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EFFECT OF VASADI YOG 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, anemia 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 its moola sthana '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.

Key words – Vasadi yog, 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 Aacharyas, involvement of rasadhātu, raktadhātu, raja, aartav, pitta in Raktapradar vikara should never be neglected.

In raktapradar the exact symptoms cannot be defined. Still anemia that is less hemoglobin due to blood loss, heavy flow which lasts more than 8 days, abdominal bleeding, cramps and weakness are the most common symptoms. According to Ayurveda it is raktadhātu dushtijanya vikar. Also it resembles to Adhog raktapitta. While treating raktapradara these things should be kept in mind. Vasadi yog containing vasa, suvarnagairik, shunthi and nagkeshar acts as raktaprasadana, grahi, and also has property to act on adhoga raktapitta and garbhashaya. Hence this combination is selected for the treatment.

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 churna 1 part, Suvarnagairik 1 part, Shunthi (zinziber officinalis) half part and nagkeshar (mesua ferrea) 1 part.

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 Ashvin Rural Ayurved College Sangamner. Study period was Jan 2020 to Sept 2020. 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, HT, 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.

Study Procedure

Each patient was advised to take 3 grams of vasadi yog before meals with warm water for 6 weeks.

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.

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.

2. Duration of bleeding

Absent: normal, stops on 4-5 day with normal menstrual cycle

Mild : 6-8 days

Moderate: 9-12 days

Severe: more than 12 days

3. weakness

Absent: no weakness

Mild: fails tired and sleepy while doing normal work

Moderate: fails tired and sleepy even at rest

Severe: fails tired and sleepy, unable to walk

4. haemoglobin levels

Absent : normal > 12 mg/dl

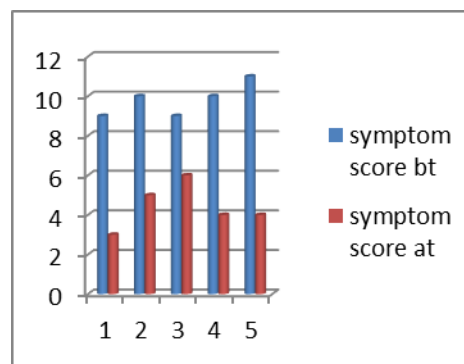
Mild: 10-12 mg/dl

Moderate: 8-10 mg /dl

Severe : 6-8 mg/dl

Results and Discussion

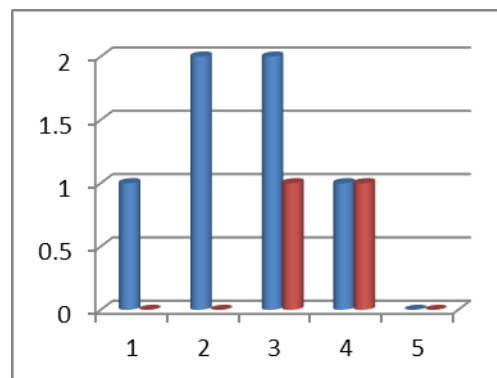
Symptom Score



About 8 patients were screened from which 5 patients were selected to study. The period of treatment was 6 weeks.

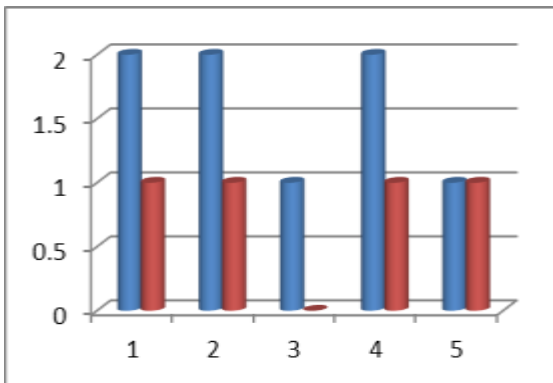
Bleeding

BT and AT



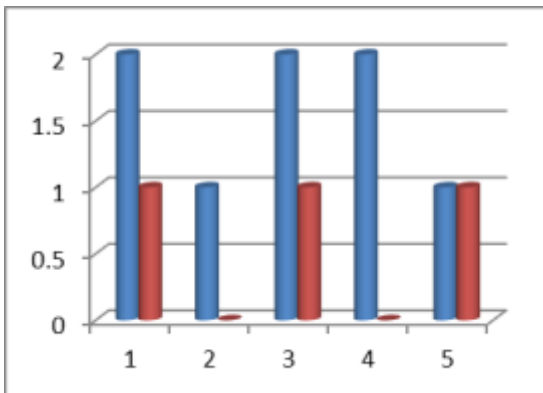
Duration of Bleeding

BT and AT



Haemoglobin levels

BT and AT



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 above said 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.

Discussion

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 food, pramitashana, anashan, vishamashan, adhyashan, and consuming food without following ahara vidhi vidhan. Rasavaha and Raktavaha srotas get affected and also they affect raja and artava. Pittakara aaharasevena also affects pittadosha and it becomes vikrita. Sthoolapachan and sookshmapachana also get hampered and apachit aahararasa and rasadhatus are generated. By which moolasthanas of artavavaha srotas that is garbhashaya is affected which is also sthana of raja and artava and it comes in karyakshetra of apana vayu. It causes symptoms like heavy bleeding, continuous and long term bleeding with udarashoola.

Like Raktapradar vyadhi adhoga raktapitta also shows some symptoms alike. Vasadi yog acts on rasadhatu, raktadhatu, raja, artava, apana vayu, pittadosha and garbhashaya and showed better symptom relief of raktapradara.

Nagkeshar being anushnasheeta 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.

Conclusion

The study concludes that there was a significant effect of vasadi yoha 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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