**LITERARY REVIEW OF ASRUGDARA/RAKTAPRADARA**

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**ABSTRACT**

Due to pradirana (excessive excretion) of Raja (menstrual blood) it is named as pradara and asrugdara means there is dirana (excessive excretion) of asruk (menstrual blood) hence it is known as asrugdara. 

Asrugdara or pradara can be correlate with menorrhagia or abnormal uterine bleeding due to pathogenesis and general clinical features. According to different Acharyas excessive bleeding during menstrual or intermenstrual period as main symptom. In menorrhagia excessive and/or prolong bleeding during menstrual cycle.1 Women have a unique function of giving birth and there is different type of gynaecological disorders affect the function of reproductive system.

Therefore, in this study an effort has been put forth to make a conceptual study covering all the aspect of asrugdara or pradara as per Ayurveda as well as modern aspect.

**KEYWORD:** Pradira, asrugdara, Ayurveda, raja, asruk.

**INTRODUCTION**

Health care of womens is important because woman having capacity to bare the new life in the womb and she deliver healthy progeny due to healty status. If any disorder affects the function of reproductive systeme, or normal physiology and mental health of woman should be cure by treatment. Asrugdara or pradara gynecological disorder can affect the reproductive systeme, so conceptional study covering almost aspect of asrugdara.

**Aim and Objective**

To study the Literary review of Asrugdara or Pradara.
MATERIAL AND METHOD

This conceptual study covers the ayurvedic sahitas and modern text book.

Description Etiology (Nidan)\(^2\)

<table>
<thead>
<tr>
<th>Charaka</th>
<th>Ahara sambandhi</th>
<th>Vihara sambadhi</th>
<th>Mansika Karanani</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madhava Nidana, Bhava Prakash, Yoga Ratnakara</td>
<td>Viruddha bhojana Madyadi</td>
<td>Garbha prapatta, Ati-maithuna, Ati-karshana Adhvayana Bhaara- abhigahata Diva-shayana</td>
<td>Shoka</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bhela Samhita</th>
<th>Vitiated Apatya marga</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harita Samhita</td>
<td>Vata-purita Ksheena nadi</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>General causes</th>
<th>Pelvic causes</th>
<th>Contraceptive use</th>
<th>Hormonal/AUB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood dyscrasia</td>
<td>PID, Pelvicadhesions</td>
<td>IUCD</td>
<td>Ovulatory: irregular ripening or irregular shedding.</td>
</tr>
<tr>
<td>Coagulopathy</td>
<td>Uterine fibroids, endometrial hyperplasia, Adenomyosis</td>
<td>Posttubal sterilization</td>
<td>Anovulatory: resting endometrium-80%, Metropathia haemorrhagica</td>
</tr>
<tr>
<td>Thyroid dysfunction</td>
<td>Feminizing tumouror the ovary</td>
<td>Progestogen-only pills</td>
<td></td>
</tr>
<tr>
<td>Genital TB</td>
<td>Endometriosis, Pelvic congestion, varicose veins in the pelvis</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Samprapti

The aggravated vata affects the uterine vessels and increases the blood volume. It increases the menstrual blood causing Raktapradara

Hetu- ahara, vihara, manosambandhiDosh- vitiated vata

Sthana- Garbhashaya gata siraStrotas- rajovah strotos vikriti

Rupa- rajoh vridhi.\(^4\)

Pathophysiology of Menorrhagia

In excessive bleeding with regular menstrual cycles, the H-P-O axis is intact, endometrial changes get altered. It is observed that, in these cases, PGE\(_2\) (prostacycline), which is a local
vasodilator, is increased compared to PGF2 alfa in the endometrial tissue.\[^{5}\]

**Samanya Lakshana**
- *Rakta atipravritti* - excessive vaginal bleeding
- *Ritou atipravritti* - excessive bleeding during menstruation
- *Anritou alpa, deergha* - Scanty or excessive bleeding during intermenstrual period *Kala rakta pravritti*

**According to Sushruta**
- *Angamarda* - Malaise
- *Vedana* - pain
- *Adho- vankshana daha* - pain in lower abdomen and inguinal region
- *Shroni, Prishta, vrikka vedana* - pain in pelvis, back and renal region.

**Classification of Raktapradara**
According to Charaka- *Vataj, Pittaj, Kaphaja,Sannipataj*
According to Sushruta- *Vataj, Pittaj, Kaphaj, and Dvidoshj Asrugdara*
In all type of *Asrugdara lakshan* according to *doshadhikya*. Like *Vataj asrugdara* frothy, thin, rough, blackish etc. Classification of abnormal uterine bleeding.\[^{6}\]

**PALM-COEIN classification\[^{7}\]**

<table>
<thead>
<tr>
<th>Polyp</th>
<th>Submucosal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adenomyosis</td>
<td>Other</td>
</tr>
<tr>
<td>Leiomyoma</td>
<td></td>
</tr>
<tr>
<td>Malignancy &amp; hyperplasia</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coagulopathy</th>
<th>Ovulatory Dysfunction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endometrial</td>
<td>Iatrogenic</td>
</tr>
<tr>
<td>Not yet classified</td>
<td></td>
</tr>
</tbody>
</table>

**Samanya Chikitsa**
- *Raktasthapaka aushdhi* should be used by according to *doshadhikya*.
- Treatment prescribed for *vatala* etc. *Yonivyapada* should also be used.
- Treatment described for *Rakta- Atisara, Raktapitta, Raktarhas, guhya roga, Garbhasrava* is beneficial in *Raktapradara*.
- Use of *basti* is beneficial.
- Purgation cures menstrual disorders.\[^{8}\]
CONCLUSION
Two type AUB commonly seen, acute and chronic AUB. Acute AUB is an episode of heavy menstrual bleeding to require immediate intervention to further loss. Different type gynaecological problem can cause AUB/menorrhagia, it is need to rule out early and treat properly to avoid further complication.

REFERENCES
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Hystrectomy with removal of ovaries after 50yrs.\(^9\)
4. Prof. Dr. V.N.K. Usha, Streeroga-vijnan, Chaukhambha Sanskrit Pratishthan, Delhi, Chap. 5 Rakta-pradara, 134.


6. Prof. Dr. V.N.K. Usha, Streeroga-vijnan, Chaukhambha Sanskrit Pratishthan, Delhi, Chap. 5 Rakta-pradara, 134-135.


8. Prof. Dr. V.N.K. Usha, Streeroga-vijnan, Chaukhambha Sanskrit Pratishthan, Delhi, Chap. 5 Rakta-pradara, 140-141.