

**COMPILATION OF AYURVEDA DRUGS HAVING HEMOSTATIC ACTION MENTIONED FOR MANAGEMENT OF ASRIGDARA/DYSFUNCTIONAL UTERINE BLEEDING****Radhika kumiya<sup>1</sup>, D.C. Singh<sup>2</sup>, G.M. Kavya<sup>3</sup>, Kiran Vashisht<sup>4</sup>**<sup>1</sup>PG Scholar Department of Dravyaguna, Rishikul Campus, Haridwar, India<sup>2</sup>Professor and Head of Department of Dravyaguna, Rishikul Campus, Haridwar, India<sup>3</sup>Associate Professor & Head of Department of Prasuti Tantra Evam Stri Roga, Gurukul Campus, Haridwar, India<sup>4</sup>Assistant Professor Department of Dravyaguna, Gurukul Campus, Haridwar, India**Corresponding Author:** [radhikakumiyarajasthan@gmail.com](mailto:radhikakumiyarajasthan@gmail.com)<https://doi.org/10.46607/iamj3810082022>**(Published Online: August 2022)****Open Access**

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From Ancient times, Women have been given peerless positions as she is responsible for *Prakriti Dharana* (*Prasavam*) and the creation of the entire human race. Among all the *Stri Roga*, *Asrigdara* is a disease, in which the main clinical feature is excessive or prolonged menstruation with or without inter-menstrual bleeding per vaginum and now a days, it can be correlated with Dysfunctional Uterine Bleeding. Heavy bleeding during the menstruation cycle is responsible for health consequences and its impact on the psychological, social, and economic well-being of women can be severe. The main causing factor of *Asrigdara* (*Dysfunctional Uterine Bleeding*) is vitiation of *Vata* and *Pitta Dosha* hence, the main principles of management in *Asrigdara* are *Agnideepana*, *Doshapachana*, *Vatanulomana*, *Pittashamana*, *Garbhashayabalya*, *Shothahara*, *Raktasamgrahana*, *Raktasthapana*, and *Raktashodhana Chikitsa*. It should be done by *Kashaya*, *Madhura* and *Tikta Rasa*, *Sheeta Virya*, *Katu Vipaka* Pradhana *Dravyas* because they play a major role in relieving bleeding discharge due to their Hemostatic action. Due to prolonged bleeding, there is a loss of *Rakta Dhatu*, therefore mainly focused on *Raktasthambhaka* (*Hemostatic*) as well as *Raktavardhaka Chikitsa* (*Blood enhancer*), so we use the drugs and diet that increases *Rakta Dhatu* in the body is also effective. In this review where we represent the compilation of drugs

used to treat Asrigdara. Here, in this review different types of Ayurvedic drugs and their different Parts which are used for the management of Asrigdara due to their Hemostatic action are being described.

**Keywords:** Asrigdara, Hemostatic action, Ayurvedic drugs, Raktasthambaka, Raktavardhaka

## INTRODUCTION

Aacharya Sushruta says excessive and prolonged bleeding during menstruation or even in the intermenstrual period, different from the nature of normal menstrual blood is called Asrigdara. In Some patients, it becomes so severe, and it overshadows the other symptoms of actual disease and patients come to O.P.D. for the treatment of only this symptom. Dysfunctional uterine bleeding is a condition that affects approximately 50% of menstruating women and has an incidence of about 10% amongst the new patients attending the outpatient. Nearly 6% of women between the ages of 25 – 44 years consult their general practitioners for excessive menstrual loss every year, of which 35% of them are referred to hospitals and 60% will have a hysterectomy in the next 5 years.<sup>1</sup>

According to Ayurveda treatment prescribed for Raktaatisara (Bleeding diarrhoea), Raktapitta (Bleeding diathesis), Raktarsa (Bleeding piles), Guhyaroga (Disease of reproductive system) should be used in Asrigdara.<sup>2</sup> Aacharya Sushruta said in Raktapitta Chikitsa Adhyaya a patient suffering from “Asrigdara or heavy blood loss during surgery in both conditions Raktapitta Chikitsa should be used.” (S.Chi.46/47). In different types of Ayurvedic classical texts books like Brihatrayee, Lagutrayee have described many Hemostatic drugs (Raktasthapana drugs) in the management of Asrigdara. Here is the collection of different drugs from Vedic kala, Samhita kala to the present time used to treat Asrigdara which are described in our classical textbooks.

**Materials and Methods:** Literatures from Vedic Kala like Rigveda, Atharveda to Brihatrayee Laghutrye, Kashyap Samhita, and other Ayurveda literatures related to Asrigdara are compiled.

**Vedic Literature**<sup>3</sup> –

- Vata (*Ficus benghalensis*) – Used in Yoniroga and Sukrakshinta.
- Udumbar (*Ficus glomerata*) – Tie Mani of Udumbar, used in Raktpradara, Raktapitta, Raktavamana.
- Ashvatha (*Ficus religiosa*) – Latex of Pippali tree is Raktrodhaka and Vednashamaka, Shothhara.
- Plaksha (*Ficus lacor*) – Laksha obtained from Plaksha use in Raktvikara, Raktapitta, Shotha, Yonidaha, Varnnasaka.
- Vansh (*Bambusa arundinacea*) – Swarasa of Vansh leaves having Raktrodhaka properties.
- Varun (*Crataeva nurvala*) – Used in Raktavikara, Mutrakricha, Vatagulma.
- Vasa (*Adhatoda vasica*) – Used in Raktvikara, Pittavikara, Swasa, Kasa.
- Durva (*Cynodon dactylon*) – Used in Raktavikara, Trishna, Daha, Visarpa, Twakvikara.
- Shanddurva (Badi dub) – Having the property of Raktarodhaka.
- Krishnsariva (*Cryptolepis buchanani*) – Having the property of Raktarodhaka.
- Arjun (*Terminalia arjuna*) – Bark of Arjuna used as Lepana in Raktasrava.
- Bhurja (*Betula utilis*) – The Bark of Bhurja (Bhurjapatra) used for Raktvikara, Karnaroga, Vishanasaka.
- Pundarika (*Sweta kamala*) – Used in Raktavikara, Twakvikara, Kaphapittaroga.
- Tinisha (*Ogeinia dalbergioides*) – Used in Raktavikara, Pandu, Prameha, Krimiroga.
- Vetas (*Salix caprea*) – Used in Yoniroga, Raktapitta.
- Shalmali (*Salmalia malabarica*) – Used in Raktasrava, Raktaatisara.
- Palash (*Butea monosperma*) – Pushpa of Palash used in Raktapradara.

- *Shan* (*Crotalaria verrucosa*) – *Pushpa* of *Shan* used in *Raktapradara*.
  - *Kutaj* (*Holarrhena antidysenterica*) – Used in *Raktapitta*, *Raktaatisara*.
- Charaka Samhita**<sup>4,5</sup> –
- *Shonitsthapana Mahakashaya Madhu, Madhuka, Rudhir, Moschrassa, Mrtkapala, Lodhra, Garika, Priyangu, Sarkara, Laja* drugs are included. (C.Su.4/46)
  - In *Agriya Dravya Charaka* Acharya mentioned *Raktasamgrahi Karma* of *Aja Ksira, Kutajtwak, Kashmariphala*. (C.Su.25/40)
  - In *Agriya Dravya Shontpittaatiyoga Prasmana Karma* of *Gandhpriyangu, Sangrahi* and *Raktapittaprashmana Karma* of *Ananta, Utapala, Kumuda, Padama, Kinjalaka* are described. (C.Su.25/40)
  - Consumption of *Madhuka* (*Madhuca indica*) with *Eksurasa* treats *Raktapitta*. (C.Chi.4/79)
  - *Kshirapaka* prepared with *Vidarigandhadi Gana* relieves *Raktapitta*. (C.Chi.4/83)
  - *Ksirapaka* prepared with *Bala/Draksa/Gokshura/Shunti* relieves *Raktapitta*. (C.Chi.4/84)
  - *Kwath* of *Satavari* (*Asparagus racemosus*) and *Gokshura* (*Tribulus terrestris*) with milk relieves *Raktapitta*. (C.Chi.4/85)
  - *Vata shunga/Vata varaha* or *Mocharasa* (*Nriyasa of Shalmali*) with milk is useful in *Raktapitta*. (C.Chi.4/86)
  - *Ghrita* prepared with *Vasa* leaves used in *Raktapitta*. (C.Chi.4/88)
  - *Kutaj Twak* and *Shunti Churna* mix with *Goghrita* relief from *Raktaarsa*. (C.Chi.14/186)
  - *Satavari Kalka* with *Anupana* of *Ksira* (Milk) in *Raktaatisara* and *Satavari Ghrita* is useful in *Raktaatisara*. (C.Chi.19/77)
  - *Gambhari Phala Yusa* with *Anupana* of *Anar swarasa* and *Sarkara* relieves *Raktatisara*. (C.Chi.19/74)
  - *Ghrita* prepared by *Kutaj Beej* with *Anupana* of *Yavagumanda* relieves *Raktatisara*. (C.Chi.19/79)
  - *Priyangu* (*Callicarpa macrophylla*) *Kalka* with *Tandulodaka* and *Madhu* relieves *Raktatisara*. (C.Chi.19/83)
  - *Chandana Churna* mixed *Sarkara* and *Madhu* with *Anupana* of *Tandulodaka* (Rice water) relieves *Raktatisara*. (C.Chi.19/86)
  - *Prachalana* with *Panchvalkala Kwath* relieves *Raktatisara*. (C.Chi.19/87)
  - *Pratisarana* with *Dhataki* and *Lodhra churna* relieves *Raktatisara*. (C.Chi.19/90)
  - In *Pradara* the paste of *Lodhra* (*Symplocos racemosa*) should be taken with the *Kashaya* of *Nyagrodha Twak*, should be kept in the vagina. (C.Chi.30/98)
  - *Tanduliyaka* (*Amaranthus spinosus*) *Mool Kalka* with *Madhu & Anupana* of *Tandulodaka* relieves *Asrigdara*. (C.Chi.30/96)
  - *Rasanjan* or *Laksha* with *Anupana* of *Ajaskhira*. (C.Chi.30/96)
  - *Gambhari bark* and *Kutaj bark Kwath Shidha Ghrita* in *Raktayoni*. (C. Ch.30/100)
- Sushruta Samhita**<sup>6,7</sup> -
- In *Sarivadi Gana* *Sariva, Madhuka, Chandana, Kuchandana, Padama, Kashmariphala, Madhukapushpa, Ushira* drugs are included and *Raktapittahara Karma* of *Sarivadi Gana* is described. (S.Su.38/40)
  - In properties of *Priyanguvaadi Gana* and *Abasthadi Gana Sandhaniya Karma* are described and *Priyangu, Samanga, Dhataki, Punnag, Nagpushpa, Chandana, Kuchandana, Mochrasa, Rasanjana, Kumbhika, Srotoanjana, Padamkesar, Yojanvali, Degrmoola* drugs are included. (S.Su.38/47)
  - *Kachnar* (*Bauhinia variegata*) flowers are used as a potherb and they are *Madhura, Sheeta*, and *Beneficial* in *Raktapitta*. (S.Su.46/281)
  - Flower of *Shalmali* are *Grahi* and used to treating *Raktapitta*. (S.Su.46/281)
  - *Drugs listed in Utapladi, Kakoliyadi, Jivaniyadi, Naygrodhadi gana* are used in the treatment of *Raktapitta*. (S.Chi.45/19)

- Tender leaves of *Durva* and *Vata* are mixed with honey cures Raktapitta. (S.Chi.45/21)
  - Fresh fruits of *Udumbara* in Kalka form with honey cure Raktapitta. (S.Chi.45/24)
  - *Tripus* (*Cucumis sativus*) root with honey and *Tandulodaka* relieves Raktapitta. (S.Chi.45/25)
  - *Yashtimadhu* (*Glycyrrhiza glabra*) with honey and *Tandulodaka* relieve Raktapitta. (S.Chi.45/25)
  - *Karanja* (*Pongamia pinnata*) Beej Churna with honey and *Sarkara* relieves Raktapitta. (S.Chi.45/26)
  - *Ingudi* (*Balanites aegyptiaca*) Phala Churna with honey and *Sarkara* relieves Raktapitta. (S.Chi.45/26)
- Sarnghadhara Samhita<sup>8</sup>**
- Swarasa of *Vasa* taken with honey relieves Raktapitta. (Sh.S.Mk.1/8)
  - Swarasa of tender leaves of *Jambu*, *Amra*, *Amalaka* was taken with honey, ghee and milk relieves even severe *Raktaatisara*. (Sh.S.Mk. 1/11)
  - Two *Karsa* of *Laksha* taken with Swarasa of *Kushmanda* (*Benincasa hispida*) is beneficial in loss of blood. (Sh. S. Mk. 5/21)
  - *Kalka* of *Tanduliyaka Moola* and *Rasanjana* with honey should be taken with *Tandulodaka* relieves *Raktapradara*. (Sh.S. Mk. 5/22)
  - *Vasa Putapaka* use to treat *Raktapitta*. (Sh.S.Mk.1/34)
  - *Mantha* is prepared from *Churna* of *Yava* (*Hordeum vulgare*), cold water and *Ghrita* relieves *Trisna*, *Daha*, and *Raktapitta*.
- Kasyapa Samhita<sup>9</sup>**
- *Satapushpa* (*Anethum graveolens*) *Kalpa* and *Satavari* (*Asparagus racemosus*) *Kalpa* are prescribed for both heavy menses and scanty menses.
  - Use of *Lasuna* (*Allium sativum*) as *Kalpa* cures *Pradara*.
- Gadanigraha (Pradar Adhikara)<sup>10</sup>**
- *Rohitaka Mool Kalka* should be taken in *Pandu* & *Raktapadara*. (G. Shasth Khand.1/26)
  - *Amalaki* (*Phyllanthus emblica*) *Beej Kalka* with *Madhu* and *Sita* or *Amalaki Swarasa* with *Madhu*. (G. Shasth Khand 1/26)
  - *Ashoka Valkala Kwath* cooked with milk this prepared *Kshirapaka* should be taken in accordance with the strength of the patient cures *Asrigdara*. (G. Shasth Khand 1/27)
  - *Rasanjana* and *Tandoliyaka Moola* mixed with honey and taken with *Anupana* of *Tandulodaka*. (G. Shasth Khand 1/28)
  - *Kusha Mool* with *Tandulodaka* should be taken for three days in *Pradara*. (G. Shasth Khand 1/30)
  - *Nagbala Mool* with milk used in *Pradara*. (G. Shasth Khand 1/36)
  - *Kusha* (*Desmostachya bipinaata*) *Mool* and *Vatyalaka* (*Nagbala – Grewia hirsuta*) *Mool* with *Tandulodaka*. (G. Shasth Khand 1/36)
  - *Ksirapaka* of *Vidarikand Vidarikand* (*Pueraria tuberosa*) with *Ghrita*, *Madhu* and *Sarkara* relief from *Asrigdara*. (G. Shasth Khand 1/41)
  - One *Karsa* of *Amalaki kalka* and half *Karsa Sitopala* mixed both of them and use in *Raktapradara*. (G. Shasth Khand 1/42)
  - *Ksirapaka* of *Jayavitapa* (*Hibiscus rosasinensis*) *Pushpakalika* should be taken while *Ahara* is *Ksira* only. (G. Shasth Khand 1/43)
  - *Sudarshan* (*Crinum latifolium*) *Mool Kalka* with milk. (G. Shasth Khand 1/49)
  - *Bala* (*Sida cordifolia*) *Mool* with *Tandulodak* and *Kadali Phala* with *Ghrita*. (G. Shasth Khand 1/50)
  - *Karkandu* (*Ziziphus jujuba*) *Churna* with equal quantity of *Guda* (*Jaggery*) and *Madhu* (*Honey*). (G. Shasth Khand 1/51)
  - *Shiraabhisheka* (*Swarasa kept on head*) with Swarasa of *Apamarga* (*Achyranthus aspera*). (G. Shasth Khand 1/54)
  - *Ksirapaka* of *Chandana* (*Pterocarpus santalinus*) mixed with *Madhu* and *Sarkara*. (G. Shasth Khand 1/55)

- *Nagkesar (Mesua ferrea)* with honey or *Tandulodaka* while food is only *Takrapana*. (G. Shasth Khand 1/56)
- *Kakjambu (Rajjambu- Syzygium cumini)* Moola taken with *Tandulodak* relieves from *Pandu* and *Pradara*. (G. Shasth Khand 1/57)

#### **Dhanvantari Nighantu<sup>11</sup> –**

- *Eraka/gundra (Typha elephantina)* is described as *Raktapittahara* and *Rajasukravishodhana*. (*Guduchiyadi varga* /82)
- *Kashmari (Gmelina arborea)* is described as *Raktapittahara*. (*Guduchiyadi varga* /115)
- *Kura (Boerhaavia diffusa)* is described as *Raktapunarnava* and is useful in *Raktaparadara*. (*Guduchiyadi varga* /267)
- *Prasarni (Paederia foetida)* is described as *Daahasrigdaranasanam*. (*Guduchiyadi varga* /280)
- *Bala* useful in *Raktapitta*. (*Guduchiyadi varga* /271)
- *Indrayava (Kutaj Beej)* used as *Raktaatisara nakasa*. (*Satpushpadi varga*/16)
- All varieties of *Chandana* are useful in *Raktapitta*. (*Chandanaadi varga* /3)
- *Bola (Commiphra myrrha)* is mentioned as *Raktasravarodhaka* and *Pradararujaphama*. (*Chandanaadi varga*/62)
- *Dhataki (Woodfordia fruticosa)* is described as *Garbhastapani* and *Krimiraktanuta*. (*Chandanaadi varga* /80) S
- *Kunduru (Niriyasa of Sallaki plant)* is described as *Pradaramyashantikarta*. (*Chandanaadi varga* /119)
- *Rasanjana* used as *Raktapittakaphapham*. (*Chandanaadi varga*/143)
- *Kadalikand (Musa paradisiaca)* is indicated in *Raktapitta*. (*Karviryadi varga*/70)
- *Tanduliya (Amaranthus spinosus)* is described as *Raktapittaupghataka*. (*Karviryadi varga*/106)
- *Durva (Imperata cylindrica)* is indicated for *Raktapittaprashmana*. (*Karviryadi varga* /116)
- Varieties of *Padama* are indicated as *Raktapittahara*. (*Karviryadi varga* /131)

- Drugs of *Panckvalkala* are *Raktapittahara*. (*Amradi varga*/70-82)
- *Shalmali Niriyasa Mocharasa* is mentioned as *Grahi* and *Phala*, or *Puspha* of *Shalmali* are also *Grahi* and *Kashaya Rasa*. (*Amradi varga*/117)
- *Erimeda (Acacia farnesiana)* is described as *Raktaamastambhakaraka*. (*Amradi varga* /122)
- Drugs of *Tranpanchmool* are useful in *Striroga* and *Raktapittavikara*. (*Misrakaadi varga*/27)

#### **Kaidev Nighantu<sup>12</sup> –**

- Fruit of *Gambhari (Gmelina arborea)* are *Kashaya Madhura Rasa*, *Shitta Virya* with *Stambhana* and *Raktapitta & Asrigdaranasaka*. (*Aushadi varga* 1/32)
- *Prashnparni (Uraria picta)* useful in *Raktaatisara*. (*Aushadi varga* 1/48)
- *Tranpanchool* are *Raktapittahara*. (*Aushadi varga* 1/77)
- *Gundra (Typha elephantina)* are *Raktapittahara*. (*Aushadi varga* 1/1228)
- *Shalmali, Shalmali Pushpa* and its *Niriyasa Mocharasa* are indicated in *Raktapittahara*. (*Aushadi varga* 1/910-913)
- *Kachnar Pushpa* is used as *Sangrahi, Raktapittahara, Pradaranasaka*. (*Aushadi varga* 1/936)
- *Kadamba (Anthocephalus cadamba)* is described as *Grahi*, beneficial in *Yoni roga* and *Raktapitta*. (*Aushadi varga* 1/957)
- *Avartaki (Cassia auriculata)* seeds are *Raktaatisaranasaka*, and roots are *Raktapittanasaka*. (*Aushadi varga* 1/1000)
- *Vashir (Apamarga variety)* indicated in *Raktapittanasaka*. (*Aushadi varga* 1/1036)
- *Balachtustya* is indicated in *Raktapittahara*. (*Aushadi varga* 1/1056)
- *Dhataki Pushpa* is described as *Raktapittahara*. (*Aushadi varga* 1/1072)
- *Lodhra* is useful in *Asrigdara*. (*Aushadi varga* 1/1126)
- *Yashtimadhu* is helpful in *Raktasrava*. (*Aushadi varga* 1/1130)
- *Gandhpriyangu* is helpful in excessive bleeding. S (*Aushadi varga* 1/1355)

- *Manjistha (Rubia cordifolia)* is described as *Raktaatisaranasaka*. (Aushadi varga 1/1427)
- *Padama (Nelumbo nucifera)* seeds are *Garbhasthapana* and *Raktapittahara*. (Aushadi varga 1/1461)
- *Sana* flowers (*Crotalaria verrucosa*) indicated in *Raktapitta* and *Pradaranasaka*. (Dhanya varga 3/94)

**Bhavprakash Samhita (Bha.P.Chi.68 – )<sup>13</sup>**

- *Madhuka Churna* and *Sarkara (Themeda arundinacea)* (each one *Karsa*) macerated with *Tandulodaka* cures *Raktapradara*.
- *Bala*, root of *Kankatika (Abutilon indicum)* *Churna* mixed with sugar and honey consumed in *Raktapradara*.
- Roots of *Vyaghranakhi (Capparis zeylanica)*, spreading to the north direction and found in a clean place, are dug out during *Uttaraphalaguni Nakshatra*, brought home, and tied to the waist of the women, it cures/stops too much flow of blood in *Raktapradara*.
- *Rasanjan* and root of *Tanduliyaka* macerated with *Tandulodaka* then used with honey cures *Asrigdara*.
- *Bharngi (Clerodendrum serratum)* and *Nagara (Zingiber officinale)* macerated with *Tandulodaka* then used with honey cures *Asrigdara*.
- Decoction of the bark of *Asoka* added with milk and consumed in the morning, in accordance with the strength of the patient cures severe *Asrigdara*.
- Roots of *Kusa* should be macerated with *Tandulodaka* cures *Raktapradara* within three days.
- *Swarasa* of the fruit of *Udumbara* mixed with honey followed by a diet consisting of milk and rice with sugar cures *Asrigdara*.
- *Churna* of the fruit of *Alabu (Lagenaria siceraria)* mixed with sugar and honey made into a ball (*Modaka*) relieves *Pradara*.
- *Kusmandakhandaka* described under *Raktapitta* is also prescribed for *Pradara*.

**Yogratnakar (Pradara Roga Chikitsa)<sup>14</sup>–**

- *Kwatha* prepared flowers of *Dhataki (Woodfordia fruticosa)* and *Pug (Areca catechu)* *Pushpa* used for three days cures *Pradara*.
- *Swarasa* of *Vasa* or *Guduchi (Tinospora cordifolia)* or *Satawari* along with one *Karsa* of *Madhuka Churna* and four *Karsa* of *Sarkara Churna* pestled with *Tandulodaka* should be used.
- *Swarasa* of *Kasthodumbara* mixed with honey followed by diet consisting of milk and rice sweetened with sugar cures *Asrigdara*.
- *Kalka* or *Churna of Bhumiamalaki (Phyllanthus niruri)* *Moola* with *Tandulodaka*.
- *Churna* of *Sunthi* and *Tirinta* with *Ghrita* and *Sarkara*.
- *Ashoka* stem bark *Swarasa* and *Rasanjana* pestled with *Tandulodaka* and mixed with honey.
- One *Niska Churna* of *Indrayava* and two *Niska Sarkara* taken with overnight kept water.
- *Malaya Phala Churna (Alabu)* with *Sarkara* and honey.
- *Kusmandakhandaka* described under *Raktapitta* is also prescribed for *Pradara*.

**Bhaisajya Ratnavali<sup>3 (Bha.Rat.66 )<sup>15</sup>–</sup>**

- Decoction of the bark of *Asoka* was added with milk and consumed in the morning, in accordance with the strength of the patient.
- *Swarasa* of *Kasthodumbara (Ficus hispida)* fruits mixed with the honey, while taking this preparation one should take as meals, rice along with milk treated with jaggery or raw sugar.
- Roots of *Bala* are used with cow milk.
- Roots of the *Bala* as well as *Kusa grass* and prepare a *Kalka* out of their mix, dissolve that into *Tandulodaka*, and straining the liquid drink the syrup along with honey or raw sugar.
- Take the bark or roots of *Rohitaka* and stone of the seeds of *Amalaki* fruits and compound them together using this *Kalka* along with honey and raw sugar.
- 1 *Karsh (6 gm)* of *Dhataki* flower, or *Amalaki* fruit or *Kakjambu* roots or roots of *Karpura*, in

treatment of Asrigdara, used any of these Churna with honey and take it along with *Tandulodaka*.

- Churna of *Bhumiamlaki Mool* with *Tandulodaka* cures *Pradara* within 3 days.
- Churna of roots of *Sarapunkha* (*Tephrosia purpurea*) used with *Tandulodaka*.
- Churna of *Amalaki*, *Anjana* (*Rasanjana*), *Abhaya* (*Haritaki*) takes this mixture along with water.
- Churna of the leaves of *Selu* plant used with *Tandulodaka*.
- Take the *Bhasma* of mercury or *Ras Sundura* and consume it along with the decoction of the leaves of the *Vasa* plant.

#### Priyavat sharma<sup>16</sup> –

- Described *Artavsangrahi* property of *Lodhra*, *Ashoka*, and *Patranga* (*Caesalpinia sappan*). (*Saptam Adhyaya- Varsyadi Varga*)
- *Zhandu* (*Tagetes erecta*) – Flowers are *Raktasangrahi* and *Katu Kashaya* and *Tikta Rasa*, *Sheeta Virya*. (*Navam Adhyaya -Jwaradi Varga*)
- *Parnbeej* (*Bryophyllum pinnatum*) – *Kashaya Amal Rasa*, *Madhura Vipaka*, *Sheeta Virya*, and *Raktastambhana*. (*Navam Adhyaya -Jwaradi Varga*)
- *Raktniryasa* (*Daemenorops draco*) are *Kashaya rasa*, *Sheeta Virya*, *Raktastambhana* property. (*Navam Adhyaya -Jwaradi Varga*)
- *Acharya Priyavat Sharma* described *Raktastambhana* property of *Priyangu*, *Nagkesar*, *Surpunnaga*, *Punnaga*, *Parnbeej*, *Ayapana*, *Zandu*, *Saka*, *Raktniryasa*, *Kukunduru*, *Jalkumbhi*.

## DISCUSSION

According to *Dravyaguna Vigyana* normally, in a drug *Vipaka* will suppress *Rasa*, *Rasa* and *Vipaka* will be superseded by *Virya* and finally, *Prabhava* will supersede all three. That means whenever there is equality in the strength of different qualities, the naturally potent or powerful quality is mainly active. Drugs act due to properties present in them, we can say that some drugs are acts because of their *Rasa*, some because of their *Guna*, some because of their *Virya*, some because of their *Vipaka* and finally some because of their *Prabhava*. In the management of

*Asrigdara*, mostly drugs of *Madhur*, *Tikta*, *Kashaya Rasa* are used. *Madhura Rasa* is used because of their *Vata Pittasamaka*, *Kaphavardhaka*, *Dhatuvar dhaka*, *Prasadana*, *Varnya*, *Vishahara*, *Trishnaprasmana*, *Dahaprasamana*, *Sandhanakar* and *Jivaniya* properties. *Kashaya Rasa* drugs are used because of their *Pitta-Kaphahara*, *Vatavardhaka*, *Sangrahi*, *Sandhanakara*, *Ropana*, *Sthambhana*, *Raktaprasamana* properties. *Tikta Rasa* drugs are used because of their *Pitta-kaphasamaka*, *Vatavardhaka*, *Vishaharsa*, *Dahaprasamana*, *Trishnaprasamana*, *Dhatuposhana* properties. Most of the drugs used are *Madhura Vipaka* because *Madhura Vipaka* has properties of *Vata-Pittahara*, *Kaphavardhaka*, improve *Dhatu*, *Sukrala*, *Brimhana* for example *rasa* of *Shunthi* is *Katu* but it is used in *Asrigdara* due to its *Madhura Vipaka*. Most of the drugs used are of *Sheeta Virya* because of their properties of *Pittasamaka*, *Vata-Kaphavardhaka*, *Prahladana*, *Sthirikarana*, *Prasadana*, *Sthambhana*, *Raktaprasadana*, *Sukrala*, *Dahasamaka*, *Trishnasamaka*. For example, *Rasa* of *Amalaki* is *Amla* but it is used in *Asrigdara* because of its *Sheeta Virya*. *Ruksha Guna* drugs use because of their properties of *Sthambhana*, *Soshana*, *Rukshana*, and *Laghu Guna* drugs use because their properties of *Srotosodhana*, *Agnivardhaka*. So, groups of drugs indicated by different *Acharyas* for the treatment of blood loss like *Sarivadi Gana*, *Ambasthadi Gana*, *Priyanguvadi Gana*, *Nygrodhadi Gana*, *Utpaladi Gana*, *Vidarigandhadi Gana*, *Kakoliyadi Gana*, *Jivaniyadi Gana*, and *Shonitasthapana Mahakashaya*, *Tranpanchmool Dravya*, *Panchvalkala Dravya*, etc because drugs included in these groups are *Madhura*, *Tikta*, *Kashya Rasa*, *Madhura* and *Katu Vipaka* with *Sheeta Virya* with *Raktastambhana* and *Raktavardhaka* properties. So, whenever bleeding is found measures are to be taken immediately so as to arrest the bleeding, the drugs possessing this quality are called Hemostatics drugs therefore all the drugs mentioned above altogether contribute to qualitative and quantitative regulation or normalization functions. Now, as many different types of formulations are mentioned in classical textbooks, different types of *Aushadha Kalpana* of single drugs are also men-

tioned by them. Ayurveda describes five types of major preparation methods for herbal medicines these methods are collectively known as *Panchavidha Kashaya Kalpana*. It is a distortion of the original form of *Dravya* & making it suitable for use. They aimed at isolation of suitable active principles to make drugs in a convenient form, preservation of drugs, to achieve the best therapeutic action, and drugs administered through various routes. We cannot use every *Kalpana* for every person, because the sequence of *Aushadha Kalpana* given in classical textbooks are *Swarasa, Kalka, Kwatha, Hima, Fanta* they arrange in gradually decreased in potency. The meaning of *Swarasa* is any juice extracted from part of the plant using any mechanical force. *Kalka* means it is a simple paste of fresh or dry drugs thoroughly pounded and made into a viscous lump. *Kwatha* means decoction is the process of boiling in water coarsely comminuted drugs for a definite period. *Hima* is prepared by soaking powdered drugs in fresh clean clod water for the whole night.

## CONCLUSION

1. **Avoid negligence of single drugs** – There is no need to take a bunch of medicine in the form of different formulations and chemicals with their side effects here is a solution for every disease in Ayurveda by using just a single drug that is equally effective as compared to different formulations.
2. **Utility of every *Panchavidha Kashaya Kalpana*** – Main equipment of *Chikitsa* is medicines. In Ayurveda, different forms of medicines are collectively called *Panchvithkashya Kalpana*. Every *Kalpana* has their different practical utility according to *Rog* and *Rogi Pariksha*.
3. **Whole plant and their parts use** – Plants are the major source of medicines in Ayurveda. Ayurveda mentioned different pharmacological and therapeutic actions of different parts of the plants, we can use either leaves or roots or any parts of plants according to our convenience.
4. **Need to research on hemostatic drugs of Ayurveda** – After studying so many classical

textbooks the highlight point is its very important to further in vitro and in vivo type lab research in Ayurveda to find out the proper Hemostatic chemical constitute of these ayurvedic drugs which are hidden in our science yet. Ayurveda is an ancient science based on evidence, it is our history with a strong base and lifetime experience, now we need to present it as globalization.

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