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

Rachana HV,<sup>1</sup> Jayashri S. Deshmukh.<sup>2</sup>

<sup>1</sup>PhD Scholar, Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, <sup>2</sup>Professor & 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 (*Raktapradara*) 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 dysmenorrhoea. 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.

*Raktapradara* 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. *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.<sup>[1]</sup>

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.<sup>[2]</sup>

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*,<sup>[3]</sup> *Sushruta Samhita*,<sup>[4]</sup> *Astanga Sangraha* and *Astanga Hrudaya*.<sup>[5]</sup> Detailed classification of *Rakthapradara* with their *Nidana*, *Lakshana*, *Chikitsa* and *Upadrava* are explained

### Address for correspondence:

Dr. Rachana H. V.

PhD Scholar, Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, India.

E-mail: dr.rachanabhat@gmail.com

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elaborately. Vangasena considered Rakthapradara as Pranahara and every measure to cure it has to be done. Charaka explains the treatment to be just like Rakta Yoni i.e. Raktasthapana Oushadhas should be used after giving due consideration to the association of Doshas.<sup>[6]</sup>

Rakthapradara is a disease manifesting as excessive bleeding per vaginum. Acharyas explained it as one of the Rakta Pradoshaja Vikara and also mentioned Asrigdara as its synonym.<sup>[7]</sup>

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.<sup>[8]</sup>

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.<sup>[9]</sup>

Yogaratanakara explained that Kusha root (Desmostachya bipinnata) mixed with rice water and taken with the same for 3 days to check the excess bleeding.<sup>[10]</sup>

*Kushamoolam Samudrutya Peshayet Tandulambuna |*

*Etatpeetvaa trayaham 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.<sup>[11]</sup>

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 Rakthapradara.

## 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**

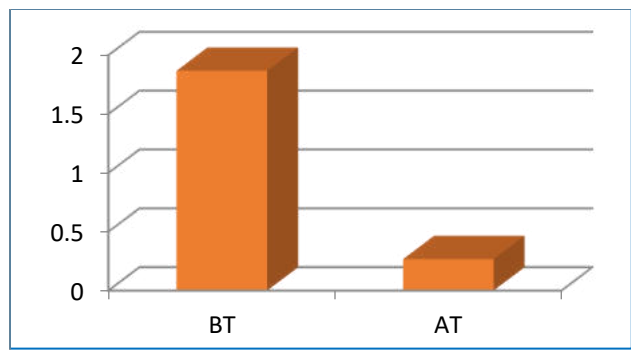
**Effect of Kusha Moola on duration of bleeding**

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.**

No. of patient	BT	AT	Paired 't' test			
			Diff	S D	t	p
15	1.867 ± 0.215	0.267 ± 0.118	1.60 0	0.91 0	6.80 8	<0.00 1

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



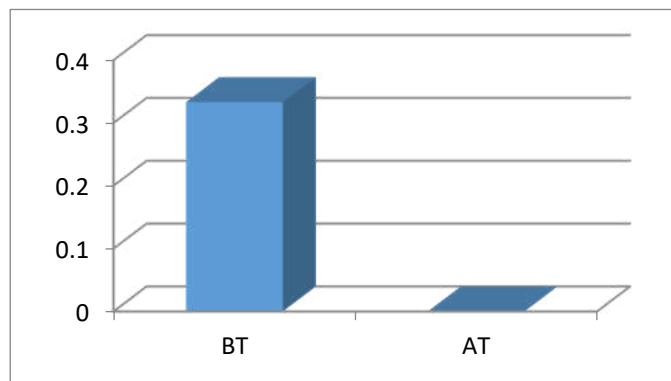
**Effect of Kusha Moola on amount of bleeding.**

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**

No. of patient	BT	AT	Paired 't' test			
			Diff	S D	t	p
15	0.333 ± 0.126	0.000 ± 0.000	0.33 3	0.48 8	2.64 6	=0.01 9

**Graph 2: Effect of Kusha Moola on amount of bleeding.**



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

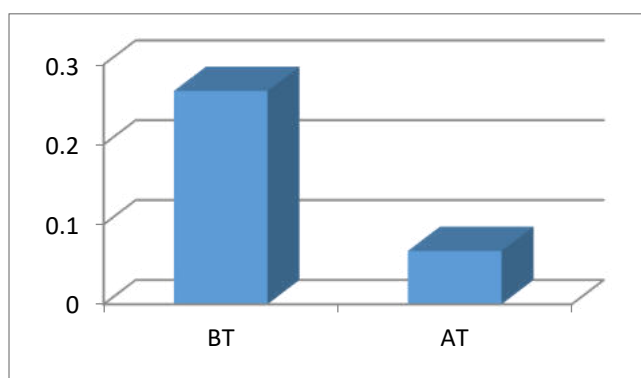
The mean score of clots in the patient before treatment was 0.267 reduced to 0.0667 after treatment. By the method of paired t test it was proved that the improvement observed after

treatment was statistically highly significant at the level  $p=189$ .

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

No. of patient	B T	A T	Paired 't' test			
			Diff	S D	t	p
15	0.267 ± 0.118	0.0667 ± 0.0667	0.20 0	0.41 4	1.87 1	=0.08 2

**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.<sup>[12]</sup>

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 cease the excessive bleeding and to correct or regularize the Rutu chakra.

- To maintain the general health of the body ie Ojovridhi and Bala Vridhi.
- 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 Raktastambaka, 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.<sup>[13]</sup>

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

**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 *Raktapradara* 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 *Raktapradara*.

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