

**MODE OF ACTION OF KUTAJASHATAKA GHANA IN ASRIGDARA:  
A REVIEW**

**Dr. Meemansa\*<sup>1</sup>, Dr. Manish Kumar Saini<sup>2</sup>, Dr. Susheela Choudhary<sup>3</sup>, Prof. Sushila Sharma<sup>4</sup>**

<sup>1</sup>M.S. Scholar, Department of Prasuti Tantra and Stri Roga.

<sup>2</sup>M.D. Scholar, Department of Rasashastra and Bhaishajya Kalpana.

<sup>3</sup>Ph.D. Scholar, Department of Prasuti Tantra and Stri Roga.

<sup>4</sup>Professor, Department of Prasuti Tantra and Stri Roga, National institute of Ayurveda,  
Jaipur.

Article Received on  
16 Jan. 2019,

Revised on 05 Feb. 2019,  
Accepted on 26 Feb. 2019

DOI: 10.20959/wjpr20193-14411

**\*Corresponding Author**

**Dr. Meemansa**

M.S. Scholar, Department of  
Prasuti Tantra and Stri Roga.

**ABSTRACT**

*Asrigdara* is characterized by excessive or prolonged menstrual or inter-menstrual bleeding. *Asrigdara* or dysfunctional uterine bleeding 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. *Asrigdara* is the common cause of iron deficiency anaemia and general debility. Therefore many formulations have been mentioned in our texts for the treatment of *Asrigdara*. In *Chakradatta* text book under *Atisara chikitsa Kutajashataka Ghana yoga* is described. All the contains of

*Kuatjashataka ghana* having properties i.e. *upshoshaka*, *Kaphapittashamaka*, *Raktapittashamaka*, *Raktasamgrahana*, *Raktastambhana*, *Raktashodhaka* and *Raktaprasadana*, which are effective in control and cure in the *Asrigdara*.

**KEYWORDS:** *Asrigdara*, *Kutajashataka Ghana*, *Atisara chikitsa*.

**INTRODUCTION**

Ayurveda gives a holistic way of living and is the Science of Life. In Ayurveda treatment maily includes *hetu* (causative factors), *linga* and *aushadha*. There is close relationship between three *Hetu* or *Doshas* and health. If any *dosha* gets imbalanced, different diseases occur. Health is the prime issue in maintenance of healthy life. A healthy woman builds the foundation of a healthy progeny & society. Woman is gifted with power of procreation, for

which regular cyclic menstruation is necessary. Slight variation in the menstrual cycle, which may be excessive or low, can lead to some serious pathological conditions.

Abnormal uterine bleeding (AUB) is a common problem among (non-pregnant) women in the reproductive age. Formerly, it was known as dysfunctional uterine bleeding (DUB). AUB is responsible for significant health problem and social embarrassment and it is one of the common reasons women seek health care. It has a significant impact on the quality of life for the women. Women with abnormal bleeding have a lower quality of life than the general female population.

Once the menstruation starts, it continues cyclically at intervals of 21–35 days with a mean of 28 days. The duration of menstruation is about 4–5 days and the amount of blood loss is estimated to be 20 to 80 ml with an average of 35 ml.<sup>[1]</sup>

Abnormal uterine bleeding (AUB) is bleeding from the uterus that is longer than usual or that occurs at an irregular time. AUB leads to loss of productivity and may result in surgical interventions. According to national health portal of india AUB is reported to occur in 9 to 14% women between menarche and menopause. The prevalence varies in each country. In India, the reported prevalence of AUB is around 17.9%.<sup>[2]</sup>

In Ayurveda *Asrigdara* can be correlated with abnormal uterine bleeding specially DUB. *Asrigdara* is manifestation of excessive bleeding per vaginum. *Aacharya Charaka* explained it as a separate disease along with its management in *Yoni Vyapada Chikitsa*.<sup>[3]</sup> *Aacharya Sushruta* explained it as a separate disease in *Shukra Shonita Shuddhi Sharira Adhyaya*.<sup>[4]</sup> Both *acharayas* mentioned it under *Pitta Avrita or Samyukta Apana vayu* and in *Rakta Doshaja Vikara/Vyadhi*.<sup>[5,6]</sup>

*Asrigdara* or dysfunctional uterine bleeding 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.

*Kutajastaka-ghana* has a direct reference in *Chakradatta* for *Asrigdara* in *Atisara chikitsa adhyaya 3/88-91* in the form of *Kutajashataka Ghana yoga*, as *chakrapani* said that *Kutajashataka Ghana* can cure the incurable forms of *asrigdara*.

The ingredients of *Kutajashataka Ghana* are *Kutaja-twak*, *Shalmali-moola*, *Patha-moola*, *Samanga-panchanga*, *Ativisha-moola*, *Musta-kand*, *Bilwa-moola* and *Dhatki-pushpa*.<sup>[7]</sup>

**Table no. 1. Showing the ratio of contents of *Kutajastaka- Ghana*.**

S.no.	Ingredient	Scientific name	Useful part	Quantity
1.	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i> Linn.	<i>Kand-Twak (Stem-bark)</i>	100 parts
2.	<i>Shalmali</i>	<i>Salmaalial malabarica</i> Schott & Endl.	<i>Moola (root)</i>	1 part
3.	<i>Patha</i>	<i>Cissampelos pareira</i> Linn.	<i>Moola</i>	1 part
4.	<i>Samnga</i>	<i>Mimosa pudica</i> Linn.	<i>Panchanga</i>	1 part
5.	<i>Ativisha</i>	<i>Aconitum heterophyllum</i> Wall.	<i>Moola</i>	1 part
6.	<i>Musta</i>	<i>Cyperus rotundus</i> Linn.	<i>Kand (Tuber)</i>	1 part
7.	<i>Bilwa</i>	<i>Aegle marmelos</i> Corr.	<i>Moola</i>	1 part
8.	<i>Dhatki</i>	<i>Woodfordia fruticosa</i> Kurz.	<i>Pushpa</i>	1 part

**Table no. 2: Showing pharmacological properties of *Kutajashataka Ghana*.**<sup>[8]</sup>

Sr.no.	Name	Rasa	Guna	Veerya	Vipaka	Effects on Dosha
1.	<i>Kutaja</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittashamaka</i>
2.	<i>Shalmali</i>	<i>Madhura</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kaphapittashamaka</i>
3.	<i>Patha</i>	<i>Tikta</i>	<i>Laghu, Tikshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshashamaka specially Kaphapittashamaka</i>
4.	<i>Samanga</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittashamaka</i>
5.	<i>Ativisha</i>	<i>Tikta, Katu,</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara specially kaphapittashamaka</i>
6.	<i>Musta</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittashamaka</i>
7.	<i>Bilwa</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavataashamaka</i>
8.	<i>Dhataki</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittashamaka</i>

**Table no.3: Showing the main effects of drugs of *Kutajashataka Ghana* in various diseases.**<sup>[8]</sup>

Sr.no.	Name	Karma	Rogaghnta
1.	<i>Kutaja</i>	<i>Stambhana, Upashoshana (Ama, Rakta and Jala), Samgrahi, Raktashodhaka, Raktastambhana</i>	<i>Kaphapittajavikara, Raktarsha, Raktavikara, Raktapitta</i>
2.	<i>Shalmali</i>	<i>Deepana, Pachana, Grahi, Raktashodhaka</i>	<i>Dahaprashamana,</i>
3.	<i>Patha</i>	<i>Deepana, , Pachana, Grahi, Raktashodhaka, Dahaprashamana</i>	<i>Pravahika, Raktavikara, Agnimandya</i>
4.	<i>Samanga</i>	<i>Raktastambhana, Raktashodhaka, Raktapittaprashamana, Sandhaneeya</i>	<i>Pradara, Raktarsha, Pravahika</i>
5.	<i>Ativisha</i>	<i>Deepana, Pachana, Grahi, Stambhana, Raktashodhaka</i>	<i>Agnimandya, Raktavikara,</i>
6.	<i>Musta</i>	<i>Raktaprasadana, Garbhashayasankochaka, Deepana, Pachana, Grahi</i>	<i>Sangrahani, Raktavikara, Agnimandya</i>
7.	<i>Bilwa</i>	<i>Deepana, Pachana, Grahi, Pittasaraka, Yakriduttejaka, Raktastambhana</i>	<i>Raktatisara, Raktappravahika, Raktarsha, Pravahika, Agnimandya, Garbhashayashotha</i>
8.	<i>Dhataki</i>	<i>Raktapittashamaka, Dahaprashamana, Raktastambhana, Sandhaneeya</i>	<i>Daha, Raktasrava, Pravahika, Sangrahani, Raktapitta, Raktapradara, Raktatisara</i>

**Table no. 4: Showing Predominant *rasa panchaka* of *Kutajashataka Ghana*.**

1.	<i>Rasa</i>	<i>Tikta, Kashaya</i>
2.	<i>Guna</i>	<i>Laghu, Ruksha</i>
3.	<i>Veerya</i>	<i>Sheeta</i>
4.	<i>Vipaka</i>	<i>Katu</i>
5.	<i>Doshaghnta</i>	<i>Tridoshahara specially kaphapittashamaka</i>

**Samprapti Ghataka of asrigdara**

- *Dosha – Vata-Pitta- Pradhana,*
- *Dushya – Rakta (Pradhana) and Artava, Rasa*
- *Agni - Jathragnimandya*
- *Adhishthana - Garbhashaya, Artavavahi Strotasa*
- *Strotasa - Rakta Vahi, Artavavahi, Rasavahi*
- *Srtoto-Dusti Prakara - Atipravritti*
- *Roga Marga – Aabhyantara*

**Probable mode of action of *Kutajastaka-ghana* on *asrigdara***

*Asrigdara* is the disease of vitiated *Rakta* and *Pittavrita Apana Vayu*. Therefore it can be considered that *Vayu* can also be vitiated due to being covered by *Pitta*. The *Chala Guna* of *Vayu* and *Sara*, *Drava Guna* of *Pitta* plays an important role in forming basic *Samprapti* of *Asrigdara*.

**By *Rasa Panchaka***

**Rasa:** Most of the components of *Kutajastaka-Ghana* have *Tikta* and *Kashaya Rasa*. These *Rasa* have *Agni Deepana* and *Pachana* properties which help to cure *Agnimandhya* condition. These *Rasas* also do *Shleshma-Rakta-PittaPrashamana*. *Samgrahi* and *Stambhaka* actions of these *Rasas* help in *Raktasamgrahana* and *Raktastambhana*.

**Guna:** Most of the components of *Kutajastaka-Ghana* have *Laghu* and *Ruksha Guna*. These *Guna* help in *Shoshana* of increase *Rakta Dhatu* in *Asrigdara* and also does *Agni-Deepana* and *Amapachana*.

**Vipaka:** Most of the components of *Kutajastaka-Ghana* have *KatuVipaka*. It does *Agni-Deepana* and *Kapha Shamana*.

**Veerya:** Most of the components of *Kutajastaka-Ghana* have *Sheeta Veerya*. *Sheeta Veerya* does *Pittashamana*, *Rakta-samgrahana* / *Rakta-stambhana* and *Dahaprashamana*, that corrects burning sensation and excessive blood loss.

**Action on Samprapti Ghataka**

- a) **Dosha:** Predominant *Dosha* responsible for disease are, vitiated *Vata* and *Pitta*. *Pitta* is pacifying due to *Tikta-Kashaya Rasa* and *Sheeta Veerya*.
- b) **Dushya:** Most of the components of *Kutajastaka-Ghana* are *Rakta Samgrahi*, *Rakta Shodhaka* and *Rakta Sthapaka*, which helps in *Shodhana* of *Dushita Pitta* and *Rakta*. Further these have *Agnivardhana*, *Deepana*, *Pachana* properties which played a role in *Ama Pachana* of *Rasa Dhatu* by their action on *Jatharagni*.
- c) **Adhishthana and Srotasa:** Most of the components of *Kutajastaka-Ghana* *Shothahara*, *Ropana* and *Vedanasthapana* which help in *Srotoshodhana* and *Garbhashaya Shodhana* thereby reducing inflammation and uterine congestion. Presence of *Sandhaneeya* and *Vrana-ropana* drugs, reduce the fragility of endometrial capillaries and thus helps in their toning.

**DISCUSSION**

In the pathogenesis of *Asrigdara* prominent *Doshas* are *Vata* and *Pitta*. The main principle of the management of *Asrigdara* is *Agni Deepana*, *Dosha Pachana*, *Vata Anulomana*, *Pittashamana*, *Raktasthapana*, *Raktasamgrahana*, *Raktashodhana*, and *Garbhashaya Balya Chikitsa*. It should be done by *Tikta & Kashaya Rasa Pradhana Dravyas*.

*Kutajashataka Ghana* may work on *asrigdara* due to mainly *Kashaya*, *Tikta Rasa*, *Sheeta Veerya*, *Katu Vipaka*, *Deepana*, *Pachana*, *upshoshaka*, *Kaphapittashamaka*, *Raktapittashamaka*, *Raktasamgrahana*, *Raktastambhana*, *Raktashodhaka* and *Raktaprasadana* property.

Though the main concern is to reduce bleeding, hence *Rakta Sthapana chikitsa* becomes important. Acharaya *Charaka* said it to be treated on the principles of management of *Raktatisara*, *Raktapitta* and *Rakta arsha*.<sup>[9]</sup>

**CONCLUSION**

DUB occurs most commonly at the extremes of reproductive and perimenopausal age affecting the physical and psychological health of women. In addition, it is the commonest cause of iron deficiency in the developed world and of chronic illness in the developing world. Production of *Artava* depends upon *Rasa* and *Rakta Dhatu* by proper *Sthanika Agni*. *Artava Pravritti* is regulated by proper function of *Apana* and *Vyana Vayu*, since *Apana* is responsible for *Raja Pravritti*, while *Vyana* is responsible for blood circulation. A normal

phenomenon of *Artava* reflects the general health as well as the pelvic organs of the female body. *Deepaniya* and *pachaniya* drugs are play essential role in the treatment of *Asrigdara* for proper *Agni* so as to form proper *rasa* and *rakta dhatu* along with maintenance of equilibrium of dosha.

## REFERENCES

1. Hiralal Konar, D.C. Dutta, Text Book of Gynaecology, 6th Edition, New Central Book Agency, Calcutta, Publications, 2013; 80.
2. According to The national health portal of India- <https://www.nhp.gov.in/disease/gynaecology-and-obstetrics/abnormal-uterine-bleeding>
3. Agnivesha, Charaka, Dridhbala, *Charaka Samhita, Chikitsa Sthana, Yonivyapatchikitsa*, 30/204-224, elaborated *Vidyotini* Hindi Commentary by Pt. Kashinatha Shastri and Dr. Gorakha Natha Chaturvedi, Part-1,2 Chaukhamba Bharti Academy, Varanasi, 2009; 868-870.
4. Maharshi Sushruta, *Sushruta Samhita, Sharira Sthana, Shukrashonitashuddhisharira Adhyaya*, 2/20-21, with “*Ayurveda Tattva Sandipika*” Hindi Commentary by Kaviraj Ambikadutta Shastri part 1 and 2, edition, Chaukhamba Sanskrit Sansthan, Varanasi, 2010; 15-16.
5. Ibidem *Charaka Samhita (3), Sutra Sthana, Vidhishonitiya Adhyaya*, 24/12, and, *Vividhashitapitiya Adhyaya*, 28/11: 444,571, *Chikitsa Sthana, Vatavyadhichikitsa Adhyaya*, 28/230; 815.
6. *Sushruta Samhita (4), Nidana Sthana, Vatavyadhinidana Adhyaya*, 1/37;299, *Sutra Sthana, Vyadhisamuddeshiya Adhyaya*, 24/11: 132.
7. *Chakradatta* of Chakrapanidatta, with the commentary of *Ratnaprabha* by Nishchalkara, edited by Priyavrat Sharma, Published by Swami Jayaramdas Ramprakash trust, Jaipur, edition 1993, *Atisara chikitsa adhyaya*, 3/88-91: 137-138.
8. *Dravyaguna Vigyana Vol. II<sup>nd</sup>*, Prof. P. V. Sharma., Chaukhambha Bharti Academy, Varanasi, Print year- 2012.
9. Ibidem *Charaka Samhita (3), chikitsa sthan, Yonivyapatchikitsa*, 30/228, 870.