

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

Meemansa¹, Manish Kumar Saini²

¹Assistant Professor, Dept. of Prasuti Tantra & Striroga, SDAMCH & RC, Mathura (U.P.)-281401, India

²Assistant Professor, Dept. of Rasa Shastra & Bhaishajya Kalpana, SDAMCH & RC, Mathura (U.P.)-281401, India

Corresponding Author: meemansaswami21@gmail.com

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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*, *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, 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 *Raktapitta 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. Nor-

mal 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 *Raktatisara*, *Raktapitta* and *Rakta arsha*¹. 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*, *Jeevana*, *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 *Dahaprasamana*, 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*, *Saumanasyajanana* 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- pittahara* action also. It also has *Vrishya*, *Mutrala*, *Jeevaniya*, *Balya*, *Dahaprasamana*, *Santarpana*, *Brimhana*, *Trishnanigrahana actions & useful in Raktapitta, Jvara, Aruci, Raktavikara, Trisna, Jvara, Daha, Raktapitta, Vibandha, Arsa, Agnimandya, Pandu, Ksaya, Vatarakta, Mutrakricchra, Mutradaha, Garbhashaya-Daurbalya, Samanyadaurbalya, Krishta, Trishna, Chardi. Draksha* contains iron², so it improves haemoglobin level and corrects anaemia. *Draksha* also has antioxidant, antibacterial, anti-inflammatory, hepato protective, neuro protective properties³. 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 *Shonitasthapana 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-vahasrotasa, 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 Pleecha 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 Bhedana, Rochana, Deepana Rechana, Kaphaghna Karma. So Kutaki corrects Aruchi, Agnimandya, Yakridvikara, Arochaka, Kamala, Pittajivikara, Vibandha, Anaha, Panduroga, Raktavikara, Shotha, Daha, daurbalya. It has antipyretic, anti-inflammatory, antiviral, hepato-protective, smooth muscle relaxant, antispasmodic, anti-depressant, diuretic, antibacterial, cholagogue, hypocholesterolae-

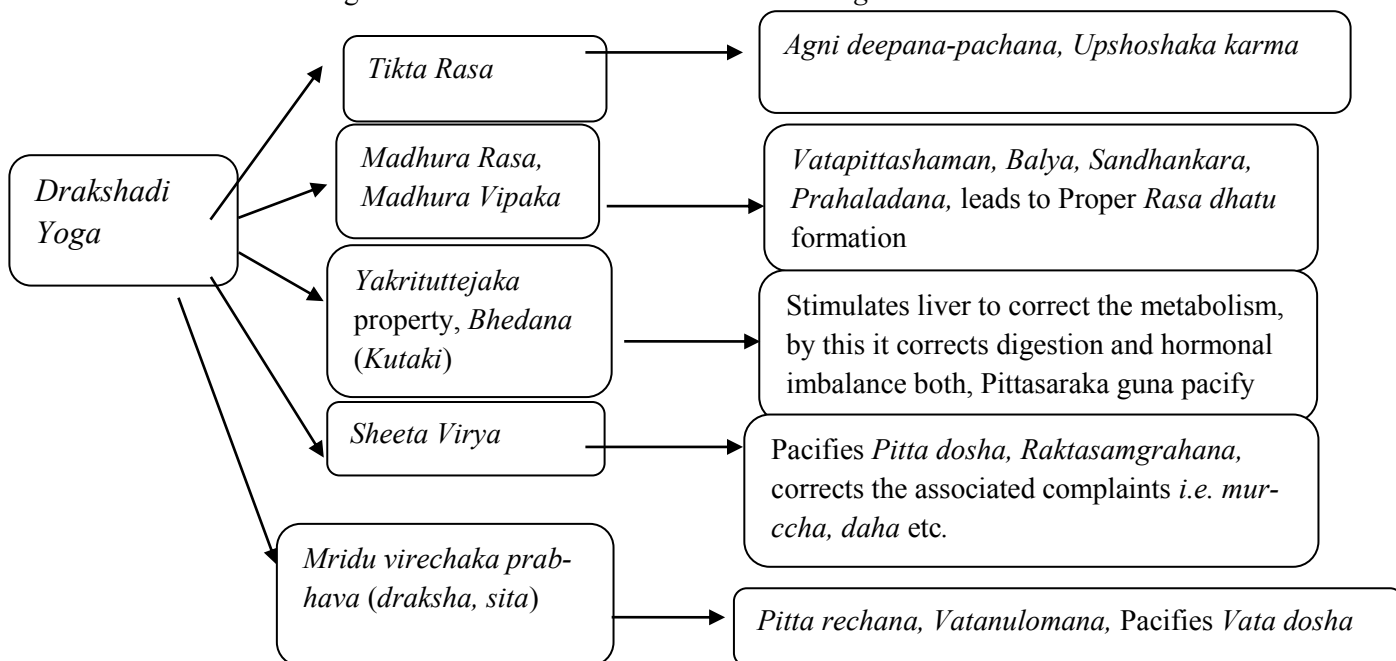
mic, hypotensive, antioxidant, free radical scavenging activity, antimicrobial, immune-modulating actions.

Madhuka: It have Dahashamaka, Vedanasthapana, Shothahara, Nadibalya, Medhya, Vranaropana, Chhardinigravana, Trishnanigravana, Vatanulomana, Mridurechana, Shonitasthapana, Kaphanissaraka, Mootrala, Mootravirajaneeya, Shukravardhaka, Varnya, Kandughna, Jwarashamaka, Jeevaneeya, Sandhaneeya, Rasayana, Balya Karmas. Due to these actions Madhuka is useful in Vranashotha, Vatavikara, Vrana, Vamana, Trishna, Vibandha, Udarashoola, Raktavikara, Raktalpata, Raktapitta, Mootrakrichchhra, Kandu, daurbalya. It also has pharmacological actions like, Smooth muscle depressant, antimicrobial, antiviral, hypotensive, hepato-protective, spasmolytic, antidiuretic, antiulcer, antipyretic, antioxidant, anti-inflammatory, haemostatic, altering and intellect promoting.

Table 1: showing rasa panchaka of Drakshadi Yoga

Sr. No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1.	Draksha	Madhura	Snigdha, Guru, Mridu	Sheeta	Madhura	Vatapittashamka VP↓
2.	Sita	Madhura	Snigdha, Guru	Sheeta	Madhura	Vatapittashamka VP↓
3.	Tiktakarohini, (Kutaki)	Tikta	Ruksha, Laghu	Sheeta	Katu	Kaphapittashamka KP↓
4.	Yashtimadhu (Madhuka)	Madhura	Guru Snigdha	Sheeta	Madhura	Vatapittashamka VP↓

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



All the ingredients are also having anti-inflammatory property which may help in reducing the prostaglandin levels, thus reducing the menstrual blood loss, dysmenorrhoea as well as pelvic congestion, which is the main factor of the pathogenesis of the disease. Drugs probably decrease the production of oestrogen which helps to reduce hyperplasia of endometrium. Overall, because of haemostatic and haematinic potential of the drugs, it helps of replenish the loss of blood loss. Smooth muscle relaxant and antispasmodic properties of drugs reduces the contraction of myometrium, thus reduces blood loss. Anti-depressant, nerve tonic like properties of drugs corrects *Manasika-Dushti* (psychological status). Antioxidant and free radical scavenging activity of drugs do *Srotoshodhana* and hepato-protective property acts on liver to correct the metabolism and hormonal imbalance.

The medicine is advised to take just before meal in *Apana-Vayu Kala*⁵, so this also helps in *Apana-Vayu Anulomana*. Because of medicine is started from seven days before due date of menses (secretory phase), that is *Kala* of *Pitta*, Thus, pacifying the *pitta dosha* and help to mitigate the improper shading of endometrium & to give *raktasangrahana* and *raktastambhana* effects. All these drugs also regulate the menstrual cycle by correcting the hypothalamo-pituitary-ovarian axis, hormonal imbalance, endometrial growth, uterine congestion, myometrial contraction, liver insufficiency and whole menstrual rhythm.

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.

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