The effect of *Kushamoola* in the management of *Rakthapradara* - A Clinical Study

Rachana HV,¹ Jayashri S. Deshmukh.²

¹PhD Scholar, Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, ²Professor & HOD, Dept. of Prasooti Tantra and Stri Roga, C.S.M.S.S Ayurveda college, Kanchanawadi, Aurangabad, Maharashtra, India.

**ABSTRACT**

The word Artava denotes two meanings one of them is Antah Pushpa and another one is Bahir Pushpa. Both Antah and Bahir Pushpa are interrelated. Bahir Pushpa is outward manifestation of appropriate work of Antah Pushpa which is necessary for conception. Here, the present study deal with Bahir Pushpa that is menstrual blood. As heavy menstrual bleeding (*Rakthapradara*) is a debilitating disorder, the woman requires rapid, safe and effective treatment. Ayurvedic texts have described a variety of treatment options in the management of “Rakta Pradara”. Due to alteration of food habits and changing life styles complaint of the excessive and irregular uterine bleeding is increasing day by day. Excessive bleeding is the most common cause of anemia and dysmenorrhea. High rate of complication of hysterectomy as well as it is not suitable for younger patients and who wish to conceive further. Due to limitation of medical therapy as well surgical therapy of modern science, it becomes the necessity of the time to find out harmless therapy to manage the condition. These are the factors why the topic is being selected for the present study.

Key words: Rakta Pradara, Kusha Moola, DUB.

**INTRODUCTION**

Woman has been described as a mother of religion, culture, desires, wealth of whole world. She is considered as necessary object for pleasure and she is the one who is responsible for all human existence. *Rakthapradara* indicated the excessive and irregularity of menses. In the female the reproductive system has a great importance and any disease in this system will seriously affect her health and happiness and also it proves to be a great discomfort. *Rakthapradara* is one amongst the extensive range of occurrence. Any abnormality in Rutuchakra (menstrual rhythm) leads excessive and irregular uterine bleeding which is known as “Rakthapradara” in classical text.[¹]

Hysterectomy being the ultimate cure for DUB. Though the safe operation with minimum morbidity and mortality, the possible long term complications like ovarian failure, intestinal and urinary dysfunction and vault prolapse is quite disturbing.[²]

Therefore despite a wide treatment options for its management which have multiplied over the recent years. Yet considering the factors such as age, parity and wishes of the patient with regard to contraception, future pregnancy etc., and the drug which is non-hormonal, non surgical, effective and without any adverse effects is the need of the home.

**LITERARY REVIEW**

In Charaka Samhita,[³] Sushruta Samhita,[⁴] Astanga Sangraha and Astanga Hruda,⁵ Detailed classification of Rakthapradara with their Nidana, Lakshana, Chikitsa and Upadrava are explained.
elaborately. **Vangasena** considered Raktapradara as Pranahara and every measure to cure it has to be done. **Charaka** explains the treatment to be just like Rakta Yoni i.e. Raktasthapanu Oushadhas should be used after giving due consideration to the association of Doshas. 

Raktapradara is a disease manifesting as excessive bleeding per vaginum. **Charaka** explained the treatment to be just like Rakta Yoni i.e. Raktasthapanu Oushadhas should be used after giving due consideration to the association of Doshas. 

DUB is not one condition with one aetiology, but it is a group of disorders characterized by dysfunction of the uterus, ovary, pituitary, hypothalamus or other parts of the reproductive system which results in abnormal or excessive uterine bleeding. 

The aetiology is purely hormonal and that of the hypertrophy and hyperplasia of the endometrium are induced by a high titre of oestrogen in the circulating blood. The bleeding may be abnormal in frequency or amount or duration or combination of any three. It is diagnosis of exclusion and one must proceed through a logical evaluation to rule out all other causes of the abnormal bleeding.

**Yogaratnakara** explained that Kusha root (Desmostachya bipinnata) mixed with rice water and taken with the same for 3 days to check the excess bleeding. 

**Kushamoolam Samudrutya Peshayet Tandulambuna / Etatpeetva Naari Pradartparimuchyate /**

Kusha is widely used in Ayurvedic therapeutics. It is having Madhura and Kashaya Rasa, Sheetha Veerya, Laghu and Snigdha Guna and Madhura vipaka. 

Pittagna property of Madhura Rasa, Stambana, Ropana and Rakta-pitta Prashamana property of Kashaya Rasa may help to stop excess bleeding.

**Objectives of Study**

To evaluate the efficacy of Kusha moola in Raktapradara.

**Source of Data**

15 patients, aged between 16-50 years who attended the OP and IP section of Sri Sri College of Ayurvedic Science and Research Hospital, Bengaluru complaining of excess bleeding during menstruation were screened.

**Diagnostic Criteria**

Patients were selected for the study as per the following diagnostic criteria, like

**Ayurvedic parameters**

Based on Srava, Varna, Ganda, Ruja and other Anubandhi Lakshanas according to the types.

**Parameters of DUB**

- Duration of bleeding - If bleeding lasts for more than 5 days.
- Amount of menstrual blood loss - Use of number of pads per day.
- Clots - Present or Absent.
- Pain - Present or Absent

**Inclusion criteria**

- Patient with age group of 16 to 50 years.
- Patient with Pratyatma Lakshana of Raktapradara
- Menorrhagia - Excessive bleeding during menstruation both in amount and duration in regular cycle.

**Exclusion criteria**

- Threatened or spontaneous or incomplete abortion.
- Bleeding disorders like thrombocytopenia etc.
- Patient with IUCD.
- Post menopausal bleeding.

**Study Design**

This research work is a single blind clinical study with pretest and post test design. 15 female aged between 16 to 50 yrs suffering from excess bleeding during menstruation were taken for the study. The signs and
symptoms were observed before and after the treatment and these were compared.

**Treatment Methodology**

- **Kushamoola** has to be trichurated with Tandulodaka.
- Diagnosed patients of Raktapradara were advised to take this for 3 days morning 30ml and evening 30ml in empty stomach.

**Pathya and Apathya**

- Patients give advised to take a normal diet. Avoid excessive oily, sweet, spicy, fried food, curd, fermented food, over diet and sour items.
- To have more green vegetable and fruits.
- To have more milk.
- Patients were asked to avoid heavy exercise, excessive intercourse.
- They were also asked to avoid Upavasa, Adhyashana, Ratrijagrana, Divaswapna, Atibharavahana, journey, heavy work and other Nidana.
- Patients were psychologically counselled and advised to avoid Chinta, Shoka, Krodha, etc.
- General advice regarding maintenance of proper hygiene and habits were also given.

**RESULTS**

**Effect of Kusha Moola on duration of bleeding**

The analysis of mean score of appearance of duration of excess bleeding in the patient before treatment was 1.867 reduced to 0.267 after treatment. By the method of paired ‘t’ test it was proved that the improvement observed was statistically highly significant at the level p< 0.001.

**Table 1: Effect of Kusha Moola on duration of bleeding.**

<table>
<thead>
<tr>
<th>No. of patients</th>
<th>BT</th>
<th>AT</th>
<th>Paired ‘t’ test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Diff</td>
<td>S D</td>
<td>t</td>
</tr>
<tr>
<td>15</td>
<td>1.867</td>
<td>0.267</td>
<td>6.80</td>
</tr>
<tr>
<td></td>
<td>0.215</td>
<td>0.118</td>
<td>1.60</td>
</tr>
</tbody>
</table>

**Effect of Kusha Moola on amount of bleeding.**

The mean score of amount of bleeding in the patient before treatment was 0.333 reduced to 0.000 after treatment. By the method of paired t test it was proved that the improvement observed after treatment was statistically highly significant at the level p= 0.019.

**Table 2: Effect of Kusha Moola on amount of bleeding**

<table>
<thead>
<tr>
<th>No. of patients</th>
<th>BT</th>
<th>AT</th>
<th>Paired ‘t’ test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Diff</td>
<td>S D</td>
<td>t</td>
</tr>
<tr>
<td>15</td>
<td>0.333</td>
<td>0.000</td>
<td>2.64</td>
</tr>
<tr>
<td></td>
<td>±0.126</td>
<td>±0.000</td>
<td>0.48</td>
</tr>
</tbody>
</table>

**Effect of Kusha Moola on clots during menstruation**

The mean score of clots in the patient before treatment was 0.267 reduced to 0.0667 after treatment. By the method of paired t test it was proved that the improvement observed after treatment was statistically highly significant at the level p< 0.001.
treatment was statistically highly significant at the level p=189.

Table 3: Effect of Kusha Moola on clots during menstruation.

<table>
<thead>
<tr>
<th>No. of patient</th>
<th>B T</th>
<th>A T</th>
<th>Paired ‘t’ test</th>
<th>Diff</th>
<th>S D</th>
<th>t</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0.267 ± 0.118</td>
<td>0.0667 ± 0.0067</td>
<td>0.20</td>
<td>0.41</td>
<td>1.87</td>
<td>=0.08</td>
<td></td>
</tr>
</tbody>
</table>

Graph 3: Effect of Kusha Moola on clots during menstruation.

**DISCUSSION**

The Artava formed by Rasa Dhatu is brought about to the fine vessels of Garbhashaya by the action of normal functioning of Vayu which is responsible for its timely excretion through vaginal passage.\[12\]

Artava which is formed from Rasa is Soumya which has Prithvi and Jala as its major components. Arthava attains Agneyatva by the Kala Parinama. Abnormality of Agneya or Tejas component can affect its amount to be excreted. So any Vikriti in Arthava indicates Dhatu Vikriti. The causes for Dhatu Vikriti includes,

Rasa Dhatu Vikriti

Certain food products like Guru, Amla, Lavana, Vidahi, Viruddhahara, Sura, Sukti etc. causes Agni Vaishamyata that in turn causes Rasa Dusti and Rakta Dusti results in to Raktapradara.

The aim of the treatment of Raktapradara should be

- To maintain the general health of the body ie Ojovriddhi and Bala Vriddhi.
- To correct the disease caused by altered and vitiated Doshas.
- To prevent the complications.

Considering this aspect, only such a treatment which can fulfill the basic criterias ie Raktastrambaka, Raktapittahara and Bhrumhana effects are desired in the treatment.

Thus Kushamoola is one such drug having Madhura and Kashaya Rasa, Sheetha Veerya, Laghu and Snigdha Guna and Madhura Vipaka.\[13\]

Pittagna property of Madhura Rasa, Stambana, Ropana and Rakta-Pitta Prashamana property of Kashaya Rasa may help to stop excess bleeding.\[14\]

Kashaya Rasa - Which predominantly possess Prithvi and Vayu Mahabhoota has Sthambhana action. Asrgdara characterized by excessive flow of blood (increase in Drava Pitta and Rakta) is benefited by this Sthambhana property.

Sheetha Veerya - Which having the property of Hima Stambana is benefited to stop excess bleeding.

Vyadhi Pratyaneeka Chikitsa

Due to above said qualities; it acts as Sthambhana, Raktapittahara, Rakta Shodhaka and Grahi. Hence its action on Raktapradara can be well understood.

**CONCLUSION**

The incidence of Raktapradara is high among the women of reproductive age and of perimenopausal age and incidence is irrespective of the socio-economic status, domicile or education status. However dietary habits, mental status plays an important role in the aetiology, hence the incidence is increasing day by day. It is the disease which deteriorates the health of the woman in due course of time. Mainly the menstrual rhythm (length of the cycle) depends upon the hypothalamo pituitary ovarian function. Whereas the amount of blood loss depends upon the uterine condition. The
endometrium which is the seat of Artava, especially the Bahirpushpa undergoes a series of cyclical changes in accordance with the influence of the hormones. The loss of excessive blood brings about Daurbalya and other Upadrava resulting from Raktakshaya and Vata prakopa. The main principle of the management of Rakthapradara is Rakta Shodhana, Raktastambhana, Pitta Kapha Samaka, Vatanulomana and giving Bala to the Garbhashaya. Kusha Moola possessing Rakta Stambaka and Rakta Shodhaka properties and proved the efficacy in treating the Rakthapradara.

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