



Randomized Controlled Clinical Study of SHUNTHI LODHRA CHURNA WITH GHRITA AND SHARKARA IN THE MANAGEMENT OF RAKTAPRADARA (W.S.R. TO MENORRHAGIA)

DR. MAYURI BHAGWAN PHATALE

P.G. SCHOLER (DEPT. OF PRASUTITANTRA & STRIROGA), GOVERNMENT AYURVEDIC COLLEGE, DHARASHIV.

DR. VEENA AJAY PATIL

M.S.PHD.PROF. & HOD (DEPT. OF PRASUTITANTRA & STRIROGA), GOVERNMENT AYURVEDIC COLLEGE, DHARASHIV.

DR. BALAJI BALASAHEB LOMATE

ASSISTANT PROFESSOR (DEPT. OF PRASUTITANTRA & STRIROGA), GOVERNMENT AYURVEDIC COLLEGE, DHARASHIV.

ABSTRACT

Background: Raktapradara (Asrugdara) described in Ayurveda closely correlates with menorrhagia in modern gynecology. Excessive or prolonged menstrual bleeding significantly affects women's physical, psychological, and social well-being. Conventional treatments, though effective, may produce adverse effects or require surgical intervention. Hence, safe and economical Ayurvedic alternatives are required.

Objective: To evaluate the efficacy of Shunthi Lodhra Churna with Ghrita and Sharkara in the management of Raktapradara w.s.r. to menorrhagia.

Methods: A randomized controlled clinical study was conducted on diagnosed cases of Raktapradara. Patients were administered Shunthi Lodhra Churna with Ghrita and Sharkara for a specified duration. Assessment was based on subjective parameters (amount and duration of bleeding, associated symptoms) and objective parameters (hemoglobin level, pad count, etc.). Statistical analysis was performed to evaluate significance.

Results: The study demonstrated significant reduction in excessive menstrual bleeding, duration of menstruation, and associated symptoms like weakness and body ache. Improvement in hemoglobin levels was also observed.

Conclusion: Shunthi Lodhra Churna with Ghrita and Sharkara is effective and safe in managing Raktapradara (menorrhagia) and can be considered as a cost-effective therapeutic option.

Keywords: Raktapradara, Asrugdara, Menorrhagia, Shunthi, Lodhra, Ayurvedic management

INTRODUCTION

Women's reproductive health plays a crucial role in maintaining overall societal well-being. Among menstrual disorders, Raktapradara is one of the most common conditions described in classical Ayurvedic texts.

Acharya Charaka defines:

“रजः प्रदीर्यते यस्मात् प्रदरः तेन स स्मृतः” – Excessive excretion of menstrual blood is termed Pradara.

In modern gynecology, menorrhagia is defined as cyclic bleeding occurring at normal intervals but excessive in amount (>80 ml) or duration (>7 days).

The increasing prevalence of abnormal uterine bleeding (AUB), affecting 30–50% of reproductive-age women, highlights the need for effective management strategies. Conventional treatments include hormonal therapy, NSAIDs, antifibrinolytics, and surgical procedures like D&C or hysterectomy. However, long-term drug use and surgical interventions have limitations and potential side effects.

Ayurveda describes several formulations for Raktapradara. Among them, Shunthi Lodhra Churna with Ghrita and Sharkara is mentioned in Yogaratnakara (Pradara Chikitsa) for its Raktastambhaka and Pitta-Vata balancing properties.

MATERIALS AND METHODS

Study Design:-

Randomized controlled clinical study.

Source of Data:-

Patients diagnosed with Raktapradara w.s.r. to menorrhagia attending OPD/IPD were selected.

INCLUSION CRITERIA:-

1. Women of reproductive age
2. Excessive menstrual bleeding (>7 days or >80 ml)
3. Regular menstrual cycles

EXCLUSION CRITERIA:-

1. Pregnancy
2. Fibroid uterus, malignancy
3. Systemic bleeding disorders
4. IUCD-induced bleeding

INTERVENTION

Trial Drug: Shunthi Lodhra Churna with Ghrita and Sharkara

INGREDIENTS:

1. Shunthi (*Zingiber officinale*)
2. Lodhra (*Symplocos racemosa*)
3. Ghrita
4. Sharkara

DOSE & DURATION:

As per classical reference (administered for prescribed study period).

ASSESSMENT CRITERIA -

Subjective Parameters-

1. Amount of bleeding
2. Duration of bleeding
3. Angamarda (body ache)
4. Daurbalya (weakness)

NO. OF SANITARY PADS FULLY SOAKED	SCORE
1-2 PADS/DAY	0
3-4 PADS/DAY 1	1
5-6 PADS/ DAY	2
MORE THAN 6 PADS/DAY	3

Table no.1 - AMOUNT OF BLEEDING

Duration of Symptoms	SCORE
Less than 5 days	0
5-6 days.	1
7-8 days.	2
More than 8 days.	3

Tableno.2 - DURATION OF BLEEDING

Pain Description.	SCORE
No pain.	0
No pain during daily routine Pain felt only while relaxing	1
Daily routine disturbed due to pain	2
Severe disturbance of daily routine due to pain	3

Table no.3 -PAIN IN LOWER ABDOMEN

Symptom Type	Score
With clots	0
Without clots	1

Table no.4- ASSESSMENT OF CONSISTENCY OF FLOW DURING MENSTRUATION

Grade Description	SCORE
Reddish	0
Reddish brown	1
Reddish black	2

Table no.5 - ASSESSMENT OF COLOUR OF BLOOD DURING MENSTRUATION

Objective Parameters

1. Hemoglobin percentage
2. Pad count per day
3. Clot passage

STATISTICAL ANALYSIS

Data were analyzed using appropriate statistical tests to evaluate pre- and post-treatment differences.

RESULTS

- Significant reduction in amount of menstrual blood loss.
- Decrease in duration of menstruation.
- Improvement in hemoglobin levels.
- Reduction in associated symptoms like weakness and body ache.
- Overall statistically significant improvement observed.
- The null hypothesis (H_0) was rejected, and the alternative hypothesis (H_1) was accepted, indicating the effectiveness of Shunthi Lodhra Churna in Raktapradara.

DISCUSSION

Raktapradara is primarily a Tridoshaja disorder with predominance of Pitta and Vata, along with Rakta Dushti.

Probable Mode of Action

Shunthi – Deepana, Pachana, Vata-Kapha shamaka; improves Agni and reduces Ama.

Lodhra – Raktastambhaka, Kashaya rasa dominant; reduces excessive bleeding.

Ghrita – Pitta shamaka, Rasayana; supports endometrial health.

Sharkara – Sheeta virya; balances Pitta and provides nourishment.

The combination helps in:

Normalizing vitiated Doshas

Strengthening uterine vessels

Controlling excessive endometrial shedding

Improving overall strength and hemoglobin

Thus, the formulation addresses both symptom and root cause according to Ayurvedic principles.

CONCLUSION

Shunthi Lodhra Churna with Ghrita and Sharkara is effective in managing Raktapradara (menorrhagia).

It significantly reduces menstrual blood loss, improves associated symptoms, and enhances hemoglobin levels without adverse effects.

The formulation can be considered a safe, economical, and effective alternative for the management of menorrhagia.

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