ROLE OF NAGKESHAR CHURNA WITH TANDULODAK ANUPANA
IN ATTYARTAVA (MENORRHAGIA) - A SINGLE CASE STUDY

Dr. Ramesh M. Bansode* and Dr. Vinaya V. Potdar

1Guide, Professor, Kriyasharir Dept., Govt. Ayurved College Nanded, Maharashtra.
2PG Scholar, Kriyasharir Dept., Govt. Ayurved College Nanded, Maharashtra.

ABSTRACT
Menorrhagia (attyaratava) is termed as excessive bleeding during regular menstruation. It affects personal, physical, mental, social, family and work life of women’s and reduces their quality of life. Excessive ushna, tikshna, sara, drva properties of vitiated pitta responsible for heavy bleeding while menstruation. Nagkeshar is helpful in bleeding disorder. It acts as haemostatic and anti-inflammatory. Nagkeshar mainly acts on the blood capillaries, due to its kashay rasa and shita virya or ishat ushna (cold potency). Tandulodak is shita, kashay in nature, as anupana it is helpful to increase the action or potency of nagkeshar churna. So it helps in controlling the excessive bleeding disorder. A girl having age 24 had came at OPD, with complaint of menorrhagia since 6 month with mild fever and general fatigue. All clinical investigation was done including sonography. All reports were normal. And USG showed the mild bulky uterus. So, Nagkeshar churna(5gm) was advised to patient with anupana of rinsed rice water(50ml) twice a day for seven days and Significant result was observed.

KEYWORDS: Nagkeshar, Tandulodaka, Menorrhagia, Attyaratava.

INTRODUCION
Ayurveda has described many fundamental concept like dohsa, dhatu with their updhatu and mala. Artava is the updhatu of Rasa dhatu. Ati means excessive and artva means menstrual blood. So, increased flow of menstrual blood than normal is termed as attyaratva. This excessive bleeding may last for more than 7 days and is often accompanied by fatigue, cramps, headache, weakness and pain. It interfere the women’s physical, mental, social life and declines the quality of life. In Ayurveda, the condition of excessive bleeding during
periods is known as Rakta Pradra.\textsuperscript{[1]} This condition arises when the pitta and vata get vitiated.

Today’s sedentary lifestyle, diet, regimen, stress, spicy junk food, excess workout may responsible for vitiation of rasa, rakta dhatu and pitta dosha. Pitta dosha, rakta dhatu and artava upadhatu has mutual relationship between each other.\textsuperscript{[2]} So if pitta get vitiated rakta and its upadhatu artava also get vitiated resulting menorrhagia (attyaratva). Ayurveda recommends many herbs and home remedies that can be easily used to cure the problem of heavy bleeding during periods. Nagkeshara (Mesua ferrea) is the herbs that are helpful in solving the problem of heavy bleeding. It is kashay(astringent)and tikta(bitter) in rasa (taste), Ishat ushn(hot), sheet viryatmak (cold potency), laghu and ruksha in nature and pacify the pitta. It is haemostatic and anti inflammatory in action. It is mostly referred in bleeding disorders.\textsuperscript{[3]} The concept of anupana described very well in our classics.\textsuperscript{[4]} By using the appropriate anupana increases the potency of that drug action. So, in this single case study Nagkeshara powder was advised with tandulodaka anupana and significant result was observed. It is discussed in discussion chapter.

**AIM:** Role of Nagkeshara Churna in Attyaratva with Tandulodha Anupana (menorrhagia)- A single case study.

**OBJECTIVE:** To evaluate the efficacy or role of Nagkeshar Churna with Tandulodak Anupan in Attyartava (Menorrhagia).

**MATERIAL AND METHODOLOGY**

**CASE REPORT**

**Personal History:** Name- xyz, Occupation- private job, Age -24 yrs, Sex- Female, Education-MCA, Height - 5ft, Weight- 70 kg, BMI-30.14, Diet – Mix diet, Marital status- unmarried. Agni- Madhyam, Koshth- Madhyam, Bala- Madhyam, Nidra- Atinidra, Prakruti-Kaph Pradhan Pittanubandhi.

A case study was conducted in a patient of regular heavy menstrual bleeding since 6 month, with fatigue and mild fever.

**History of present illness:** Patient had complaints of regular heavy menstrual bleeding since last 6 month with general weakness, mild fever with mild bulky uterus in USG. Patient had taken hormonal treatment but it worsens her physical and mental health. For this purpose,
patient came for management of menorrhagia, then we advised *Nagkeshar* powder (5 gm) with rinsed rice water (50 ml) regularly for 7 days & significant results were observed.

**Past history**: History appendectomy before 1 year.

**Premenstrual history**: Regular, 10 to 15 day heavy bleeding with mild abdominal pain & discomfort. LMP: 3/6/2018.


**Nidan Panchaka**: (in patient) - (1) *Hetu* – History of Excess junk, spicy food, *dadhi* (curd), fish, day-sleep, excess workout, *mutra & purisha vega dharana*. (2) *Purvaroop* – *Attyartava* (heavy bleeding up to 15 to 20 day), (3) *Roopa* – *Attyartava* (heavy bleeding) with fatigue, mild fever, *Shwas* (dyspnoea) (4)*Upshaya* – *Nagkeshar churna* with *tandulodak anupana*. (5) *Samprapti*— Harmful *pitta and vata* causes vitiation of *Artava vaha Srotasa*.

**Systemic examination** – In Systemic examination on inspection she was normal, Auscultation peristaltic sounds heard, Palpation mild tenderness over pelvis, Percussion was normal. (CVS, RS, CNS – NAD, BP- 130/80 mmHg, PR- 92/Min).

**Investigation**: Hb- 7.8gm/dl. USG finding- Bulky uterus.

On the basis of examination and assessment of clinical feature, history and clinical reports available we diagnosed the case as menorrhagia.

**Treatment planned** – *Nagkeshar Churna/powder* (Pharmacy Baidyanath) 5 gm twice a day with *Tandulodak Anupana* after meal (rinsed rice water 50 ml) for 7 day. Advised healthy diet and *hetu* was avoided (causative factor) which observed in the patient.

**Preparation method**: 50 gram rice taken + 500 ml normal drink water added and kept for whole night. Then it used as *tandulodak* in patient. (Also hot water can be use, but use it after cooling for medicinal purpose).
OBSERVATIONS AND RESULTS

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
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<tbody>
<tr>
<td><strong>1. Heavy menstrual bleeding up to 15 day</strong> Number of pads required - 8 to 9 pads for 15 day regularly.</td>
<td>Bleeding decreased day by day after medicine.</td>
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<tr>
<td><strong>2. Fever – 40°C temperature</strong></td>
<td></td>
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<tr>
<td>Days of menses</td>
<td>No. of pads taken by patient</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; day</td>
<td>8 pads taken by</td>
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<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; day</td>
<td>6 pads taken</td>
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<td>3&lt;sup&gt;rd&lt;/sup&gt; day</td>
<td>4 pads</td>
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<td>4&lt;sup&gt;th&lt;/sup&gt; day</td>
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<td>5&lt;sup&gt;th&lt;/sup&gt; day</td>
<td>3 pads</td>
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<td>6&lt;sup&gt;th&lt;/sup&gt; day</td>
<td>2 pads taken</td>
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<tr>
<td>7&lt;sup&gt;th&lt;/sup&gt; day</td>
<td>1 pad</td>
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<tr>
<td>8&lt;sup&gt;th&lt;/sup&gt; day -</td>
<td>Pad Not required, bleeding stop completely</td>
</tr>
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3. Fatigue - **Grade 2** observed. Fatigue – **Grade 1** observed.

**Grade3** - Unable to do daily activities, need IV fluid
**Grade2** - Able to do daily activities, but need rest
**Grade1** - Able to do daily activity, feel tired after activity.
**Grade0** - Daily activities are normal without tiredness.

DISCUSSION

Menorrhagia is one of the most common symptoms seen in gynaecology. It is defined as menstruation at regular cycle but with excessive flow which may last for more than 7 days with menstrual bleeding of more than 80 ml in each cycle. Menorrhagia have effects on personal, physical, mental, social, family and work life of women and thereby reduces their quality of life. In some cases, the cause of heavy menstrual bleeding is unknown, but a number of conditions may cause menorrhagia like Hormonal imbalance, PCOS, Adenomyosis, Dysfunction of ovaries, Uterine fibroid, Polyp, Endometrial Cancer, Dysfunctional uterine bleeding, inherited bleeding disorder etc. Excessive or prolonged menstrual bleeding can lead to Anaemia and more complication. So need to care, early diagnosis and management.

Today’s sedentary lifestyle affects woman’s reproductive health it is one cause behind Menorrhagia. According to Ayurveda it is called as Rakta-pradar, “Prakarshen Diryadte iti pradar”. In pradar management nagkeshara drug has advised with rinsed rice water (1 pal rice+8 fold water), termed as tandulodaka. It is the subtype type of hima formulation described by Acharya Sharangdhara. Tandulodaka is kashay and madhur in rasa (taste), therefore helpful to increase the haemostatic action (Rakt Sthabhak) of nagkeshara churna. Nagkeshara (messua ferrea) has astringent taste with ishat-ushna (in small extent hot), ishat
sheet virya (cold potency). It is lagu, ruksha in nature, so it act as haemostatic by constricting the blood capillaries and prevents the bleeding.\cite{9} It acts as anti-inflammatory, antisepctic, antifungal, analgesic, hepatoprotective, antioxidant, antispasmodic in action. It contain 1,5-dihydroxyxanthone (II), euxanthe 7-methyl ether (IV) and β-sitosterol, messuo etc. The Extract of M. ferrea has also been shown to possess estrogen and progesterone-like effects which were proposed to be helpful in the correction of hormonal imbalance during menstrual disorders.\cite{10}

In this case; patient had complaint of mild fever and fatigue, it was due to heavy bleeding. Patient started to take nagkeshar churna with tandulodak from 1st day of her menstrual cycle. Day by day significant effect was seen. As soon as bleeding stopped, her fatigue and mild fever get reduced.

**CONCLUSION**

Nowadays Attyaratava (Menorrhagia) is most commonly interfering the personal, physical, mental, social, family and work life of women and thereby reduces their quality of life. So, it is need to early diagnosis and Management. Today’s sedentary lifestyle causes vitiation of Rakta and Pitta which are the dushya and dosha of Attyaratava respectively. Nagkeshar churna with Tandulodaka has significant role in the bleeding disorder like Attyaratava (Menorrhagia). It acts as haemostatic, anti inflammatory, analgesic due to its pitta shamak and kapha shamak action. Also it corrects the hormonal imbalance (estrogen and progesterone) so, it have significant role in the menorrhagia.

**REFERENCES**


8. Vd Dole, Bhaishajya Kalpana, Anmol Prakashan, Chapter 6th, Page No. 66.
