

ROLE OF PRADARARIPU RASA IN THE MANAGEMENT OF ASRIGDARA- A CONCEPTUAL STUDY

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ABSTRACT

Asrigdara (Dysfunctional Uterine Bleeding) is a common medical disease seen in women, causing, both physical and psychological disturbances. *Asrigdhara* is common during transitional stage of woman's life i.e puberty to adolescence and during peri-menopausal period but it can also be seen during reproductive age, affecting the reproducing ability of woman. In classics many causative factors like Ati lavana amala katu rasa sevana, viruddaahara and vihara's like chinta bhaya krodha (excessive intake of salt, sour pungent taste in daily diet, incompatible food and stress, grief, fear anger) are explained as causative factors of *Asrigdara*. The modern science explains D.U.B is the state of abnormal uterine bleeding without any clinically detectable organic cause. The causes for D.U.B. are change in life style, stress, improper food habit and too much consumption of junk food. In *Asrigdhara* vata gets vitiated which later vitiates other doshas. In contemporary science the treatment followed are Oral Contraceptive Pills, Dilatation & Curettage which do not give satisfactory results. Hence it is time to re-explore the drugs which are explained in Ayurvedic classics. The drug "pradararipu rasa" is explained by Yogaratnakara in *pradara chikista adhyaya*. Here an attempt is made to explain mode of action of *pradararipu rasa*.

KEYWORDS: *Asrigdhara*, D.U.B, Vata, Oral Contraceptive Pills, Dilatation & Curettage
Pradararipu rasa

INTRODUCTION

30% of the women population is suffering from Dysfunctional Uterine Bleeding¹ (DUB) among which 10% women are in their reproductive age². So it is high time explore the drug "pradararipu rasa"³ is explained by yogarathnakara in *pradara chikista adhyaya*.

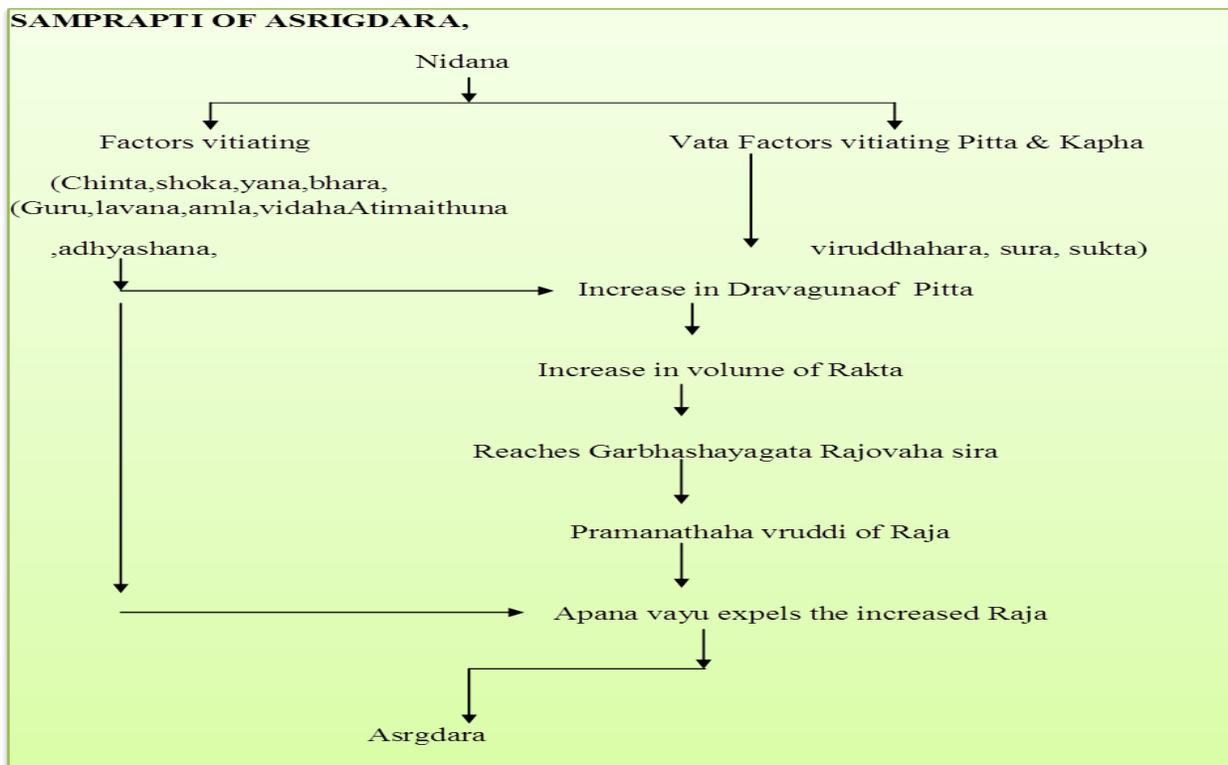
A woman's body is one of the nature's most wonderful and complex creations. Many physiological changes take place in it, which are reflected in the reproductive life. Any variation in the dietary habit and in life style

resulting in increased stress (chinta bhaya krodha⁴) and inability to maintain proper nutrition is the prime cause for disturbances in the hypothalamic-pituitary ovarian axis. This leads to excessive and prolonged per vaginal bleeding⁵. As per ayurveda vitiation of the vata in turn increases dravaguna of pitta. Vitiating pitta effects rakta because of ashraya-ashrayi bhava. This results in increase amount of raja in garbhashaya resulting in rakta padarana⁶.

ASRIGDARA

Due to the ati sevana of the nidanas vatadi doshas get vitiated, as well as causes the pitta prakopa (dravaguna of pitta increases) and increases the pramana (quantity of blood) of rakta (Ashraya-ashrayi bhava). The vitiated rakta reaches the

garbhashayagata rajovaha siras, causes excessive bleeding known as asrigdara. The asrigdhara if not taken care causes updrava like bhrama, moorcha, daha, pralapa, pandutwa, tandra⁹.



The drug pradararipu rasa explained by Acharya Yogarathnakara in the management of asrigdara³.

The ingredients of pradararipu rasa are,

Sl. No	Name	English name	Symbol	Latin name
01	Parada (shoditha)	Mercury	Hg	
02	Gandaka(shoditha)	Sulphur	S	
03	Naga bhasma	Lead	Pb	Plumbum

Sl.No	Name	Botanical Name	Part used	Form of ingredient
01	Rasanjan	<i>Berberis aristata</i>	Stem	Daruharidra Rasanjana
02	Lodhra	<i>Symplocos racemosa</i>	Bark	kashayam
03	Vasa	<i>Adhathoda vasica</i>	Leaf	putapakwa swarasa

Dose- Divalla³ = 750mg

Anupana = Madu³ (Honey)

PHARMACODYNAMIC PROPERTIES OF PRADARARIPU RASA INGREDIENTS⁷,

S.NO	Drug	Rasa	Guna	Veerya	Vipaka	Prabhava	Rogagnata
01	KAJJALI	-	-	-	-		-
02	SEESA	Madura, tikta	Guru snigda	Ushna		Vata, kaphanashaka	Pradara,
03	RASANJANA	Tikta, Kshaya	Lagu, Ruksha	Ushna	Katu	Kapha Pitta Nashaka	Netraroga, Pradara,
04	LODHRA	Kashaya, Tikta	Laghu, Ruksha	Sita	Katu	Kapha Pitta Nashaka	Svasa, Kasa, Kusta, Raktapitta,
05	VRUSHA	Tikta, Kashaya	Laghu, Ruksha	Sita	Katu	Kapha Pitta Nashaka	Pradara, Atisara, Jwara, Kushta.

TABLE 74: PHARMACOLOGICAL ACTION OF PRADARARIPU RASA⁸

Sl. No	Drugs	Chemical Constituents	Action
01	Lodhra	Epifzelechin, Loturine, Loturidine, Colloturine	Spasmolytic activity, Anti inflamatory.
02	Vasa	Vicine, Vasicinine, Adhatodine, Anisotine, Vit-C	Bronchodilatory, potent contractile,

The drugs Pradararipu rasa contain drugs like

Vasa¹⁰ which is a rakta stambhaka, and vata, pitta kapha nashaka. It is also a trishna shamaka. The drug has chemicals which act as spasmolytic and potent contractile of uterus. Vasa is thrishna shamaka.

Lodhra¹¹ which is also rakta stambhaka, vata-pitta nashaka in nature. The drug has chemicals which are act as peripheral vaso constrictor.

Rasanjana¹² is made out of Daruharidra, which is rakta stambhaka. vata –pitta nashaka in nature. The drug has chemicals which are act as peripheral vaso constrictor. **rasanjana** has ushna singdha guna acting as vata shamaka and rasayana in nature. It is also agni vardhaka.

Naga bhasama¹³ ati ushna in nature having snigda guna and also having sroto shodhaka

property by its kshara guna. It is agnivardaka.

lodhra and **vasa** are katu vipaka dravya. katu rasa having agni deepana property help to normalize the jataragni and dhatwagni^{10,11}. **lodra**, **vasa** are sheeta veerya by and act as pitta shamaka^{10,11}.

Kajjali¹⁴ is the homogeneous mixture of shudda parada and shudda gandaka. When kajjali is mixed with any drug, it enhances the potency of that drug.

Madhu¹⁵ is vata shamaka by its Madura rasa Madura vipaka and ushnaveerya. The kashaya anurasa also act as the stambhaka, grahi and do the drava shoshana. Madhu is a good catalyst. By its Madura rasa and Madura vipaka it acts on the pitta. Madhu is agni deepaka.

DISCUSSION

Asrigadhara is caused due to vitiation of vata. This effect's the pitta where dravataha vruddi of pitta takes place and contributes towards quantitative enhancement of raktadhatu. (ashrya-ashryibhava). The excessive per-vaginal bleeding disturbs woman physically and mentally. Naga bhasma has ushna tikshna and ksharaguna, and there by normalizes vata (ushna and tiksha guna are opposite quality to vata). It also acts as srotho shodhaka. Nagabhasma with tikta kashaya rasa act as raktastambhaka. Lodhra and vasa are sheetavirya, tiktakashya rasa. It acts as raktastambhaka. Katuvipaka does shoshana of dravataha vruddi of pitta. Katu rasa is agni vardhaka by nature. Rasanjana having tikta kashaya rasa helps to reduce bleeding. Ushna snigdha guna of rasanjana helps in normalizing vata. Kajjali is the base of drug and enhances the potency of each drug. The anupana madhu is tridosha shamaka by its ushna veerya madhura kashaya rasa, madhura vipaka with its agni vardhaka property. Honey is a good catalyst. By the above property the drug helps in amelioration of asrigdhara and associated complaints.

CONCLUSION

The drug Pradararipu rasa contains ingredients which are having properties of rakta stambhaka, vata, pitta shamaka, srothoshodhaka agnivardhaka. Hence it is helpful in samprati vigatana of Asrigdhara. Acharya mentioned this drug to treat (pradaramiti dussadyam) very difficult asrigdhara, so there is scope for study 'excessive bleeding associated with fibroid uterus and endometriosis'.

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Source of support: Nil,

Conflict of interest: None Declared

Cite this article as

Dr Shivakumara Swamy. P.: Role of
Pradararipu Rasa in the Management of
Asrigdara- A Conceptual Study
ayurpub; II (4):570-574