

Case Study

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MANAGEMENT OF MENORRHAGIA THROUGH AYURVEDA: A CASE STUDY**Smita Naram¹, Komal Gawali²****AFFILIATIONS:**

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ABSTRACT:

Menorrhagia is one of the most common gynaecological symptoms characterized by regular menstrual cycles with an excessive menstrual flow persisting beyond seven days. Menstrual bleeding above 80 ml/ cycle can be a symptom of menorrhagia. If severe with an underlying cause, women suffer from pain, bleeding, disturbance in daily activities, deprived work performance, stress, anxiety or depression and in turn deprived quality of life. A patient with similar complaints reported to OPD of Ayurshakti Ayurved Private Ltd complaining pain and severe bleeding continuous for 7 days where she used to require 10 pads daily and it was since past 6 cycles. She had history of fibroid, adenomyosis and endometriosis. She was given medicinal protocol of tablet Pittashamana, Tablet Sakhi, Tablet Bliss for 2 months, Amrutadi churna for alternate 15 days. After 2 month she found significant results reported by her use of only 3 pads per day. She was further continued with same protocol by addition of Tablet Jeevan yoga for next one month. She was advised with diet and lifestyle changes. The medicinal protocol used was with principles of pitta-shamana (pacifying pitta and rakta), rakta-prasadana (blood purifier), raktavardhana (hematinic), balya(tonic), nidrajanana (sedative), vrushya (aphrodisiac), rasayana (adaptogen, immunomodulator) drugs.

Keywords: Ayurveda, Raktapradara, Pittahsamana, Menorrhagia, Rasayana

Introduction

Menorrhagia is one of the most common gynaecological symptoms characterized by regular menstrual cycles with an excessive menstrual flow persisting beyond seven days. Menstrual bleeding above 80 ml/ cycle can be a symptom of menorrhagia. ⁱReport says, Menorrhagia affects one in five women in developed countries like USA and UK and similar proportion is seen in other countries as well. The identified prevalence by World Health Organization (WHO) is for three-months severe bleeding is 8–27%.ⁱⁱ In India, 16% of the women aged between 15 and 44 years of age have been reported with diagnosis of menorrhagia, and 25% of the women complained about long-frequent periods of bleeding or staining. The findings reports women are more worried about loss or reduction in daily activities than that of volume of bleeding. It negatively affects their quality of life (QOL) and significant impact seen on personal, social, family, and work life of women.ⁱⁱⁱ Additionally it effects on health by causing iron deficiency anaemia. The commonly used medications for treating menorrhagia are NSAIDs, tranexamic acid, and danazol for reducing blood loss and in some cases hysterectomy is done to control bleeding. The reported adverse effects of tranexamic acid are leg cramps and nausea, which occur in almost one third of women. NSIDs are well known for their gastrointestinal side effects namely Indigestion, stomach pain, nausea, diarrhoea, stomach ulcers, cardiovascular side effects like hypertension, myocardial infarction, atrial fibrillation and other side effects like drowsiness, hepatotoxicity etc. Danazol possess more side effects than NSAIDs.^{iv} In Ayurveda Menorrhagia is correlated with Raktapradara. For its treatment, medicines and diet having Pitta-shamana, Rakta-prasadana, Rakta-vardhana, Rasayana qualities are advised and in Panchakarma process like Virechana and Basti are advised. The selection of medicines, diet and panchakrma shall be done by physician by thorough clinical examination of patient. This case report describes an Ayurvedic approach for treating menorrhagia with significant results.

Case report

A female patient with history of pain and severe bleeding for 7 days where she used to require 10 pads daily for first 3 days and 5-6 pads. Similar

history was found for past 6 cycles. She had history of fibroid, adenomyosis and endometriosis. She has been operated for 5 cm fibroid.

On examination patients pulse was 78/min, blood pressure was 110/70 mm/Hg, bowel habits were regular, no urine complaints, digestive capability was optimum, tongue was Niram, weight was 66 kg.

Treatment given

Patient was given treatment protocol as follows

Observations	Treatment protocol	Dose	Anupana	Duration
Bowel: Regular Bladder: Normal Sleep: Normal Appetite: Proper Weight: 66 kg Pulse: 78/min BP: 110/70 mm/hg	Tab Sakhi	500mg-500 mg	w.w.	15 days
	Tab Pittashamaka	500mg-500 mg	w.w.	
	Amrutadi churna	5 g night time	w.w.	
Follow up 1				
Bowel: Regular Bladder: Normal Sleep: Normal Appetite: Proper Weight: 66.6 kg Pulse: 72/min BP: 120/70 mm/hg	Tab Sakhi	500mg-500 mg	w.w.	15 days
	Tab Pittashamaka	500mg-500 mg	w.w.	
	Tab bliss	500mg-500 mg	w.w.	
Follow up 1				
Bowel: Regular Bladder: Normal	Tab Pittashamaka	500mg-500 mg	w.w.	15 days

Sleep: Normal Appetite: Proper Weight: 66.6 kg Pulses: 78/min BP: 110/70 mm/hg	Tab Bliss	500 mg- 500 mg	w.w.	
	Amrutadi churna	5 g night time	w.w.	
Follow up				
Bowel: Regular Bladder: Normal Sleep: Normal Appetite: Proper Weight: 66.2 kg Pulses: 70/min BP: 100/70 mm/hg	Tab Bliss	500 mg- 500 mg	w.w.	15 days
	Tab Jivan yoga	500 mg- 500 mg	w.w.	
Follow up				
Bowel: Regular Bladder: Normal Sleep: Normal Appetite: Proper Weight: 65.6 kg Pulses: 70/min BP: 100/70 mm/hg	Amrutadi churna	5 g night time	w.w.	15 days

w.w.: Warm water

The patient was kept on medicines and diet and found significant result in symptoms like pain and bleedings and per day requirement of pads became 2 to 3 from 10 pads/ per day. Patient was able to do all routine work and reported for improved QOL. In menorrhagia, vitiation of Pitta and Vata is seen. In present case patient has severe bleeding hence it is

reflected there is severe vitiation of Rakta and Pitta.

Hence, patient was given, medicine which will pacify vitiated Pitta and Rakta dosha. Regulate hormonal axis and balanced secretion of hormones. As patients had history of stress which further aggravates hormonal imbalance, herbal stress reliever was incorporated in the treatment protocol. Virechana is an ideal treatment from achieving control on highly vitiated pitta and rakta but in this case it could not be done as patient was not having optimum bala (energy) to perform this procedure. Hence, mild virechana in the form of herbal laxatives were given. The medicines, its ingredient and mechanism of actions are discussed below:

SN	Ingredient name	Ingredient's latin name	Proportion
1.	Mukta pishti	<i>Pinctada margaitiera</i>	200 mg
2.	Guduchi	<i>Tinospora cordifolia</i>	105 mg
3.	Suvarna gairika	<i>Ferrum haematite</i>	70 mg
4.	Usheera	<i>Vetivera zinzanoides</i>	50 mg
5.	Kapardik bhasma	<i>Cyperea moneta</i>	25 mg
6.	Shankha bhasma	<i>Conch shell</i>	25 mg
7.	Shukti bhasma	<i>Oestrea edulis</i>	25 mg

Tab Pitta-shamaka contains ingredients which are deepana, pachana and pacifies pitta. As in menorrhagia rakta is vitiated due to vitiation of Pitta and rakta correlation. As blood vitiated so pitta shaman is essential. Tab Pitta-shamana also provides calcium based ingredients having pitta-shamana effect. It helps to give strength and vitality to patient..

Table 2: Tab Sakhi and its ingredients

SN	Ingredient name	Ingredient's latin name	Proportion
1.	Ashok bark extract	<i>Saraca indica</i>	100 mg
2.	Shatavari root extract	<i>Asparagus racemosus</i>	100 mg
3.	Gokshura	<i>Tribulus</i>	100 mg

	fruit extract	<i>terrestris</i>	
4.	Renuka seed	<i>Viagnus catus</i>	200 mg
5.	Kumari	<i>Aloe barbadensis extract</i>	70 mg
6.	Karpas beej root extract	<i>Gossypium herbaceum</i>	50 mg
7.	Ulat kambal root extract	<i>Abomechous augusta</i>	63 mg
8.	Vamshamoola root extract	<i>Bambusa arundinaceae</i>	63 mg
9.	Gajar seed extract	<i>Daucus carota</i>	15 mg

Table 4: Tab Amrutadi churna and its ingredients

SN	Ingredient name	Ingredient's latin name	Proportion
1.	Ikshu	<i>Saccharum montanum</i>	400 g
2.	Haritaki	<i>Terminalia chebula</i>	190 g
3.	Swarnapatri	<i>Argemone mexicana</i>	180 g
4.	Mishreya	<i>Foeniculum vulgare</i>	100 g
5.	Yashti	<i>Glycyrrhiza glabra</i>	70 g
6.	Aaragwadha	<i>Cassia fistula</i>	40 g
7.	Trivrutta	<i>Operculina turpethum</i>	15 g
8.	Hingu	<i>Ferula narthex</i>	5 g

Heavy bleeding may be caused due to hormonal imbalances of oestrogen and progesterone, or other hormones or uterine disorders e.g. polyps, fibroids, adenomyosis, malignancy, etc.. IN this case both factors were applicable. Tab Sakhi contains ingredient which balances estrogen and progesterone secretions and correct hypothalamic-pituitary-ovarian axis. Shatavari, Kumari, Karpas beej, Gajar beej are good source of phytoestrogen. Estrogen, via estrogen receptor (ER), increases the endometrial responsiveness to all ovarian steroid hormones by up-regulating ER, progesterone receptor (PR) and androgen receptor (AR) the net result being cell proliferation with consequent rebuilding and increasing thickness of the endometrial functions layer.^v

Table 3: Tab Bliss and its ingredients

SN	Ingredient name	Ingredient's latin name	Proportion
1.	Ashwagandha root extract	<i>Withania somnifera</i>	100 mg
2.	Brahmi root extract	<i>Bacopa monnieri</i>	150 mg
3.	Brahmi powder	<i>Bacopa monnieri</i>	150 mg
4.	Tagar root extract	<i>Valerina wallichii</i>	50 mg
5.	Shunthi rhizome	<i>Zinziber officinale</i>	30 mg
6.	Jatamansi extract	<i>Nardostachys jatamansi</i>	50 mg

Stress is one of the causative factors for dis-regulations of hormones. Ingredients of tablet bliss are anxiolytic, sedative and adaptogen. It helps to relax mind and brain.

Amrutadi churna is mild laxative. As bala (strength) of patient was low, hence, instead of Virechana process, mild laxative was given alternatively 15 day.

With this treatment, patient found significant result in pain and bleeding from use o 10 pads to 4 per day. For further increasing immunity, tablet Jeevan yoga was given to the patient.

Table 5: Tab Tab Jeevan yoga and its ingredients

SN	Ingredient name	Ingredient's latin name	Proportion
1.	Guduchi stem extract	<i>Tinospora cordifolia</i>	200 mg
2.	Godanti bhsma	<i>Calcium sulphate</i>	100 mg
3.	Mukta pishti	<i>Pinctada margaretiifera</i>	50 mg
4.	Vanshalochana	<i>Bambusa arundinacea</i>	30 mg
5.	Abhrak bhasma	<i>Mica</i>	30 mg
6.	Shunthi	<i>Zinziber officinalae</i>	22 mg
7.	Pippali	<i>Piper longum</i>	20 mg
8.	Dalchini	<i>Cinnamomum zeylanicum</i>	15 mg
9.	Usheer	<i>Vetivera zinzanoides</i>	30 mg

10	Katuka	<i>Picrorrhiza kurroha</i>	8 mg
11	Parpat	<i>Fumaria indica</i>	5 mg
12	Sariva	<i>Hemidesmus indicus</i>	5 mg
13	Madhavi flower	<i>Hiptage madablota</i>	5 mg

Ingredients of Jeevan yoga contains ingredient which are *Rasayana* (rejuvenator) and tonic. It helps to keep balance of *dosha* and prevents it from further vitiation. It helps to increase immunity, strength and iron levels of patient.

Diet and lifestyle modification:

Patient was given advice for inclusion of vegetables like bottle guard, snake guard, bitter guard, pumpkin, spinach, amaranth, fenugreek, fruits like pomegranate, orange, amla, millets like *jowar*, amaranth, ragi, pulses like green gram, red lentil and addition of 1 tsf of cow ghee in daily diet etc. She was advised to do Suryanamaskara and pranayama daily.

The combination of treatment helped to pacify vitiation of Pitta and Rakta, improve in appetite, digestive capacity, immunity, strength of patient and nourishing all saptadhatu to improve vitality. Most of the drugs like Shatavari, Ahsvagandha, Pippali, Abhraka, Yashtimadhu, Sariva, Gokshura etc are source of phytoestrogen.^{vi} It is helpful to surpass the side effects caused by hormonal therapy.

Conclusion

Patient of menorrhagia can be managed with comprehensive approach lifestyle modification and medicines, diet. having properties of pitta-shamana (pacifying pitta and rakta), rakta-prasadana (blood purifier), raktavardhana(hematinic), balya(tonic), nidrajanana (sedative), vrushya (aphrodisiac), rasayana (adaptogen, immunomodulator) drugs.

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