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 Durvaswarasis 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 pittaincreases the blood which entered into uterine cavity with the help of rajovahasira and vataeliminates 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\textsuperscript{3} (CynodonDuctylon) 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

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Latin Name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Dosha Karma</th>
<th>Pradhan Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Durva</td>
<td>Cynolon Ductylon</td>
<td>Tikta, Madhur, Kashaya</td>
<td>Laghu</td>
<td>Sheeta</td>
<td>Madhur</td>
<td>Pittahara, Kaphahara</td>
<td>Pitta-kaphashamak, Raktapittanashak, Raktastambhak, Dahaghna</td>
</tr>
</tbody>
</table>

SWARAS NIRMANA VIDHI:
In Sharangdharsamhita, Panchavidhakashayakalpana are mentioned. Swarasis one of them which is nothing but expressed juice. Durvaswarasnrman is done as per procedure described in Sharangdharsamhita.

Table 2: Administration of Durva

<table>
<thead>
<tr>
<th>Drug</th>
<th>Form</th>
<th>Dose</th>
<th>Duration</th>
<th>Route</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Durva</td>
<td>Swaras</td>
<td>30 ml</td>
<td>7 days</td>
<td>Oral</td>
<td>Morning and Evening</td>
</tr>
</tbody>
</table>

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

EXCLUSION CRITERIA:
In all cases of puberty menorrhagia, it is mandatory to exclude pregnancy.

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

Table 3: Grading of symptom Heavy Bleeding

<table>
<thead>
<tr>
<th>GRADING</th>
<th>Heavy Bleeding (Number of pads used)</th>
</tr>
</thead>
<tbody>
<tr>
<td>+</td>
<td>Spotting or 1 pad /day</td>
</tr>
<tr>
<td>++</td>
<td>2-3 pads/day</td>
</tr>
<tr>
<td>+++</td>
<td>4-5 pads /day</td>
</tr>
<tr>
<td>++++</td>
<td>6-7 pads /day</td>
</tr>
</tbody>
</table>

Table 4: Grading of other symptoms

<table>
<thead>
<tr>
<th>GRADING</th>
<th>Abdominal Cramping</th>
<th>Pain and Leg Pain</th>
<th>Weakness</th>
<th>Giddiness</th>
<th>Irritability, Inability to concentrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Day 1</td>
<td>Day 3</td>
</tr>
<tr>
<td>Heavy Bleeding</td>
<td>++++</td>
<td>+++</td>
</tr>
<tr>
<td>Abdominal Pain and Cramping</td>
<td>++</td>
<td>++</td>
</tr>
<tr>
<td>Leg Pain</td>
<td>++</td>
<td>++</td>
</tr>
<tr>
<td>Weakness</td>
<td>++</td>
<td>++</td>
</tr>
<tr>
<td>Giddiness</td>
<td>++</td>
<td>++</td>
</tr>
<tr>
<td>Irritability, Inability to concentrate</td>
<td>++</td>
<td>++</td>
</tr>
</tbody>
</table>

DISCUSSION

*Durvaswaras* is 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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