

**Evaluation of Ayurdic Management in the Treatment of Asrikdara**

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**Abstract**

Dysfunctional uterine bleeding is one of the most common and significant gynaecological complaints seen in about 10-15 % of women attending a gynaecological clinic. DUB is excessive abnormal bleeding from the endometrium that is unrelated to the anatomic lesion the genital tract.<sup>1</sup>The prevalence increases with age, peaking just before menopause. Because most cases are associated with anovulatory menstrual cycles, adolescent and perimenopausal women are particularly vulnerable to this particular condition.<sup>2</sup>

**Keywords:** DUB ,Rakta Pradara, Anovulatory Cycles.

**Introduction**

In present era health of woman plays a vital role as she is the base of the healthy family & society with changing her role in building society, occupational responsibilities .Disorders of menstruation is commonest among all gynecological issues it has direct effect on physical as well as psychological health of females. The statement of excessive bleeding is assessed by number of pads used, passage of clots (size & number) and duration of bleeding. Hysteroscopy & biopsy is the best to evaluate the endometrial pathology in Dysfunctional Uterine Bleeding. In premenopausal period genital malignancy should be ruled out prior to any therapy. In Ayurveda DUB is correlated to rakta pradara <sup>3</sup>. In pathogenesis of Rakta Pradara Rasa, Rakta, and vata dosha are main responsible factors. Ashoka ghrita,Panchavalkala kwatha churna,Tablet Amystop G,Tablet Styplon .Plays an important role to alleviate this pathology, and effectively controls the bleeding. It also helps to cure the complications which occur due to heavy uterine bleeding (pallor, burning sensation, weakness). These herbal compounds are non hormonal, cost effective and harmless remedy.

**Case Presentation**

A 43-year-old female patient, Muslim by religion, presented on 4/04/2016, presented chief complaint of excess of vaginal bleeding since 15 days since 2 years the patient was facing the same problem and she took allopathic treatment for the same and she did not get any relief from that the she approached our institution for the treatment . Prakriti pitta vata. B.P-110/70 mm of Hg. Pulse-80/m. Patient was not obese. Sonography (U.S.G) was done for uterine and adnexal study to rule out cause for the bleeding fibroid /adenomyosis or any pathological lesion .the reports were showed endometrial thickness about 14 mm and other parts of uterus were normal.

Her menstrual history was 10-15 days per vaginal bleeding in a month and she use to change 6 pads per day and clots were present and there was foul smell associated with it.

### Treatment

1. Ashoka ghrita – ( 1tsp BD) with milk before food
2. Tab. Styplon- (1BD) after food
3. Tab.Amystop – G (1 BD) after food
4. Panchavakala kashayam ( 30ml BD) before food with method of kashaya preparation.<sup>4</sup>

### Discussion

In Ayurved classic Panchavalkal (five plant bark viz. Vata or Ficus bengalensis, Udumbar or Ficus glomerata, Plaksha or Ficus infectoria, Ashwaththa or Ficus religiosa and Shirisha or Albizzia lebbek) in mentioned in the treatment of Vranashotha (inflammations and abscess) and vrana (wounds). All the ingredients present in the Panchavalkal has Kashya rasa (Astringent properties) which helps in the shodhan (cleansing) and rakta stambhana. Panchavalkal (the barks of five plants) has activities like vranaprakshalana, vranaropana, shothahara. All the ingredients of the Panchavalkal have Kashaya rasa predominant, Guru and Ruksha guna, sheeta veerya and katu vipaka<sup>5</sup>.

Tablet styplon contains vasa,amalaki,doorva,lodhra,lajjalu etc drugs and are of tikta,kashaya rasa pradhana,laghu,rooksha guna,sheeta veerya and madhuravipaka helps in rakta stambhana ,pittashamana karma.

Tablet Amystop G is proprietary medicine with ingredients badara,lodhra,guduchi,dadima etc and are of tikta ,kashaya rasa and laghu guna sheeta veerya and madhura vipaka thus helped in relieving the symptoms.

Ashoka ghrita is classical preparation

### Conclusion

Dysfunctional uterine bleeding is abnormal uterine bleeding in a premenopausal woman resulting from alterations in the normal cyclical changes of the endometrium and without an underlying specific pathological cause such as endometritis, polyps, exogenous hormones, hyperplasia, or carcinoma. It is considered to be the diagnosis of exclusion made when there is no identifiable medical cause. Abnormal and excessive endometrial bleeding without structural pathology occurs in reproductive women of all ages but is more common in adolescent and perimenopausal women.<sup>6</sup>

As observed from the present study, there is an age specific association of endometrial bleeding, with highest incidence in perimenopausal age group. Hence through Ayurveda we can treat the cases of DUB safely avoiding unnecessary intervention through the hormonal pills and procedures like D and C and hysterectomy .

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