Case Study

Ayurvedic Management of Menorrhagia with Lodhra Shunthi Yog- A Case Study

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ABSTRACT

Detail description of Strirogyadhies and various changes that occur during all stages of women life such as Puberty, reproductive age, menopause, diseases that occur during these stages and most important treatment mentioned in oldest system of health science i.e., Ayurveda. Raktapradar in Ayurveda is characterized by excessive or prolonged menstruation with or without inter-menstrual bleeding, which is one of the most common bleeding disorders in women. Excessive bleeding from uterus either at the time of menses or in inter-menstrual time is considered as Asrigdara or Raktapradar in Ayurveda. 28% of women's population considered that menstruation excessive and plan their social activities around the menstrual cycle. 10% of women employees need to take off from the work because of excessive menstrual bleeding. About 6% of women, aged between 25 to 45 years consult their general practitioners about excessive bleeding. Once referred to gynecologist, possible causative bleeding disorders are not routinely investigated and risk of surgical interventions is high. Ayurveda provides many alternatives which not only cures disease but also prevents their recurrences. Ayurveda gives so many formulations to overcome to Raktapradar one such formulation selected here i.e., Lodhra Shunthi Yog. By considering above mentioned facts and in this case study, an attempt is made to evaluate potency of Lodhra Shunthi Yog (in Churna form) for management of Raktapradar.

INTRODUCTION

In this rapid developing world and with onset of various health conditions and virus infesting the world, the nations are looking back for the solutions in the ancient studies of Ayurveda where every situation was dealt with utmost sheer and relentless efforts. The solutions through Ayurveda are permanent in nature and free from side effects as compared to modern medication techniques. In adolescent peri-menopausal and reproductive age group Raktapradar or Asrigdara characterised by excessive prolong rhythmic menstrual or inter menstrual bleeding [1]. In outpatient setting menorrhagia is one of the leading causes of outpatient gynaecological visits with 20% to 30% of women presenting with this complaint annually [3].

This type of Artava Vikar is distressing and can cause many complications like anaemia, mental confusion, burning sensation, delirium, drowsiness, unconsciousness and infertility. To defeat all mentioned snags, an attempt is made by selecting Lodhra Shunthi Yog mentioned in Ayurvedic literature Acharya Yogaratnakar, Uttararadhagata Strirog Adhikar, 18 which will conquer all side effects & hormonal imbalance with due to its combination, economical and disease healing characteristics[3].

Smplocos racemose (i.e., Lodhra) is one of the effective and potent Ayurvedic plant widely used in gynaecological disorders especially in menstrual disorders. The main event happens in Raktapradar is Pitta & Rakta Dushit with the major involvement of Apan Vayu[4]. Acharya Charak mentioned this under Pittavritta Apanvayu[5]. The bark of Lodhra relaxes the uterine muscles and reduces the heavy blood flow also the bark contents main three vital alkaloids namely, loturine (0.21%), loturidine (0.6%) and colloturine (0.2%). It shows anti-inflammatory activity also influence the endometrial prostaglandin, therefore acting effectively in controlling the menstrual blood flow[6]. According to Ayurveda, the Lodhra comes
under the category of Raktastamba and Garbhshayya Shothahar group. Zingiber Officinale (i.e., Shunthi) works as emulsifier in Kapha Vata Dushti i.e., Strotoshuddhikar and leads to Strotagni Deepan and Balyakar. It also shows Shula Prashamana effect. Extract of Shunthi compounds such as Thromboxane, Leucotrine and Prostaglandins which acts as an anti-inflammatory substance due to positive regularity effect which enables to pacify the obstruction or congestion or high vascularity which leads for reduction in loss of blood\[7\].

**AIM & OBJECTIVES**

**Aim:** To study clinical efficacy of Lodhra Shunthi Yog (in Churna Form with Anupan Ghrita/Sharkara) for Menorrhagia.

**Objective**

1. To analyse the amount of blood loss in Menorrhagia.
2. To study the course of action of Lodhra Shunthi Yog in detail.
3. To make available safe cost effective treatment.

**MATERIALS AND METHODS**

1. Literary data about the case study has compiled from Ayurvedic text.
2. Collected the literary from various researches, textbook and publications.
3. Various Ayurvedic texts are referred for all the dealings.

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“शुन्ती मिश्रित योगक्षेत्र में स्त्रीस्वरूपस्वास्थ्य विरुद्धातिकाचार्य”

प्रबंध प्रदर्शन पत्रिकायांतून कुटुंबातील अभिवादन.
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<table>
<thead>
<tr>
<th>Sr No</th>
<th>Drug</th>
<th>Rasa</th>
<th>Virya</th>
<th>Vipak</th>
<th>Guna</th>
<th>Doshghnata</th>
<th>Karma</th>
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<tbody>
<tr>
<td>1</td>
<td>Lodhra</td>
<td>Kashay</td>
<td>Katu</td>
<td>Shit</td>
<td>Laghu, Raksha</td>
<td>Kaphpittashamak</td>
<td>Raktasangrahan Raktasthambhak Raktashodak Shothahar</td>
</tr>
<tr>
<td>2</td>
<td>Shunthi</td>
<td>Katu</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Laghu, Snigdha</td>
<td>Kaphavatashamak</td>
<td>Raktashodak</td>
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<tr>
<td>3</td>
<td>Ghrita</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sharkara</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Preparation of Drug & Dose of Drug**

The material will be collected from market and Lodhra Shunthi Yoga will be taken in equal quantity i.e., ideal dose of Churnais 1 Karsha.

- 1 Karsh = 11.50gm approximately.
- Hence, 12gm Churna to be given once a day before food.
- Duration of Case Study is 90 days.
- 12gm Lodhra Shunthi Yoga OD, before food.
- Anupan=Ghrita, Sharkara.

**Case study**

A 29 year old married female visited OPD with complaints of excessive bleeding in every rhythmic menstrual cycle since from two years.

- **Past Medical History:** No any H/O HTN or DM or Kochs /Thyroid / Asthma
- **Past Surgical History:** No any surgical history present.

Not under any medication neither allergic to any drug.

- **Family History:** No any family history present.

- **Menstrual History:** Age of Menarche – 13 years of age.
- **Marital History** – Married since from last month (i.e., Date of Marriage – 15Feb 2020).
- **LMP:** 3/7/2020.
- **LLMP:** - 2/6/2020.
- **Present M/H:**
  - Length of cycle in Days – 28 to 30 days (regular rhythmic cycle with no inter-menstrual bleeding or spotting).
  - Duration of flow – 08 Days (mild pain in initial two days).
  - No. of pads – 07 pads/ day completely soaked with passing clots.

- **General Examination:**
  - G.C – Good.
  - Temperature – Afebrile (97.3 F)
  - BP – 110/70 mm of Hg.
  - Pulse – 84/ min.
  - Height – 166 cm.
Weight – 68 kg.

Systemic Examination:
- R S – AEBE Clear.
- CVS – S₁ & S₂ Normal.
- CNS – Conscious Oriented.

Contraception History: No any contraception used by female partner and Condoms were used by male history.

Investigations

<table>
<thead>
<tr>
<th>Haemogram Profile</th>
<th>Result</th>
<th>Reference Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haemoglobin</td>
<td>13.1 gm%</td>
<td>12-15 gm%</td>
</tr>
<tr>
<td>Total RBC Count</td>
<td>4.75 mL/cmm</td>
<td>4.2 – 5.4ml/cmm</td>
</tr>
<tr>
<td>Total WBC Count</td>
<td>5000 /cmm</td>
<td>4000-11000 /cmm</td>
</tr>
<tr>
<td>Platelets Count</td>
<td>2.6 lakh /cmm</td>
<td>1.5 – 4 lakh/cmm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coagulation Profile</th>
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<th>Normal Range</th>
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<tbody>
<tr>
<td>Activate Whole Blood Clotting Time</td>
<td>115 sec</td>
<td>90-130 sec</td>
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<tr>
<td>Circulating Anticoagulant</td>
<td>Negative</td>
<td>Negative</td>
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<tr>
<td>Activated partial Thromboplastin time</td>
<td>23 sec</td>
<td>21-31 sec</td>
</tr>
<tr>
<td>Prothrombin Time</td>
<td>11.6 sec</td>
<td>10-13 sec</td>
</tr>
<tr>
<td>Thrombin Time</td>
<td>17.8 sec</td>
<td>14-19 sec</td>
</tr>
<tr>
<td>Frinogen - Thrombin Clottable</td>
<td>312 mg/dL</td>
<td>200 – 400 mg /dL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hormonal Profile</th>
<th>Result</th>
<th>Reference Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSH</td>
<td>12.6 IU/L</td>
<td>4.5 – 21.5 IU/L</td>
</tr>
<tr>
<td>LH</td>
<td>3.86 IU/L</td>
<td>1 – 9 IU/L</td>
</tr>
<tr>
<td>TSH</td>
<td>2.16 µIU/mL</td>
<td>0.4 – 4µIU/mL</td>
</tr>
<tr>
<td>Progesterone</td>
<td>0.27 ng/mL</td>
<td>0.1 – 1.0ng/mL</td>
</tr>
<tr>
<td>Estradiol</td>
<td>115 pg/mL</td>
<td>15-350 pg/mL</td>
</tr>
<tr>
<td>Testosterone</td>
<td>35 ng/mL</td>
<td>15-70 ng /dL</td>
</tr>
<tr>
<td>Prolactin</td>
<td>12 ng/mL</td>
<td>2-29 ng/mL</td>
</tr>
</tbody>
</table>

USG Pelvis Report as on 11/09/2020

Uterus anteverted, Shows a normal echotexture. It measures about 65 x 21 x 30 mm. Uterini Cavity is centralin Position & is empty. The endometrial thickness is 12.0mm. Myometrial echotexture is normal, cervix- normal. Both ovaries are normal in size & echotexture. Right Ovary measures about 29mm x 21mm. Left Ovary measures about 27mm x 19mm. No evidence of any abnormal findings.

Treatment Given
- Lodhra Shunthi Yog (Churna- 6gms of Lodhra & 6 gms of Shunthi) – 12gms once in a day just before food with Sharkara.
- For initial four days menstrual cycle continuing for next three days
- Duration – 3 months follow up after every 15 days.

Pathya – Apathya

- During the menstrual cycle or even in routine life patient was advised to have Sathvik Ahaar which will exclude junk food, excessive spicy and oily food.
- Advised to adapt healthy routine like daily physical exercise which includes Yoga, Walking and jogging.
- Advised to follow proper diet and meal timings as per scheduled.

Observation

Patient followed drug and Pathyapathy strictly. Significant result was seen. Patient got her normal menstrual blood flow at normal intervals.

Result

Lodhra Shunthi Yog (by Acharya Yogaratnakar), work as Kaphpittashamak and Kaphavatashamak, so acts as Raktasangrahan, Raktasthambhak, Raktashodak,
Shothahar and Raktashodak. All these properties have shown great reduction in duration of menstrual blood flow.

**CONCLUSION**

Strotasgat Agni Vridhii, StrotoShuddhikar and Deepan Pachan these are the main events done by LodhraShunthi Yog. By Deepan Pachan it acts as a Rakta Shuddhikar and Raktasthambhak also due to Anupan- Ghrita or Sharkara acts as a Vatapittashamak and Vatanulomak. These all properties lead to reduce in excessive amount of menstrual blood flow which stabilizes the menstrual cycle.

**REFERENCES**


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