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EFFECT OF VASADIYOG IN THE TREATMENT OF RAKTAPRADAR

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ABSTRACT

Raktapradar is one of the major diseases affecting large number of people. It is a condition marked by abnormally heavy, prolonged and irregular uterine bleeding. It is very common with high prevalence also it requires long term treatment and *Pathya*. According to our *Aacharyas*, involvement of *Raja*, *Rasa* and *Rakta* in *Raktapradar Vikara* should never be neglected. Present study was conducted on patients having various symptoms of *Raktapradar*. Symptoms like heavy bleeding, irregular bleeding, lower abdominal pain, anaemia were observed. So *Vasadi Yog* was given as a treatment of *Raktapradar*. Patients were assured and motivated for the long term treatment and *Pathya* for *Raktapradar*. It mostly has aliking symptoms of *Adhog Raktapitta*. Main *Dooshya* in *Raktapradar Vyadhi* is *Rasa*, *Rakta*, *Raja*, *Artav* and *Pitta*, and it's a *MoolSthana* 'Garbhashayaa'. According to *Sushrutacharya*, there is a relation between *Rakta* and *Pitta* as an *Ashrayashray*. So these *Dooshya* were treated accordingly. In present study, significant results were observed in the patients given *Vasadi Yog* as a treatment of *Raktapradar*. Present study concludes that there is a significant role of *Vasadi Yoga* in the treatment of *Raktapradar*.

Keywords–*VasadiYog, Raktapradar, Adhog Raktapitta, Garbhashaya*

INTRODUCTION

Raktapradar is one of the major diseases affecting large number of people. It is very hard to cure as it requires long term treatment and *Pathya*. According to our *Acharyas*, involvement of *Rasa Dhatu*, *Rakta Dhatu*, *Raja*, *Aartav*, *Pitta* in *RaktapradarVikara* should never be neglected.¹

In *Raktapradar* the exact symptoms cannot be defined. Still anemia that is less hemoglobin due to bloodloss, heavy flow which lasts more than 8 days, abdominal cramps and weakness are the most common symptoms. According to *Ayurveda* it is *Raktadhatu Dushtijanya Vikar*. Also it resembles to *Adhog Raktapitta*.² While treating *Raktapradara* these things should be kept in mind.³ *Vasadi Yog* containing *Vasa*, *Suvarnagairik*, *Shunthi* and *Nagkeshar* acts as a *Raktaprasadan*, *Grahi* and also has properties to act on *Adhoga Raktapitta* and *Garbhashaya*. Hence this combination is selected for the treatment.⁴

AIMS AND OBJECTIVES

To observe the efficacy of *Vasadi Yog* on *Raktapradar*

MATERIALS AND METHODS

Vasadi Yoga:

It was prepared by mixing of *Vasa* (*adhatoda vasica*) *Patra Choorna* 1 part, *Suvarnagairik* 1 part, *Shunthi* (*zinziber officinalis*) half part and *Nagkeshar* (*mesua ferrea*) 1 part.⁵ This was a prospective, pilot study involving patients with symptoms of *Raktapradar*. Patients were given according treatment of *Vasadi Yog*. Study was carried out at Hospital and OPD of LRP Ayurved hospital, islampur. Study period was Jan 2022 to June 2022. The duration of administration of *Vasadi Yog* was 6 weeks for each patient.

Inclusion criteria:

1. Patients diagnosed as *Raktapradar*
2. Female Patients between age 25 to 45 years
3. Patients who are not taking any other medicines

Exclusion criteria:

1. Patients below 25 and above 45 years
2. Patients taking medicines for other problems like DM, HTN, Thyroid.
3. Patients having symptoms related to chronicity, known cancer, operated for any other related to uterus, hypo and hyper thyroid,
4. hemoglobin less than 6mg/dl
5. patients having PCOD, PID etc were excluded.

6. Patients having any other treatment.

Mild: fails tired and sleepy while doing normal work

Study Procedure:

Each patient was advised to take 3 grams of Vasadi Yog before meals with warm water for 6 week.

Moderate: fails tired and sleepy even at rest

Severe: fails tired and sleepy, unable to walk

Analysis and Assessments:

As it was a pilot and low sample study that means less than 30 patients were involved, percentage and graphical analysis was done instead of parametric tests and summarized in tabular form.

4. Haemoglobin levels-

Absent;

Normal: > 12 mg/dl

Mild: 10-12 mg/dl

Moderate: 8-10 mg /dl

Severe : 6-8 mg/dl

Assessment Criteria:

It was as follows:

1. Heavy bleeding –

Absent : 0

Mild : 1-2 pads per day

Moderate: 3-4 pads per day

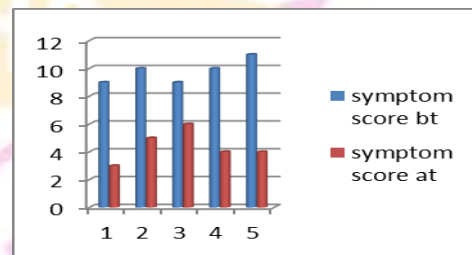
Severe: more than 4 pads per day with disturbance in routine through whole day.

OBSERVATION AND RESULTS:

Symptom Score:

Graph no. 01

About 8 patients were screened from



2. Duration of bleeding -

Absent:

Normal: stops on 4th-5th day with normal menstrual cycle

Mild : stop on 6th-8th days

which 5 patients were selected to study.

The period of treatment was 6weeks.

Bleeding:

BT AND AT

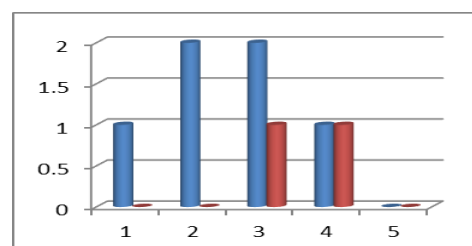
Graph no. 02

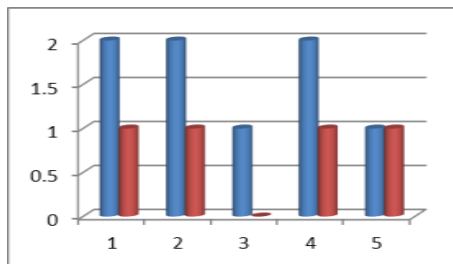
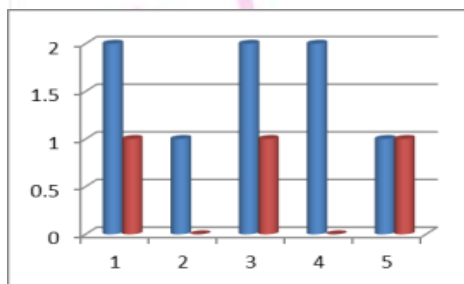
Moderate: stop on 9th-12th days

Severe: more than 12 days

3. Weakness -

Absent: no weakness



Duration of bleeding:**BT AND AT****Graph no. 03****Haemoglobin levels:****BT AND AT****Graph no. 04**

In patients Heavy bleeding, duration of bleeding, Weakness (*Daurbalya*), less haemoglobin levels were reduced after 6 weeks of treatment that is administration of *Vasadi Yog*. While treating *Raktapradar* before administration of abovesaid treatment. As it was a pilot and low sample study that means less than 30 patients were involved, percentage and graphical analysis was done instead of parametric tests and summarized in tabular form.

RESULT

Now a days a high percentage of population is suffering from *Raktapradar*

Vyadhi. The main causes were observed as changed lifestyles, intake of low quality and low nutritional food⁶, *Pramitashana*, *Anashan*, *Vishamashan*, *Adhyashan*, and consuming food without following *Aahara Vidhi Vidhan*. *Rasavaha* and *Raktavaha Srotas* get affected and also they affect *Raja* and *Artava*. *Pittakara Aahara Sevena* also affects *Pitta Dosha* and it becomes *Vikrita*⁷. *Sthoola Pachan* and *Sookshma Pachana* also get hampered and *Apachit Aahara Rasa* and *Rasa Dhatus* are generated. By which *Moola Sthana* of *Artavavaha Srotas* that is *Garbhashaya* is affected which is also *Sthana* of *Raja* and *Artava* and it comes in *Karyakshetra* of *Apana Vayu*⁸. It causes symptoms like heavy bleeding, continuous and long term bleeding with *Udara Shoola*.

Like *Raktapradar Vyadhi*, *Adhoga Raktapitta* also shows some symptoms alike. *Vasadi Yog* acts on *Rasa Dhatu*, *Rakta Dhatu*, *Raja*, *Artava*, *Apana Vayu*, *Pitta Dosha* and *Garbhashaya* and showed better symptom relief of *Raktapradara*.⁹

Nagkeshar being *Anushna Sheeta Veerya*, *Madhura Vipaka* and having tendency to act on *Rakta*, *Pitta*, *Garbhashaya*, showed good effects. *Vasa* being *Agrya* in *Raktapitta*, *Shunthi* acting on *Rasa*, *Rakta Dhatu* and *Suvarnagairik* having *Grahi*, *Alpa Stambhana*, *Prasadana* and *Parthiv Gunatmak* properties showed better results

in management of Raktapradar.¹⁰

CONCLUSION:

The study concludes that there was a significant effect of Vasadi Yoga as a treatment of Raktapradar.

More research related to this topic should be done in large scale so that it will be helpful in patients like Raktapradar, Adhoga Raktapitta and related some other entities.

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