



MANAGEMENT OF PERIMENOPAUSAL MENORRHAGIA THROUGH AYURVEDA: A CASE REPORT

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ABSTRACT

Background: Menorrhagia is defined as cyclic bleeding at normal interval; the bleeding is either excessive in amount (>80ml) or duration or both. Due to heavy bleeding a woman's physical, emotional, social, and maternal quality of life is grossly affected. Acute menorrhagia requires prompt medical intervention. According to *Acharya Charaka* the *pradhana dosha* for *yoni roga* is *vata* along with other *doshas* (*kapha* & *pitta*) depending upon the symptoms.

Aims & Objectives: To control the menstrual bleeding during perimenopausal period through ayurvedic medicines and to avoid Hysterectomy for menorrhagia. So, the patient was given *vata shamana* and *pitta shamana oushadhis* during this treatment, along with *rakta sthambana Chikitsa*. It was given 3 to 4 years intermittently.

Result: The patient responded well with ayurvedic medicines and bleeding got controlled gradually in due course of treatment.

Conclusion: Ayurvedic medicines are effective in treating Perimenopausal Menorrhagia.

Key Words: Perimenopausal Menorrhagia, *Raktapradaram*, *Shamana chikitsa*

INTRODUCTION: *Rakta Pradaram* is a condition, in which excessive blood is discharged, hence it is known as *Pradaram*. It is also termed as *Asrgdaram* because of increase in the amount of blood. *Acharya Charaka* says, woman who consumes excessive salt, sour, heavy, *katu* [hot], *vidahi* [producing burning sensation] and unctuous substances, meat of domestic, aquatic and fatty animals, *krsara* [olio made with rice and pulses], *payasa* [rice cooked with milk sweetened], curd and wine, her aggravated *vayu*, withholding the *rakta* vitiated due to above causes increases its amount and then reaching *raja* carrying vessels (branches of ovarian and uterine arteries) of the uterus, increases immediately the amount of *raja* [*artava* or menstrual blood], in other words the increase in amount of *raja* is due to its mixture with increased blood ⁽¹⁾.

Disease review as per Modern:

Menorrhagia is defined as cyclic bleeding at normal intervals; the bleeding is either excessive in amount (>80ml) or both. Common causes of Menorrhagia are Dysfunctional Uterine Bleeding, Fibroids, Adenomyosis. It is managed by Uterine curettage, Endometrial ablation, and Hysterectomy.

PATIENT INFORMATION: A 47-year-old female patient came to Atreya Ayurvedic Clinic, Chennai with complaints of heavy bleeding with clots, abdominal cramps, tiredness, mood swing, anxiety, and stress for the past 3 months. No complaints of Diabetes or Hypertension etc. The patient had a similar history of severe bleeding and dysmenorrhea from menarche till marriage and had conventional modern medicine and traditional medicine for symptomatic

relief. After many years, she had a recurrence of severe bleeding during her perimenopausal stage. The patient met a gynaecologist who had advised to take Traptic MF 2 tablets thrice daily to control the bleeding for 3 days. With further follow-ups, she was advised to undergo D & C [Dilatation & Curettage] for controlling the bleeding. She was also advised to undergo hysterectomy if the bleeding continues for another 3 months. The patient had not responded to the conventional modern medicine and was reluctant to undergo the surgery, hence given *ayurvedic shamana chikitsa* which acts as *rakta sthambhana* and *rakta sthapana*.

General Examination

Ashtavida Pariksha

Nadi : Pitta Vata

Malam : Prakrtam

Mutram : Prakrtam

Sparsham : Anushnasheetam

Drk : Prakrtam

Jihva: Prakrtam

Shabdham : Prakrtam

Aakruthi : Sthoulyam

Pap Smear Study – No abnormalities detected

Investigations

Hb- 7% gm/dl

USG abdomen and pelvis showed Bulky Uterus and Thickened Endometrium.

DIAGNOSIS: Rakta Pradaram (Perimenopausal Menorrhagia)

TABLE NO: 1 Chronological Order of the Treatment :

YEARS	MEDICINES	RESULT
2008 December – 2010 January	<i>Musali khadiradi kashayam</i> :15ml <i>kashayam</i> with 45ml warm water (Morning and Evening 6 empty stomach) <i>Pushyanuga churnam</i> :1 tsp with honey and <i>tandulodakam</i> (Before food)	Clots, bleeding have reduced mildly.
2010 February – 2011January	<i>Musali khadiradi kashayam</i> :15ml <i>kashayam</i> with 45ml warm water (Morning and Evening 6 empty stomach) <i>Pushyanuga churnam</i> : 1tsp with honey and <i>tandulodakam</i> (Before food)	Clots, bleeding, abdominal cramp have reduced.
2011 February – 2012January	<i>Musali khadiradi kashayam</i> :15ml <i>kashayam</i> with 45ml warm water(Morning and Evening 6 empty stomach) <i>Pushyanuga churnam</i> : 1tsp with honey and <i>tandulodakam</i> (Before food) <i>Chandrakala Ras</i> : 1 tab twice daily after food <i>Bola Parpati</i> : 1 cap twice daily before food	Heavy bleeding has reduced
2012 February – 2014 April	<i>Musali khadiradi kashayam</i> :15ml <i>kashayam</i> with 45ml warm water(Morning and Evening 6 empty stomach) <i>Pushyanuga churnam</i> : 1tsp with honey and <i>tandulodakam</i> (Before food) <i>Chandrakala Ras</i> : 1 tab twice daily after food <i>Bola Parpati</i> : 1 cap twice daily before food	Bleeding, clots, reduced and attained menopause gracefully.

THERAPEUTIC INTERVENTION:

- 1) *Pushyanuga Churnam* ⁽³⁾
5gms – 5gms – 5gms { Before food }
- 2) *Musalikhasdiradi Kashayam* ⁽⁴⁾ 15 ml
+ 45 ml of warm water at 6 am & 6pm
- 3) *Bola Parpati* ⁽⁵⁾ 250
mg – 0 – 250 mg { Before food }
- 4) *Chandrakala Ras Tablet* ⁽⁶⁾
250mg – 0 – 250mg { After food }

ADVICE:

- 1) Avoid heavy work, excessive intake of salt, hot, sour, spicy foods
- 2) Complete bed rest during the cycles
- 3) Ice Pack over the lower abdomen area

FOLLOW- UP & OUTCOME:The patient started taking medicines in August 2008 gradually the flow was reduced, blood clots were reduced, improvement was seen in the condition of the patient, thereby the intake of Tragic MF was reduced. Ayurvedic medicines were given for 3-4 years and by 2013 she attained menopause without any Hormonal Replacement Therapy or Hysterectomy and no recurrence of symptoms or no perimenopausal bleeding reported till date.

DISCUSSION:

Vata dosha is the principal *dosha* involved in *yoni rogam* along with this *rakta* gets vitiated and excessive bleeding occurs in *rakta pradaram*. *Asrgdaram* is *pittavruta vata rogam* , so, *vatagna*, *pittagna* and *rakta sthapana oushadhis* were given.

All the above prescribed medicines majorly have *Madhura rasa* and *Madhura vipaka* which acts on mitigating *vata* and *pitta dosha* which are the main *dosha* in *Rakta Pradaram* (Perimenopausal Menorrhagia).

Pushyanuga churnam contains *dravyas* like, *Patha*, *Jambu*, *Amram*, *Silodhbhava*, *Rasanjana*, *Ambashta*, *Shalmali*,

Samangam, *Vatsaka*, *Bilva*, *Musta*, *Rakta Chandana* etc.

Patha - Tikta katu rasa, laghu, grahi guna, vatagnam, ushna virya, rakta shodhakam

Jambu - Maduramla rasa, Ruksha guna, Kaphapitta shamakam.

Shalmali Nirayasa -Kashaya rasa, Madhura vipaka, sita virya, grahi.

Musta - tikta katu Kashaya rasa,laghu ruksha grahi guna, katu vipaka

Similarly, the remaining *dravyas* too acts as *vatapittaharam*, *rakta sthambhanam* which helps in controlling the bleeding.

Additionally, *Tandulodakam* (*Anupana* for *Pushyanuga churnam*) acts as *sthambhana* with its *sheeta veerya guna*.

Musalikhasdiradi Kashayam has *khadira, sariba, amalaki*, etc., in which *Khadira* has *Kashya tikta rasa, laghu ruksha guna, sheeta virya*. *Amalaki* has *amlarasa, Madhura*

vipaka, tridoshagnam, sheeta veeryam acts as *stambhana* and helps in controlling the bleeding.

Bola parpati and *Chandrakala ras* is a combination of herbs and mineral drugs. Both contains *Shuddha Gandhaka* and *Shuddha Parada*. *Gandhaka* having *Madhura rasa, Katu vipaka* and *Parada* having *Shadrassa, Madhura vipaka* which helps in mitigating the *Pitta* thereby controlling the bleeding .

CONCLUSION

The above treatment is found effective in Perimenopausal menorrhagia where excessive bleeding is the main symptom. After the treatment, no complaints of bleeding or spotting per vaginum were there, complete cessation of menstruation occurred, and menopause was attained gracefully. Major surgery Hysterectomy was avoided with internal Ayurvedic medicines.

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Source of support: Nil Conflict of interest:
None Declared

Cite this Article as : [N Lavanya :
Management of Perimenopausal
Menorrhagia Through Ayurveda: A Case
Report] www.ijaar.in : IJAAR VOL V
ISSUE III JUL-AUG 2021 Page No:188-191