

An Ayurvedic Overview of Raktapradar (Asrigdara)- Conceptual Study

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Abstract- In Ayurveda, women are considered the origin of human life and are bestowed with the power of generation and reproduction. Therefore, it is crucial to prioritize the maintenance of their health and well-being. The prevalence rate of Dysfunctional Uterine Bleeding (DUB) is 17.9%. One in 20 women's aged 20-49 having complaint of heavy uterine bleeding every year.^[1]

The journey towards motherhood begins from puberty and continues until menopause, during which women experience the natural process of menstruation every month. Any disruptions in this menstrual cycle can lead to various diseases that can have a significant impact on a woman's health, happiness, and daily life. Raktapradar, a common gynecological disorder, is often associated with such disturbances. Raktapradara is one of the most prevalent gynecological disorders addressed in this branch of Ayurveda. It is characterized by prolonged cyclic or acyclic excessive menstrual bleeding, which affects the quality and quantity of menstrual fluid. It is essential to address these issues and provide appropriate care to women to ensure their overall health and well-being in Ayurveda.

Keywords- Ayurveda, Raktapradar, Dysfunctional uterine bleeding, Asrugdhar.

I. INTRODUCTION

Marked incidence of irregular and excessive uterine bleeding can occur due to modern lifestyle factors such as Improper food habits, Lack of exercise, Changes in daily routine and lifestyle.

In Asrugdara, excessive menstrual bleeding is considered a major gynecological disorder. It may occur during different stages of a woman's life,

including:

- Puberty
- Menarche (first menstruation)
- Menopause
- Post-menopausal phase

The term Raktapradar refers to excessive discharge of menstrual blood.

According to Charaka, the excessive flow or discharge of "Raja" (menstrual blood) is termed *Pradara*. When this discharge becomes excessive, it is called Raktapradar.

In simple terms, Asrugdara/Raktapradar indicates abnormally heavy uterine bleeding, which may occur due to disturbances in the body's doshas and may resemble conditions such as excessive menstrual bleeding or abnormal uterine bleeding caused by disruption of the endometrial layer of the uterus.^[2]

II. AYURVEDIC REVIEW

Nirukti-

"Rajah Pradiyate Yasmat Pradarah Ten Sa Smrtah." (charak chikitsa 30/207)^[3]

"Because there is excessive or abnormal discharge of menstrual blood (Raja), the condition is known as Pradara."

According to Charaka Samhita, Pradara is a condition where:

- The menstrual blood or vaginal discharge becomes excessive

- It may occur due to vitiation of Doshas (Vata, Pitta, Kapha) affecting the Artavavaha Srotas (reproductive channels).

Nidan-Various Acharyas have described different causative factors for Asrigdara (excessive uterine bleeding) in classical Ayurvedic texts.

1. According to Charaka Samhita-Excessive intake of certain foods leads to vitiation of doshas and causes Asrigdara: Lavana – Excess salt. Amla – Sour food. Guru – Heavy foods, Katu – Pungent foods, Vidahi – Foods causing burning sensation, Snigdha annapana – Excessively oily or fatty foods and drink. These dietary factors aggravate Pitta and Rakta, resulting in excessive bleeding.^[4]

2. According to Sushruta Samhita-Pittavrita Apana Vayu (Apana Vata obstructed by aggravated Pitta) is considered the main cause.

3. According to Ashtanga Sangraha- Ativridhi of Rakta (excessive increase of blood) leads to abnormal uterine bleeding.

Several lifestyle and dietary causes are mentioned:

- Viruddha Ahara – Incompatible foods
- Adhyashana – Eating before the previous meal is digested
- Ajirna – Indigestion
- Garbhapata – Abortion or miscarriage
- Atimaitihuna – Excessive sexual activity
- Yaanadva – Excessive travelling or riding
- Shoka – Emotional stress or grief
- Atikarshana – Excessive physical exertion or emaciation
- Bharabhighata – Injury or carrying heavy weight
- Divaswapna – Daytime sleeping.

Samprapti -

“Aartavam tu Aagneyam” – According to Ayurveda, Artava (menstrual blood) has an Agneya (Pitta-dominant) nature.

Charaka says that when the aggravated Vayu withholds the vitiated Rakta (blood) from Nidana Sevana, it increases its amount. It then reaches Raja

carrying vessels of the uterus, which immediately increases the amount of Raja cause of this rise in menstrual blood. This illness is also known as Pradara because of the profuse blood discharge.^[5]

Samprapti ghatak-

- Dosha - Vata-Pitta Pradhana,
- Dushya - Rakta (Pradhana) and Artava, Rasa
- Adhishthana - Garbhashaya, Artavavahi Strotasa
- Agni – Jathragnimandya
- Strotasa - Rakta Vahi, Artavavahi, Rasavahi
- Sroto Dusti Prakara – Atipravritti
- Roga Marga - Aabhyantara

1. Pitta Dosha Aggravation-Various factors such as Pitta-aggravating diet (Pittavrudhikara Ahar) and lifestyle disturb Pitta Dosha. Pitta has a close relationship with Rakta Dhatu, therefore its aggravation leads to Rakta Dushti (vitiation of blood).

2. Movement of Vitiated Rakta-The vitiated Rakta moves toward the Kati Pradesh (lower abdominal region) and disturbs Apana Vata.

3. Disturbance of Apana Vata-Apana Vata is responsible for regulation of menstruation. Expulsion of Artava through Artavavaha Srotas.

When Apana Vata + Rakta are both vitiated, the flow of menstrual blood becomes excessive, producing Atirajastrava (abnormally heavy menstruation).

Samanya Lakshan-Excessive menstrual bleeding, Periods lasting longer than normal, Frequent bleeding between cycles, Thin, bright red blood (often associated with Pitta). Weakness due to continuous blood loss, feeling faint, Palpitations or fast heartbeat, Body ache, Excessive fatigue, burning sensation in lower portion of groin, pelvic region, back, flanks and severe pain in lower abdomen.

III. CLASSIFICATION

Charaka Samhita:

4 types i.e. Vataja, Pittaja, Kaphaja and Sannipataja Asrigdara.

2. Sushruta Samhita: Mentioned „all types of Asrigdara along with general clinical Features, but has not described any classification.“

3. Vruddha Vagbhata :

3 Types i.e. Vataja, Pittaja and Kaphaja.

IV. MANAGEMENT

This is achieved through Shamana Chikitsa (palliative therapy) using herbs with Stambhana (hemostatic) with help of tikta and kashay rasa, Raktashodhaka (blood purifying), Pittahara (pitta pacifying), and Rasayana (rejuvenative) properties. in Ayurveda focuses on stopping excessive bleeding, balancing aggravated doshas (mainly Pitta and Vata), and strengthening the uterus (garbhashaya).

1.Main Ayurvedic Medicines (Commonly Used) Herbal Formulations

Ashokarishta-Strengthens uterus and reduces excessive bleeding.

Lodhrasava-Astringent action helps control bleeding. Useful in Pitta-dominant bleeding disorders.

Bolbaddha Rasa-Traditionally used to stop uterine bleeding.

Chandraprabha Vati-Supports hormonal balance and reproductive health

2. Important Herbs Used

Saraca asoca (Ashoka) – uterine tonic

Symplocos racemosa (Lodhra) – reduces bleeding.

3. Panchakarma (If required)- Depending on the dosha involvement-

Virechana – to reduce aggravated Pitta

Basti – balances Vata and regulates menstruation

4. Diet (Pathya)

- Adjunct role: This concept from Ayurvedic medicine emphasizes consuming foods that are beneficial (Pathya) and avoiding harmful ones (Apathya).
- Pitta-pacifying diet: Since Pitta dosha is associated with heat and inflammation in Ayurveda, a diet that cools Pitta can help reduce excessive bleeding and inflammation.

1.Foods Mentioned

Yavaka Anna – Food prepared from barley (Yava) cooked with milk (Ksheera) according to the commentary by Dalhana. Light, cleansing, reduces excess body fluids.

Havishya Anna – Shali rice (a light, easily digestible rice) cooked with ghee (Ghrita). Easy to digest and nourishing.

Paysa – A milk-based preparation, similar to rice pudding or kheer, described in Ashtanga Sangraha. Provide gentle nourishment without heavy digestion.

2. Purpose of This Diet in Ayurveda

This diet is suggested to achieve two main effects:

1. Koshtha Shodhana (intestinal cleansing)-Light and easily digestible foods help cleanse the digestive tract.Proper digestion is believed in Ayurveda to support reproductive health.

2. Karshana effect (lightening or reducing heaviness of the body)

The diet is simple and not heavy, helping maintain a balanced body condition.

3. According to the Ayurveda

During the early menstrual phase, the old endometrium (uterine lining) is being shed. A light, cleansing diet is thought to help the body eliminate impurities. After this phase (around day 4), the uterus is believed to be in a better condition to form a fresh and healthy endometrium.

4Lifestyle Advice

Apathya-

Ahara-salty and fermented food,deep fried items

Vihara-Adequate rest during menstruation,Avoid heavy exercise and stress, avoid day sleep.

Yoga-

Yoga influences both physiological and psychological states, helping individuals manage stress more effectively.

Padahasthasana (Hand-to-Foot Pose) massage abdominal organs, including the uterus, improving local circulation and function.

Various Yogaasana for stress relief and hormonal balance-

- Setu Bandhasana (Bridge Pose)
- Sarvangasan (Shoulder Stand)
- Dhanurasana (Bow Pose)
- Bhujangasan
- Matsyasan
- Pranayama

Pranayama plays an important role in improving blood circulation, which is essential for maintaining a healthy reproductive system. Improved circulation helps ensure that the uterus receives sufficient oxygen and nutrients, supporting its optimal functioning. Regular practice of pranayama can also help reduce stress and promote hormonal balance, which may help alleviate symptoms associated with Raktapradar. By calming the nervous system and regulating hormonal activity, pranayama may contribute to better menstrual health and overall reproductive wellbeing.

V. MATERIALS AND METHODS

The present article is based on a comprehensive literary review of classical Ayurvedic texts, along with relevant modern books and peer-reviewed journals. References were collected and analyzed from the Brihatrayee, namely the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, including their

respective Sanskrit commentaries and available Hindi translations.

VI. CONCLUSION

According to Ayurveda Raktapradar can be cured with help of changes in lifestyle modification. The treatment etiquettes in case of contemporary science usually emphasise on hormones and end as symptomatic relief management. Shodhan, Shaman chikitsa with help of Ahara, vihar, yoga, pranayama, various asana help to eradicate raktapradar symptoms. It improves overall wellbeing and quality of life.

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