



ISSN 2456-3110

Vol 9 · Issue 6

June 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Critical review of efficacy of *Pushyanug Churna* in *Raktapradara*

Pratima Shikerkar¹, Gandhali Upadhye²

¹Associate Professor, Department of Dravyaguna Vijnana, B.S.P's Gomantak Ayurveda Mahavidyalaya & Research Centre, Vaje, Shiroda, Goa, India.

²Assistant Professor, Department of Swasthavrutta & Yoga, B.S.P's Gomantak Ayurveda Mahavidyalaya & Research Centre, Vaje, Shiroda, Goa, India.

ABSTRACT

Aptopadesha is one of the *Pramana* accepted in Ayurveda. Many of the times physician may not be knowing the mode of action of certain *Dravyas* in clinical practice but they are used frequently in treating the patients and they also give very good results. Here the attempt is made to study the efficacy of *Pushyanug Churna* in *Raktapradara* (Abnormal menstrual bleeding), a common and serious etiological condition in females.

Key words: Abnormal menstrual bleeding, *Pushyanug Churna*, *Raktapradara*, Ayurveda.

INTRODUCTION

Pushyanug Churna is well known medicine used in management of gynaecological diseases. As per *Charaka Samhita*, *Yonivyapat Chikitsa* this formulation is widely used for treatment of various conditions like *Yonidosha*, *Rajodosha*, *Arsha*, *Atisara* etc. and mainly bleeding gynaecological disorders like *Raktapradara*.^[1]

God has blessed women with the power to give birth and for that purpose she has the specific physiological function of menstruation. When this function is disturbed, it leads to tremendous health effects and even psychological disturbances in the female. *Raktapradara* (Abnormal menstrual bleeding) is commonest problem encountered by gynaecologist in

today's practice and incidence becomes higher with degree of civilization.

Considering the seriousness of the most common presenting condition in female an easily available simple herbal formulation, *Pushyanug Churna* is chosen to study the efficacy of the ingredients and the mode of action of *Dravya* in various disorders especially *Raktapradara*.

DISEASE REVIEW

Raktapradara / *Asrgdara* (excessive menstrual bleeding)

Due to *Pradirana* (excessive excretion) of *Raja* (menstrual blood) it is named as *Pradara* and since, there is *Dirana* (excessive excretion) of *Asrk* (menstrual blood) hence, it is known as *Asrgdara*.

According to the classical text of *Ayurveda* increased *Rakta* (blood) gets mixed with *Raja* (menstrual blood) thus the quantity of *Raja* increases.^[2] Excessive and / or prolonged blood loss during menstruation or even scanty blood loss during intermenstrual period is also known as *Asrgdara*. Main symptom of this disease is excessive bleeding during menstrual or intermenstrual period. While explaining *Vataja* etc. *Yoniroga* it is said that these simulate *Vataja*, etc. specific type of *Asrgdara* and manifest intermenstrual bleeding also as

Address for correspondence:

Dr. Pratima Shikerkar

Associate Professor, Department of Dravyaguna Vijnana, B.S.P's Gomantak Ayurveda Mahavidyalaya & Research Centre, Vaje, Shiroda, Goa, India.

E-mail: pratimagoa@gmail.com

Submission Date: 09/04/2024 Accepted Date: 17/05/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: [10.21760/jaims.9.6.18](https://doi.org/10.21760/jaims.9.6.18)

symptom. So *Asrgdara* appears to be description of menorrhagia i.e., excessive and / or prolonged bleeding during menstrual cycle.^[2]

Asrgdara refers to all types of irregular and abnormal uterine bleedings, however, on the basis of pathogenesis it is nearer to menorrhagia or polymenorrhagia.^[2]

Samanya Hetu (General etiology) and Samprapti (pathogenesis)^[2]

Woman who consumes excessive *Lavana* (salty), *Amla* (sour), *Guru* (heavy), *Katu* (hot), *Vidahi* (producing burning sensation) and *Snigdha* (unctuous) substances, meat of domestic, aquatic and fatty animals, *Krsara* (olio made with rice and pulses), *Payasa* (rice cooked with milk and sweetened), curd, *Sukta* (vinegar), *Mastu* (curd water) and wine.

Aggravated *Vata* withholding the *Rakta* (blood) vitiated due to above causes increases its amount and then reaching *Rajavaha Sira* (branches of ovarian and uterine arteries) of the uterus, increases immediately the amount of *Raja* (*Artava* or menstrual blood) in other words the increase in amount of *Raja* is due to its mixture with increased blood. This increase in menstrual blood is due to relative more increase of *Rasa* (plasma). Because of increase in the amount of blood it is named as *Asrgdara*. Since in this condition excessive blood is discharged hence it is also known as *Pradara*. This is also said to be one of the disorders of blood, symptom of *Pittavruta Apana Vayu* (*Apana Vayu* covered with *Pitta*), increase in amount of blood (*Ativruddhi* of *Rakta*) and complication of *Yoniroga*. Due to use of *Lavana*(salty) and *Amla*(sour), etc articles *Pitta* also gets vitiated along with *Rakta*. This aggravated *Pitta* covers the *Apana Vayu*, thus *Vayu* gets vitiated, in other words *Vayu* gets aggravated because it is covered by *Pitta* not due to use of specific diet, etc.

Samanya Lakshana (general clinical features)^[2]

Presence of excessive bleeding during menstrual or intermenstrual period, body ache, *Shula* (pain), *Daha* (burning sensation). In practice, it is bit difficult to differentiate *Raktayoni*, *Artavativruddhi* and *Asrgdara* but even today the treatment of all these is identical.

Upadrava (immediate complications)

Due to excessive haemorrhage *Doubalya* (weakness), *Bhrama*, *Murcha* (giddiness), *Tama*, *Trusha* (feeling thirsty), *Daha* (burning sensation), *Pralapa* (excessive talking), *Pandutva* (anaemic), *Tandra* (drowsiness), and *Vataja Roga* like *Akshepaka* are seen. Delayed complications like *Shotha* (inflammation) can also develop.^[2]

As per manuscripts of *Ayurveda* it shows close resemblance with abnormal uterine bleeding where following pattern of abnormal and excessive menstrual bleeding is found in following conditions.

- 1) Menorrhagia - prolonged or excessive bleeding occurs at regular intervals
- 2) Polymenorrhea - Frequent menstruation or frequent menstrual bleeding.
- 3) Metrorrhagia - irregular, frequent uterine bleeding of varying amounts but not excessive
- 4) Meno-metrorrhagia - prolonged or excessive bleeding at irregular intervals
- 5) Dysfunctional uterine bleeding (DUB) - abnormal uterine bleeding not caused by pelvic pathology, medications, systemic disease or pregnancy, is the most common cause of abnormal uterine bleeding but remains a diagnosis of exclusion.

All the above pathologies can be correlated with *Raktapradara*.^[2]

DRUG REVIEW

Pushyanug Churna is herbal formulation which is mainly indicated in *Pradararoga Chikitsa*. This combination contains *Patha*, *Jambu*, *Amra Madhya*, *Shilodbheda* (*Pashanabheda*), *Rasanjana*, *Ambashtha* (*Patha*), *Shalmali Shlesham* (*Shalmali Veshtakam*), *Samanga* (*Lajjal*), *Vatsaka Twacha* (*Kutaj Bark*), *Balhika* (*Kumkuma*), *Ativisha*, *Bilva*, *Mushta*, *Lodhra*, *Gairika*, *Katvanga*, *Maricha*, *Shunthi*, *Mrudvika* (*Draksha*), *Raktachandana*, *Katphala*, *Vatsaka*, *Ananta* (*Anantamula*), *Dhataki*, *Madhuka* (*Yashtimadhu*) and *Arjuna* in equal proportions. This *Churna* (powder) is administered in dose of 4 *Masha* with *Kshoudra* (honey) and 4 *Tola Tandulodaka* as *Anupana*.^[3]

Mainly all these ingredients have predominance of *Kashaya, Tikta, Madhura, Katu Rasa, Sheeta Virya, Katu Vipaka, Laghu* and *Ruksha Guna*. Some *Dravyas* also have *Amla Rasa, Ushna Virya, Madhura Vipaka, Snigdha, Tikshna, Guru, Picchila* and *Mrudu Guna* (as mentioned in charts 1 to 4)⁴

Ingredients in this combination are mainly *Kaphapitta Shamak*. Some are *Tridosha Shamak*, very few are *Kaphavatashamak* or *Vatapittashamak*. Overall action of *Pushyanug Churna* can be considered as *Tridosha shamak* mainly *Kapha Pitta Shamak*. (Chart no. 5)^[4]

Chart No. 1

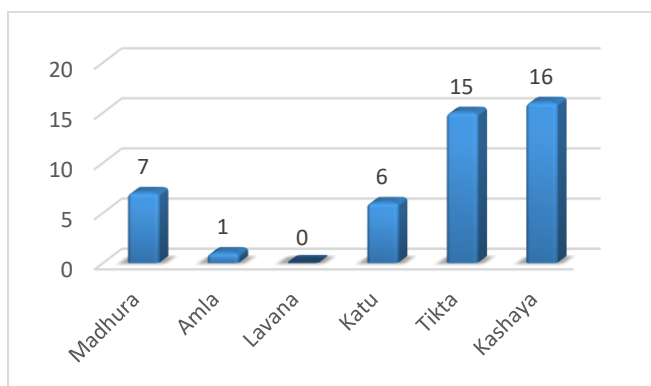


Chart No. 2

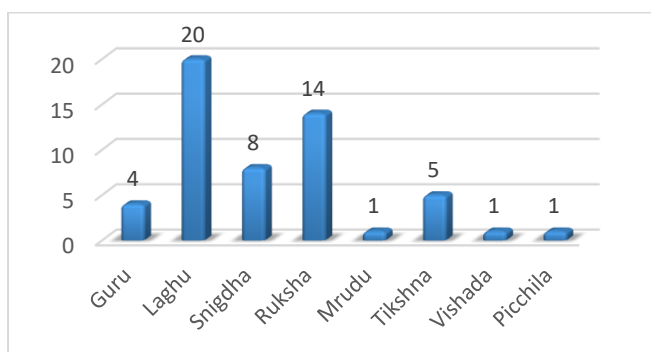


Chart No. 3

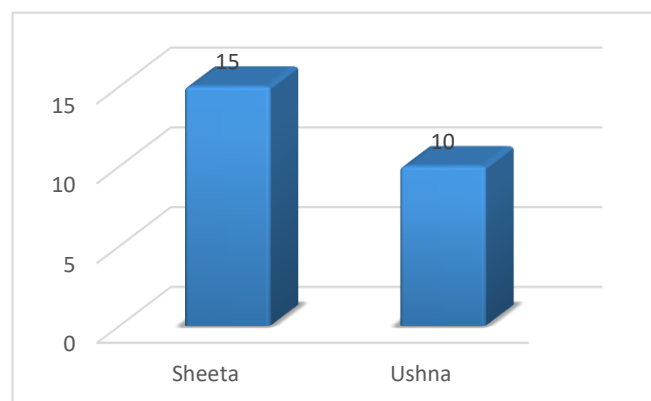


Chart No. 4

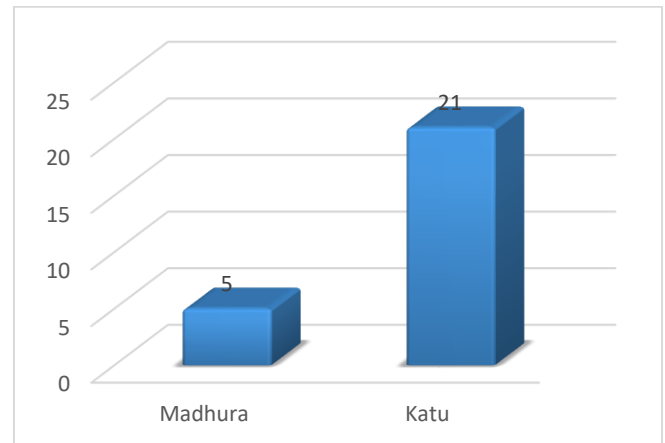
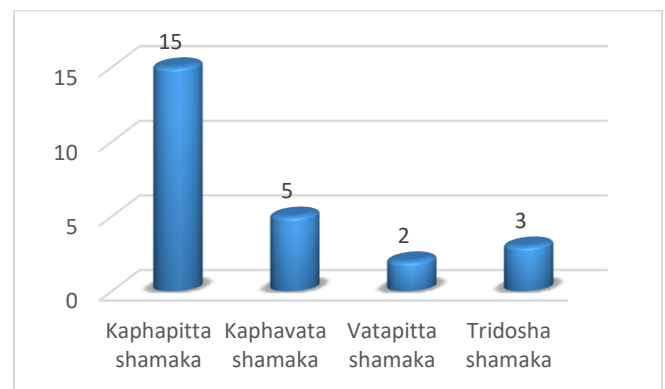


Chart No. 5



Anupana

Tandulodaka is *Sheeta* and useful in *Mutrakruchra* (difficulty in micturation), *Daha* (burning sensation), *Atisara* (diarrhoea), bleeding disorders, *Atiraktasrava* (heavy menstrual flow). It is rich in starch and contains various important antioxidants. Consumption of rice water helps energize the body. Rice water contains very high levels of carbohydrates that will help in fulfilling your energy requirements. Honey contains easily digestible fructose. It aids easy absorption by active transport. It augments the action of medicine by *Yogavahitva*.

Mode of action

Most of the ingredients in *Pushyanug Churna* are *Kashaya Rasa* predominant. *Kashaya Rasa* is *Pittakapha Shamak* and *Stambhana - Rakta Stambhaka* (checks haemorrhage) or *Srava Stambhak* (checks secretions). It also helps in *Sandhana Karma, Pidana, Ropana, Savarnikarana* which is very useful in

case of *Vrana* as good antiseptic and joining the tissues. Other actions of *Dravya* having *Kashaya Rasa* are *Mutrasangrahana* and *Lekhana* which is beneficial in urine infection and scraping of dead tissues in case of *Vrana* respectively. *Pushyanug Churna* also contains *Tikta Dravyas* which helps in *Rakta Prasadana*. There will be *Rakta Dhatu Kshyaya* due to *Raktasrava*. *Tikta Rasa Dravyas* like *Patha*, *Mushta Sariva*, *Kutaj*, *Raktachandana*, *Lajjalu*, *Ativisha*, etc will help in formation of good quality *Rakta Dhatu* by *Rakta Shodhan* and *Rakta Prasadana Karma*. Maximum ingredients in *Pushyanug Churna* have *Sheeta Virya* which is responsible for *Pittashamana* and *Stambhanakarma*. It also does *Rakta Prasadana*, *Pralhadana*, *Sthirakarana*, *Jeevaniya* and *Balya Karma* which will help in formation of *Rakta Dhatu* and gives strength to emaciated patients due to excessive loss of blood.

Srava is the presenting symptom of vitiated *Kapha Dosha* which is seen in *Yonivyapat*. *Dravyas* like *Shilodbheda*, *Rasanjana*, *Samanga*, *Kutajtwak*, *Mushta*, *Bilva*, *Katvanga*, *Katphala*, etc. have *Kashaya* and *Tikta Rasa* and *Sarva Dhatu Shoshan* and *Lasika Shoshan Karma* helps in absorption of excessive fluids from *Rakta Dhatu*.

DISCUSSION

Ingredients present in *Pushyanug Churna* have certain important *Karma* (pharmacological actions). These are *Raktashodhaka* (Blood purifier), *Raktastambhaka* (Haemostatic), *Balya* (reduces weakness), etc. In pathogenesis of *Raktapradara Rasa Dhatu*, *Rakta Dhatu*, and *Vata Dosha* are main responsible factors.

Drugs present in *Pushyanug Churna* plays important role to alleviate this pathology and effectively controls *Raktasrava* (bleeding). They also help to cure the

complications which occur due to *Atiraktasrava* (heavy uterine bleeding) like pallor, *Daha* (burning sensation), *Dourbalya* (weakness)

CONCLUSION

Pushyanug Churna is found effective in *Raktapradara* by reducing the symptoms like *Atiraktasrava* and *Dourbalya* (weakness).

REFERENCES

1. Agnivesha, Charaksamhita, part II, 19th edition, Varanasi, Chaukhambha Bharati Academy, 1993, page no. 853- 854.
2. Prof. (Km.) Premvati Tewari, Ayurvediya Prasutitantra evam Stiroga part II, 2nd edition, Varanasi, Chaukhambha orientalia, 2000, page no. 172-177, 181, 185,195.
3. Sri Govinda Dasa Sena Bhaishajyaratnavali edited and enlarged by Bhisagratna Sri Brahmasankara Misra Vidyotini hindi commentary, Analysis and Appendices by Kaviraja Sri Ambikadatta Sastri Editor Sri Rajesvaradattasastri, 2nd edition, Varanasi, Chaukhambha Prakashan, 2021, page no. 1032.
4. Prof. P. V. Sharma, Dravyaguna vijnana, Vol II (vegetable drugs), Varanasi, Chaukhambha Bharati Academy, page no. 627, 660, 651, 537, 627, 492, 749, 465, 139, 356, 456, 371, 616, 470, 363, 333, 134, 718, 516, 799, 472, 254, 196, 784, 352, 814, 44.

How to cite this article: Pratima Shikerkar, Gandhali Upadhye. Critical review of efficacy of Pushyanug Churna in Raktapradara. J Ayurveda Integr Med Sci 2024;6:127-130.

<http://dx.doi.org/10.21760/jaims.9.6.18>

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