

ROLE OF ASHOKARISHTA IN RAKTAPRADARA (MENORRHAGIA) - A REVIEW

Dr. Shrikant Atmaram Dighe^{*1}, Dr. Veena Ajay Patil² and Dr. Bhagyashri Mahavir Khot³¹M.S. Scholar, Stree Roga- Prasuti Tantra, Government Ayurvedic College, Osmanabad.²M.S. Ph.D. Prof. & HOD (Dept. of Stree Roga – Prasuti Tantra), Government Ayurvedic College, Osmanabad.³M.S. Ph.D. Prof. & Guide (Dept. of Stree Roga – Prasuti Tantra), Government Ayurvedic College, Osmanabad.***Corresponding Author: Dr. Shrikant Atmaram Dighe**

M.S. Scholar, Stree Roga- Prasuti Tantra, Government Ayurvedic College, Osmanabad.

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ABSTRACT

Menorrhagia is the leading menstrual irregularity seen among menstruating women due to various gynecological diseases. Menorrhagia means excessive amount of bleeding per vagina or duration of bleeding increases due to various pathological conditions. Normal average amount of bleeding during menstruation is 50 to 80 ml while normal duration of menstruation is considered as 3 to 5 days. But if these parameters changes to greater than their normal range then it is said to be menorrhagia. According to Ayurveda menorrhagia can compare with *Asrigdara*, which is also known as *Raktapradara*. In *Raktapradara* excessive vaginal bleeding is seen mainly due to *Rakta dhatu vriddhi* and *pitta dosha dushti* and it causes deleterious effects on a woman. Ayurveda having unique treatment approach on *raktapradara*. This treatment includes, *Panchakarma* therapy for detoxification of body, followed by oral medications which causes *dosha shamana*. These oral medications include various forms of medicines such as *kwatha* (Decoction of various medicinal plants), *Churna* (Powdered form), *Vati* (Tablet form) etc. One of the form which is most useful is *Arishta*. *Arishta* is a liquid form ayurvedic medicine, prepared with natural fermentation using decoction of medicinal plants also *Dhataki* (*Woodfordia fruticosa*) flowers and sugar. *Arishta* prepared with herb *Ashoka* (*Saraka asoca*) is known as *Ashokarishta*. The use of *ashokarishta* in *Raktapradara* is very beneficial according to Bhaishajya Ratnavali, which is a popular text on Ayurvedic medicinal preparations. In this article we are going to review on role of *Ashokarishta* in *Raktapradara* i.e. in menorrhagia.

KEYWORDS: *Raktapradara*, *Dosha shamana*, *Ashokarishta*, Menorrhagia.**INTRODUCTION**

Menorrhagia is defined as cyclic bleeding at normal intervals; the bleeding is either excessive in amount or duration or both.^[1] It is also known as Hypermenorrhoea or heavy menstrual bleeding (HMB). The causes of menorrhagia are generally the conditions affecting the uterus and its vascularity, rather than disturbed H-P-O axis.^[2] These causes includes uterine fibroids, adenomyosis, endometriosis, uterine polyps, T.B. endometritis etc.^[1] Some systemic causes such as Congestive cardiac failure, Hypertension, Hypo-hyperthyroidism, Thrombocytopenic purpura, platelet deficiency also leads to menorrhagia.^[1] The treatment of Menorrhagia is according to cause.

According to Ayurveda, *Pradirana* of *raja* is known as *Raktapradara*.^[3] *Pradirana* means excessive passage and *Raja* means menstrual flow, i.e. excessive menstrual blood flow is nothing but *Raktapradara*. According to Chakrapani due to mixture of increased *rakta* and *raja*, total amount of menstrual flow is increase and as the *asrug* is synonym of *rakta*, hence it is called as *Asrigdara*.^[4] Its causes includes excessive *lavana*, *amla*, *guru*, *katu*, *vidahi*, *snigdha annapana*. Due to these

causes *rakta dhatu* get vitiated and this vitiated *rakta dhatu* carried by aggravated *vata dosha* and reaching in *garbhashayagata rajovaha sira* (Branches of Uterine vessels). and hence here the amount of menstrual flow is increases and leads to *Raktapradara*.^[5]

Management of *raktapradara*, according to Ayurveda-*Panchakarma* as follows,^[6]

- 1] *Basti*- Injecting decoction or medicated oils into rectum through anus.
- 2] *Utterbasti*- Injecting medicated oils in Uterus through vaginal canal of female.
- 3] *Virechana*- Purgation.

Oral medications includes^[7]

- 1] *Kwatha*- *Darvyadi kwatha*, *Nyagrodadhi kwatha*.
- 2] *Churna*- *Bharangi churna*, *Nagara churna*
- 3] *Ghritha*- *Shatavri ghritha*, *shalmali ghritha*.
- 4] *Vati*- *chandrprabhavati etc*
- 5] *Arishta*- *Ashokarishta*.^[8]

MATERIALS AND METHODS

Ashokarishta is a type of *Sandhana kalpana* i.e. *arishta kalpana*. *Ashokarishta* is used in treatment of

Menorrhagia, chronic fever, bleeding piles, dysmenorrhoea etc.^[8]

Ingredients^[8]

- 1) *Ashoka* (*Saraca asoca*) bark- 4.67 kg
- 2) *Dhataki* (*Woodfordia Fruticosa*) flowers-750 gms
- 3) *Ajaji* (*Cuminum cyminum*)
- 4) *Mustak* (*Cyperus rotundus*)
- 5) *Shunthi* (*Zingiber officinalis*)
- 6) *Darvi* (*Berberis aristata*)
- 7) *Utpala* (*Nymphaea stellate*)
- 8) *Triphala*
- 9) *Amrasthi* (*Mangifera indica*)
- 10) *Vasa* (*Adhatoda vasica*)
- 11) *Chandan* (*Santalum album*)
- 12) *Jaggery*- 9.34 kg
- 13) *Water*- 50 lit.

Each 46 gms

Method of Preparation^[8]

- 1) Take *Ashoka* bark and add its ten times of water and boil it until one fourth of this mixture remains, this is decoction.
- 2) Then after decoction cooling down, add *Dhataki* flowers and jaggery and all above ingredients in sieved decoction.
- 3) Place this mixture into a glass container and kept it at air pack place. After few days, proper fermentation occurs and *arishta* formation takes place. Store it in pack and dry glass container.

Rogaghnata^[8]

Asrigdara, Jwara, Raktapitta, Arsha, mandagni, Arochaka, Meha, Shopha.

Dose^[8]- 10- 20 ml

Anupana^[8] With equal amount of water.

Ashoka General description^[9]

- 1] Latin name- *Saraca asoca*
- 2] Family- Leguminosae
- 3] *Gana- Kashaya skandha, Vedanasthapana gana*
- 4] Useful parts- Bark, leaves, seed, Flowers
- 5] *Rasa- Kashaya- Tikta*
- 6] *Virya- Sheeta*
- 7] *Vipak- katu*
- 8] *Guna- Laghu, Rooksha*
- 9] Chemical Composition- Haematoxin, catechin, Oleic-linoleic-palmitic-stearic acid. Tanins, Saponins, Beta sitosterol.^[10]
- 10] Dosha Karma- *Kapha-Pitta Shamak*.
- 11] Mechanism of action according to Ayurveda- *Raktastambhana, Raktashodhana, Shothahara*.

DISCUSSION

In *Raktapradara*, *Rakta* is the main *dhatu* that causes pathogenesis along with vitiated *vata dosha*. *Pittavruttapana* *vayu* is also responsible for increase in amount of blood during menstruation.^[11] In this way *Vata, Pitta* and *Rakta* are the important pathological factors in *asrugdara*.

Ashoka (*Saraca asoca*) with his *Kashaya* and *tikta rasa* and *sheet virya* causes *pitta shamana* and *rakta stambhana*. *Arishta* having *Ushna virya* that results into *vatashamana*. Also bark of *ashoka* is *raktapradaravinashaka* (Cures *Raktapradara*).^[12] In *ashokarishta roga dhikara raktapradara* is mentioned. In this way *Ashokarishta* is useful in *Raktapradara*.

Other studies prove that, hot water extract of *ashoka* stimulates uterus similar to ergot but without producing tonic contractions. The bark of *ashoka* contains phenol glycoside which directly acts on muscle fibres of uterus. It has stimulating effect on endometrium and ovarian tissues. It decreases blood flow and tones up the endometrial vascularity. Hence it is useful in menorrhagia due to uterine fibroids.^[13] *Ashoka* has both antioxidant and Haematoprotective potentials which is essentially needed for management of menorrhagia.^[14]

CONCLUSION

Menorrhagia is a major menstrual irregularity which affect the menstruating age woman. It causes excessive bleeding through vagina or increase duration of menstruation. According to Ayurveda *Raktapradara* can compare with menorrhagia. *Rakta dhatu dushti* is found in *Raktapradara* along with aggravated *vata dosha*. *Ashokarishta* cures *rakta dushti* by *raktastambhana* and *raktashodhana*, it also serves *vata dosha shamana*. *Ashoka* having haematoprotective and stimulating action on endometrium hence it is useful in menorrhagia.

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