

CONCEPT OF ASRGDAR**Prashant Pandurang Ingale¹, Pramod Pandurang Ingale²**¹Assistant Professor Prasutitantra and streerog, S.G.R.Ayurved Mahavidyalaya, Solapur, Maharashtra, India²Assistant Professor BALROG, S.G.R.Ayurved Mahavidyalaya, Solapur, Maharashtra, India**ABSTRACT**

Asrgdar is a Sanskrit word which literally means bleeding from vagina during menses or intermenstrual. The concept of *Asrgdar* is the most important and fundamental principle in understanding the physio-pathology of the diseases. In *Ayurvedic* classics *Asrgdar* which affect the women physically and mentally. Excessive flow of menstrual blood is known as *Asrgdara* or *Pradara* (Menorrhagia). *Dirana* + *Asrk* = *Asrgdara*. *Dirana* means excessive excretion and *Asrk* means menstrual blood hence, it is known as *Asrgdara*. *Pradirana* on the other hand means excessive excretion of *Raja* (menstrual blood) hence, it is called as *Pradara*.

Dysfunctional uterine bleeding (DUB) is irregular uterine bleeding that occurs in the absence of recognizable pelvic pathology, general medical disease, or pregnancy. It reflects a disruption in the normal cyclic pattern of ovulatory hormonal stimulation to the endometrial lining. The bleeding is unpredictable in many ways. It may be excessively heavy or light and may be prolonged, frequent, or random.

To evaluate all above proles according to *ayurveda* this study started

Keywords:- *Asrgdar*, DUB, *pradar*, menstrual blood, etc

INTRODUCTION

Due to *pradira*n (excessive excretion) of *raja* (menstrual blood), it is named as *pradar* and since, there is *dirana* (excessive excretion) of *asrk* (menstrual blood) hence it is known as *asrgdara*.¹

As per above definition and description according to other *acharyas* *Asrgdar* is correlate with Menorrhagia. According to Charak and Chakrapani *rakta* gets mixed with *raja*, which affect to increase the quantity of *raja*.²

According to *Dhalanacharya*, excessive and/or pronged blood loss during menstrual period is known as *asrgdar*.

Aim of study

- 1) To know *Asrgdar* as per Ayurvedic text in detail.
- 2) To correlate with modern science.
- 3) To know the line of treatment according to *ayurveda* and modern science.
- 4) To decrease the hazards of hormonal therapy.

Causative Factors:-

According to *charak* the woman who consumes the excessive salty, sour, heavy, *katu*, *vidahi*, and unctuous, meat of domestic, aquatic and fatty animals, *krsara*, *pa-yasa* curd, *sukta*, *mastu*, wine, etc her *vata* gets aggravated and withholding vitiated *rakta* which increases the amount of *raja* carries by *rajovahidhamanya* of uterus.

This increased raja follows in excessive amount and called as *asrgdar*.³

According to *Madhav Nidan*, *Bhavprakash* and *Yogratnakar asrgdar* can cause due to 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.⁴

Charaka has mentioned that, abnormalities of ahara is the cause of *Asrgdar*, which can produce emaciation or obesity (sthaulya), it can damage the liver and pelvic congestion also. These factors lead to produce characters of Meno-merorrhagia. Other Acharyas, mentioned that, it can correlated with poymerorrhagia. This is types of Dysfunctional Uterine Bleeding.

Harita mentioned that, the *Asrgdar* occurs in infertile women due to *stanya* formation.

According to modern science when the level of prolactin increase the may be

breast section occurs which leads to irregular menstrual cycle and when menses occurs there may be excessive bleeding.

Types:-

According to *charak* there are four types⁵

- 1) *Vataj*
- 2) *Pittaj*
- 3) *Kaphaj*
- 4) *Doundavaj*

Sushruta mention in *Shonit chikista adhaya asrugdar* is treating according to *Raktapitta*.

According to *astangsangraha asrugdar* mention in *yonirog adhya .astang kar metion* five types that is *vataj,pittaj, kaphaj, doundvaj and asrgdar*.⁶

According to *astang raktajyonivyapad* and *asrgdar* are same. He is advice to due imporatane to the colour of blood while describing the treatment. The colour indicates predominance of the doshas.

General features

Charak	bleeding							
Sushrut	bleeding	prolonged	excessive	intermenstrual	backache	Pain in flanks	Pain in kidney region	
Astang	bleeding			intermenstrual				
Yo. rat	bleeding				backache	Pain in flanks	Pain in kidney region	
Bh.pra.	bleeding				backache	Pain in flanks	Pain in kidney region	
madhav	bleeding				backache	Pain in flanks	Pain in kidney region	

Sushruta mention all types of *asrgdar* under general clinical features has not given any classification but the dominance of dosha observe by colour of discharge.

Vagbhat also not actualy classified it specifically and gives importance to colour of discharge.

As per all above *asrgdar* is a similar entity for *raktayoni* or *asraja yonivyapad*.these

may unequivocal words. These are the gynaecological disorders which are characterised by blood discharge from vagina. Excessive and or irregular bleeding per vagina is a symptom of either pathology of anatomic components of reproductive system. That is inflammation; tumours, myohyperplasia, pelvic congestion, endometriosis, etc are occurring due to estrogens progesterone imbalance. It may occur due to psychosis of women.

Symptoms of dysfunctional uterine bleeding:

- Intermenstrual PV spotting or bleeding.
- Very short or prolonged periods.
- Heavier bleeding (such as passing large clots, needing to change protection during the night, soaking through a sanitary pad or tampon every hour for 2 - 3 hours in a row)
- Bleeding more than normal or excessive.

Hormonal changes can cause DUB which has following symptoms

Hirsutism, feeling of hot all over body.

Change in the mood. Dryness in vagina. A woman may feel tired or have fatigue if she loses too much blood over time.

This is a symptom of anemia.

Specific etiology and clinical features:-

Charak has mentioned the specific etiology along with clinical feature with its types. *Sushrut* and *Vagbhat* also describe it in *Shonivarnaniya and siraved adhaya*.

Vataj Asrgdar:- when a woman consumes vat aggravated diet or *vihar* etc...The aggravated *vat* withholds the blood products to form *vataj Asrgdar*.

The following sign and symptoms are seen asmenstrual blood is frothy, thin, rough, blackish, and reddish, like *palash pushpa dhavan*, with or without pain, may pain at cardiac region, flanks, back and pelvis⁷

Sushrut and *Vagbhat* mentions frothy, reddish, blackish colour, rough, thin, limped, quicky, smelle is like iron and cold.⁸

Vataj Asrgdar is characterised with severe pain and pain due to hyperplasia of pelvic congestion syndrome.

Pittaj Asrgdar:-

According to *Charak* it is occur due to aggravation of *pitta* and *pitta prakopak* diet. Its symptoms and sign are as follows

Menstrual blood is blue, yellow, green, blackish in colour, hot, profuse amount, repeatedly and with pain. The associated symptoms are burning sensation, redness, thirst, mental confusion, fever, giddiness, etc.⁹

Sushrut and *Vagbhat* mentions, yellow, green, blackish or resemble the water mixed smoke or colour of cow urine, fishy smell, and bitter taste, do not coagulate.¹⁰

Practically is very difficult to mention blue, yellow, green colour. But the other symptoms mention can correlate with menorrhagia due to inflammatory condition of reproductive system. But according to the description of other author it can be correlate with menometrorrhagia.

Kahaj Asrgdar:-

According to *Charak* it is occur due to aggravation of *kapha* and *kapha prakopak* diet. Its symptoms and sign are as follows

Menstrual blood is slimy, pale, heavy, unctuous, mixed with mucous, thick, with pain, vomiting, anorexia, nausea, dyspnea, cough, intermenstrual bleeding.¹¹

Sushrut and *Vagbhat* mentions water mixed with red ochre, unctuous, cold, thick, very slow, clotted, etc.¹²

According to all sign and symptoms menorrhoea can be correlate with tubercular or chronic endometritis.

Sannipataj Asrgdar:-

According to Charak it is occur due to aggravation of *tridash* and *tridash prakopak* diet. Its symptoms and sign are as follows. Menstrual blood is forceful discharge, foul smelling, burning sensation, slimy, yellowish, unctuous, continuous, thirst, fever and anemia.¹³

Sushrut and *Vagbhat* mentions features of all three doshas.¹⁴

Term	Definition
Menorrhagia	Prolonged or excessive bleeding at regular intervals
Metrorrhagia	Irregular, frequent uterine bleeding of varying amounts but not excessive
Menometrorrhagia	Prolonged or excessive bleeding at irregular intervals
Polymenorrhea	Regular bleeding at intervals of less than 21 days
Oligomenorrhea	Bleeding at intervals greater than every 35 days
Amenorrhea	No uterine bleeding for at least 6 months
Intermenstrual	Uterine bleeding between regular cycles

Prognosis:-

Sanipataj----- incurable

Other are *kastasadhya*.

Complication:- Weakness ,excessive bleeding, giddiness, mental confusion, feeling of darkness, dyspnoea, thirst, burning sensation, delirium, anaemia, drowsiness and convulsion, etc.

Treatment:-

- 1) General treatment: - according to *Saranghar Samhita* astringent drugs. *Rakatastambhak* and *pitta shamak* treatment is also useful.
- 2) Externally used drugs: - *Vagranakhi*, *Satpushpa*, etc.
- 3) *Basti* by. *Chandanadi*, *rasnadi*, *madhukadi*, *kushadi*, *rodharadi*, *mustadi* drugs.
- 4) *Internal medication*:- *darvyadi kwath*, *dhatkyadi* , *tanduliya mula kalka*, *kushmula kalkabal*, *ashok*, *indrayav*, etc

CONCLUSION

As per all above description from Ayurvedic Samhitas and discussion we are trying to evaluate the actual concept of

According to all sign and symptoms it can be correlate with cervical carcinoma with endometriosis.

Divdhoshaj Asrgdar:- According to Charak it is not mention

Sushrut and *Vagbhat* mentions features of all two doshas.¹⁵

Asrgdar. We try to correlate it on modern basis. Its sign, symptoms, types, etc are described as per all *Acharyas*. The sign and symptoms mention in modern text are too much similar to the symptoms and sign mention in Ayurvedic text. So as per this we may give treatment to cure it. The therapy mention in ayurveda is non hormonal. The hormonal therapy mention in modern can affect on woman's health. By knowing *Asrgdar* we can reduce the hormonal hazards.

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