

Study the effect of *Nagkeshar Churna* in *Asrugdhar* w.s.r. to puberty *menorrhagia* – A case study

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Abstract:

In female reproductive life there is *eshatkrishanavarniyashtrava* through vagina in every month is *Artava* (menstrual bleeding). Normal duration of Menstrual bleeding mentioned in CharakSmhita is *pancharatri*, i.e. 5days. *Acharya Sushruta* says that *Asrugdara* is when menstruation comes in excess amount for prolonged period and or even without normal period of menstruation & different from the features of normal menstruation blood². All types of *Asrugdara* have association of body ache and *Adhoudarshul* Due to *pradirna* (Excessive excretion) of *raja* or *Asruk* is *Asrukudara*. Any abnormality in *Rutuchakra* leads to excessive and irregular uterine bleeding which is known as “*Asrugdara*”².

Puberty menorrhagia is fairly common gynecological disorder in adolescence and sometimes it may be increase morbidity due to falling hemoglobin levels. The onset of menstruation is considered as climax of puberty and transitional step to womanhood. When an adolescent attains menarche, the functional status of hypothalamus–pituitary–ovarian axis is confirmed. This is stressful condition for girl as well as her parents.

Survey held in suburban area of Panhala Incidence of *Asrugdhara* W.S.R. Puberty Menorrhagia is 8.8% In the present case study *Nagkeshar churna* is use *rasa-kashaya Tikta Guna laghu ruksha*, Haemostatic To avoid hormonal therapy *Nagkeshar churna* is used in

my patient to manage the condition of puberty *menorrhagia* i.e. *Asrugdhara*³

Keywords: *Asrugdhara*, Puberty *menorrhagia*, *Nagkesar*

AIMS:

To study the effect of *Nagkesar churna* in *Asrugdhara* w. s. r. to puberty *menorrhagia*

Objective:

1. To study the disease *Asrugdhara* in detail according to *Ayurved Samhita* & Puberty *menorrhagia* according to modern text
2. To study the efficacy of *Nagkesar churna* in a case of *Asrugdhara* in Puberty
3. To provide non –hormonal treatment in a puberty.

INTRODUCTION:

Government of India runs a program ,National Health for child & mother program in which identify & treatment for anemia in Adolescence girl .Anemia in puberty age is mainly due to puberty *menorrhagia*. so this topic helpful to government of India as puberty *menorrhagia* treated with *Nagkesar churna* non hormonal *Ayurvedic* drug ,

Girls with *menorrhagia* stay away from school and social functions due to inconvenience caused by excessive flow and fatigue. This affects girl's

development in both academic and social aspect. Incidence of *menorrhagia* is also increasing with change in dietary habits and sedentary life style .By reassurance and iron supplement *menorrhagia* may not be controlled and hormonal therapy may be required which has its own side effects.^{4,5}.

Puberty *menorrhagia* is commonest problem encountered by gynecologist in today's practice. Regular menstrual cycle with excessive bleeding may lead to anemia, infertility, mental distress. So, first correcting the menstrual disorder should be attempted. Adolescent girls with *menorrhagia* need to evaluate thoroughly earlier than later so that effective management started & severe anemia with its consequences can be avoided.

Disease Review:- *Asrugdhara* is excessive or prolonged blood loss occurring during menstrual or intermenstrual period as per classical text². It shows close resemblance with *menorrhagia*. *Madhavidan*, *bhavprakash*, and *yogratnakar* have classified *Asrugdhara* into 4 groups i.e. *shleshmaj*, *pittaj*, *vataj* and *sannipataj*. In pathogenesis of *raktapradara* *Rasa*, *Rakta*, *Pitta*, and *Vatadosha* are main responsible factors. Treatment of *asrugdhara* has been advised to be done like *Raktapitta*.

DRUG STUDY :

Nagkeshar churna:

Nagkeshara churna described in Dhanwantari Nighantu, Bhavprakash, Raj Nighantu & International Journal of Ayurveda & Alternative Medicine. Vol-2 issue 4. 2014 will be used to treat *Asrugdara*

- **Latin name:** *Messuaferae*
- **Family:** *Guttiferae*
- **Synonyms:** *Nagapushpa, Naga, Keshara, Champeya, Nagakinjalka.*
- **Part used:** Seed.

Rasapanchaka: *Rasa: Kashaya, Tikta* **Guna:** *Laghu, Ruksha*
Virya: *Ushna*

Vipaka: *Katu* **Doshaghnata:** *Kapha-pittashamaka* **Karma:** Used as Aphrodisiac and as a hemostatic in menorrhagia, piles, Dahaprashaman.

Rogaghnata: *Asrugdara, Raktaarsha, Raktapitta, Amapachaka, Kanduhara, Trishnahara, Krimi, Ajirna, Pravahika, Kasa, Shwasa, Hikka, Visarpa.*

Chemical Constituents: Mammeisin was reported from the seeds. While stamens afforded two novel biflavanones designated as mesuaferone-A and mesuaferone, mesuanic acid, Fatty acids from the seed oil reported. Mesuol, Mesuaferol, leucoanthocyanidin, mesuone, mammeigin, mesuagin,

mesuaxanthone-Aand-B, euxanthone and essential oil from various parts

Pharmacological Uses: *Ethanol* extract of whole plant excluding roots showed Antibacterial activity. It is *hemostatic* agent, Antifungal, *Anthelmintic*, *hypotensive*, Anti spasmodic, Anti-anaphylactic, Anti-asthmatic, Anti-implantation, Anti-inflammatory, *juvenomimetic*, insecticidal.

METHODOLOGY:

A girl came in *Prasuti tantra & stree rog* OPD of Age -16 yrs.

c/o excessive bleeding during menses since 2yrs.

h/o t/t taken during (Tab –Pause) when excessive bleeding form allopathic doctor but recurrence

Inclusive Criteria

1. Age- 13- 19 yrs
2. Patient with regular cyclic bleeding
3. A case of diagnosed *Asrugdara*

Exclusive Criteria

1. H/o Endocrinal disorders
2. H/o Bleeding dyscrasias
3. H/o Structural abnormality in genital organs
4. H/o Any other systemic illness
5. H/o Genital tuberculosis
6. PCOD
7. Hb< 8gm%
8. H/o Juvenile Diabetes Mellitus

Criteria For Diagnosis -

Subjective parameters

1. Duration of Bleeding
2. Associated symptoms
(Angamarda, Adhodarshul, Katishul, Savedana)
3. Character of Bleeding

Objective parameters:

- Amount of blood loss
- Anaemia

Drug administration: *Nagkeshar churna* –Dose -5 gm bd orally

Anupana –jala

Duration : 10 days

Follow up- 1st day & 10th day

CONCLUSION:

Nagkeshar churna due to *Rasa: Kashaya, Tikta Guna:Laghu, Ruksha Virya:UshnaVipaka: Katu Doshaghnata: Kapha-pittashamaka* Used as Aphrodisiac and as a haemostatic in a case of Asrugdara w.s.r. to puberty menorrhagia.nagkeshar churna may help in reducing pain , Bioflavonoid has anti inflammatory antioxidant property and

act on blood vessels thus may help in reducing amount of blood loss during menses.

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