



## ROLE OF VIRECHANA IN MANAGEMENT OF RAKTAPRADAR-CASE STUDY

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### **ABSTRACT-**

Menstruation is a natural specific property of a female in the reproductive age. Therefore in order to give healthy progeny, special attention must be given to conserve mother's health. Raktapradar is one such disorder, commonest among all Gynecological complaints, which may lead to various complications in female and also affects the quality of her life. According to Ayurveda, due to consumption of excessively Salty, Sour, heavy, acidic substances, deep fried, greasy food, there is increase of Sar and Dravaguna of Pitta Dosha and Chalaguna of Vata Dosha. Also Pitta and Rakta have same properties, so increased Pitta increases the blood which entered into Uterine cavity with the help of Rajovahasira and Vata eliminates this increased Menstrual blood from the Uterus.

**KEYWORDS-PRADAR,RAKTAPRADAR,SHODHAN,CHIKISTA,VIRECHANA.**

### **INTRODUCTION-**

Since there is excessive excretion of "Asruk"(menstrual blood) this disease is called "Raktapradar" and excretion of excessive quantity of "Raja" it is called „Pradar“. Bhavaprakash defined Pradar as flow of vitiated blood in bulk quantity through the vagina or Yonimarga.

**Synonyms:** Raktapradar by- Sharangdhara; Pradar by- Charak

Vyapada by– Sushruta; Raktayoni by-Ashtang Sangraha and Ashtang Hridaya.

## Asruk + Dara = Asrugdara

Menstruation is a natural specific property of a female in the reproductive age. Therefore in order to give healthy progeny, special attention must be given to conserve mother's health. Due to Pradirana of Raja it is named as Pradar and since, there is Dirana of Asruk it is known as Raktapradar 1 . Raktapradar explains about excessive and prolonged bleeding during Menstruation 2 . According to Ayurveda, due to consumption of excessively Salty, Sour, heavy, acidic substances, deep fried, greasy food, there is increase of Sar and Dravaguna of Pitta Dosha and Chalaguna of Vata Dosha. Also Pitta and Rakta have same properties, so increased Pitta increases the blood which entered into Uterine cavity with the help of Rajovahasira and Vata eliminates this increased Menstrual blood from the Uterus. Due to increased Pitta and Vata, there is heavy and prolonged bleeding results in Raktapradar 3 . Ayurvedic texts have describe a variety of treatment options in the management of Raktapradar. Principally 2 types of therapy employed i.e. Shodhana & Shamana. Sharangdhar has mentioned Shodhana Chikitsa for complete eradication of diseases and prevent its recurrence 4

## MATERIALS AND METHODS-

So in the present study I have selected Virechana Karma by Trivrutta Choorna with Triphala and Danti churna (used in the process of Virechana Karma) and Pushyanug Choorna used as shaman dravya in the management of the disease Raktapradar.

Virechana is one type of Shodhana Karma mentioned by Kashyap in the treatment of Raktapradar. Also, amongst the Panchakarma, Virechana is very important therapy for Pittaj and also for Tridoshaja Vyadhi 8. Also have been effective in Raktaj Vitiation. Rather than temporary cessation of heavy bleeding and for regular menses, Virechana therapy will give permanent relief.

As modern medicine failed to offer complete cure from this menstrual diseases, this Shodhana therapy will give best results at least to avoid- last option of modern medicine i.e. hysterectomy. In this way, Virechana eliminates the Vitiated Pitta from its root. So it relieves excessive bleeding. Thus Prakrut Artava reaches to Garbhashaygat Rajovahasira. Virechana is useful for treatment of Vata Doshas<sup>14</sup>, and so it leads Prakrut Apanvayu, controls the Deerana of Raja. Thus cures the Raktapradar.

Virechana is less stressful procedure and has least possibilities of complications. Hence it is widely used as a Shodhana therapy. As menstrual bleeding i.e. Artava is formed mainly from Rasa-Rakta Dhatu and Artava Dushti(vitiated menstrual blood formation)mainly occurs from Vitiation of PittaPradhana Tridoshas and Raktadhatu which leads to Raktapradar. By taking in mind, Samprapti of menstrual diseases Vitiated main Dosha is Pitta and Rakta and Vitiated Apanavyau, Virechana therapy would be effective

In Sushruta Samhita 14th Adhyaya of Sutrasthana description about Ras Dhatu, Utpatti of Raktadhatu, Utpatti of Artava from Rakta Dhatu and its importance is given. Artava Vriddhi with their Nidana, Lakshana and Chikitsa have been described. Though the description of Raktapradar is very short, Sushrutacharya has included even normal scanty bleeding coming

in short intermenstrual period under it 9. Acharya Vagbhata described Pradar as Raktayoni. 10.

Detail classification and clinical features of Raktapradar of Charak Samhita, Artavavaha Srotasa, Marma and genital tract, Artavakshya and Artavavrudhi given .

**Table No. A-1: Showing stages of Rutuchakra**

Sr. No.	Specific stage	Duration	Condition of Reproductive system	Dominant Doshas
1.	Raja Kala	3-5 or 7 days	Menstrual blood loss	Vata
2.	Rutu Kala	12-16 days	Establishment of new Raja, optimum chances of fertilization, sexual desire etc.	Kapha
3.	Rutuvyatit Kala	9-13 days	Presence of Purana Raja and constriction of Yoni, less chances of conception	Pitta

Any disease originated due to summation of Aprakrut Dosh and Dushya. The success of Chikitsa depends upon the four constituents named as Chikitsa Chatuspada. They are Bhishag, Dravya, Rugna and Paricharak<sup>1</sup>. In that Dravya has very much importance and it is one of the base of Ayurveda, illustrated by Acharya Charak.

Treatment of any disease is basically Samprapti Vighatan. So the choice of any drug for the treatment of a particular disease should be ideally based on a thorough consideration of the Samprapti Ghatak. According to Ayurveda Tridoshas mainly Pitta Dosh Dushti and Raktadi Dushya Dushti are responsible for creating the disease like Raktapradar. And in order to treat Raktapradar, Virechana i.e. the Shreshta Chikitsa for Paitik disorder plays an important role. Virechana purifies the Pitta Dosh and Rakta Dhatu and prevents the recurrence of disease. In the process of Virechana Karma the selection of drug according to Dosh-Dushyas involved in the disease also become necessary.

Therefore in present study Trivrutta Choorna with Triphala and Danti churna (used in the process of Virechana Karma) and Pushyanug Choorna are used in the management of the disease Raktapradar.

### ❖ Virechana Karma:

Virechana is a specific therapy for Pitta Dosha 11, and Samsarga Doshas. It is also treatment for Raktaj Vikaras 12

### ❖ Mechanism of action of Virechana:

Action of Virechana Karma is divided in the following 2 ways-

1. **Systemic-** By which it brings down the morbid Doshas, particularly Pitta from Shaka to Koshta
2. **Local Evacuant-** Which is concerned with the evacuation of these Doshas in form of Mala, from the gut by Adhobhagahara property.

### CASE STUDY DETAILES-

A single case study of RAKTAPRADAR- Study design A single case study of patient was taken from OPD of our Ayurved Institute Informed & written valid consent was taken.

Case presentation A case study of 23 years old unmarried female patient, Hindu by religion ,Student by occupation presented with chief complaints of painful heavy flow menses, associated with nausea & constipation suffering from menorrhagia more than 4 cycles without the involvement of any secondary disease. Prakriti – Pitta vata B.P- 120 / 70 mm Hg Pulse – 78 / min wt-50 kg, Patient was not obese. Menstruation was painful. She cannot do even her normal routine work and has to absent from outdoor work during menses had to take analgesics & antispasmodics but poor effect ,due to heavy flow she felt weakness.

Menarche – at the age of 13 years

M/H – Pain continues for 12 – 24 hours She used 5-6pads/day/cycle

Duration of menses – 4-5 days / 28- 30 days Nausea & constipation was present. Fatigue by normal daily routine For this, patient took allopathic treat for long time but disease recurrence was seen.

Sonography and all blood tests (routine test) were within normal range. Past History- not significant. Treatment protocol as foliows,

**SHAMAN CHIKISTA-**

- 1.Amapachak vati 250 gm -8days
2. Pushyanuga churna 5gm bd with Tandulodak –1 month
- 3.GOGHRITA SNEHA –ABHYANTER SNEHAPANA .[4 days]

**SHODHAN CHIKISTA-****VIRECHANA-**

Sarvang snehan –with ksheerbala taila-4,5,6,7,8<sup>th</sup> day

Swedana-Dashmula kashaya-4,5,6,7,8<sup>th</sup> day

Virechan preparation-

TRIVRTTA CHURNA 10 GM + TRIPHALA CHURNA 10 GM + DANTI CHURNA 10GM +WATER 500ML----DECOCTION PREPARED REDUCE UP TO 200ML KASHAYA,given on 8 th day

**RESULT**

Improvement in symptoms of patient. Relief was found in heavy flow, painful menses, nausea & constipation. Advice given to the patient

.Ahara: To take fruits, green vegetables, simple foods. To avoid spicy food, fried food, fermented food, non-veg. on and around menstruation

. Vihara: To take rest, do Pranayama for 10 minutes. To avoid heavy weight lifting, journey, heavy strenuous work, tension.

**DISCUSSION-**

Virechana drugs are having Ushna, Tikshna, Sukshma, Vyavaee, Vikasi properties and Adhobhaghara Prabhav. Virechana Drvaya get absorbed by its virya, it reaches to Hrudaya, then the Dasha Dhamani and there after it reaches to macro and micro channels of the body. i.e. Sukshmati Sukshma Srotasa. Ushna Guna as Agneya property and hence the Dosha Sanghata is liquefied (Vishayandana) hence it facilitates movement of morbid Doshas toward Koshta. Due to Tikshna Guna,

Mala and Doshas break upto in micro form that helps in quick excretion. Due to Pranavbhava of Sukshma Guna, it opens micro channels and makes the Doshas to move towards Koshta. Due to Vyavayi Guna these drugs spreads quickly throught body and starts the action before its digestion. Vikasi Guna of drugs causes loosening of the bond between Dosha and Dhatu causing Dhatu Shaithilya. From all these properties, Doshas are driven to Koshta. These drugs consists of Prithvi and Jala Mahabhutas which are heavy in nature and Adhobhaghara prabhava which helps in expulsion of Dosha from Adhobhaga(Anal route).

From the above description it can be concluded that due to Virya of the Virechana drugs softening, disintegration, liquification of endogenic metabolic products occur, and brought to the Koshta for elimination. In this way Vitiated Pitta expelled out, results in decreasing Pitta Dosha, which results in decrease in Vitiated Rakta Dhatu(as due to Aashryaashryi Bhava), and cures Raktapradar.

#### CONCLUSION-

Raktapradar is a disease caused due to predominance of Pitta Doshas as well as due to Dushti of Rakta Dhatu. Also Raktapradar is caused due to Pittavrutta Apanavayu Vikruti. Thus as per Samprapti of Raktapradar all three Doshas i.e. Vata, Pitta and Kapha; Rakta and Rasa Dhatu are responsible factors. According to different Acharyas, Virechana Karma is the best procedure for all of these Samprapti Ghatak. It is Shrestha Chikitsa for Pitta Dosh Dushti. Again in all types of Yonirogas Virechana is the best treatment. And the most important is that the Virechana is less stressful procedure among the Panchakarmas and patient can easily become willing to do this procedure. As compared to other procedure Virechana has less complications. It prevents the recurrence of disease. It decreases vitiated Pitta Dosha. And due to AashryaAashryitva Bhava of Pitta and Rakta, it decreases Vitiated Rakta Dhatu, and cures the disease Raktapradar. Thus in this way Virechana plays an important role in the Management of the disease Raktapradar.

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