

A CASE STUDY ON EFFECT OF *DURVA SWARASA* IN THE MANAGEMENT OF
*RAJOVRIDDHI*Vd. Deshmukh M. V.^{1*}, Vd. Jagdale A. P.² and Vd. Jagtap P. S.³¹Associate Professor, Dept. of Stree Rog Prasuti Tantra, G. S. Gune Ayurved College and Hospital, Ahmednagar, Maharashtra India.²Assistant Professor, Dept. of Rognidan Vikruti Vigyan, G. S. Gune Ayurved College and Hospital, Ahmednagar, Maharashtra India.³Assistant Professor, Dept. of Stree Rog Prasuti Tantra, G. S. Gune Ayurved College and Hospital, Ahmednagar, Maharashtra India.

*Corresponding Author: Vd. Deshmukh M. V.

Associate Professor, Dept. of Stree Rog Prasuti Tantra, G. S. Gune Ayurved College and Hospital, Ahmednagar, Maharashtra India.

Article Received on 19/12/2023

Article Revised on 09/01/2024

Article Accepted on 29/01/2024

ABSTRACT

Ayurveda, a comprehensive science, covers various aspects of an individual's life and health disorders. It specifically details women's reproductive and maternal health, aiming for healthy offspring. Today's lifestyle, largely sedentary and stressful, contributes to various gynecological issues such as *Rajovriddhi*, *Rajakshaya*, *Nashtartava* leading to infertility. In this case, the condition of heavy menstrual bleeding (Polymenorrhagia), which is a type of *Rajovriddhi* in Ayurveda, was effectively treated using one of the most Basic Ayurvedic remedy like *Durva Swarasa*. *Durva* is mentioned in *Bhavprakash* in the management of Menorrhagia. In *Sharangdhar Samhita Panchavidhakashayakalpana* are mentioned. For the present study *Durvaswarasis* taken as it is easy to prepare and consume; and is also easily absorbed by the body. Diagnosis is made based on complaints presented by the patient. It gives an idea about the correct diagnosis and magnitude of Menorrhagia. Assessment has been done before and after treatment. With the help of blood investigations and improved general ill health shows *Durvaswaras* is effective in *Rajovriddhi*. Therefore, we are presenting a case of Menorrhagia treated with *Durvaswaras* on OPD basis. This formulation helped to restore the woman's reproductive Health successfully.

KEYWORDS: *Rajovriddhi*, Polymenorrhagia, *Durva Swarasa*, Reproductive Health.

INTRODUCTION

Women are gifted with the incredible ability to reproduce, but this capacity is dwindling due to today's sedentary lifestyle and changing habits. A woman's life spans various phases such as puberty, menstruation, childbearing age, perimenopause, and menopause. Each phase can bring about different health issues caused by shifts in lifestyle, diet, and stress, affecting the normal functioning of the reproductive system. Studies have shown that the prevalence of heavy menstrual bleeding (menorrhagia) varies between 6% to 46% among women.^[1,2,3] Ayurvedic texts provide detailed insights into these conditions outlined by our ancient scholars. Both ancient wisdom and modern science agree that normal menstrual blood loss should be between 30ml to 80ml and last for 5 to 7 days.^[4] Any deviation from these parameters is seen as a menstrual disorder, where *Rajovriddhi* represents an increase in either the amount or duration of menstrual flow.

Acharya Sushruta described *Rajovriddhi* as a condition marked by body aches, excessive and foul-smelling

menstrual bleeding (*Raja*).^[5] Polymenorrhagia, on the other hand, involves frequent heavy menstrual bleeding.^[6] This condition arises due to an imbalance of *Pitta*, a *Dosha* in Ayurveda. When aggravated, *Pitta*, combined with *Vata*, causes an excess of female hormones (*Raja*), leading to exaggerated menstrual bleeding (*Artava Ativriddhi*).^[7] *Raja* is also considered akin to female hormones. In cases of *Rajovriddhi*, there's an excess of estrogen, triggering intense shedding of the endometrial lining and heavy menstrual bleeding.

Ayurveda offers a wide array of formulations for treating *Rajovriddhi*, tailored to the patient's constitution, condition, and the severity of the ailment. In modern medicine, hormonal therapy, oral contraceptives, procedures like D&C, and Hysterectomy are common but can be costly and have associated side effects. In present study a case of *Rajovriddhi* w.s.r. to Polymenorrhagia is treated with standard Ayurvedic formulation for relief from symptoms.

AIM: To treat a case of *Rajovruddhi* with *Durva Swarasa* for restoring reproductive health of a women.

OBJECTIVE: To study role of *Durva Swarasa* to reduce sign and symptoms of *Rajovruddhi*.

MATERIALS AND METHODS

A single case study was done by using standard Ayurvedic formulation *Durva Swarasa* for management of *Rajovruddhi* described in classics.

CASE REPORT

A 30 years married women came to the *Prasuti Tantra & Stree Roga* OPD of G. S. Gune Ayurved Hospital Ahmednagar, with complaint of Prolonged and heavy menstrual bleeding with clots since last 8 days with increase of 6 sanitary pads per day. This was her second episode of heavy menses. Her periods were normal before that. She also had Abdominal Pain and Cramping, Leg Pain, Weakness, Giddiness, Irritability, Inability to concentrate.

HISTORY OF PRESENT ILLNESS

Patient has history of getting frequent menses with prolong and heavy per vaginal bleeding since last 2 months so for treatment she approached our OPD.

HISTORY OF PAST ILLNESS: Not significant.

MENSTRUAL HISTORY: Menarche at 14 years of age. Menstrual cycle was 3- 4/28-30 days, bleeding was normal 2 pads /day, without clots. No pain in abdomen. before 2 months.

PERSONAL HISTORY

- ❖ Diet - Non-vegetarian (mix)
- ❖ Appetite - Good
- ❖ Bowel - No constipation
- ❖ Micturition - 4-5 times/day
- ❖ Sleep - Sound sleep

OBSTETRICAL HISTORY: Has one girl child of 5 years old by full term normal delivery.

CONTRACEPTIVE HISTORY: No any History.

GENERAL EXAMINATION

Temperature	98.4 F
RR	18/ Min
Pulse rate	82 /Min
Blood pressure	110/80 mm of Hg

SYSTEMIC EXAMINATION

RS	AEBE
CVS	S1 S2 Normal
CNS	Conscious, oriented
P/A	Soft and Non tender
P/V	Not Done due to Menstruation

ASHTAVIDHA PARIKSHAN

<i>Nadi</i>	<i>Sarpa Gati</i>
<i>Mutra</i>	4-5 times a day
<i>Mala</i>	<i>Samyak</i>
<i>Jivha</i>	<i>Nirama</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Samshitoshna</i>
<i>Druk</i>	<i>Prakrit</i>
<i>Akruti</i>	<i>Madhyam</i>

INVESTIGATIONS

For the purpose of examination of patient and to exclude any other diseases

1. Complete blood count- Hb-8.6 gm%, TLC- 4300mm³
2. Sickling test - Negative
3. Bleeding time -1.10 min and Clotting time -3.20 min
4. Thyroid profile – TSH-4.2 mU/L
5. USG (abdomen pelvis) -WNL

VYADHI NIDAN: RAJOVRUDDHI

MANAGEMENT: *Durva Swarasa*.^[8]

- *Drug:* *Durva Swarasa*
- *Matra:* 30ml twice a day
- *Anupana:* *Sukoshna Jala*
- *Aushadhasevan Kala:* *Apan Kali*
- *Duration:* 7 Days

Apathya: *Amla, Lavan, Katu Rasatmaka Ahar, Dadhi, Auduk Mansa, Payasa, Saktu, Sura, Krusara, Gudha, Rajgira, Spicy food, South Indian fermented food, Maida products, Atapa Sevan and Angi Sevan.*

Pathya: *Madhur, Tikta, Kashay Rasatmak Ahar, Godugdha, Goghruta, Dadim, Anjeer, black raisins and other Pittaghna Dravya.*

Table 1: Latin Name, Family and Prayojyanga use in of Dravya in *Durva Swarasa*.

No.	Drug	Latin Name	Family	Part Used
1.	<i>Durva</i>	Cynolon Ductylon	<i>Poaceae</i>	<i>Patra</i>

Table 2: Rasa, Virya, Vipaka, Doshagnata and Karma of Durva.

No.	Drug	Rasa	Virya	Vipaka	Guna	Doshghnata	Karma
1.	<i>Durva</i>	<i>Tikta, Madhur, Kashaya</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Laghu,</i>	<i>Pittahara, Kaphahara</i>	<i>Pitta-kaphashamak, Raktapittanashak, Raktastambhak, Dahaghnakandughna and kusthghna</i>

SWARAS NIRMANA VIDHI

In *Sharangdhar Samhita*, *Panchavidhakashayakalpana* are mentioned. *Swaras* is one of them which is nothing but expressed juice. *Durvaswarasnirman*^[9] is done as per procedure described in *Sharangdhar Samhita*.

ASSESSMENT CRITERIA

Assessment is done on the basis of following criteria, before and after treatment on 0th day, 3rd day, 7th day and 15th day.

Table No. 3: Showing Observation and results.

Symptoms	Gradation	Grade	Day 0	Day 3	Day 7	Day 15
Heavy Bleeding (Number of pads used)	No Spotting	0	4	2	1	0
	Spotting or 1 pad /day	1				
	2-3 pads/day	2				
	4-5 pads /day	3				
	6-7 pads /day	4				
Abdominal Pain and Cramping	Absent	0	3	2	1	0
	Mild	1				
	Moderate	2				
	Severe	3				
Leg Pain	Absent	0	2	1	0	0
	Mild	1				
	Moderate	2				
	Severe	3				
Weakness	Absent	0	2	1	0	0
	Mild	1				
	Moderate	2				
	Severe	3				
Giddiness	Absent	0	2	1	0	0
	Mild	1				
	Moderate	2				
	Severe	3				
Irritability, Inability to concentrate	Absent	0	3	2	1	0
	Mild	1				
	Moderate	2				
	Severe	3				

DISCUSSION

Durva is an herb used to address menorrhagia, possesses detoxifying properties and is alkaline, readily absorbed into the bloodstream. It works as a haemostatic agent (*Raktastambhaka*)^[10], stemming excessive uterine bleeding due to its *Tikta*, *Kashaya*, and *Madhura* tastes and *Sheeta Virya*. Its cooling effect helps pacify the aggravated *Pitta* and *Raktastambhana*. Additionally, *Durva* aids in relieving mental stress often experienced by Middle age women. Its *Tikta Rasa*^[11] enhances metabolism and acts as a coagulant, restoring the balance of *Tridosha*. *Madhura Rasa* fortifies the uterus, while the *Tikta* and *Kashaya Rasa* of *Durva* reduces excessive growth of the uterine lining, a common cause of heavy bleeding.

Rich in chlorophyll, *Durva* is a natural remedy for Anemia, dizziness, and weakness, promoting the production of red blood cells and increasing haemoglobin levels.^[12] *Durva* also alleviates stress, bolstering the nervous system, reducing irritability, and improving concentration. In managing menorrhagia, apart from medicinal treatment, offering reassurance, counselling on reproductive health, regular follow-ups, and a balanced diet play a supportive role.

CONCLUSION

In this study, the chosen Ayurvedic treatment effectively addressed the root cause of the patient's *Rajovridhi* condition. By balancing the body's *Doshas* and removing *Stroto-Avarodha*, the treatment not only corrected the issue but also paved the way for restoring woman

reproductive health, ensuring that the ailment didn't recur.

REFERENCES

1. Sharma M, Gupta sd. Menstrual pattern and abnormalities in the high school girls of Dharan: A Cross sectional study in two boarding schools. *Nepal Med Coll J*, 2003; 5: 34-6. [PubMed] [GoogleScholar]
2. Ravi R, Shah P, Palani G, Edward S, Sathiyasekaran BW. Prevalence of menstrual problems among adolescent school girls in rural Tamilnadu. *J Pediatr Adolesc Gynecol*, 2016; 29: 571-6. [PubMed] [GooglrScholar]
3. Trasi SA, Pathare AV, Shetty SD, GhoshK, Salvi V, Mohanty D, et al. The spectrum of bleeding disorders in women with menorrhagia: A report from Western India *Ann Hematol*, 2005; 84: 339-42. [PubMed] [GoogleScholar]
4. Hiralal Konar, DC Datta's Textbook of Gynecology, Revised Reprint of Sixth Edition: New Delhi, JAYPEE Brothers Medical Publishers (P) LTD, November 2013; Pp82.
5. Prof. V.V. Prasad, Sushruta Samhita Sutrasthana, Dalhana's Nibandhasangraha Commentary with Hindi Translation, by Acharya Prof. Sudarshan Shastri, Prof. Kaviratna Sharma & Prof. Jyotirmitra, New Delhi, Published by The Director of Rashtriya Ayurved Vidyapeeth, 2002; Pp155.
6. VG Padubidri, Shirish N Daftary 'Howkins & Broune Shaw's Textbook of Gynaecology' Edition;13th, New Delhi, Published by Elsevier India Private Limited, 2004; Pp286.
7. Prof. V.V. Prasad, Sushruta Samhita Sutrasthana, Dalhana's Nibandhasangraha Commentary with Hindin Translation by Acharya Prof. Sudarshan Shastri, Prof. Kaviratna Sharma & Prof. Jyotirmitra, New Delhi, Published by The Director of Rashtriya Ayurved Vidyapeeth, 2002; Pp155.
8. Sharma P., Dravyaguna Vijnana (Hindi), Vol. II. Chapter 4,9 Varanasi: Chaukhamba Bharati Academy, 2011.
9. Parashar R. SharangdharSamhita. 5thed, Nagpur: Shri Baidyanath Ayurved Bhawan Pvt. Ltd, 2012; 173.
10. P Sanjay, HAEMOSTATIC ACTION OF DURVA CYNODON DACTYLON(LINN) PERS, *IAMJ*, July 2015; 3(7): P-2194-2198(Cited on 7/2/17)).
11. JoshiNirmala, Ayurvedic concepts in Gynecology. 2nd ed Delhi:Chaukhamba Sanskrit Pratishthan, 1999; P-85.
12. DURVA GRASS - Indian Scriptures. Available from: www.indianscriptures.com vediclifestyle.