CONCEPT OF ASRGDAR

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ABSTRACT

Asrgdar is a Sanskrit word which literally means bleeding from vagina during menses or intermenstrual. The concept of Asrgdar is the most important and fundamental principle in understanding the physio-pathology of the diseases. In Ayurvedic classics Asrgdar which affect the women physically and mentally. Excessive flow of menstrual blood is known as Asrgdara or Pradara (Menorrhagia). Dirana +Asrk = Asrgdara. Dirana means excessive excretion and Asrk means menstrual blood hence, it is known as Asrgdara. Pradirana on the other hand means excessive excretion of Raja (menstrual blood) hence, it is called as Pradara.

Dysfunctional uterine bleeding (DUB) is irregular uterine bleeding that occurs in the absence of recognizable pelvic pathology, general medical disease, or pregnancy. It reflects a disruption in the normal cyclic pattern of ovulatory hormonal stimulation to the endometrial lining. The bleeding is unpredictable in many ways. It may be excessively heavy or light and may be prolonged, frequent, or random.

To evaluate all above probles according to ayurveda this study started

Keywords:- Asrgdar, DUB, pradar, menstrual blood, etc

INTRODUCTION

Due to pradiran (excessive excretion) of raja (menstrual blood) , it is named as pradar and since, there is dirana (excessive excretion) of asrk (menstrual blood) hence it is known as asrgdara.¹

As per above definition and description according to other acharyas Asrgdar is correlate with Menorrhagia. According to Charak and Chakrapani rakta gets mixed with raja , which affect to increase the quantity of raja.²

According to Dhalanacharya, excessive and/or pronged blood loss during menstrual period is known as asrgdar. Aim of study

1) To know Asrgdar as per Ayurvedic text in detail.
2) To correlate with modern science.
3) To know the line of treatment according to ayurveda and modern science.
4) To decrease the hazards of hormonal therapy.

Causative Factors:- According to charak the woman who consumes the excessive salty, sour, heavy, katu, vidahi, and unctuous , meat of domastic, aquatic and fatty animals, krsara, pasya curd, sukta, mastu, wine, etc her vata gets aggravated and withholding vitiated rakta which increases the amount of raja carries by rajovahidhamanya of uterus.
This increased raja follows in excessive amount and called as asrgdar.3

According to Madhav Nidan, Bhavprakash and Yogratnakar asrgdar can cause due to use of incompatible diet and wine, eating before the previous meal is digested, indigestion, abortion, excessive coitus, riding, walking, grief, emaciation, weight lifting, trauma and day sleeping.4

Charaka has mentioned that, abnormalities of ahara is the cause of Asrgdar, which can produce emaciation or obesity (sthaulya), it can damage the liver and pelvic congestion also. These factors lead to produce characters of Meno-merorrhagia. Other Acharyas, mentioned that, it can correlated with poymenorrhagia. This is types of Dysfunctional Uterine Bleeding.

Harita mentioned that, the Asrgdar occurs in infertile women due to stanya formation.

According to modern science when the level of prolactin increase the may be breast section occurs which leads to irregular menstrual cycle and when menses occurs there may be excessive bleeding.

Types:-

According to charak there are four types5

1) Vataj
2) Pittaj
3) Kaphaj
4) Doundavaj

Sushruta mention in Shonit chikista adhaya asrugdar is treating according to Raktapitta.

According to astangsangraha asrugdar mention in yonirog adhya .astang kar metion five types that is vataj, pittaj, kaphaj, doundvaj and asrgdar.6

According to astang raktayoniivyapad and asrgdar are same. He is advice to due imporatane to the colour of blood while describing the treatment. The colour indicates predominance of the doshas.

General features

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<th>bleeding</th>
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Sushruta metion all types of asrgdar under general clinical features has not given any classification but the dominance of dosha observe by colour of discharge.

Vagbhat also not actuaaly classified it specifically and gives importance to colour of discharge.

As per all above asrgdar is a similar entity for raktyoni or asraja yonivyapad these
may unequivocal words. These are gynaecological disorders which are characterised by blood discharge from vagina. Excessive and or irregular bleeding per vagina is a symptom of eighter pathology of anatomic components of reproductive system. That is inflammation; tumours, myohyperplasia, pelvic congestion, endometriosis, etc are occurring due to estrogens progesterone imbalance. It may occur due to psychosis of women.

Symptoms of dysfunctional uterine bleeding:

- Intermenstrual PV spotting or bleeding.
- Very short or prolong periods.
- Heavier bleeding (such as passing large clots, needing to change protection during the night, soaking through a sanitary pad or tampon every hour for 2 - 3 hours in a row)
- Bleeding more than normal or excessive.

Harmonal changes can cause DUB which has following symptoms

Hirsutism, felling of hot all over body. Change in the mood. Dryness in vagina. A woman may feel tired or have fatigue if she is loses too much blood over time. This is a symptom of anemia.

Specific etiology and clinical features:-

Charak has mentioned the specific etiology along with clinical feature with its types. Sushrut and Vagbhat also describe it in Shonivarnaniya and siraved adhaya.

Vataj Asrgdar:- when a woman consumes vat aggravated diet or vihar etc... The aggravated vat withholds the blood products to form vataj Asrgdar.

The following sign and symotoms are seen as ....menstrual blood is frothy, thin, rough, blackish, and reddish, like palash pushpa dhavan, with or without pain, may pain at cardiac region, flanks, back and pelvis.

Sushrut and Vagbhat mentions forthy, reddish, backish colour, rough, thin, limped, quicky, smelle is like iron and cold.

Vataj Asrgdar is charctarised with severe pain and pain due to hyperplasia of pelvic congestion syndrome.

Pittaj Asrgdar:-

According to Charak it is occur due to aggravation of pitta and pitta prakopak diet. Its symptoms and sign are as follows

Menstrual blood is blue, yellow, green, blackish in colour, hot, profuse amount, repeatedly and with pain. The associated symptoms are burning sensation, redness, thirst, mental confusion, fever, giddiness, etc.

Sushrut and Vagbhat mentions, yellow, green, blackish or resemble the water mixed smoke or colour of cow urine, fishy smell, and bitter teast, do not coagulate.

Practically is very difficult to mention blue, yellow, green colour. But the other symptoms mention can correlate with menorrhagia due to inflammatory condition of reproductive system. But according to the description of other author it can be correlate with menometrorrhagia.

Kahaj Asrgdar:-

According to Charak it is occur due to aggravation of kapha and kapha prakopak diet. Its symptoms and sign are as follows

Menstrual blood is slimy, pale, heavy, unctuous, mixed with mucous, thick, with pain, vomiting, anorexia, nausea, dyspenia, cough, intermentrual bleeding.

Sushrut and Vagbhat mentions water mixed with red ocher, unctuous, cold, thick, very slow, clotted, etc.

According to all sign and symptoms menorrhoea can be correlate with tubercular or chronic endometritis.

Sannipataj Asrgdar:-
According to Charak it is occur due to aggravation of tridash and tridash prakopak diet. Its symptoms and sign are as follows. Menstrual blood is forceful discharge, foul smelling, burning sensation, slimy, yellowish, unctuous, continuous, thirst, fever and anemia.\textsuperscript{13}

*Sushrut* and *Vagbhat* mentions features of all three doshas.\textsuperscript{14}

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tr>
<td>Menorrhagia</td>
<td>Prolonged or excessive bleeding at regular intervals</td>
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<tr>
<td>Metrorrhagia</td>
<td>Irregular, frequent uterine bleeding of varying amounts but not excessive</td>
</tr>
<tr>
<td>Menometrorrhagia</td>
<td>Prolonged or excessive bleeding at irregular intervals</td>
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<tr>
<td>Polymenorrhea</td>
<td>Regular bleeding at intervals of less than 21 days</td>
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<tr>
<td>Oligomenorrhea</td>
<td>Bleeding at intervals greater than every 35 days</td>
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<td>Amenorrhea</td>
<td>No uterine bleeding for at least 6 months</td>
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<tr>
<td>Intermenstrual</td>
<td>Uterine bleeding between regular cycles</td>
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Prognosis:-

Sanipataj------ incurable

Other are kastasadhya.

Complication:- Weakness ,excessive bleeding, giddiness, mental confusion, feeling of darkness, dyspnoea, thirst, burning sensation, delirium, anaemia, drowsiness and convulsion, etc.

Treatment:-

1) General treatment: - according to Saranghar Samhita astringent drugs. Rakatastambhak and pitta shamak treatment is also useful.

2) Externally used drugs: - Vagranakhi, Satpushpa, etc.

3) Basti by. Chandanadi, rasnadi, madhukadi, kushadi, rodharadi, mustadi drugs.

4) Internal medication:- darvyadi kwath, dhatkyadi , tanduliya mula kalka, kushmula kalkabal, ashok, indrayav, etc

**CONCLUSION**

As per all above description from Ayurvedic Samhitas and discussion we are trying to evaluate the actual concept of *Asrgdar*. We try to correlate it on modern basis. Its sign, symptoms, types, etc are described as per all Acharyas. The sign and symptoms mention in modern text are too much similar to the symptoms and sign mention in Ayurvedic text. So as per this we may give treatment to cure it. The therapy mention in ayurveda is non hormonal. The hormonal therapy mention in modern can affect on woman’s health. By knowing *Asrgdar* we can reduce the hormonal hazards.

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