



# RAKTAPRADARA – A CONCEPTUAL STUDY

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## ABSTRACT

Rakta Pradara is a classical Ayurvedic gynecological disorder causing the excessive or prolonged uterine discharge, particularly during menstruation. It can be correlated with the modern clinical conditions of menorrhagia and abnormal uterine bleeding (AUB). Raktapradara is one among the rakta pradoshaja vikaras. It is mainly characterised by ati pravrutti of artava associated with daha and shoola in vankshana pradesha, Sroni, prushtha and kukshi. it comes under pitta pradhana tridoshaja vyadhi. Ayurveda has described a wide range of chikitsa i.e treatment principles in the management of Raktapradara, which not only cures Raktapradara but prevents its recurrence. it seems that about 10 to 30% of reproductive aged women are affected by Raktapradara

**KEYWORDS:** Raktapradara, Asrigdara, Raja, Menstrual blood, Excessive bleeding, Artava.

## INTRODUCTION

The woman is considered to be the Source of Creation. Woman having regular menstruation, possessing Shuddha Aartava, Shuddha Yoni and Garbhashaya bestows a Sreshta Praja<sup>[1]</sup> Menstrual blood refers to the visible manifestation of cyclic physiologic uterine bleeding due to the shedding of endometrium <sup>[2]</sup>. The average length of menstrual cycle is 28 days. However, a cycle can range in length from 21 days to about 35 days and still be normal. The duration of menstruation is about 4-5 days and the amount of bleeding is estimated to be 20 to 80ml with an average of 35 ml <sup>[2]</sup> typically more than 80 mL of blood per cycle or bleeding that lasts beyond 7 days is said to be menorrhagia <sup>[2]</sup>. In Ayurvedic literature, the term Pradara refers to excessive discharge and Rakta Pradara indicates excessive loss of menstrual blood due to vitiation of Rakta (blood) and associated doshas such as vata and pitta. Acharya Charaka explains that when there is pradirana (excessive excretion) of Raja (menstrual blood) the condition is termed as Pradara. Hence Rakta is involved and blood loss is excessive it is known as Rakta Pradara. <sup>[3,4,5]</sup>

**AIMS AND OBJECTIVES:** To study in detail about Raktapradara

**MATERIAL AND METHODS:** All the information regarding Raktapradara and dysfunctional uterine bleeding is collected from ayurvedic, modern literature and contemporary text.

## RAKTAPRADARA

Raktapradara is disease characterised by excessive bleeding per vagina. Acharya charaka has mentioned pradara along with its management in yoni vyapada chikitsa. Acharya charaka mentioned it in raktapradoshaja vikaras [6]

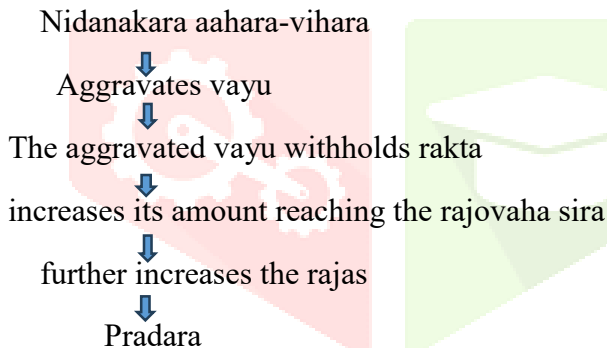
sushruta Acharya explained it as a separate entity in sharirasthana Shukra Shonita Adhyaya. He also mentioned it under Pitta Samyukta Apana [7] He also Categorised it in Rakta Pradoshaja Vyadhi [8]

In ashtanga sangraha it is explained as Raktayoni [9]

## NIDANA OF RAKTAPRADARA

1. Charaka - lavana, amla, guru, katu, vidahi, unctuous substances, sevana gramya, odaka and medhya mamsa ,krsara, payasa, dadhi, sukta, mastu, sura [10]
2. Harita - Milk carrying channels of Vandhya are filled with vata [11]
3. Bhela - If blood (raktu dhatu) goes to abnormal passage [12]
4. Madhava nidana - matra evum samyoga viruddha aahara, Madhya sevana, Adhyashana, Ajeerna, Garbhapata, ati-maithuna, ati-yaana sevana, adhika marga-gamana, shoka, ati-karshana, ati-bhaara-vahana, abhighata, divaswapna [13]

## SAMPRAPTI [10]



## SAMPRAPTI GHATAKA

Dosha: Tridosha

Dushya: Rasa, Rakta, Artava

Agni: Jatharagnimandya

Srotas: Artavavaha, Rasavaha, Raktavaha, Mamsa

Srotodushti: Atipravritti

Adhithana: Garbhashaya, Artavavaha Srotas

## PURVAROOPA

The poorvaroopa of Raktapradara is not mentioned in our Ayurvedic classics.

## ROOPA

- 1] Charaka – Presence of excessive bleeding during menstruation <sup>[10]</sup>
- 2] Susruta – Menstruation in excessive amount and for prolonged period in normal cycle and scanty in intermenstrual period, different from normal features of suddha artava and associated with body-ache and pain <sup>[14]</sup>
- 3] Ashtanga Sangraha – Excessive bleeding during menstrual or intermenstrual period <sup>[15]</sup>
- 4] Dalhana – Burning sensation in lower portion of groin, pelvic region, back, region of kidney, flanks and severe pain in uterus <sup>[16]</sup>

## CHIKITSA

- ❖ Hemostatic drugs indicated in Raktayoni should be used considering the doshas associated which are diagnosed on the basis of colour and smell of the blood <sup>[17]</sup>
- ❖ Treatment prescribed for Raktatisara, Raktapitta, Raktarsha<sup>[18]</sup>, Guhyaroga<sup>[19]</sup> and Garbhasrava should be used <sup>[20]</sup>
- ❖ Use of basti is beneficial <sup>[21]</sup>

## BAHYA PRAYOGA AUSHADI (EXTERNAL USE)

1. The root of Vyaghranakhi grown in the northern direction at a sacred place, uprooted during Uttara-phalguni nakshatra should be used to tie around the waist <sup>[22]</sup>
2. Shatapushpa taila should be used for Nasya and abhyanga <sup>[23]</sup>
3. BASTI - 2-3 Asthapana basti followed by Uttara basti is found beneficial in Asrigdhara <sup>[24]</sup>
  - Rasnadi niruha basti<sup>[25]</sup>
  - Kushadi asthapana basti<sup>[26]</sup>
  - Lodradi asthapana basti<sup>[26]</sup>
  - Rasnadi asthapana basti<sup>[26]</sup>
4. PICHU - Udumbaradi taila <sup>[27]</sup>
5. VARTI - Apamargadi varti <sup>[28]</sup>

## ABHYANTARA PRAYOGA [INTERNAL USE]

### 1] KWATHA

- Pradarahara Kashaya, Asrigdarahara Kashaya, Musali khadiradi Kashaya.
- Vasa Kashaya <sup>[29]</sup>

## 2] KALKA And CHURNA

- Madhuka churna and sarkara each 1 karsa with tandulodaka<sup>[30]</sup>
- Bala moola churna should be used with Ksheera<sup>[30]</sup>
- Ashoka twak swarasa and Rasanjana pestled with Tandulodaka and mixed with Madhu<sup>[31]</sup>
- Chandanadi churna<sup>[32]</sup>
- Pushyanuga churna with madhu followed by tandulodaka<sup>[32]</sup>
- Utpaladi churna<sup>[32]</sup>

## 3] AVALEHA

- Madhukadhya avaleha<sup>[33]</sup>
- Pushkara lehya<sup>[33]</sup>
- Khandakusmandawaleha, Brhatkusmandawaleha<sup>[34]</sup>

## 4] GHRITA

- Shalmali ghrita<sup>[35]</sup>
- Sheetakalyanaka ghrita<sup>[35]</sup>

## 5] RASAYOGA

- Bola parpati<sup>[35]</sup>
- Pradarantaka rasa, Sarvanga Sundara Rasa, Pradarari rasa, Pradaripu rasa, Pradarari lauha,
- Pradarantaka lauha, Lakshmana lauha<sup>[36]</sup>

## 6] VATI

- Ratnaprabha vatika<sup>[36]</sup>
- Shilajatu vatika<sup>[36]</sup>
- Chandraprabha gutika<sup>[37]</sup>

## 7] ARISHTA

- Ashokarishta, Patrangasava, Lakshmanarishta<sup>[37]</sup>

**DISCUSSION**

Shuddha Artava is one of the most important and necessary factor for healthy progeny. Raktapradara means excessive bleeding from the uterus during menses or at times intermenstrual. It can be correlated with Dysfunctional Uterine Bleeding (DUB). Because of different types of Samprapti, Dosha and dhatu involvement various Lakshana are seen in every patient of Raktapradara. So, the treatment should be dependent on the basis of Doshanubandha and Samprapti Vighatana. Many Ayurvedic drugs are used to reduce Raktapradara symptoms and its associated complications. Raktapradara is treated with Raktasthambhak, Raktasthapaka, Dipan, Pachan, Brumhaniya, Chikitsa. Various Madhura, Tikta, Kashaya rasa Pradhan dravyas are used in chikitsa of Raktapradara. Raktapradara is due to the predominance of pitta dosha leads to Rakta dushti, so here, Pitta shamak drugs i.e., drug or formulation with Kashaya rasatmaka are used also drug or formulation with Kashaya and Madhura rasa, Snigdha and shita guna should be used for Virechana in raktapradara. In vata pradhana raktapradara mainy basti gives best results. When there is Kapha predominance, Aama pachan is necessary where katu, kasaya laghu guna, and stambhan kari formulation with Vaman chikitsa are done. Triphala, lodhra, nimba gives better results in kapha predominance.

## CONCLUSION

Raktapradara is a common Artavavikara, characterized by excessive uterine bleeding with complications. Modern treatment with analgesics and hormonal therapy has many limitations and side effects associated with it, which many times leads to the recurrence of the disease. Ayurveda has a number of herbal and polyherbal compound drugs useful in the treatment of Raktapradara and related symptoms and complications associated with it.

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