A COMPREHENSIVE REVIEW OF MODE OF ACTION OF DRAKSHADI YOGA IN MANAGEMENT OF ASRIGDARA

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https://doi.org/10.46607/iamj3508092020
(Published online: September 2020)
Open Access
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Article Received: 31/08/2020 - Peer Reviewed: 08/09/2020 - Accepted for Publication: 08/09/2020

ABSTRACT

Asrigdara or dysfunctional uterine bleeding is a menstrual disorder causing the excessive or prolonged bleeding hence deteriorating the health of female. As per Ayurveda classics, according to its pathogenesis Pittashamaka, Vatamulomana, Rakta-Sthapaka, Rakta-Samgrahi, Agni-deepana and Garbhashaya-balya Chikitsa is beneficial in Asrigdara. Because the main motive in its management is to stop bleeding and achieve the normal menstrual cycle in terms of bleeding, duration and frequency, Acharaya Charaka also said its treatment to accomplish on the principles of management of Raktatisara, Raktapitta and Rakta arsha. Thus, Drakshadi yoga was taken in this review article from Sushruta Samhita Uttar Tantra 45/34 in reference to Raklapitta Chikitsa. Present study is concerning illumination on the basic mode of action of Drakshadi Yoga in treating the Asrigdara.

Keywords: Drakshadi Yoga, Asrigdara, Rakta-Sthapaka Chikitsa

INTRODUCTION

Menarche is the earliest step in women which bestow them with the energy of reproduction. Menstrual cycle starts with menarche and ends with menopause. Normal menstrual cycle portrays the important indicator of health and well-being in female. Thus, even a slight deviation in the menstrual cycle which may be exces-
sive or low becomes a matter of concern as it leads to the fear of some serious pathology of genital organs or the dysfunction of H-P-O Axis. Woman of this epoch are experiencing heavy menstrual bleeding due to early menarche and increased responsibilities, stressed out way of living and due to receiving bigger roles in society. Asrigdara or dysfunctional uterine bleeding is a menstrual disorder causing the excessive or prolonged bleeding hence deteriorating the health of female. As per Ayurveda classics, according to its pathogenesis Pittashamaka, Vatanulomana, Rakta-sthapaka, Rakta-samgrahi, Agni-deepana and Garbhashaya-balya Chikitsa is beneficial in Asrigdara. Because the main motive in its management is to stop bleeding and achieve the normal menstrual cycle in terms of bleeding, duration and frequency, Acharya Charaka also said its treatment to accomplish on the principles of management of Rakta-tisara, Rakta-prasamana and Rakta arsha. According to line of treatment of Raktarsha; Deepana, Pachana, Agni Vardhana, Rakta Sangrahana and Dosha Pachana Should be done by Tikta & Kashaya Rasa Pradhana Dravya. Thus, Drakshadi yoga was taken in this review article from Sushruta Samhita Uttar Tantra 45/34 in reference to Raktapitta chikitsa.

**Materials and Methods:** For the present study Ayurveda textbooks, journals, Research databases and other available internet sources are explored. Mode of Action of Drugs of Drakshadi Yoga: Drugs of Drakshadi yoga possess Madhura-Tikta Rasa, Snigdha-Guru-Mridu-Ruksha-Laghu Guna, Katu-Madhura Vipaka and Sheeta Veerya.

**By Rasa Panchaka:**

**Rasa:** Most of the components of Drakshadi yoga have Tikta and Madhura Rasa. Here tikta Rasa have Agni Deepana and Pachana properties which help to cure Agnimandhya condition. Tikta rasa is having pitta-Shaleshma Upshoshana Guna helping to reduce extra congestion in uterus. Madhura rasa is having Vata-Pitta Prashamana, Balya, Prahaladana, Jeevanana, Tarpana, Sandhanakara Guna leading to improvement of physiological as well as psychological strength of body and organs (uterus).

**Guna:** Most of the components of Drakshadi yoga have Guru & snigdha Guna. These Gunas help in pacification of vata dosha ultimately breaking the pathogenesis of asrigdara.

**Vipaka:** Most of the components of Drakshadi yoga have Madhura Vipaka. It does Vata-pitta Shamana & formation of proper Rasa dhatu takes place.

**Veerya:** Most of the components of Drakshadi yoga have Sheeta Veerya. Sheeta Veerya does Pittashamana, Rakta-sangrahana / Rakta-stambhana and Daha-prasamana, that corrects burning sensation and excessive blood loss.

**Effects on Dosha:** Most of the components of Drakshadi yoga having vata-pittashamana properties along with kapha-pittashamana. Thus, it is pacifying mainly the pitta dosha along with kapha & vata, therefore causing whole samprapti vighatana.

**Mode of Action of Individual Drugs:**

**Draksha:** Acharya Charaka has mentioned Draksha as best among the fruits that is good for health. Madhura Vipaka & Sheeta Virya of Draksha helps in Pitta pacification. It has Anulomana, Rakta-prasadana, Rakta-pitta-shamaka, Medhya, Saumanasayanana and Mridu-rechaka properties, thus it corrects Apana-Vata- Vaigunya and Rakta-Dushti and also improves psychological status. It corrects the disease by its Rakta-pitahara action also. It also has Vrishya, Mutrala, Jeevaniya, Balya, Dahaprasamana, Santarpana, Brimhana, Trishnani-grahana actions & useful in Rakta-pittita, Jvara, Aruci, Raktavikara, Trisna, Jvara, Daha, Rakta-pittita, Vibandha, Arsa, Agnimandya, Pandu, Ksaya, Vatarakta, Mutragriechra, Mutradaha, Garbhashaya-Daurbalya, Samanaya-daurbalya, Krishta, Trishna, Chardi. Draksha contains iron, so it improves haemoglobin level and corrects anaemia. Draksha also has antioxidant, antibacterial, anti-inflammatory, hepato protective, neuro protective properties. Thus, it acts as catalyst along with the main drugs in breaking down the pathogenesis of the disease.

**Sita:** It has also been mentioned under the Shonishasthapana Mahakashaya by Acharya Charaka. Mutrala and Rechaka property of Sita helps in Vatanulomana where as Shramhara and Dahaprasa-
mana properties helps to counter associated complaints like burning sensation and body ache.

**Kutaki:** Kutaki have Pittasaraka and Raktashodhaka actions. It has a special affinity towards Rakta-vaha-srotas, due to its Yakriduttejaka action. So, it stimulates liver to correct the metabolism, by this it corrects digestion and hormonal imbalance both. (because Shonitavahanam Srotasam Yakrinmulam Pleeha cha⁴). It reduces uterine congestion also by its Shothahara action. It also has Dahaprashamana action and corrects burning sensation of the body. It also has Bhdana, Robhana, Deepana Rechana, Kaphaghna Karma. So Kutaki corrects Aruchi, Agnimandya, Yakridvikara, Arochaka, Kamala, Pittajavikara, Vibandha, Anaha, Panduroga, Raktavikara, Shotha, Daha, daurbalya. It has antipyretic, anti-inflammatory, antiviral, hepato-protective, smooth muscle relaxant, antispasmodic, anti-depressant, diuretic, antibacterial, cholagogue, hypcholesterolaemic, hypotensive, antioxidant, free radical scavenging activity, antimicrobial, immune-modulating actions.

**Madhuka:** It have Dahashamaka, Vedanasthapana, Shothahara, Nadibalya, Medhya, Vrana-ropana, Chhardinigraha, Trishnanigraha, Vatunoloma, Mridurechana, Shonita-shapana, Kaphanissaraka, Moortala, Mootravira janeeya, Shukravardhaka, Varnya, Kandughna, Jwarashamaka, Jeevaneeya, Sandhaneyya, Rasayana, Balya Karmas. Due to these actions Madhuka is useful in Vranashotha, Vatavikara, Vrana, Yamana, Trishna, Vibandha, Udarashoolla, Raktavikara, Raktalpata, Raktapitta, Mootракrichchhra, Kandu, daurbalya. It also has pharmacological actions like, Smooth muscle depressant, antimicrobial, antiviral, hypotensive, hepato-protective, spasmylic, antiulcer, antipyretic, antioxidant, anti-inflammatory, haemostatic, altering and intellect promoting.

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**Table 1:** showing rasa panchaka of Drakshadi Yoga

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Dravya</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Draksha</td>
<td>Madhura</td>
<td>Snigdha, Guru, Mridu</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Vatapittashamka VP↓</td>
</tr>
<tr>
<td>2.</td>
<td>Sita</td>
<td>Madhura</td>
<td>Snigdha, Guru</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Vatapittashamka VP↓</td>
</tr>
<tr>
<td>3.</td>
<td>Tikta Karohini (Kutaki)</td>
<td>Tikta</td>
<td>Ruksha, Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kaphapittashamka KP↓</td>
</tr>
<tr>
<td>4.</td>
<td>Yashtimadhu (Madhuka)</td>
<td>Madhura</td>
<td>Guru Snigdha</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Vatapittashamka VP↓</td>
</tr>
</tbody>
</table>

**Flow Chart 1:** Showing Probable mode of action of Drakshadi Yoga
CONCLUSION

Asrigdara causes physical debility and psychological stress in women, that’s why hampering her day to day life even can be said as a curse for a working woman. In present study an attempt is made to analyze the mode of action mainly based on Rasa Panchaka of Drakshadi Yoga. Drugs of Drakshadi yoga possess Madhura-Tikta Rasa, mainly Snigdha-Guru Guna, Madhura-Katu Vipaka and Sheeta Veerya. Among all these properties Madhura Rasa and vipaka with Guru-Snigdha guna and Sheeta Veerya pacify the aggravat-ed Vayu along with Pitta dosha and hence normalizing the Apana Vayu. Tikta Rasa and Katu Vipaka will do Agni deepana and Pachana, restoring the Agni bala and with achievement of proper metabolism the Rasa and its Updhatu Artava will replenish to standard values respectively.

REFERENCES


Source of Support: Nil
Conflict of Interest: None Declared