

ROLE OF *DURVA SWARAS* IN THE MANAGEMENT OF PUBERTY MENORRHAGIA - A CASE STUDY

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ABSTRACT

Puberty Menorrhagia means menorrhagia that occurs between menarche and 19 years of age. It is one of the main gynecological disorders among teenage girls. Though Puberty Menorrhagia is not directly described in any textbook of Ayurveda but when excessive bleeding occurs during pubertal age it is named as Puberty Menorrhagia. This condition is associated with severe bleeding accompanied with menstruation of more than 80 ml/cycle or for more than 7 days. Ayurveda has described many drugs in the management of Menorrhagia which are safe and effective. *Durva* is mentioned in Bhavprakash in the management of Menorrhagia. In Sharangdhar samhita *Panchavidhakashayakalpana* are mentioned. For the present study *Durvaswaras* taken as it is easy to prepare and consume; and is also easily absorbed by the body. Diagnosis is made based on complaints presented by the patient. It gives an idea about the correct diagnosis and magnitude of Menorrhagia. Assessment has been done before and after treatment. With the help of blood investigations and improved general ill health shows *Durvaswaras* is effective in Puberty Menorrhagia. Therefore, we are presenting a case of Puberty Menorrhagia treated with *Durvaswaras* on OPD basis.

Keywords: *Puberty Menorrhagia, Durvaswaras*

INTRODUCTION

Menarche is a hallmark event in the life of most adolescent girls. It marks the transition from childhood to puberty. Menstrual cycles are often irregular in the first years after menarche. Abnormal bleeding during this phase increases gynecological visits in adolescent girls which is a common problem and often encountered as Puberty Menorrhagia. Puberty menorrhagia

occurs in about 5% of adolescent girls.¹ Puberty Menorrhagia means menorrhagia that occurs between menarche and 19 years of age. It is a significant health problem in adolescent age group associated with severe bleeding accompanied with menstruation of more than 80 ml/cycle or for more than 7 days.²

According to Ayurveda, due to consumption of excessively salty, sour, heavy, acidic unctuous substances, deep fried, greasy food, there is increase of *sar* and *dravaguna* of *Pittadosha* and *chalaguna* of *Vatadosha*. Also *pitta* and *rakta* has same properties. So increased *pitta* increases the blood which entered into uterine cavity with the help of *rajovahasira* and *vata* eliminates this increased menstrual blood from the uterus. Due to increased *pitta* and *vata*, there is heavy and prolonged bleeding. Thus Puberty menorrhagia can result in serious systemic complications like anemia and even infertility, hence keeping this in view it becomes necessary to find out simple, safe and an effective, non hormonal treatment and which is free from any untoward effects also. Ayurvedic texts have described so many drugs in the management of Menorrhagia having certain fundamental principles like *Raktastambhak* (Haemostatic), *Raktashodhaka* (Blood purifier), *Balya* (reduces weakness) etc. *Durva*³ (*Cynodon Dactylon*) in *swaras* form shows similar properties that are effective in the management of Puberty Menorrhagia.

CASE REPORT:

An 18 years old female patient came to OPD of Strirog & Prasutitantra Dept. Govt. Ayurved Hospital, Nagpur, on 15/10/2016 with complaint of Prolonged and heavy menstrual bleeding with clots since last 8 days with increase of 6 sanitary pads per day. This was her second episode of heavy menses. Her periods were normal before that. She also had Abdominal Pain and Cramping, Leg Pain, Weakness, Giddiness, Irritability, Inability to concentrate. As a result she was having difficulty performing her day to day activities.

When the patient came to this hospital for treatment, she was thoroughly examined and complete history was taken.

Past history - There was no significant past medical and surgical history.

Family History: No history of same complaints in the family.

Menstrual history: Menarche at 14 yrs of age. Menstrual cycle was 3- 4/28-30 days, bleeding was normal 2 pads /day, without clots. No pain in abdomen.

General examination-

Pulse: 86 / min

BP: 110/70 mm of Hg

Respiratory Rate: 18 / min

Weight: 42 kg

Pallor +

Systemic examination:

CVS: S1 S2 normal

RS: normal

CNS: conscious, well oriented

P/A: Soft, No tenderness

INVESTIGATIONS:

For the purpose of examination of patient and to exclude any other diseases

1. Complete blood count- Hb – 8 gm%
2. Sickling test - Negative
3. Bleeding time -1.15 min and Clotting time – 3.30 min
4. Thyroid profile – TSH-3.2 mU/L
5. USG (abdomen pelvis) -WNL

The material taken for study was *Durva* shrub.

MATERIAL AND METHOD:

Table 1: Properties of *Durva*

Drug Name	Latin Name	Rasa	Guna	Virya	Vipaka	Dosha Karma	Pradhan Karma
Durva	Cynolon Ductylon	Tikta, Madhur, Kashaya	Laghu	Sheeta	Madhur	Pittahara, Kaphahara	Pitta-kaphashamak, Raktapittanashak, Raktastambhak, Dahaghna

SWARAS NIRMANA VIDHI:

In Sharangdharsamhita, *Panchavidhakashayakalpana* are mentioned.

Swarasis one of them which is nothing but expressed juice. *Durvaswarasnirman*⁴ is done as per procedure described in *Sharangdharsamhita*.

Table 2: Administration of *Durva*

Drug	Form	Dose	Duration	Route	Time
<i>Durva</i>	<i>Swaras</i>	30 ml	7 days	Oral	Morning and Evening

INCLUSION CRITERIA:

- Unmarried girls - up to 19 years of age.
- 1. H/O flow of more than 7 days duration.
- 2. H/O passage of clots
- 3. Hb% of 9 gm% or less

- In all cases of puberty menorrhagia, it is mandatory to exclude pregnancy.
- Thyroid disease
- coagulation disorders and leukemia,
- Hypertension,
- Diabetes mellitus

EXCLUSION CRITERIA:

ASSESSMENT CRITERIA:

Assessment is done on the basis of following criteria, before and after treatment.

Table 3: Grading of symptom Heavy Bleeding

GRADING	Heavy Bleeding (Number of pads used)
+	Spotting or 1 pad /day
++	2-3 pads/day
+++	4-5 pads /day
++++	6-7 pads /day

Table 4: Grading of other symptoms

GRADING	Abdominal Cramping	Pain and Leg Pain	Weakness	Giddiness	Irritability, Inability to concentrate
Mild	+	+	+	+	+

Moderate	++	++	++	++	++
Severe	+++	+++	+++	+++	+++

OBSERVATIONS:

After taking *Durvaswaras* 30 ml BD patient came for follow up, it was observed that bleeding decreased from 6 pads to 2 pads per day after 3 days, and after 7 days the bleeding completely stopped. According to feedback given by the patient, symptoms like abdominal

pain and Cramping, leg pain, Weakness, Giddiness, Irritability were decreased after 3 days and completely absent after 7 days.

Table 5: Before Treatment and After Treatment Comparison

Symptoms	Before Treatment	After Treatment			
		Day 1	Day 3	Day 7	Day 15
Heavy Bleeding	++++	+++	++	Absent	Absent
Abdominal Pain and Cramping	++	++	+	Absent	Absent
Leg Pain	++	++	+	Absent	Absent
Weakness	++	++	+	Absent	Absent
Giddiness	++	++	+	Absent	Absent
Irritability, Inability to concentrate	++	++	+	Absent	Absent

DISCUSSION

Durvais the herb of choice to treat the puberty menorrhagia. *Durvaswaras* is a detoxificant and alkaline and easily absorbs in the blood. It acts as *raktastambhaka* (haemostatic)⁵ and stops excessive uterine bleeding due to its *Tikta, Kashaya* and *Madhur rasa* and *Sheetavirya*. *Sheet virya* leads to *pitashaman* and *raktastambhan*. It also relieves mental stress in which young girl get tangled.

*Tikta rasa*⁶ improves metabolism. It acts as a coagulant. It helps bring back *Dosha* balance. It strengthens the uterus due to its *Madhur rasa*. It acts as a *Garbhashayashodhaka* due to *tikta* and *kashaya rasa* – it reduces endometrial hyperplasia which is also a cause of bleeding. *Durva* contains 65% of chlorophyll

thus is natural remedy for treating anemia, giddiness and weakness as it increases the production of red blood cells which in turn increases hemoglobin levels in the body.⁷ *Durvaswaras* relieves stress and strengthens the nervous system. So, patient got relief from irritability and inability to concentrate. Along with medicinal treatment Reassurance, Counseling of adolescent girls about reproductive physiology, regular follow-up, balanced diet is supportive in the management of puberty menorrhagia.

CONCLUSION

Durvaswaras is found to have good effect and gave relief in symptoms of Puberty Menorrhagia. It is easily available, easy to

prepare, easy to consume and cost effective also.

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