive excretion) of *Raja* (menstrual blood), it is named *Pradara*, or there is excessive excretion or *Asruk* (menstrual blood); hence it is known as *Raktapradara*. According to modern, it can be correlated with DUB (Dysfunctional Uterine Bleeding). In modern medicine, Haemostatic, analgesic, & hormonal therapies are advised for D.U.B., which has limitations, but in our *Ayurvedic* text, many drugs are advised for the management of *Raktapradara*. These are *Raktashodaka* (blood purifier), *Stambhak* (Haemostatic), and *Balya* (reduces weakness). D.U.B. can be cured with an *Ayurvedic* regimen & can avoid hysterectomy or other surgical interventions.

**Key words:** *Raktapradara*, *Asrigadara*, Dysfunctional Uterine Bleeding (DUB)

## INTRODUCTION

The standard of social living is changing day by day. Due to a speedy and stressful lifestyle, no one follows *Dincharya* perfectly. Due to alterations in food habits & changing lifestyles, complaints of excessive & irregular uterine bleeding are increasing. Normally in a healthy girl, menarche occurs 11-15 yrs. with a time interval of 21-35 days with a mean of 28 days, bleeding for 4-5 days, and

normal blood loss of 20-80 ml, average being 35 ml. The normal and regular menstrual cycle is regulated by the proper functioning of the Hypothalamo-pituitary-ovarian axis & its imbalance causes menstrual disorders<sup>1</sup>. Womanhood is blessed with rhythm and cycle from God. It is difficult to accept any changes in this harmony. Having a regular menstrual cycle is a sign that important parts of our

body are working normally. This menstrual cycle provides important body chemicals called hormones to keep you healthy. It denotes the healthy state of the female reproductive system. *Pradirana* (excessive excretion) of *raja* (menstrual blood) is named *Pradara*<sup>2</sup>. It can correlate with DUB (Dysfunctional Uterine Bleeding). It is defined as a state of abnormal uterine bleeding without any clinically detectable organic, systemic & iatrogenic cause. The bleeding may be abnormal in frequency, amount, & duration, or a combination of any three<sup>3</sup>. Various treatment modalities prescribed in modern medicine, like hormonal treatment, antifibrinolytic agents, dilatation and curettage, etc., have not proved their definite efficacy in spite of high price & side effects. However, medical therapy is generally used first when long-term use of hormones like progesterin may increase the risk of breast cancer. Dilatation and curettage can also stop the acute episode of excessive uterine bleeding but not the subsequent episode. If oral therapy fails, then surgical intervention is the only option. To overcome this problem, herbal drugs can be used. In *Ayurveda* management of *raktapradara* with herbomineral & herbal formulations are mentioned. So, it is a great scope of research to find out safe, potent, cost-effective remedies from *Ayurveda* by addressing the root of the problem, thereby improving the quality of life of women.

**AIM-** The aim of this review is to evaluate and discuss *Raktapradara*, its etiology, and pathogenesis.

**OBJECTIVE-** To elaborate on the Ayurvedic management of *Raktapradara*.

**MATERIAL AND METHOD:** A review of literature from *Brihatrayee* and other Ayurvedic

literature related to *Raktapradara* and from e-sources was compiled.

#### **CONCEPTUAL STUDY:**

Definition of *raktapradara* according to *Ayurveda*: Due to *Pradirana* (excessive excretion) of *raja* (menstrual blood), it is named *pradara*, and since there is *dhirana* (excessive excretion) of *asruk* (menstrual blood), hence it is known as *Asrigdara*.

#### **RAKTAPRADARA NIDANA**<sup>4,5,6,7</sup>

##### **AHARAJA NIDAN-**

1. Excessive use of *lavana* (salty)
2. Excessive use of acidic materials (*amla*)
3. Excessive use of *Guru* (heavy)
4. Excessive use of *Katu*
5. The substances which cause burning (hot)
6. Meat of wild animals and meat of aquatic animals
7. *Krusara*
8. *Payasa*
9. Curd
10. *Sukta*
11. *Mastu*
12. *Sura*

##### **VIHARAJA NIDAN**

1. Excessive travelling (*Atiyana*)
2. excessive walking (*Atimarga gamana*)
3. Excessive weightlifting
4. Sleeping in daytime

##### **LOCAL FACTORS**

1. *Garbhasrava* (Abortion)
2. *Atimathun* (Excessive coitus)

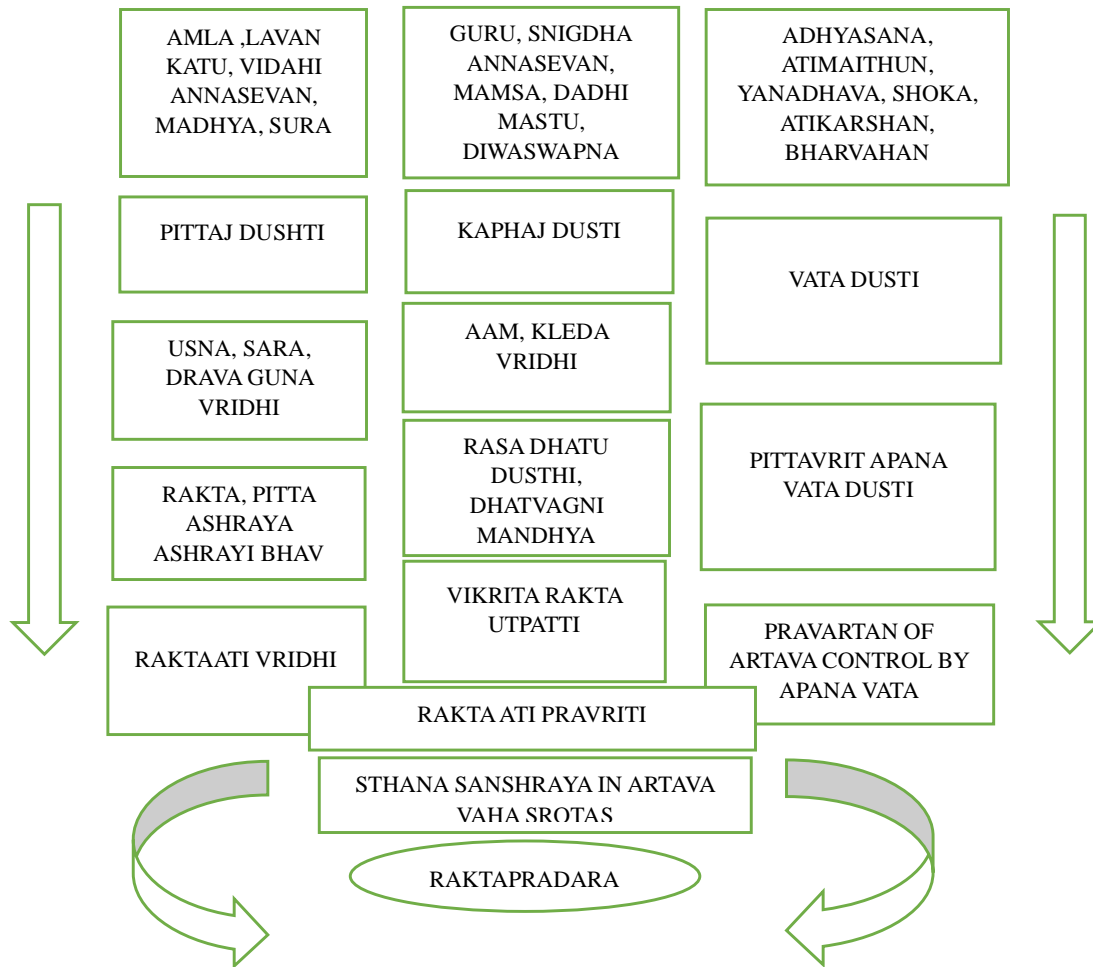
##### **PSYCHOLOGICAL FACTORS**

1. *Shoka* (sorrow)

##### **GENERAL FACTORS**

1. Digestive disorders (*Ajirna*)
2. Injuries (*Abhighata*)

## SAMPRAPTI OF RAKTAPRADARA<sup>8</sup> –



### BHEDAS<sup>9,10,11,12</sup>–

A/C Acharya charaka- 4 types

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja

Acharya Charaka describes one another bheda of Asrigdara, i.e, Dvandaja Asirgdara.

A/C to Madhav, Bhavprakash, Yogratanakar – 4 types

1. Kaphaja
2. Pittaja
3. Vayu
4. Sannipataja

### SAMANYA LAKSHANA<sup>13,14</sup>–

- **Acharya Charaka** has described the only symptom, i.e presence of excessive bleeding during menstruation.
- **Acharya Sushruta** has described menstruation coming in excessive amounts, for prolonged periods, or even with or without normal periods of menstruation (during menstruation in excessive amounts and for prolonged periods, but in intermenstrual periods even scanty or for short duration) and different from the features of normal menstrual blood. All type of Raktapradara is associated with bodyache and pain.

### VISHISTA LAKSHANA<sup>15</sup>–

1. **Vataja** – Menstrual blood is Fenil, tanu, ruksha, shyava, aruna, Kinsukodaka sankasa, ruja athava niruja. Severe pain in kati, vankchan, Hrita, parshava, pristha, shroni.

2. **Pittaja-** Menstrual blood is *Neela, peeta, Ushna, and Asita* comes in profuse amounts, repeatedly with pain. It is associated with *Daha, raga, Trishna, moha, jwara, bhrama.*
3. **Kaphaja-** Menstrual blood is *Pichchila, Pandu varna, guru, Snigdha, Sheetala,* mixed with mucus and thick and is discharged with mild pain and other symptoms i.e., *chhardi, aruchi, Hrillas, swasa, kasa, etc.*
4. **Sannipataja-** Menstrual blood is *Durgandhayukta, Pichchila, peeta varna, Sarpimajjava sopamam.*

#### UPADRAVA OF RAKTAPRADARA<sup>16</sup>

*Daurbalya* (generalized weakness), *Bhrama* (dizziness), *Murchha* (unconsciousness), *Tama* (blurring of vision), *Daha* (generalized burning sensation), *Pralapa* (delirium), *Panduta* (anaemia), *Tandra* (drowsiness), *Akshepak vata roga,* etc.

#### CHIKITSA SIDDHANTA:

*Raktasthapak* (Haemostatic) *dravyas* should be used after assessing the involvement of doshas based on the colour and smell of menstrual blood<sup>17</sup>.

- The treatment prescribed for *vatala yonivyapada* should also be used<sup>18</sup>.
- The treatment described for *Rakta-atisara, raktapitta, Raktaarsha, guhya roga,* and *garbha-srava*<sup>19</sup> is beneficial.
- If a woman suffering from *Rakta pradara* is young, takes a congenial diet, and has less complications can be treated on the lines of *Adhoga raktapitta*<sup>20</sup>.
- The use of *basti* is beneficial<sup>21</sup>.
- Purgation cures menstrual disorders<sup>22</sup>.

#### BAHYA-PRAYOGARTH AUSADHI:

- Roots of *vyaghra-nakhi* grown in the sacred place, uprooted during *Uttara phalguni nakshatra,* should be tied in the waist of women suffering from *raktapradara*<sup>23</sup>.
- Use of *Satpushpa Taila* in the form of *Nasya* and *Abhyanga*<sup>24</sup>

#### VASTI-PRAYOGA:

- **Rasnadi asthapana vasti-** *Rasna, Aragvadha, katuka, ushira, trayamanas, amrita, rakta, panchamula, vibhitaka and bala*<sup>25</sup>.

- **Mustadi yapana vasti-** *Musta, patha, amrita, eranda, bala, rasna, punarnava, manjishta, aragvadha, usher, rohini, laghu panchamula etc*<sup>26</sup>.
- **Chandanadi or raasnadi niruha vasti-** *Chandana, padmaka, riddhi, rasna, vrisha, sariva, lodhra, manjishta, bala, sthira, and trinapanchamula in pittajanita vyadhi*<sup>27</sup>.
- **Kushaadi Asthana vasti-** *Kushadi panchamoola, triphala, Utpala, vaasaka, sariva, usheera, manjishta, raasna, renu etc. in raktapradara & pittajanita vyadhis*<sup>28</sup>.
- **Madhukadi anuvasana vasti**<sup>29</sup>
- **Rodhradi asthapana vasti**<sup>30</sup>

#### KWATHAS:

- **Darvyadi kvatha-** *Darvi, rasanjana, musta, bhallataka, shriphala, kiratatikta*<sup>31</sup>.
- **Dhataki-pugi kvatha**<sup>32</sup>
- **Eladi kvatha-** Decoction of *ela, samanga, salmali, haritiki, and magadhika,* mixed with sugar and *madhu.*
- **Nyagrodhadi kvatha** (*Sha.sa.ma.2/113-116*)

#### KALKA AND CHURNA:

- *Tanduliyaka mula kalka + madhu + rasanjana* with *tandulodaka*<sup>33</sup>
- *Rasanjana and Laksha* with *mesha dughdha.*
- *Madhuka and sharkara* with *tandulodaka kalka.*
- *Atibala mula churna* with *sharkara and madhu.*
- *Bharangi and nagara churna + tandulodaka.*
- *Bhumyamalaka mula* with *tandulodaka*<sup>34</sup>.
- *Ashoka valkala + rasanjana* with *tandulodaka*<sup>35</sup>.
- *Pushyanuga churna + madhu + tandulodaka*<sup>36</sup>

#### KSHEERA PRAYOGA:

- **Ashoka ksheera paka** (*Bha.chi.68/14*)- Properly prepared and cooled milk with the decoction of *Ashoka valkala.*

#### MODAKA:

- *Alabu phala or Malaya phala churna + sarkara + madhu* (*Bha.chi.68/17*)

#### AVALEHA:

- *Khandakushmanda avaleha* (*Bha. Chi. 9/49*)
- *Brihatkushmandavaleha* (*Bha. Chi. 9/58*)
- *Jeerakavaleha* (*Yogaratanakar pradara chi.*)
- *Khandaamalaka* (*Bha. Chi. 9/72*)

### GHRITAS:

- Brihat shatavari ghrita (Cha. Chi. 30/64)
- Phala ghrita (Bha. Chi. 70/54)
- Mudgaadya ghrita (Yogaratanakar raktapitta chi.)
- Shalmali ghrita (Yogaratanakar Pradara roga chi)
- Shatavari ghrita (Ka.sa.ka.5/23)
- Mahatikta ghrita (Sha. Sha. Ma 9/133)

### TAILAS:

- Shatavari taila (Sha. Sha. Ma 9/133)
- Satapushpa taila (Ka.sa.ka.5/23)

### RASAS:

- **Pradara ripu rasa** (Yogaratanakar Pradara roga chi.)- Parada, gandhaka, naaga, rasanjsna, lodhra should be triturated with vasa svarasa and vati should be prepared and given with madhu.
- **Bola parpati** (Yogaratanakar Pradara roga chi.)- Kajjali prepared with parada and gandhaka mixed with bola parpati should be prepared.

### VATI:

- **Gokshuradi guggul** (sha.sa.ma.kha.7)
- **Chandraprabha vati** (yogaratanakar Prameha chikitsa)

## DISCUSSION

*Shuddha Artava* is one of the most important factors for healthy progeny. *Raktapradara* means excessive bleeding from the uterus during menses or intermenstrual. It can be correlated with Dysfunctional Uterine Bleeding (DUB). Different types of *Samprapti*, *Dosanubandha*, and *Anubandhita Lakshana* are seen in every patient of *Raktapradara*. So, the treatment should be dependent on the basis of *Doshanubandha* and *Samprapti Vighatana*. Certain herbal or poly herbal Ayurvedic drugs are used to reduce *Raktapradara* and its complications. *Raktapradara* treated with *Raktasthambhak*, *Raktasthapaka*, *Dipan*, *Pachan*, *Bruhaniya*, and *Balya Chikitsa* by using *Madhura*, *Tikta*, *Kasaya rasa Pradhan dravyas* in a different type of *Samprapti* of *Raktapradara*. *Vata Pradhan Raktapradara* is treated with *Madhura*, *amla*, *lavana*, *snigdha*, *guru*, *ushna anulomana ausadhi*, i.e., *Basti Chikitsa*. *Raktapradara* is due to the predominance of pitta dosha leads to *Rakta dushti*, so here, *Pitta*

*shamak*, i.e., drug or formulation with *Kashaya*, *Madhura*, *snigdha*, *shita*, should be used like *Virechan chikitsa* drug in *Ghrita* formulation. When there is *Kapha* predominance, *Aama pachan* is recommended where *katu*, *kasaya laghu guna*, and *stambhan kari* formulation with *Vaman chikitsa* are done. *Triphala*, *lodhra*, *nimba* shows good result on *kapha* predominance in *pitta* predominant *Raktapradara* where *pitta* and *rakta* have *ashray ashrayi bhava*, *virechan chikitsa* gives good outcomes.

## CONCLUSION

*Raktapradara* is a common *Artavavikara*, characterized by excessive uterine bleeding with complications. Modern treatment with analgesics and hormonal therapy has limitations and side effects, which also leads to the recurrence of the disease. *Ayurveda* has a number of herbal and polyherbal compound drugs useful to manage *Raktapradara* and related symptoms and complications.

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