

ROLE OF PUSHYANUGA CHURNA IN RAKTA PRADARA

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ABSTRACT

Rakta Pradara (Abnormal uterine bleeding) is commonest problem encountered by gynecologist in today's practice and incidence becomes higher with degree of civilization. In *Ayurveda* there are various medications for treating this disorder. But, in which *Pushyanuga churna* is the best one with *Anupana* of *tandulodaka*. *Rakta pradara* is with specific Symptomology like Amount and duration of bleeding, intermenstrual bleeding, Pain, burning sensation, pallor, and weakness can be observed. This is a condition where the drugs with mainly *sthambhana* action should be used in which *Pushyanuga churna* plays key role to control heavy bleeding. This paper highlights the different references of the *Pushyanuga churna* and the mode of action of its drugs on *Rakta pradara*.

Keywords: *Rakta Pradara*, Abnormal Uterine Bleeding, *Ayurveda*, *Pushyanug Churna*, *Tandulodaka*

INTRODUCTION

*Rakta Pradara*¹ or abnormal uterine bleeding, regular or irregular with alterations in amount or duration of menstrual loss, commonly implies to excessive regular menstrual bleeding or essential menorrhagia. Ayurvedic classics defined *Rakta Pradara* as excessive *Pradeerana* (secretion) of *Rajah*. *Acharya Charaka* described aetiopathogenesis and line of treatment very vividly.

DUB is usefully classified into primary and secondary types. Primary DUB is abnormal

uterine bleeding, where there is no disease of genital tract including ovaries, no IUCD present, no H/O administration of sex hormones, while secondary DUB is secondary to the use of IUCD or OCP. The *vayu* after getting vitiated, increases quantity of *Rakta* (blood), takes *Rakta* to *Rajovaha siras* and increases the quantity of *rajah* that comes out through *Rajovaha siras* and causes *Rakta pradara*.

Pushyanuga Churna is a famous Ayurvedic medicine, in herbal powder form. It is used in the Ayurvedic treatment for bleeding disorders. It is used in the Ayurvedic treatment of Menorrhagia, Metrorrhagia, Leucorrhoea, Menstrual disorder, Excessive menstrual bleeding of various aetiology. It is also used in treating uterine infections and Haemorrhoids.

This is good in diarrhoea, dysentery, *grahani* and *raktapitta*.

AIM

- To Evaluate the Mode of action of *Pushyanuga churna* in *Rakta pradara*.

OBJECTIVES

- Evaluate *dosha karma* of each ingredient of *Pushyanuga churna*
- Review the action on *Rakta pradara*.

Table 1: Ingredients of *pushyanuga churna* with their *Rasa panchakas*^{2,3}

Sl.no.	Dravya	Rasa	Guna	Veerya	Vipaka	Karma
1.	Patha (Cyclea peltata)	Tikta	Laghu, teekshna	Ushna	Katu	Vata, kapha hara, balya, vishaghna, grahi
2.	Jambu (Syzygium cumuni)	Kashaya, madhura, amla	Laghu, ruksha, sheeta,	Sheeta	Katu	Kapha pitta hara vishtambhi, grahi, rechana
3.	Amra (Mangifera indica)	Madhura, kashaya, amla	Laghu, ruksha	Sheeta	Katu	Kapha, pitta, vata hara, deepana, grahi
4.	Pashana bheda (Bergenia lingulata)	Tikta, kashaya	Laghu, snigdha	Sheeta	Katu	Tridosha hara, vasthi shodana, grahi
5.	Rasanjana (Berberis aristata)	Tikta, kashaya	Laghu, Ruksha	Ushna	Katu	Kapha, pitta hara, rasayaniya
6.	Ambhastha (Cissampelos pareira)	Tikta	Laghu, teekshna	Ushna	Katu	Vata, kapha hara, balya, vishaghna, grahi
7.	Salmali (Bombax ceiba)	Madhura, kashaya	Laghu, snigdha	Sheeta	Madhura	Vata, pitta hara, rasayana, balya, grahi
8.	Samanga (Mimosa pudica)	Tikta, kashaya	Laghu, ruksha	Sheeta	Katu	Kapha, pitta hara, sandhaniya
9.	Vatsaka (Holarrhena antidysentrica)	Tikta, kashaya	Laghu, ruksha	Sheeta	Katu	Kapha, pitta hara, deepana, grahi
10.	Bahluka (Crocus sativus)	Tikta, katu	Snigdha	Ushna	Katu	Tridosha hara, varnya
11.	Ativisa (Aconitum heterophyllum)	Tikta, katu	Laghu, ruksha	Ushna	Katu	Kapha, pitta hara, deepana, pachana, grahi
12.	Bilva (Aegle marmelous)	Tikta, kashaya	Laghu, ruksha	Ushna	Katu	Vata kapha hara, deepana, pachana, grahi
13.	Musta (Cyperus rotundus)	Katu, tikta, kashaya	Laghu, ruksha	Sheeta	Katu	Kapha, pitta hara, grahi
14.	Lodhra (Symplocos racemosa)	Kashaya	Laghu, ruksha	Sheeta	Katu	Kapha pitta hara, grahi
15.	Gairika (Red ochre)	Madhura, kashaya		Sheeta		
16.	Katvanga	Tikta, kashaya	Ruksha	Sheeta	Katu	Kapha hara, deepana, grahi

	(<i>Alianthus excelsa</i>)					
17.	<i>Maricha</i> (<i>Piper nigrum</i>)	<i>Katu</i>	<i>Laghu, ruksha, teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vata hara, deepana</i>
18.	<i>Shunti</i> (<i>Zingiber officinale</i>)	<i>Katu</i>	<i>Guru, ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata, kapha hara, deepana</i>
19.	<i>Mrudvika</i> (<i>Vitis vinifera</i>)	<i>Madhura</i>	<i>Guru, snigda, mridu</i>	<i>Sheeta,</i>	<i>Madhura</i>	<i>Kapha kara, pitta hara, chakshushya</i>
20.	<i>Rakta chandana</i> (<i>Pterocarpus santalinus</i>)	<i>Madhura, tikta</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha, pitta hara, daha prashamana</i>
21.	<i>Katphala</i> (<i>Myrica nagi</i>)	<i>Katu, tikta, kashaya</i>	<i>Laghu, teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata, kapha hara, vedanasthapana</i>
22.	<i>Ananta</i> (<i>Gardenia jasminoides</i>)	<i>Madhura, tikta</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosha hara, grahi</i>
23.	<i>Dhataki</i> (<i>Woodfordia floribunda</i>)	<i>Katu, kashaya</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha, pitta hara</i>
24.	<i>Madhuka</i> (<i>Madhuca longifolia</i>)	<i>Madhura</i>	<i>Guru, snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vata, pitta, kapha hara, rasayana</i>
25.	<i>Arjuna</i> (<i>Terminalia arjuna</i>)	<i>Kashaya</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, pitta hara, rasayana</i>

PROCEDURE⁵

Take all the ingredients of Pharmacopoeial quality. Treat *Gairika* to prepare *Shudha gairika*. All the ingredients are to be taken in equal quantity, then clean, dry & make into fine powder. Mix them together to prepare a homogeneous blend. Reddish brown colored fine powder

with a pungent odour and a bitter, sweet taste is obtained.

PHYSICO – CHEMICAL PARAMETERS⁶

1. Loss on drying at 105°C : Not more than 11 %
2. Total ash : Not more than 15 %
3. Acid-insoluble ash : Not more than 4 %
4. Alcohol-soluble extractive : Not less than 12 %
5. Water-soluble extractive : Not less than 13 %
6. pH(10 % aqueous solution) : 5.0- 6.0

DOSAGE ⁶	6g
ANUPANA ^{7 & 8}	<i>Tandulodakam</i> along with honey
INDICATIONS ^{7 & 8}	<ol style="list-style-type: none"> 1. <i>Asrgdhara</i> (Menorrhagia) 2. <i>Svetapradara</i> (Leucorrhoea) 3. <i>Rajodosa</i> (Menstrual disorder) 4. <i>Arsa</i> (Piles) 5. <i>Yonidosa</i> (Disorders of female genital tract)

MODE OF ACTION

Most of the ingredients contain ***Kashaya, Tikta rasa; Laghu, Ruksha guna; Sheeta veerya*** properties.

Due to ***Kashaya, tikta rasa*** it has ***Grahi*** action so it is indicated in all bleeding conditions. *Pushyanuga churna* is especially mentioned in *pradara rogas* in all classical books.

Excessive discharge is the cardinal symptom in all *Pradara rogas*. Excessive discharge is one of the *kapha vruddhi lakshana*. **Laghu, ruksha gunas alleviates** excessive *kapha* so it is beneficial in all *pradara rogas*.

DISCUSSION

1. Most of the drugs having *sita virya* so it acts as *pittaghna*.
2. Drugs like *jambu, Rakta chandana, kutaja, dhataki, manjista*, etc. of *Pushyanuga choorna* acts as *Sthambhana*.
3. *Lodhra* contains loturine alkaloid and Δ -spinosterol. Spinosterol showed antiinflammatory activity. It is suggested that *Lodhra* might have influenced the endometrial prostaglandin apparatus, thereby acting effectively in the control of dysfunctional uterine bleeding.
4. In Ayurvedic texts, *lodhra* has been elaborated in detail due to its *pitta dosha* and *kapha dosha* pacifying activities. *Lodhra* has been used safely to treat gastrointestinal disorders due to its *grahi*(anti- diarrheal) property as in *Atisara*(diarrhea). *Lodhra* is *sheeta virya, laghu, netra hitkara & rakta dosha nashaka*. It has been considered as drug of choice in the treatment of gynaecological disorders. *Lodhra* has been used to cure the menorrhagia, leucorrhoea (excessive discharge from vagina) & other menstrual disorders. The bark of this tree has astringent, styptic, cooling, anti-inflammatory & antimicrobial properties. Scientific studies have shown that *Lodhra* has an inhibitory effect on growth of micrococcus *Pyogenes* var. *aureus*, *E.coli*, enteric groups of micro organisms.
5. **Dosha karma:** *Pittakaphahara*.

6. **Other karma:** *Raktadushtihara, grahi, stambhaka, rajodoshahara*.
7. *Dhataki* has Antimicrobial and anti-inflammatory properties.
8. *Pushyanuga churna* mainly *Kashaya Rasa*. This *Rasa* is formed by the conjugation of *Prithvi* and *Vayu Mahabhuta*. *Prithvi* by virtue of its *Kathina Guna* is opposite to *Drava Guna* and *Sthira* in quality and *Vayu* is *Ruksha* in quality. So, *Kashaya Rasa* by virtue of its *Guna* restrains *Srava*.
9. *Acharya Charaka*¹ has mentioned *Kashaya Rasa* as having pharmacological properties like *Stambhana* and *Kaphanashaka*. So, by this way also *Kashaya Rasa* stops *Srava*.

RELATED RESEARCH WORKS –

1. K Prameela Devi. Clinical evaluation of *Pushyanuga choorna* and *Lodhrasava* in *Rakta Pradara* (DUB) Indian Journal of Traditional Knowledge Vol 6 (3) – july 2007 – pp429-431.
2. Sunita Shailajan et al. Marker based Chemoprofiling of a traditional formulation: *Pushyanuga Churna* Journal of Applied Pharmaceutical Science Vol. 7 (08), pp. 239-245, August, 2017.

CONCLUSION

Pushyanuga churna is a classical *Ayurvedic* formulation which has drugs with *sthambhana* action and with anti bacterial and antifungal action. This can be used in different conditions with specific *anupanas*. In which *tandulodaka* plays important role and gives better results in any type of *pradara* specifically *Rakta pradara*.

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