



**ROLE OF LODHRA CHURNA WITH TANDULODAK IN ASRUGDAR W.S.R TO
MENORRHAGIA – A SINGLE CASE STUDY**

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ABSTRACT

In females, 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 great discomfort. Menstruation is a natural physical specific property of a female and so it called as monthly period. *Artava* or menstrual blood is expelled from the uterus through vagina in biological rhythm of woman during her reproductive period i.e. from menarche to menopause. As per classical Ayurvedic texts, any abnormality in *Rutuchakra* (Menstrual rhythm) leads to excessive and irregular uterine bleeding which is known as "*Asrugdar*". Menorrhagia is termed as excessive bleeding during regular menstruation. It affects personal, physical, mental, social, family and work life of women's and reduces their quality of life. Excessive *ushna*, *tikshna*, *sara*, *drava* properties of vitiated *pitta* responsible for heavy bleeding while menstruation. *Lodhra* is helpful in bleeding disorder. It acts as haemostatic and anti-inflammatory. *Lodhra* mainly acts on the blood capillaries, due to its *kashay rasa* and *shita virya*. *Tandulodak* is *shita*, *kashay* in nature, as *anupana* it is helpful to increase the action or potency of *Lodhra churna*. So it helps in controlling the excessive bleeding disorders. This article describes the case report of 23 years old girl had came at OPD, with complaints of menorrhagia since 6 months with general fatigue. USG showed the mild bulky uterus. So, *Lodhra churna* (5gm) was advised to patient with *anupana* of *Tandulodak* (20ml) twice a day for seven days and significant result was observed.

KEYWORDS: *Asrugdar*, Menorrhagia, Menstruation, *Lodhra churna*, *Tandulodak*.

INTRODUCTION

Rutuchakra (Menstrual cycle) is usually twenty eight to thirty days. A deviation of two to three days from the monthly rhythm is also quite common. The duration of bleeding is about five days and estimated blood loss is 20 to 60 ml. The menstrual rhythm (length of cycle) depends upon the 'Hypothalamo-Pituitary-Ovarian function' where as the amount of blood loss depends upon the uterine condition. Due to alteration of food habits and changing life styles incidence of excessive and irregular uterine bleeding is increasing day by day. *Asrugdar* is one of the common disease characterised by excessive menstrual bleeding in menses and in intermenstrual period due to its Raktapradoshaja origin and predominance of *Pitta*.^[1] It might be from menarche to menopause & may be life threatening if not treated properly and immediately. *Asrugdar* can be correlated to Menorrhagia. The term Menorrhagia is from Greek word, 'men' meaning 'menses' and 'rrhagia' meaning 'burst forth'. It denotes cyclic bleeding which is excessive in amount or duration. Menorrhagia is defined as a cyclic bleeding at normal intervals; the

bleeding is either excessive in amount (>80 ml) or duration (>7 days) or both.^[2] A normal menstrual blood loss is 50-80 ml and does not exceed 100 ml.^[3] In menorrhagia the menstrual cycle is unaltered but the duration and quantity of the menstrual loss is increased.

Today's sedentary lifestyle, diet, regimen, stress, spicy junk food, excess workout may responsible for vitiation of *rasa*, *rakta dhatu* and *pitta dosha*. Ayurveda recommends many herbs and home remedies that can be easily used to cure the problem of heavy bleeding during periods. *Lodhra* (*Symplocos racemosa*) is the herbs that are helpful in solving the problem of heavy bleeding. It is *kashay rasa*, *tikta vipaka* and *shita viryatmak* (cold potency), *laghu* and *ruksha* in nature and pacifies the *pitta*. It is haemostatic and anti-inflammatory in action. It is mostly referred in bleeding disorders.^[4] The concept of *anupana* described very well in our classics.^[5] By using the appropriate *anupana* increases the potency of that drug action. So, in this single case study *Lodhra churna* was advised with *tandulodak anupana* and significant result was observed.

AIM AND OBJECTIVES

To evaluate the role of *Lodhra Churna* with *Tandulodak* in *Asrugdar* W.S.R to Menorrhagia.

MATERIALS AND METHODS

Present study was carried out in our institute; Shree Saptashrunji Ayurved Mahavidyalaya, Nashik, Maharashtra University of Health Sciences.

DRUG REVIEW: *Lodhra*^[6]

Latin Name- *Symplocos racemosa*

Rasa- Kashay

Vipaka- Katu

Virya- Shita

Guna- Laghu, Ruksha

Karma- Raktastambhan, Shothhar, Raktapitta Atisar nashan, Vranaropak

Prayojyanga- Twak

DRUG NAME

- *Lodhra Churna*
- *Anupana- Tandulodak*^[7]

CASE REPORT

A 23 years old unmarried female, Hindu patient, occupation- private job visited our OPD with complaint of excessive P/V bleeding during menstruation, prolonged bleeding for 7-8 days with interval of 18-20 days and changes 5-6 pads/day for first 4-5days, next 2-3days moderate bleeding changes 3-4pads/day with complaints of lower abdominal pain, low backache and fatigue since 6 months. Height - 5ft, Weight- 64 kg, Diet – Mix diet, Agni- Madhyam, Koshth- Madhyam, Bala- Madhyam, Nidra- Atinidra, Prakruti- Kaph Pradhan Pittanubandhi.

History of present illness: Patient had complaints of regular heavy menstrual bleeding since last 6 months with general weakness with mild bulky uterus in USG. Patient had taken hormonal treatment but it worsens her physical and mental health. For this purpose, patient came for management of menorrhagia, then we advised

Lodhra Churna (5 gm) with *Tandulodak* (20 ml) regularly for 7 days & significant results were observed.

Past history: No H/O DM/HTN/Hypothyroidism or any other major medical or surgical history.

Menstrual history: Menarche - 12 yrs

Regular, 7-8 days heavy bleeding with 18-20 days interval and required 5-6 pads/day for first 4-5days, next 2-3days moderate bleeding changes 3-4pads/day with lower abdominal pain & discomfort. LMP: 10/8/2020

Ashtavidha parikshan: 1.Nadi - 78/minute, 2.Mala (bowel habit) –normal. 3. Mutra – Samyaka, 4.Jivha – Nirama, 5.Shabd - clear pronunciation, 6.Sparsha – Samshitoshna, 7.Druk –Normal, 8. Akruti -Sthulakruti (obese).

Nidan Panchaka: (in patient) - (1) Hetu – History of excess junk, spicy food, dadhi (curd), fish, day-sleep, excess workout, mutra & purisha vega dharana. (2) Purvaroop – Attyartava (heavy bleeding), (3) Roopa – *Asrugdar* (heavy bleeding) with fatigue, (4) Upshaya – *Lodhra churna* with *Tandulodak anupana*. (5) Samprapti- Harmful *pitta* and *vata* causes vitiation of *Artavavaha Srotasa*.

Systemic examination: In Systemic examination on inspection she was normal, Auscultation peristaltic sounds heard, Palpation mild tenderness over pelvis, Percussion was normal. (CVS, RS, CNS – NAD, BP- 130/80 mm of Hg, PR- 78/Min).

Investigation: Hb- 8.8gm/dl. USG finding- Bulky uterus.

On the basis of examination and assessment of clinical feature, history and clinical reports available we diagnosed the case as menorrhagia.

Treatment planned: *Lodhra Churna* 5 gms orally (*Apana kale*) BD with 20 ml of *Tandulodak* as an *Anupana* for 7 days during menstrual period for 3 consecutive cycles.

OBSERVATIONS AND RESULTS

Rajo vruttanta	Before Treatment	After Treatment
Menstrual cycle	7-8 days flow every 18-20 Days	5-6 days flow every 28days
Quantity	Excessive bleeding (5-6 pads/day)	Normal flow (3-4pads/day)
Color	Dark reddish	Dark reddish
Odour	No foul smell	No foul smell
Pain	Severe lower abdomen pain, lower backache, fatigue	Mild or no pain in lower back or abdomen, mild fatigue

DISCUSSION

Menorrhagia is one of the most common symptoms seen in gynaecology. It is defined as menstruation at regular cycle but with excessive flow which may last for more than 7 days with menstrual bleeding of more than 80 ml

in each cycle. Menorrhagia have effects on personal, physical, mental, social, family and work life of women and thereby reduces their quality of life.^[8] In some cases, the cause of heavy menstrual bleeding is unknown, but a number of conditions may cause menorrhagia like

Hormonal imbalance, PCOS, Adenomyosis, Dysfunction of ovaries, Uterine fibroid, Polyp, Endometrial Cancer, Dysfunctional uterine bleeding, inherited bleeding disorder etc.^[9] Excessive or prolonged menstrual bleeding can lead to Anaemia and more complication. So need to care, early diagnosis and management. Today's sedentary lifestyle affects woman's reproductive health it is one cause behind Menorrhagia. Clinical manifestations of Asrugdar and of Menorrhagia are almost similar. Many different therapies like hormonal drugs, vasoconstrictor drugs, prostaglandins, antifibrinolytic agents are not entirely satisfactory due to side effects and high cost.

- In Ayurveda, *Asrugdar* is described as the disease of *Raktapradoshaja vyadhi* with predominance of *Pitta*.
- *Lodhra Churna* has *Pittashamaka*, *Raktastambhaka* and *Shothhar* properties. *Lodhra* has *Kashay* rasa with *Katu* vipak and *Shita* virya.
- It is *lagu*, *ruksha* in nature, so it act as haemostatic by constricting the blood capillaries and prevents the bleeding.
- In the pathogenesis of *Asrugdar*, *Chala Guna* of *Vata Dosha*, *Sara* and *Drava Guna* of *Pitta Dosha* increases the amount of blood. Hence this drug might affect the *Sara* and *Drava Guna* of *Pitta Dosha* with the help of *Ruksha*, *Laghu Guna* and *Kashay* Rasa.^[10]
- So this could be the reason in reducing the amount of bleeding. *Laghu*, *Ruksha Guna* having *Kapha-Pitta Shamaka* properties.^[11]
- *Tandulodak* is *kashay* and *madhur* in *rasa* (taste), therefore helpful to increase the haemostatic action (*Rakt Sthabhak*) of *Lodhra churna*.

CONCLUSION

Nowadays *Asrugdar* (Menorrhagia) is most commonly interfering the personal, physical, mental, social, family and work life of women and thereby reduces their quality of life. Today's sedentary lifestyle causes vitiation of *Rakta* and *Pitta* which are the *dushya* and *dosha* of *Asrugdar* respectively. In this case; patient had complaint of lower abdominal pain, low backache and fatigue, it was due to heavy bleeding. *Lodhra churna* with *Tandulodak* has significant role in the bleeding disorder like Menorrhagia. It acts as haemostatic, anti-inflammatory, analgesic due to its *pitta shamak* and *kaphashamak* action. It acts on blood vessels thus may help in reducing amount of blood loss during menses. As soon as bleeding reduced, her fatigue and other symptoms get reduced. Thus, the use of *Lodhra Churna* with *Tandulodak* has a definite role in the treatment of *Asrugdar* (Menorrhagia). But time demands to work on more patients and detail research.

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