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Mode Of Action Of *Bhumyamalaki Churna* In *Asrigdara*: A Critical Review

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ABSTRACT: Abnormal uterine bleeding (AUB) is defined as any alteration in the pattern or volume of menstrual blood flow. The prevalence of AUB is very high i.e. 17.9% (FOGSI 2016/02/GRCP-ON-AUB) in present days. Abnormal uterine bleeding is one of the highly prevalent gynecological problems among the females during their reproductive years. Abnormal uterine bleeding or *Asrigdara* is of more concern, because excessive or prolonged bleeding may cause undue disruption of woman's daily activities & affects woman's health both physically and psychologically. The incidence rate of *Asrigdara* is increasing day by day, so if treatment is delayed this can lead to a worsening of the condition of the patient due to excessive blood loss. So, there is a great scope of research to find out safe, potent, cost effective remedy from *Ayurveda* by addressing the root of the problem thereby improving the quality of life of woman. Therefore many formulations have been mentioned in our texts for the treatment of *Asrigdara*. *Yogaratanakar* has described *Bhumyamalaki Churna* in the treatment of *Pradara*. *Bhumyamalaki* is *Kapha-Pittashamaka* drug due to its properties like *Sheetaveerya*, *Madhura Vipaka*, *Laghu-Ruksha Guna* and *Madhur, Tikta, Kasaya Rasa*. It has anti-inflammatory and analgesic properties, which may influenced vascular apparatus of reproductive system. *Bhumyamalaki* is effective in *Asrigdara* due to its *Raktapitta Shamaka* and *Yonidoshahara* property. .

Keywords: *Asrigdara*, *Bhumyamalaki Churna*, *Yogaratanakar*

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INTRODUCTION:

Any uterine bleeding which is a deviation from the normal regular predictable menstrual cycle with average and predictable amount and duration of bleeding is abnormal uterine bleeding. As per American College of Obstetrics and Gynecology, Abnormal uterine bleeding (AUB) is define as bleeding between periods, bleeding after sex, spotting anytime in the menstrual cycle or for more days than normal, bleeding after menopause. Menstrual cycles that are shorter than 21 days are abnormal and it can occur at any age. Abnormal uterine bleeding can have many causes viz miscarriage, ectopic pregnancy, adenomyosis, use of some birth control methods such as an intrauterine device (IUD) or birth control pills, infection of the uterus or cervix, fibroids, problems with blood clotting, polyps, endometrial hyperplasia, malignancy of the uterus,

cervix, or vagina, polycystic ovary syndrome¹.

In *Ayurveda* texts description of *Asrigdara* given appears to be analogous to abnormal uterine bleeding. It has been stated in *Charaka Samhita* that because of increase in the amount of menstrual blood (*Dirana* of *Asrika*), it is named as *Asrigdara* and since in this condition excessive quantity of blood is discharged (*Pradirana* of *Raja*), it is also known as *Pradara*².

Acharya Sushruta quotes, when same menstruation comes in excess amount, for prolonged period, and/or even without normal period of menstruation and different from the features of normal menstrual blood is known as *Asrigdara*³. The mortality and morbidity of AUB reveals that single episode generally carries good prognosis. Patients who experience repetitive episodes

might experience significant consequences like anemia, endometrial cancer and infertility. It can have a substantial financial burden and effect quality-of-life.. It affects women's health both medically and socially. *Yogarathnakar* has described *Bhumyamalaki Churna* in the treatment of *Pradara*⁴. *Bhumyamalaki* is *Kapha-Pittashamaka* drug due to its properties like *Sheetaveerya*,

Madhura Vipaka, *Laghu-Ruksha Guna* and *Madhur, Tikta, Kasaya Rasa*⁵. It has anti-inflammatory and analgesic properties, which may influence vascular apparatus of reproductive system⁶. *Bhumyamalaki* due to its *Raktapitta Shamaka* and *Yonidoshahara* property has been taken in the present study to evaluate its therapeutic efficacy in the management of *Asrigdara*.

BHUMYAMALAKI CHURNA

Table no.1: Shows dicscription of *Bhumyamalaki Churna*

S. No.	Ingredient	Scientific name	Useful part
1.	<i>Bhumyamalaki</i>	<i>Phyllanthus urinaria</i> Linn.	<i>Panchanga</i>
2.	<i>Shali</i> (Rice)	<i>Oryza sativa</i>	Seed
3.	Water		

Table no. 2: Showing pharmacological properties of *Bhumyamalaki Churna* ⁷

S. No.	Dravya	Rasa	Guna	Virya	Vipaka	Effects on Dosha
1.	<i>Bhumyamalaki</i>	<i>Madhura, Tikta, Kasaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kaphapitta shamaka</i>
2.	<i>Shali</i> (Rice)	<i>Madhura, Kasaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittashamaka</i>
3.	Water					

Table no.3: Showing the main effects of drugs of *Bhumyamalaki Churna* in various diseases⁸

Sr.no.	Dravya	Karma	Rogaghnta
1.	<i>Bhumyamalaki</i>	<i>Mutrala, Rocana, Deepana, Pachana, Raktashodhaka, Yakriduttejaka, anulomana, Trishnanigrahan, Varnaropana, Raktpittahara.</i>	<i>Amlapitta, Dahansaani, Kasa, Swasha, Hikka, Ksaya, Kustha, Panu, Prameha, Trsa, Ksata, Mutraroga, Yonidosha, Varnashotha, Aruchi, Agnimandhaya, Kamala, charmaroga, Dorbalya, Visha, Jwara.</i>
2.	<i>Shali (Rice)</i>	<i>Balya, Sukrala, Mutrala, Chakshusya, Varnya, Swarya, Hridya, Pachana.</i>	<i>Pitthara, Doshaghna, Jwaraghna, Trishnaghna.</i>
3.	Water		

Table no. 4: Showing Predominant rasa panchaka of *Bhumyamalaki Churna*

1.	<i>Ras</i>	<i>Madhura, Tikta, Kasaya</i>
2.	<i>Guna</i>	<i>Laghu, Ruksa</i>
3.	<i>Virya</i>	<i>Sheeta</i>
4.	<i>Vipaka</i>	<i>Madhura</i>
5.	<i>Karma</i>	<i>Mainly Pittasamaka</i>

Samprapti Ghataka of Pradara:

- *Dosha – Vata(Apan)-Pitta- Pradhana,*
- *Dushya – Rakta (Pradhana) and Artava, Rasa*
- *Agni - Jathragnimandya*

- *Adhishthana – Garbhashaya, Artavavahi Strotasa*
- *Strotasa - Rakta Vahi, Artavavahi, Rasavahi*
- *Sroto-Dusti Prakara - Atipravritti*
- *Roga Marga – Aabhyantara*

MODE OF ACTION OF DRUGS OF BHUMYAMALAKI CHURNA:

BY RASA PANCHAKA:

- **Rasa:** *Bhumyamalaki Churna* has Madhura, Tikta and Kashaya rasa.
 - 1- *Kashaya Rasa* results in *Kleda Shoshana, Raktapitta Prashamana*⁹ and *Lekhana*¹⁰. *Samgrahi* and *Stambhaka* actions of *Kashaya Rasa* help in *Raktasamgrahana* and *Raktastambhana*. *Prithvi Mahabhuta* present in *Kashaya Rasa* is responsible for *Samghata* i.e. compactness in the endometrium thereby reduces the fragility of the endometrium.
 - 2- *Madhura Rasa* results in *Rakta Prasadana*¹¹ and relieves complications of *Asrigdara* i.e. *Trishna, Daha* and *Murchha*¹². *Madhura rasa* is also having *Vata-Pitta Prashamana, balya, prahaladana, jeevana, tarpana, sandhanakara guna* leading to improvement of physiological as well as psychological strength of body and organs (uterus).
 - 3- Here *tikta Rasa* have *Agni Deepana* and *Pachana* properties which help to cure *Agnimandhya* condition.

Tikta rasa is having *pitta-shaleshma upshoshana guna* helping to reduce extra congestion in uterus.

- **Guna:** *Bhumyamalaki Churna* has *Laghu and Ruksa* guna. *Lekhana* and *Ropana Karma* occur due to *Laghu Guna*¹³. *Ruksha Guna* helps in *Rakta Stambhana*¹⁴ and *Shoshana* of increased *Rakta Dhatu* in *Asrigdara*. *Lekhana* action which helps in the scraping of endometrium thereby reduces the endometrial thickness. It resembles with “medical curettage”.
- **Veerya:** *Bhumyamalaki Churna* has *Sheeta Veerya*. *Sheeta Veerya* results in *Pittashamana*¹⁵, *Stambhana*¹⁶ and *Rakta Pitta Prasadana*. *Sheeta Veerya* does *Pittashamana, Rakta-sangrahana / Rakta-stambhana* and *Dahaprasamana*, that corrects burning sensation and excessive blood loss.
- **Vipaka:** *Bhumyamalaki Churna* has *Madhura Vipaka*. It does *Vata-pitta Shamana* & formation of proper *Rasa dhatu* takes place.
- **Doshagnata:** *Bhumyamalaki Churna* having *Kapha-Pitta shamaka* property.

- 1- *Bhumyamalaki Churna* reduces uterine congestion also by its *Shothahara* action.
 - 2- It also has *Dahaprashamana* action and corrects burning sensation of the body.
 - 3- It is hepatoprotective activity, antifibrotic and anti-inflammatory, immunomodulatory, nephroprotective and anticancer properties.
 - 4- It also have pharmacological actions like, Astringent, Antispasmodic, Appetizer, Anodyne, Anti-hepatotoxic, Anti-viral, Biliary, urinary Cell protective property, Carminative, Febrifugal, Analgesic, Tonic, Vermifugal, Hypoglycemic, Emmenagogue and Laxative.
- *Bhumyamalaki Churna* has astringent action that slows the loss of body fluids i.e. menstrual bleeding affect tissue tone¹⁷.

➤ ***Tandulodaka as Sahapana:***

It has *Madhura Rasa, Laghu, Snigdha Guna, Sheeta Veerya, Mahura vipaka* and *Pitta Shamaka. Balya, Doshaghna, Sukrala, Mutrala, Chakshusya, Varnya,*

Swarya, Hridya, Jwaraghna, Trishnaghna, Sarvadoshavishapha properties.

- *Tandulodaka* has anti-inflammatory and antioxidant action. This may help in eliminating the chronic infection of uterus and pelvic congestion thus reducing the menstrual blood loss. *Tandulodaka* has also Anti-diarrhoeal, Anti-dysentric and Anti-fungal properties.

Vitamin B complex present in *Tandulodaka* may help to normalize estrogen metabolism¹⁸. Thiamine improves endothelial activity of the arteries. This may help to reducing bleeding

DISCUSSION:

Vitiating of the *Pitta Dosha* and *Rakta* with *Apan Vayu Vaigunya* can lead to the pathogenetic changes leading to *Asrigdara*. Function of *Agni* is also impaired in *Asrigdara*. Due to impairment of *Agni, Rasa Dhatu* didn't formed properly and improper *Rasa Dhatu* formation leads to improper *Rakta Dhatu* formation. In other words, all seven *Dhatus* formed improperly. Along this *Artava (Updhatu of Rasa)* formation is also impaired. So according to its pathogenesis (*Samprapti*) *Pittashamaka, Vatanulomana, Rakta-sthapaka, Rakta-*

samgrahi, *Agni-deepana* and *Garbhashaya-balya Chikitsa* is beneficial in *Asrigdara*. *Bhummyamalaki* is *Kapha-Pittashamaka* drug due to its properties like *Sheetaveerya*, *Madhura Vipaka*, *Laghu-Ruksha Guna* and *Madhur*, *Tikta*, *Kasaya Rasa*. *Bhummyamalaki Churna* reduces uterine congestion also by its *Shothahara* action. It also have pharmacological actions like, Astringent, Antispasmodic, Appetizer, Anodyne, Anti-hepato toxic properties. Due to these properties *Bhummyamalaki Churna* have enough potential to treat the pathology of the *Asrigdara*.

CONCLUSION:

Excessive and/or prolonged bleeding during menstrual or inter menstrual period is known as *Asrigdara*. According to *Dalhana* scanty flow for short duration during inter menstrual period is also considered as *Asrigdara*. In *Asrigdara* - prominent *Doshas* are *Vata* and *Pitta*, so main principle of the management of *Asrigdara* is *Agni Deepana* (balancing the digestive fire), *Dosha Pachana* (eliminating toxins from

the body), *Vata Anulomana* (pacifying the *vata dosha*), *Pittashamana* (pacifying the *pitta dosha*), *Raktasthapana* (stop excessive flow of blood), *Raktasamgrahana* (increasing the viscosity of *rakta dhatu*), *Raktashodhana* (eliminating the factors causing *rakta dushti*), and *Garbhashaya Balya Chikitsa* and it should be done by *Tikta & Kashaya Rasa Pradhana Dravyas*. Thus pacifying the *pitta dosha* helps to mitigate the improper shedding of endometrium & to give *raktasangrahana* and *raktastambhana* effects. This drug also regulate the menstrual cycle by correcting the hypothalamo-pituitary-ovarian axis, hormonal imbalance, endometrial growth, uterine congestion, myometrial contraction, liver insufficiency and whole menstrual rhythm.

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