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Case Study

EFFICIENCY OF RAJASWALA PARICHARYAIN ASRIGDARA (DYSFUNCTIONAL UTERINE BLEEDING): A CASE STUDY

Sonu ^{1*}, Hetal H.Dave ², Vipin Kumar ³

¹M.S. Scholar, Department of Prasuti & StriRoga, NIA, Jaipur, Rajasthan, India

²Assistant Professor, Department of Prasuti & StriRoga, NIA, Jaipur, Rajasthan, India

³M.D. Scholar, Department of Panchakarma, NIA, Jaipur, Rajasthan, India

*Corresponding Author Email: 89sonu123@gmail.com

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ABSTRACT

A young female patient aged 25 years, Gravida zero presented with complaints of heavy menstrual bleeding. Her menstrual flow was heavy since 5-6 months. Routine investigations such as Complete blood count, Bleeding time, Clotting time, Liver function tests, Renal function tests, Random blood sugar, and Thyroid profile were carried out. Pelvic ultrasonography was done. All investigations were normal. Then the patient was treated with Rajaswalaparicharya during her menstrual flow for 4 consecutive cycles. After treating with therapy, her profuse menstrual flow was returned to normal. Ayurveda helps women gain better health and add excellence to her life by different Paricharyas. The most disused paricharya is Rajaswalaparicharya. The Rajaswalaparicharya helps women adapt well to physiological changes taking place in the body during menstruation. It further helps in conceiving a healthy progeny.

Key words: Asrigdara, Rajaswalaparicharya, Dysfunctional uterine bleeding

INTRODUCTION

Ayurveda, the invaluable system of medicine, helps women in gaining better health and quality to her life by following different paricharyas means modes of life. These stages of life include Rajaswala- menstruation; Ritumati- fertile period; Garbhini- Pregnancy; and Sutika- Postpartum period. Among all these modes of life the most disused paricharya is Rajaswalaparicharya. So this study was done to find out whether Rajaswalaparicharya has an effect in regulating menstrual cycle.

Among all other irregularities of menstrual cycle; the most common one is heavy and excessive menstrual bleeding. It leads to incapacitate the lady to do her daily activities. In present scenario, women have spread their area of work from home to outside in every field. This dual responsibility along with professional pressures and stressful life are making a woman's life more miserable. Any abnormality in Rituchakra (menstrual rhythm) leads excessive and irregular uterine bleeding which is known as "Asrigdara."¹ Due to Pradirana (excessive excretion) of Raja (menstrual blood), it is named as Pradara² and since, there is excessive excretion of Asrika hence it is named as Asrigdara.³ In Asrigdara, causative factor or Dosha is Vata and vitiated Dushya is Rakta. As Rakta and Pitta both are quite similar in their properties, naturally the causes vitiating Rakta would aggregate Pitta also. Acharya has enumerated Asrigdara among the diseases of vitiated Rakta and Apanavayu covered with Pitta.⁴

Regular cyclic menstruation is the result of choreographed relationship between the endometrium and its regulating factors.⁵ Any type of disturbance between the regulatory mechanism of pituitary ovarian axis or pelvic diseases results in

abnormal uterine bleeding. Dysfunctional Uterine Bleeding is one of the most common causes of abnormal uterine bleeding.

DUB is excessive abnormal uterine bleeding for which organic causes or pelvic pathology cannot be found or a state of abnormal uterine bleeding following anovulation due to dysfunction of hypothalamus-pituitary-ovarian axis (endocrine origin). The bleeding may be abnormal in frequency, amount or duration or combination of any three.⁶

CASE STUDY

A young female patient aged 25 years, Gravida zero presented with complaints of heavy menstrual bleeding. Her menstrual flow was heavy since 5-6 months. The subject was suffering from heavy and early menstrual bleeding associated with clots on first and second day.

Routine investigations such as Complete blood count, Bleeding time, Clotting time, Liver function tests, Renal function tests, Random blood sugar, HBsAg, Veneral disease research laboratory, Human immunodeficiency virus, Thyroid profile were carried out. Pelvic ultrasonography was done. There was nothing abnormal in sonography and other investigations. Then the patient was treated with Rajaswalaparicharya during her menstrual flow for 4 consecutive cycles. Menstrual history was taken before and after following Rajaswalaparicharya.

Rajaswalaparicharya includes aharaja, viharaja, and mansikabhavas. In this study patient was treated with Aharajabhava. In ahara, patient was given Havishyam (meal made of Ghee, Shali rice and milk) or Yawaka⁷ (meal made of barley and milk) to eat during menstrual flow. She was instructed not to use Tikshana, Katu, Lavanastances in diet.

The criteria of deciding the improvement was based on subjective symptoms.

- Duration of flow
- Interval of flow
- Number of pads used
- Clots
- Weakness , fatigue, abdominal pain like symptoms

The diet mentioned for the Rajaswala is the Havishyaanna which literally means the food suitable for offering in the sacred fire. The food substances offered in the sacred fire slowly and steadily flare up the fire. The sacred fire in the body corresponds to the Jatharagni. As the menstrual process is just like Shodhana procedure. Havishyama word is given by Acharya Sushruta and Dalhana has stated on this word “Havishyamsaghrishalyodanadiksheerasanskritam, yavannamityeke.”⁸

RESULTS AND DISCUSSION

In the present paper we are discussing about the effect of Rajaswala paricharya in regulating the abnormal menstrual cycle. Apanavata is the most important contributing factor in maintaining the normalcy of menstrual cycle. It has been stated that without the involvement of vitiated Vata the reproductive tract of female is not affected. And side by side Artava is Agneyagunapradhanawhich is a Pitta dominating property. Means in heavy menstrual bleeding vitiated Vata and Pitta are involved. These two reasonable factors are corrected by following the diet mentioned in classic texts. Without giving any medication, the patient was symptomatically healthy just by following the above said diet within 4 consecutive cycles. Ghrita has the Vatapitta shamaka properties, Rasayana like action, Rasa datusamyakara, nirwapana property. Sali rice has Tridoshaghana, sheetavirya, madhura rasa pradhana properties. Yava has Sheetaguna, madhurarasa, kashayaanurasa, sthairyakrita properties. Milk is having Balya, rasayana, snigdha, sheeta, jivaniya, prinana properties. On the basis of all these Gunashavishyamaintains the normal menstrual cycle by regularizing the Doshas i.e. ApanaVata and Pitta.

Table 1: Results of the Rajaswalaparicharya

S.No.	Criteria	Before Treatment	After Treatment
1.	Duration Of Flow	8 days	5 days
2.	Interval Of Flow	20 days	28-30 days
3.	Pads Used	1 st day-5-6 pads 2 nd day- 5-6pads 3 rd and 4 th day- 3 pads 5 th and 6 th day-2 pads 7 th and 8 th day- 1-2 pads	1 st day- 3 pads 2 nd day- 2-3 pads 3 rd day- 2pads 4 th and 5 th day- 1 pad
4.	Clots	Big clots on 1 st and 2 nd day	Nil
5.	Associated symptoms	Weakness, abdominal pain	Nil

CONCLUSION

Rajaswalaparicharya should be followed by each and every woman in her life. Because Rajaswala period is the reproductive period which is utmost important for a healthy progeny. This was a single case study. The study should be tried on more subjects to see its results on a large scale.

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