

**AN AYURVEDIC MANAGEMENT OF
ATYARTAVA(METRRORRHAGIA): A SPECIAL CASE REPORT**

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INTRODUCTION

The menstruation is a natural process starts from puberty to menarche for the good health of female. But due the derangement of body humour (hormonal) and Prakriti of reproductive system becomes natural process to the changes to unnatural as kricchartava (dysmenorrhea) scanty menses (oligomenorrhea), excessive bleeding (metrorrhagia). In Ayurveda ayartava (metrorrhagia) mentioned in the classics with name of Raktapradara. It is caused by imbalance of Pitta and vata (enzyme & hormonal system). It influences the normalcy of the uterine wall manifest into pain full excessive bleeding. The concept of Ayurveda is to regain homeostasis to normalise the symptoms of patient and protect from surgical intervention.

CASE HISTORY

patient came to our OPD reg. No. 346/8/11/2016 At Ayurvedic dispensary Delhi Sachivalaya government of NCT Delhi on with complain of, on and off heavy bleeding and during menses to. She was taken medication from gynaecologist for one year. Medication (progesteron and trenexamic acid), investigation has been done. In ultrasound report found uterine wall proliferative above the normalcy. She has done dilation and curatation sent for histopatholgy to rule out any oncogenic activity. Histopathology report shown it is a benign proliferative growth. She was taken treatment for one year but metrorrhagia was not under control. She had gone for three time's uterine biopsy; the biopsy report shown benign proliferative growth of endometrial wall. Finally she came to our OPD and taken treatment for three month.

Management

We had made plan for treatment with discuss our team and finally got conclusion, that this patient suffering from imbalance in hormonal system not a corruption in the genic map. But we could not deny benign tumour they have chance to show oncogenic activity. So we have finally plan the treatment in the following three steps. First is to prevent metrorrhagia, secondly to normalize hormonal system and lastly to control benign proliferative growth of uterine wall by using Ayurvedic medicine for hormonal and oncogenic medicine.

Step first

We have given *Chandrakala rasa* one three times of the day, *Rodhrasava* 15 ml bid. A combination of *Trinkanta mani pisti*, *Shankha bhasma* and *Prawala* for 15 days. Excessive bleeding had been stopped in 15 days.

Step second

After 15 days we have planned to manage hormonal system along with metrorrhagia. We have given the *Dashmoolarist* 15 ml two times a day with water *Supari* pak 5 gram once a day with milk along with above combination for 15 days.

Step third

Finally I have targeted the main root cause of benign proliferative growth of uterine endometrial wall. Started *Kanchmara Guggul* one TID *Arogyavardhini* one TID and *Panna Pisti* 125mg +*Sameerpannaga rasa* 75 mg +*Prawala Pisti* 125mg combination for two times a day for one month later reduced dose of medicine of same used for two month.

Drug Discussion

These medicine used in management of the metrorrhagia found to effective and curative. The *Rodhrasava* used have property of the anti haemorrhagic activity. The *Symplocos racemosa* shows the kinetic and anti-angiogenic properties of plant glycoside inhibitors of thymidine phosphorylase without affecting the growth factor.^[1]

Chandra kala rasa, *Trinkant mani Pisti* well known Ayurvedic haemostatic drug mentioned in our classic *Dashmoolarist* is an Ayurvedic preparation used in the degenerative health problem and helps in normalizing female reproductive system. *Dashmoola* having *sothahara* (anti inflammatory)^[2] and *vatahara*.^[3] Ingredient of *Dashmoola* having the anti fungal and

wound healing.^[4] *Dashmoolarist* shows anti oxidant and anti inflammatory i.e. free radical scavenger.

Kanchanara Guggulu is a classical Ayurvedic formulation, used for removal of Kapha accumulations in the tissues. As *Kapha* penetrates place of 'Kha' *vaigunya* (weak part of the body), it may manifest as swollen lymph nodes, cysts or growths.

Powerful astringent such as *Kanchanara*, *Triphala* (a combination of fruits of *Terminalia chebula* Retz, *Terminalia belerica* Roxb., and *E. officinalis*), and *Trikatu* (*Zingiber officinale* Rosc., *Piper nigrum* L. and *Piper longum* L.) are mixed with *Guggulu* helps in removal of adherent *Kapha* at diseased sight. This combination helps in proper functioning of the lymphatic drainage and digestive systems, aiding in the prevention of further *Kapha* accumulation. Its main ingredients *Kanchanara* (*Bauhinia variegata* L.), *Varuna* (*Crataeva nurvala* Buch.-Ham.), *Triphala*, *Trikatu*, *Trijataka* may also useful in hypothyroidism.

Kanchnara Guggulu supports proper function of the lymphatic system, balances *Kapha Dosha*, promotes elimination of inflammatory toxins; it is an alterative, anti-inflammatory as tonic and is administered in cysts, malignant ulcers, syphilis, fistula, scrofula, sinus, etc.

Kanchanara is very useful in extra growth or tumours and helps in reducing uterine bleeding disorder.^[6] *Granthi* when present in *yoni* (female reproductive system), *Garbhashaya* (uterus) will lead to disturbed menstrual cycle-menorrhagia, metrorrhagia, dysmenorrhea, etc., along with infertility. The condition of Uterine fibroid where *Vata Dosha* (humour) is the predominant pathological factor being the natural site of its location (*Basti Pradesh*) in the body.

In Ayurvedic literature total, nine types of *Granthi* have been mentioned depending upon the pathological factor, and the body tissue involved.^{[7],[8],[9]}

Piperine (*Marich*) and beta-sitosterol of *Kanchnar* exhibits anti-tumor property thereby helping in regression in the size of the mass. The researches shows the *Kanchnara Guggul* in the management of *mansaja granthi* with respect to fibroadenoma of breast^[10] *Panna Pisti* substitute of *Heerak Bhasma* indicated in the *Arbuda Chikitsa*.

Provable mode of action

These planned drugs was used for the prevention and correction of affected part of the body.

In prevention we had used Ayurvedic Ant-haemorrhagic drugs to prevent bleeding it quite effective than tranexamic acid as patient got relief in 15 days. The anti oxidant and anti-inflammatory property of *Dashmoolarist* helps to normalizing the homeostasis of *Tridosha* (humours of body) it leads to the normal functioning of uterine wall under the influence of hormonal system. The *panna pisti*, *prawal pisti* and *sameerpannaga rasa* combination works as corrective measure for uterine wall. I had used this combination in other visceral proliferative growth and found to be effective in retardation of benign growth with curative in nature.^[11] The overall polyherbal combination is effective combination for the uterine wall diseases as proliferative growth, fibroid, uterine hyperplasia and metrorrhagia due to uterine anomaly.

RESULT

We have found that patient got complete relief in the metrorrhagia in 15 days for assessing the condition of patient under control or temporary bleeding stopped due to influence of medicine. I had withdrawn Ayurvedic haemostatic drugs and made continue curative medicine for three month. In the three month complain regarding to bleeding, pain, and backache subsided; later I waited for six month for any complication and sent for USG pelvic organ. the report reveals that uterine wall normal no proliferative growth seen.

Five cases of similar history taking similar treatment are also in good control. We have to publish on scientific background by using statistics after completion of 30 cases. This case study quite helpful for practice nor and Ayurvedic researchers in similar type of cases and compilation of these case is the great evidence for scientific society to management of bleeding disorder and prevention of surgical intervention maximum number of cases.

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