



ISSN 2456-3110

Vol 3 · Issue 2

Mar-Apr 2018

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

Raktaja Gulma in correlation with modern science conditions

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ABSTRACT

In this fast pacing world, the life is getting over ambitious which ultimately gives rise to stress. Everyone is following inappropriate diet pattern which is full of chemical rich components. All these with some associated factors welcomes new diseases in coming generation. Due to changing life style in females, pregnancy is being avoided and that is why hormonal level gets disturbed which results in imbalance in *Artavadhatu*. Most of the females suffer from *Artavajanyaroga* like *Raktajgulma*. The study was aimed to scientifically specify the disease *Raktajgulma* mentioned from *Brihatrayi* and *Laghutrayi* and to compare *Raktajgulma* with modern disease. According to Ayurveda classics in case of *Raktajgulma*, there is no enlargement seen in abdomen except lower abdominal region. Also in modern view haematometra, abdominal tumor, ovarian cysts, ovarian fibroma and pseudo pregnancy can be correlated with *Raktajgulma*.

Key words: *Raktaja Gulma, Haematometra, Abdominal Tumor, Ovarian Cysts, Ovarian Fibroma.*

INTRODUCTION

Human The word *Gulma* means a bush/ a shrub, a cluster or clump of trees, a troop or division of army which signifies a collection of something together, having a specific shape, size, mass, or specific form to defined.

But in Ayurvedic context;

- *Gulma* signifies a very unique disease which occurs only in the *Kostha (Mahasrotasa)*
- *Gulma* having *Bahya Margaja* and *Abhyantar Margaja* forms.^[1]

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Submission Date : 28/03/2018 Accepted Date: 22/04/2018

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v3i02.12091

- This is one of the *Raktapradosaja Vikara*.^[2]
- *Gulma* is one among the 48 *Samanyajvikara*.^[3]
- This is one of the *Ekadesiyasotha/ Sthaniyasothaprakarajroga*.^[4]
- It manifests only in 5 *Sthanas* - *Nabhi, 2 Parsva and Basti*.
- It is characterized by pain (*Vedana*) as the most important symptom and a palpable lump as the most important sign.
- It can be judged by 5 diagnostic criteria - *Samutthana, Purvarupa, Linga, Vedana and Upasaya*.^[5]
- *Samprapti* does not help in ascertaining the specific features of *Gulma*.
- It is said to be a disease without any *Dusya* involvement i.e., *Nirasraya* but, in *Krtavastuparigraha* state, there is involvement of *Mamsadidhatu* and if not treated properly may get supplicated with the involvement of *Rakta* just like *Vidradhi*.^[6]
- *Gulmaroga* has been named on the basis of its *Akriti* (shape).

By the *Raktajulma* here, we should consider only the *Artava Gulma*,^[7] Hence Charaka says *Sonitagulma* develops only in females not in males because the women possess *Garbhasaya* (uterus) and have regular appearance of *Artava* which is accumulated in this disease.

Chakrapani, opine that this disease develops in the active reproductive age, neither to the young girls (*kumari*), nor to the aged women (*Ativruddha*).^[8]

METHODOLOGY

Data were collected from *Brihatrayi* and *Laghutrayi* about *Raktajulma* then gathered the common causes and signs, symptoms from classics by analyzing the collected data, specific sign and symptoms were separated. Modern physiological and pathological those tally with mentioned common signs and symptoms. This is made after reviewing all the Ayurvedic aspect as well as modern aspect and previously published review.

DISCUSSION

Raktajulma Samprapti^[7]

Hetu Sevana like,

1. During menstruation, who has recently delivered, who aborts *Amagarbha*.
2. Intake of *Vatalaahar Vihara*
3. Remaining without food during menstruation.
4. Suppression of natural urges
5. Fear
6. Other *Hetu*, improper use of *Stambhaka*, *Vamana*, having *Yoni Roga*.

Then it causes vitiation of *Vayu* which enters into *Yonimukha* and obstruct the menstrual blood it gets accumulated every month and as a result there is enlargement of *Kukshi* and causes *Raktajulma*.

Samprapti Ghataka

- *Dosha - Vayu*
- *Dushya - Artava*

- *Srotodusti - Sanga*
- *Srota - Artavavahasrota*
- *Adhithana - Garbhasaya*

Clinical features^[9]

- **General** - fever, cough, pain, bodyache, excessive sleeping, lethargy, stillness, oedema of feet, drooping of eyelids, anaemia, emaciation, etc.
- **Digestive system** - colic, nausea, vomiting, diarrhea, anorexia, indigestion
- **Pregnancy related** - breast changes, increase in size of uterus, delayed quivering with pain and movement like a solid mass, *Dohrda*, appearance of *lineanigra*.
- **Reproductive system** - Amenorrhoea, pain in uterus, foul smelling vaginal discharge, Accumulation of *Rakta* in the uterus.

Clinical features of *Raktaj Gulma* according to different Ayurvedic text^[10-15]

Features	Ch.Sa.	Su.Sa.	As.Hr.	Ma. Ni.	Bp.	Sh. Sa.
Abdominal growth	x	x	x	√	x	-
Movements of lump	x	x	x	x	x	-
Amenorrhoea/ Dysmenorrhoea	√	√	√	√	√	-
Occurs in women only	√	√	√	√	x	√
Pain and Burning sensation	√	√	√	x	√	-
Nausea/ Vomiting/ Thirst/Longing etc.	√	√	√	√	√	-
Appearance of breast milk	√	?	?	?	?	-

Emaciation	x	x	√	x	x	-
Stiffness	x	x	√	x	x	-
<i>Ch.Sa. - Charak Samhita, Su.Sa. - Sushrut Samhita, As.Hr. - Astang Hridaya, Ma. Ni. - Madhav Nidana, Bp. - Bhava Prakasha, Sh. Sa. - Sharangdhara Samhita.</i>						

Raktaja Gulma and Garbha

Raktaja Gulma	Garbha
Angarahitpindakarspandan.	Angasahitagarbhapindaspandan.
Chirakalikaspandan.	Nityatakalitaspandan.
Sashulaspandan.	Sularahitaspandan
Vridhigatianichita.	Nityatakram/pratimashvridhi
Mashevyatitedashame	Dasham me prashava.

Taking into account etiopathogenesis and clinical features of *Raktaja Gulma*, all the local (reproductive system) and general conditions described in modern medicines giving rise to amenorrhea be specifically analogues to molar pregnancy (carcneous mole and Hydatiform mole). In molar pregnancy, there is initial amenorrhea and presence of all the features of early months of pregnancy followed by per vaginal bleeding. Due to association of infection fever, cough and foul smelling vaginal discharges can be seen. The product of conception assumes a shape of rounded mass in carcneous mole and bunch of grapes in hydatiform mole. The trace of exact fetus is rarely found. Fetal parts are not felt, nor fetal movements, there is absence of fetal heart sound. Vomiting, varying degree of lower abdominal pain are present, patient looks more ill than accounted for, pallor is also present.^[16] Normally all those conditions arising after menstruation, labour, uterine curettage or other *Yoni Rogas* (gynecological disorders), having cardinal symptom as amenorrhea in association with fever, diarrhea, colic, cough and dyspnoea etc. can be considered under *Raktajgulma*.

Crypto menorrhoea is another condition which can be correlated with *Raktaja Gulma*. In crypto menorrhoea, there is shedding of the endometrium and bleeding but the menstrual blood fails to come out from the genital tract due to obstruction in the passage.

Causes

1. Congenital causes - Imperforate hymen, Transverse vaginal septum, Atresia of upper-third of vagina and cervix.
2. Acquired causes - Stenosis of the cervix following amputation, deep cauterization and conization. Secondary vaginal atresia, neglected difficult vaginal delivery.^[17]

Pathology

There is only accumulation of blood in the uterine cavity resulting in haematometra, then haematosalpinx.

Clinical Features

Amenorrhoea dated back from the events, periodic pain in the lower abdomen, symmetrically enlarged uterus, abdominal examination reveals a uniform globular mass in the hypogastrium, rectal examination confirm a uterine mass.

Treatment

Dilatation of the cervix to drain the collected blood.

Pseudo-pregnancy is a condition in which a patient has nearly all of the usual signs and symptoms of pregnancy, such as enlargement of abdomen, weight gain, amenorrhoea and morning sickness but is not pregnant. It is usually seen in women who either are very desirous of having children or wish to avoid pregnancy.

Treatment usually is done by psychiatric means. It is also known as pseudocyesis, phantom pregnancy. Pseudocyesis is also occurs in men.

Ovarian Tumors are usually not associated with amenorrhoea; they are not caused due to abnormality or collection of menstrual blood, while *Raktaja Gulma* develops due to accumulation of unexcreted *Rakta*.^[18]

Uterine Fibromyomas / Tumors are usually associated with menorrhagia rather than Amenorrhoea. These are made up of muscle fibers with fibrous tissues not of blood.^[19]

CONCLUSION

Raktaja Gulma mentioned from *Brihatrayi* and *Laghutrayi* with specific signs and symptoms finally compared with the modern physiological and pathological conditions. According to the results conclusion can be drawn that; *Raktajgulma* can occurs in both male and female. In case of *Raktaja Gulma*, there is no enlargement seen in abdomen except lower abdominal region it can correlate with modern view haematometra, abdominal tumor, ovarian cysts, ovarian fibroma and Pseudopregnancy.

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How to cite this article: Prof. Brijesh R. Mishra, Vd. Shraddha P. Katre. Raktaja Gulma in correlation with modern science conditions. J Ayurveda Integr Med Sci 2018;2:73-77.

<http://dx.doi.org/10.21760/jaims.v3i02.12091>

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