



ISSN 2456-3110

Vol 6 · Issue 1

Jan-Feb 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Review on *Raktapradara* (menorrhagia) and its management

Dr. Samrajita Suhas Thorat¹, Dr. Suhas Bajirao Thorat²

¹Assistant Professor, Dept. of Stri Roga & Prasuti Tantra, ²Associate Professor, Dept. of Kaumarabrutya, Maharashtra, INDIA.

ABSTRACT

Menorrhagia is cyclical bleeding at normal intervals which is excessive in amount or duration, Menorrhagia is generally caused by conditions affecting the uterus and its vascular apparatus, rather than by any ovarian disturbance. It occurs if the bleeding surface (that is the area of the endometrium) is increased. According to Ayurveda it can be correlated with *Rakta Pradara*. *Rakta Pradara* is one among the *Rakta Pradoshaja Vikara* and characterized by *Artava Ati Pravrutti*, *Deerga Kala Pravrutti*, *Anruta Kala Pravrutti*, *Daha in Adho Vankshana Pradesha*, *Sroni*, *Prushta* and *Kukshi*, *Shoola in Garbhashaya Angamardha* etc. Since *Raktapradara* is mainly due to *Vata Pitta Dosha*; *Kashaya Rasa* and *Pittashamaka Chikitsa* may be adopted. Ayurvedic formulations help in breaking down the pathogenesis of *Raktapradara* and its recurrence.

Key words: *Raktapradara*, *Menorrhagia*, *Atyartava*, *Asrugdara*

INTRODUCTION

Rakta Pradara is one among the *Rakta Pradoshaja Vikara*^[1] and it is characterized by *Artava Ati Pravrutti*, *Deerga Kala Pravrutti*, *Anruta Kala Pravrutti*, *Daha in Adho Vankshana Pradesha*, *Sroni*, *Prushta* and *Kukshi*, *Shoola in Garbhashaya Angamardha* etc.^[2] It is a *Pitta Pradhana Tridoshaja Vyadhi*.

By considering the symptoms mentioned above in account, it resembles with the condition Menometrorrhagia in modern literature. It is an irregular inter menstrual bleeding caused due to DUB, uterine polyp, cervical endometriosis and CA cervix.^[3]

Address for correspondence:

Dr. Samrajita Suhas Thorat

Assistant Professor, Dept. of Stri Roga & Prasuti Tantra, Maharashtra, INDIA.

E-mail: samrajita.thorat@gmail.com

Submission Date: 13/01/2021 Accepted Date: 16/02/2021

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

WHO has estimated that around 24% women ages 40 - 55 years are suffering from Menometrorrhagia.

Menometrorrhagia is type of menstrual abnormality that causes extreme menstrual blood loss in women of various ages. It's due to the imbalance in the estrogen and progesterone hormone results in excessive production of endometrium and irregular shedding of endometrium cause heavy menstrual bleeding and it also caused due to the any pathology in the uterus ovary like uterine fibroid, polyp, adenomyosis etc. By the above explanation *Rakta Pradara* seems to be a disease of *Rakta Dhatu* and *Pitta Dosha* and it is mentioned as a *Raktapradoshaja Vikara* involving *Raktavaha Srotas*. And it can be treated like that of *Raktatisara*, *Raktapitta*, *Raktarsha* and *Garbha Srava*.^[4]

Raktapradara indicated by 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. *Raktapradara* is one amongst the extensive range of occurrence. Any abnormality in *Rutuchakra* (menstrual rhythm) leads excessive and irregular

uterine bleeding which is known as “Raktapradara” in classical text. Hence this present review article highlights the Raktapradara (menorrhagia) and its management.

AIMS AND OBJECTIVES

Review on Raktapradara (menorrhagia) and its management

MATERIALS AND METHODS

Review of literature from Brihatrayee and other Ayurveda literatures related to Raktapradara, and from e-sources were compiled.

REVIEW OF LITERATURE

Raktapradara is a disease manifesting as excessive bleeding per vagina. This disease has been known to mankind since the age of Veda and Purana.

Charaka explained Pradara as a separate disease with its management in Yoni Vyapat Chikitsa. He has also explained it as one of the Rakta Pradoshaja Vikara^[5] and also under Pittavruta Apana Vayu.^[6]

Acharya Sushruta explained it as a separate disease entity in Shukra Shonita Adhyaya in Sharirasthana. He also mentioned it under Pitta Samyukta Apana.^[7] He also mentioned it in Rakta Pradoshaja Vyadhi.^[8]

Ashtanga Sangraha explained Raktayoni and said Asrigdara and Pradara as its synonyms.^{[9],[10]}

Ashtanga Hridaya described Raktayoni, but nothing is mentioned about Asrigdara or Pradara.^[11] Yet it is explained under the synonym of Raktapradara in some places.

The Terms

- Asrigdara is given by - Sushruta
- Pradara by - Charaka
- Raktapradara by - Sharangadhara

Nirukti (Derivation)

The derivation of word ‘Asrigdara’ is derived from two words,

That is -

- Asrik - Menstrual blood

- Dara - Excessive excretion

Asrik + Dara → Asrigdara

Asrika is essential Dhatu which is being present in the heart gets accumulated there and spreads all over the body.

Excessive excretion of Rajah it is named as “Pradara”

Excessive or prolonged flow of blood occurring in menstrual or inter menstrual period is Asrigdara.

It is the condition in which the Rajorakta (menstrual blood) flows in abundant quantity. Charaka defined, due to Pradirana (excessive excretion) of Raja (menstrual blood) it is named as “Pradara” and since, there is Dirana (excessive excretion) of Asrik (menstrual blood) hence it is known as “Asrigdara”.

Acharya Dalhana has described clinical feature of Asrigdara i.e., Excessive and prolonged or prolonged blood loss during menstruation or even scanty blood loss during inter-menstrual period is ‘Asrigdara’.

Synonyms

A synonym means the word containing the same meaning as of the given word. In Ayurvedic Texts, many authors have used mainly the following terms for Asrigdara.

Pradara, Dara. Rakta Pradara is the word stated in Sharangadhara Samhita. Ashtanga Sangraha (Indu) has also given various synonymous^[12] like Pradara, Asrigdara, Atiraja, Raktapradara, Raktayoni etc.

Nidana of Raktapradara

All the Nidana of Raktapradara are grouped under four headings.

- 1) Aharaja
- 2) Viharaja
- 3) Manasika
- 4) Anya

1) Ahara Hetu

The etiological factors related with dietary condition are known as dietary factors. In this class we can summarize the factors aggravating different Dosh

such as over indulgence of *Ruksha*, *Sheeta* etc. diets provoke *Vata*; *Amla*, *Ushna*, *Tikshna* etc. provokes *Pitta* & *Guru*, *Madhura*, *Snigdha* etc. provokes *Kapha Dosh*.

2) *Vihara Rupa Nidana*

- *Ati Maithuna*
- *Ati Yana*
- *Ati Marga Gamana*
- *Ati Bharavahana*
- *Divaswapna*

3) *Manasika Nidana*

- *Shoka*

4) *Anya Nidana*

- *Garbhapata*
- *Abhighata*

Samprapti

Acharya Charaka has also enumerated *Raktapradara* amongst the diseases of vitiated *Rakta* and *Pittavrita Apana Vayu*. It can therefore be considered that *Vayu* can also be vitiated only due to being covered by *Pitta*. The *Chala Guna* of *Vayu* and *Sara Guna* and *Drava Guna* of *Pitta* plays an important role in forming the basic *Samprapti* of *Asrigdara*.

Samprapti Ghataka

- *Dosha : Tridosha*
- *Dushya : Rasa, Rakta, Artava*
- *Agni : Jathragnimandya*
- *Srotasa: Artavavaha, Rasavaha, Raktavaha, Mamsa*
- *Srotodushti : Atipravritti*
- *Adhithana : Garbhashaya, Artavavaha Srotasa*

Classification of Raktapradara

Raktapradara is classified in four groups i.e.

- *Vataja*
- *Pittaja*

- *Kaphaja*
- *Sannipataja* (Ch. Chi. 30/210)

Lakshana (Symptoms)

The Phase of *Purvarupa* of the *Raktapradara* is not mentioned in the texts. (Probably there may not be any premonitory Symptoms).

Acharya Charaka has described the only one symptom i.e., presence of excessive bleeding during menstruation. According to *Sushruta*, when same menstruation comes in excess amount for prolonged period even without normal period of menstruation, different from the features of normal menstrual blood or denoting the features of specific *Dosha* known as *Asrigdara*.

Chikitsa

The general line of treatment of any disease is followed on the basic lines as

- *Nidana Parivarjana*
- *Shodhana*
- *Shamana*
- *Rasayana chikitsa*.
- *Charaka* explained the treatment to be like for *Raktayoni* i.e., *Rakta Sthapana Aushadha* after giving due consideration to the association of *Doshas*.
- Treatment prescribed for *Vataladi Yonivyapat* should be used in respective *Raktapradara*. It should be treated on the lines of *Raktatisara, Raktarshas*,^[13] *Guhyaroga*,^[14] and abortions.^[15]
- Treatment on the lines of *Adhoga Raktapitta* is to be applied.^[16]
- Use of *Basti* is beneficial.^[17]

As *Raktapradara* is the *Sharirika Roga*, it needs *Yuktivyapashraya Chikitsa*. The *Satvavajaya Chikitsa* can also be done because of the involvement of the *Shokadi Uttejakabhava* will be there in *Raktapradara*. The *Yuktivyapashraya Chikitsa* is of two types.

1. *Shodhana* and

2. Shamana

In *Shodhana*, *Panchakarma* can be done according to the *Dosha* involved.

Vamana

Vamana may help to normalize the *Gati* of *Vayu* (*Apana*), thus helping to cure it. However, there is no direct reference of either its indication or contra-indication.

Virechana

Virechana has been indicated where in *Charaka* has suggested the use of *Mahatiktaka Ghrita* for *Virechana* in *Pittaja* type of *Raktapradara*.^[18] The predominant *Dosha* being *Pitta*, *Virechana* serves as the best *Shodhana* therapy. According to *Kashyapa*, *Raktapradara* should be treated by *Virechana*.

Basti

It is a well-known fact that none of the *Yoni Roga* is caused without the vitiation of *Vata Dosha*. Hence, the pacification and regulation of the vitiated *Vata* becomes necessary. Classics have mentioned the use of both *Niruha* and *Anuvasana Basti* in *Raktapradara* to pacify *Vata* (especially *Apana Vayu*).

Another type of *Basti* explained is the *Uttara Basti*. *Acharya* have recommended the efficacy and importance of *Uttarabasti* in the treatment of *Artava Vyapat*.

A brief review of the drugs and Yoga indicated in *Raktapradara*;

For Asthapana Basti

- Chandanadi or Rasnadi Niruha Basti (Ch. Si. 3, A. H. Kal. 4)
- Kushadi Asthapana (Su. Chi. 37)
- Lodhradi Asthapana (Su. Chi. 38)
- Mustadi Yapana Basti (A. S. Kal. 5)

For Anuvasana

- Madhukoshiradi (Su. Chi. 37)
- Shatapushpa Taila (Ka. S. Kal. 24, 25)

For Virechana

- Mahatiktaka Ghrita* especially in *Pittaja Raktapradara*.

Internal Medicines

Various medications in the form of powders, pastes, medicated milk, *Modaka*, *Avaleha* etc. have been mentioned in the classics.

SN	Name of Preparation	Name of Yoga	Reference
1.	<i>Kwatha</i>	-Decoction of flowers of Dhataki and Pungi. -Decoction of Ela, Lajjalu, Salmali, Haritaki Andmagadhika -Decoction prepared with Nyagrodhadi group	-Yo. Ra. Pradar Roga Chi. -Harita Samhita. -Sha. S.M.Kh.2/113
2.	<i>Kalka & Churna</i>	-Tanduliyaka moola kalka with honey -Rasanjana with Laksha Churna -Bala Moola Kalka with milk -Indrayava Churna -Pushyanuga Churna	-Yo. Ra.Pradar Roga Chi. -Yo. Ra.Pradar Roga Chi. -B. P.Chi- 68 -Yo. Ra.Pradar Roga Chi. -Ch.Chi.30/90, A.S.Ut.39/61,A.H.Ut-34,
3.	<i>Gutika</i>	-Gokshuradi Guggulu -Chandraprabha Gutika	-Sha.S.M.-7,Yo.Ra.Prameha Chi. - Yo. Ra.Pradar Roga Chi.
4.	<i>Modaka</i>	-Alabu phala Modaka -Malaya phala Modaka	-B.P.Chi-68 - Yo. Ra.Pradar Roga Chi.
5.	<i>Ghrita</i>	- Brihatshatavari Ghrita	-Ch.Chi.-30, A.S.Ut.39, A.H.Ut-34

		-Shalmali Ghrita -Sheetakalyanaka Ghrita -Shatavari Ghrita -Mahatiktaka Ghrita	- Yo. Ra.Pradar Roga Chi. -Yo. Ra.Pradar Roga Chi. -Ka.S.Kal.5 -Sha.S.M.-9
6.	<i>Avaleha</i>	-Kushmandavaleha -Jeerakavaleha	-B.P.Chi-68 - Yo. Ra. Pradar Roga Chi.
7.	<i>Rashoushadhi</i>	-Pradararipurasa -Bola Parpati Rasa	- Yo. Ra. Pradar Roga Chi. - Yo. Ra.Pradar Roga Chi.
8.	<i>Kshiraprayoga</i>	-Ashoka Valkala Siddha Kshirapaka	- B.P.Chi.-68
9.	<i>Taila</i>	-Shatavari Taila -Shatpushpa Taila	-Sha.S.M.-9 -Ka.S.Kal.-5

DISCUSSION

Raktapradara manifesting as excessive bleeding per vagina is seen to be an age-old disease known to mankind since the era of *Veda* and *Purana*.

Excessive and irregular menstrual bleeding condition is similar to *Raktapradara* a gynaecological condition mentioned in Ayurvedic classics.

Active or passive congestion causes hypertrophy of myometrium and endometrium so that uterus enlarges 2–6 times from its normal size. A similar vascular upset which involves the ovaries may make them cystic causing polymenorrhoea. This aspect can be correlated to the *Nidana* of *Bhela* i.e., *Shonita* goes into *Dushta Marga Pratipadyate*.

Emotional influence such as changes in environment, nervous tension, anxiety states, unsatisfied sex urge, marital upset, stress situations, etc. can cause excessive menstrual blood loss. (These factors operate through the endocrine system which is influenced by the hypothalamus, more probably through the autonomic nervous system which controls the blood vessels supplying the pelvic organs. This can be co-

related to the *Nidana* i.e., *Chintyanam Cha Atichintanat*. One such study shows that patients suffering from mild to moderate depression had menorrhagia. (Greenberg M. J. Psychosom Res. 1983).

Acharya Charaka has mentioned *Raktapradara* is a one of the *Upadrava* of all *Yoni Vyapada*. *Charaka* and *Kashyapa* considered the *Raktapradara* as a *Rakta Doshaja Vikara*. Before the description of *Raktapradara*, *Sushruta* has described the *Shuddha Artava Lakshana* then he said that *Raktapradara*. *Sushruta* described its symptoms and complication but he has not mentioned any types of *Raktapradara*. In Su. Su. 15, he has also described the “*Artava Vriddhi Lakshana*” which is also like *Pradara*. Sometimes it is a diseased condition or a symptom of other diseases or/is the complication of the disease. *Raktapradara* is one of the complications of *Dushprajata*. (Ka. S. Chi. Dushprajata - 8) As the disease is characterized by excess flow of blood out of the body and *Rakta* is known to be a vital substance of the body (*Jivana Karma*), hence, *Rakta Stambhaka Chikitsa* becomes important.

Charaka explained the treatment to be as for *Rakta Yoni* i.e., *Rakta Sthapana* after giving due consideration to the association of the *Dosha*. He said it to be treated on the lines of *Raktatisara*, *Raktapitta* and *Rakta Arsha*.

CONCLUSION

Raktapradara is a disorder which plagues many women at some time or other of their life time. It may be a result of some psychomotor disturbances acting through the Autonomic Nervous System or may be the manifestation of some other underlying disorder. Excessive amount of blood loss or long duration of blood loss or short inter menstrual period. As well as presence of any two or three are also cardinal symptoms of *Raktapradara*.

REFERENCES

1. Vd. Harischandra Singh Kushwaha, Charaka Samhita Vimana Sthana, Ayushi Hindi commentary 28th Chapter verses 11, Varanasi: Choukambha orientalia; first edition 2005, p.475.

2. Prof P.V Tiwari, Ayurvediya Prasooti Tantra evam Stree Roga 2nd part Chapter 2nd Artava vyapad, Chaukambha orientalia, second edition reprinted on 2005, Varanasi –, p. 180
3. D. C Datta, Text book of gynaecology edited by Hiralal Konar, chapter no 14th, abnormal uterine bleeding, new Delhi, New Central Book agency 5th edition revised reprint 2009, p.182.
4. Prof P.V Tiwari, Ayurvediya Prasooti Tantra evam Stree Roga 2nd part Chapter 2nd Artava vyapad, Chaukambha orientalia, second edition reprinted on 2005, Varanasi,p.196.
5. Agnivesha. “Charaka Samhita” Revised by Charaka and Dridhabala with the Ayurveda Dipika commentary of Chakrapanidatta, edited by Acharya Yadhavji Trikamaji. Varanasi: Chaukhambha Sanskrit Sansthan, Ed. Reprint, 2006,p.179
6. Agnivesha. “Charaka Samhita” Revised by Charaka and Dridhabala with the Ayurveda Dipika commentary of Chakrapanidatta, edited by Acharya Yadhavji Trikamaji. Varanasi: Chaukhambha Sanskrit Sansthan, Ed. Reprint, 2006,p.635
7. Sushruta, Sushruta samhita with Nibandha Samgraha Commentary of Dalhana and Nyayachandrika of Gayadasa on Nidanasthana, Edited by Acharya Yadhavji Trikamaji, Varanasi: Chaukhambha Krishnadas Academy, Ed. Reprint, 2004, Su. Ni. 1/37 p.263
8. Sushruta, Sushruta samhita with Nibandha Samgraha Commentary of Dalhana and Nyayachandrika of Gayadasa on Nidanasthana, Edited by Acharya Yadhavji Trikamaji, Varanasi: Chaukhambha Krishnadas Academy, Ed. Reprint, 2004, p.114
9. Vriddha vagbhata, Ashtanga Samgraha with the Shashilekha commentary of Indu, edited by Dr.Shivprasad Sharma, Varanasi: Chowkhamba Sanskrit Series Office, Ed. 3rd 2012, A. S. 1 1/11 p.5
10. Vriddha vagbhata, Ashtanga Samgraha with the Shashilekha commentary of Indu, edited by Dr.Shivprasad Sharma, Varanasi: Chowkhamba Sanskrit Series Office, Ed. 3rd 2012,A. S. Ut. – 38/45,p.830
11. Vagbhata. Ashtanga Hridaya, with commentaries of Arunadutta and Hemadri, edited by Pt. Hari Sadasiva Sastri Paradakara: Chaukhambha Surbharati Prakashan, Ed. Reprint 2010, A. H. Ut. – 33/43,p.896
12. Vriddha vagbhata, Ashtanga Samgraha with the Shashilekha commentary of Indu, edited by Dr.Shivprasad Sharma, Varanasi: Chowkhamba Sanskrit Series Office, Ed. 3rd 2012,A. S. Ut. – 39/58- Indu,p.841
13. Agnivesha. “Charaka Samhita” Revised by Charaka and Dridhabala with the Ayurveda Dipika commentary of Chakrapanidatta, edited by Acharya Yadhavji Trikamaji. Varanasi: Chaukhambha Sanskrit Sansthan, Ed. Reprint, 2006, Ch. Chi. -30/86,p.639
14. Agnivesha. “Charaka Samhita” Revised by Charaka and Dridhabala with the Ayurveda Dipika commentary of Chakrapanidatta, edited by Acharya Yadhavji Trikamaji. Varanasi: Chaukhambha Sanskrit Sansthan, Ed. Reprint, 2006, Ch. Chi. – 30/227-228.p.643
15. Vriddha vagbhata, Ashtanga Samgraha with the Shashilekha commentary of Indu, edited by Dr.Shivprasad Sharma, Varanasi: Chowkhamba Sanskrit Series Office, Ed. 3rd 2012,A. S. Sha. 1/12.,p.267
16. Vriddha vagbhata, Ashtanga Samgraha with the Shashilekha commentary of Indu, edited by Dr.Shivprasad Sharma, Varanasi: Chowkhamba Sanskrit Series Office, Ed. 3rd 2012,A. S. Ut. -39/62.,p.840
17. Sushruta, Sushruta samhita with Nibandha Samgraha Commentary of Dalhana and Nyayachandrika of Gayadasa on Nidanasthana, Edited by Acharya Yadhavji Trikamaji, Varanasi: Chaukhambha Krishnadas Academy, Ed. Reprint, 2004, Su. Ut. – 45/44,p.738
18. Vriddha vagbhata, Ashtanga Samgraha with the Shashilekha commentary of Indu, edited by Dr.Shivprasad Sharma, Varanasi: Chowkhamba Sanskrit Series Office, Ed. 3rd 2012,A. S. Chi. -3/78,79,p.446

How to cite this article: Dr. Samrajita Suhas Thorat, Dr. Suhas Bajirao Thorat. Review on Raktapradara (menorrhagia) and its management. J Ayurveda Integr Med Sci 2021;1:229-234.

Source of Support: Nil, **Conflict of Interest:** None declared.

Copyright © 2021 The Author(s); Published by Maharshi Charaka Ayurveda Organization, Vijayapur (Regd). This is an open-access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.