

# शोणितं ह्यनुवर्तते -- Sign Language to understand Rakta Pradara Chikitsa

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## ABSTRACT:

Raktapradara is one of the gynaecological problem associated with severe bleeding.

Ayurvedic texts have described a variety of treatment options in the management of Raktapradara. Ashoka Twak Kshira Paka is mentioned in Bhavprakasha in the management of Raktapradara. It is easily available, convenient to consume.

**Keywords:** Raktapradara, Ashoka Twak Kshira Paka

## I. INTRODUCTION:

Due to alteration of food habits and changing life styles incidence of excessive and irregular uterine bleeding is increasing day by day.

Various reports suggest that 30-50% of women in reproductive age group suffer from excessive and irregular uterine bleeding by various causative factors .28% of female population consider menstruation excessive and plan their social activities around the menstrual cycle. 10% of women employees need to take off from the work because of excessive menstrual loss.

Raktapradara means Pradirana (Excessive excretion) of Raja according to Charaka Samhita. The clinical entity characterized by excessive excretion of Asrik is called as Asrigdara by Madhava Nidana, Bhavprakasha. Excessive or prolonged blood loss during menstruation with or without bleeding during inter menstrual period is known as Asrigdara according to Acharya Sushruta. It can be correlated to Menorrhagia. It denotes cyclic regular bleeding which is excessive in amount or duration. In Ayurvedic text

the etiological factors of Raktapradara have been mentioned.

## II. MATERIALS AND METHODS:

It is a single case study. Informed consent was taken from the patient from her own language.

## Hetu:

The woman who consumes excessive salty, sour, heavy, katu, vidahi and unctuous substances, meat of domestic, aquatic and fatty animals, curd, Shukta, Mastu and wine.

Vihara Sambandhi -Atimaitihuna, Adhvagamana, Shoka, Divasvapa, Bhara Vahana, Abhigata .  
Vyadhi Sambandhi Garbhapata .

## History of patient:

Patient aged 47 years was earlier healthy but patient is complaining that since 3 months she is having irregular and excessive menstrual bleeding which is Grathita ,Sashula. Her menstrual bleeding remains for a period of 10 days and then after a gap of 10-15 days it again starts and remains for 10 days .She uses 3 pads per day till 5th day of her menstrual cycle and from 6<sup>th</sup> day to 10<sup>th</sup> day she uses 4 pads per day which get fully soaked . Menstrual bleeding would stop when she should take tablets. She also experience Sandhi Shula and Katishula during her menses.

## Past history:

She has no history of any previous illness.

## Personal history:

Ahar - Ushna,tikshna,amla,vidahi Vihar-  
chinta,alpachesta

### Family History:

Has no family history of illness.

### Nidana Panchaka:

Hetu:

Ahar - Ushna, Tikshna, Amla, Vidahi

Vihar- Chinta, Alpa Chesta.

Puravarupa : Bhrama ,Daha.

Rupa: Aniyamita and Ati Raja Strava.

### Samprapti:

Due to consumption of Hetu such as excessive junk food like pizza, oily food, chicken and Vihara such as Ratri Jagarana , Alpakriya, Vishamashanna it leads to vitiation of Apana Vayu ,Pitta and Rakta which leads to Rakta Dushti then it takes Sthana Shamsraya at Rajovaha Srotas which leads to increased Matra of Raja and Artava which produces Aniyamita and Ati Raja Srava.

### Causes of abnormal uterine bleeding:

Abnormal uterine bleeding can have many causes. It includes the following Pregnancy, Miscarriage, Adenomyosis, use of some birth control methods, such as an intrauterine device (IUD) or birth control pills, Infection of the uterus or cervix, fibroids, Problems with blood clotting, Polyps, Endometrial hyperplasia, certain types of cancers such as, cancer of uterus, cervix, vagina, polycystic ovarian.

### Treatment:

The patient was given mixture of Nagakeshara Gokshura both 200 mg each , Rasa Pachaka, Patha 250 mg each with Ushnodaka. Mixture of Ashoka 19 mg, Sariva 250 mg with Ushnodaka and Rakta Stambhaka Vati .

Rakta Stambhaka Vati contains Naga Keshara 100 mg, Shuddha Laksha 100 mg, Mocha Rasa 100mg, and Shuddha Gairika 50 mg as active ingredients.

It is an excellent haemostatic medicine for various bleeding Disorders.

Acts as Pitta Shamaka & other contents help stop blood loss due to their Rakta Stambhana properties.

Useful in all kinds of Rakta Pittta, Rakta Stambhaka tablets also minimizes tendency of bleeding due to its Rakta Prasadana Karya.

### III. RESULT:

The follow-up was advised after 3 days. After 3 days, the complaint of P/V bleeding and abdominal pain was reduced. Pathya-Apathya with

medication was advised to continue for 3 days. After 3 days P/V bleeding was stopped.

### IV. DISCUSSION:

Charaka says that females who consume excessive salty, sour, heavy, Katu, Vidahi and oily substances, meat, Krisara, Mastu (Curd water), and wine, her aggravated Vata Dosha, withholding the Rakta (Blood) vitiated. Because of the above causes blood increases in amount and so reaching Raja carrying vessels (Branches of ovarian and uterine arteries) of the uterus, increases immediately the quantity of Raja (Artava or menstrual blood), in others words the rise in the amount of Raja is because of the relative increase of rasa. Due to an increase in the amount of blood the Acharyas named Raktapradara. Bhela Samhita, Madhava Nidana, Bhava Prakasha, and Yogratnakara have mentioned that the use of incompatible diet and wine, eating before the previous meal has get digested, indigestion, riding, walking, grief. Weight lifting, trauma, and day-sleeping are the causes of Rakta Pradara.

### V. CONCLUSION:

Management of Rakta Pradara through an integrative Ayurveda approach proved to be successful. Modification in lifestyle and balanced diet i.e. Pathya-Apathya helps in decreasing PV bleeding.

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