A CASE STUDY OF RAKTAPRADAR

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ABSTRACT

Raktapradara 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 period. 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 disturbances 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 Raktapradara 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 Raktapradara.

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 Raktapradar. 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 fatty domestic and aquatic animals, curd, supta, 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 Raktapradar.

In pathogenesis of Raktapradar, pitta and-vattadoshas, rasa and rakta dhatu and agnimandya are main responsible factors. Ashoka drug is katu, tikta, kshayarasaatmak, 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 Raktapradar.
2. To carry out a comprehensive literary study of Raktapradar.

REVIEW OF LITERATURE
Definition Raktapradar 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 Raktapradar. According to Sushruta the Raktapradar means heavy vaginal bleeding during or before or after menstrual period.

Definition of Raktapradar 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 etiology 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, Ksara, (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 Raktapradar. 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 Raktapradar.
Table No 1.1: Causative factors

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

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.

Vagbhata says that excessive bleeding during menstrual or inter menstrual period is known as Raktapradar, Pradara or Raktayoni. Madhava nidana , Bhavprakasa and Yogratinakar 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 menstrual 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 dysmenorrhea, 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 herbal 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 antidepressant 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 Raktapradar 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 approache 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 (virudha 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 next cycle and follow up done for next 3 cycles.

**DISCUSSION**

At this study of Raktapradar it has been found that various authors have been described the Raktapradar in detail. After studying different samhitas the main chikista for Raktapradar is raktastambhan as sakshat raktabhata 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 hysterectomy 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 yoni-garbhashaya 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.
- **Raktastamhan** and vedanaprasman 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, raktasangraham, 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. Rakstastambhak (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.

**REFERENCES**

5. Prof Premavati Tiwari, Ayurvediya prasuti tantra evam stree roga (Part 2), Chaukhamba orientalia, Varanasi.

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**Conflict Of Interest:** None Declared