

**Review Article****MODE OF ACTION OF CHANDANADI CHOORN IN ASRIGDAR: A REVIEW**

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ABSTRACT

Asrigdar characterized by excessive or prolonged menstrual or inter-menstrual bleeding. This condition is distressing and potentially disabling, with this social and work commitments being cancelled. *Asrigdar* is the common cause of iron deficiency anaemia and general debility. So many preparations have been mentioned in our texts for the treatment of *Asrigdar*. In *Bhaishajya Ratnavali*, *StriRogadhikara* under *Pradara Chikitsa* 66/20-24 *Chandanadi choorna* is described. All the contains of *choorna* having property are *Pittakapha Shamaka*, *Rakta Shodhaka* and *Stambhaka*, *Garbhasaya Balya* properties which are effective control and cure in the *Asrigdar*.

KEYWORDS: *Asrigdar*, *Bhaishajya Ratnavali*, *Chandanadi choorna*.**INTRODUCTION:**

Ayurveda is a "science of life." It is an ancient religio-vedic science originated from the ancient Vedic civilization. Eventually, Ayurveda was organized into its own compact system of health and considered under a branch of Atharva Veda. The power of regeneration is the greatest gift endowed by God upon mankind. As an instrument of nature, in the multiplication of human race, the woman has a pivot role to play.

Moreover, Acharya Manu has stated, "the happiness of the human society needs proper care and respect of woman." Nidation of seed will grow only in a favourable environment; likewise production of good offspring highly depends on the woman's reproductive health.

Length of Rituchakra (menstrual cycle) is usually twenty one to thirty days. The duration of bleeding is about five to seven days and estimated blood loss is 30 to 80 ml.¹ The menstrual rhythm (length of the cycle) depends upon the hypothalamo-pituitary-ovarian function where as the amount of blood loss depends upon the uterine condition.

Asrigdar indicated the excessive and irregularity of menses. In the female the reproductive system has a great importance and any disease in this system will seriously affect her health and happiness and also it proves to be a great discomfort. *Asrigdar* is one amongst the extensive range of occurrence. Any abnormality in Rituchakra (menstrual rhythm) leads excessive and irregular uterine bleeding which is known as "*Asrigdar*" in classical text.¹

Charaka explained *Asrigdara* as a separate disease with its management in *Yoni Vyapada Chikitsa*. He has also explained it as one of the *Rakta Pradoshaja Vikara* and also under *Pittavruta Apana Vayu*¹. Acharya Sushruta explained it as a separate disease entity in *Shukra Shonita Adhyaya* in *Sharirasthana*. He also mentioned it under *Pitta samyukta apana*². He also mentioned it in *rakta Pradoshaja Vyadhi*.² *Ashtanga Sangraha* explained *Raktayoni* and said *Asrigdara* and *Pradara* as its synonyms

Chandanadi choorna is mentioned in *Bhaishajya Ratnavali*, *StriRogadhikara* under *Pradara chikitsa*¹. **(B.R. 66/20-24)**

The Ingredients of *choorna* are *Chandana*, *Nalada*, *Lodhra*, *Ushira*, *Padmakesara*, *Nagapushpa*, *Bilwa*,

Bhadramusta, Sharkara, Hrivera, Patha, Kutaja phala and twaka, Sringvera, Ativisha, Dhataki, Rasanjana, Amrasthi, Jambusara and asthi,

Mocharasa, Neelotpala, Samanga, Sukshmaila and Dadima. All the drugs have been taken in equal quantity.

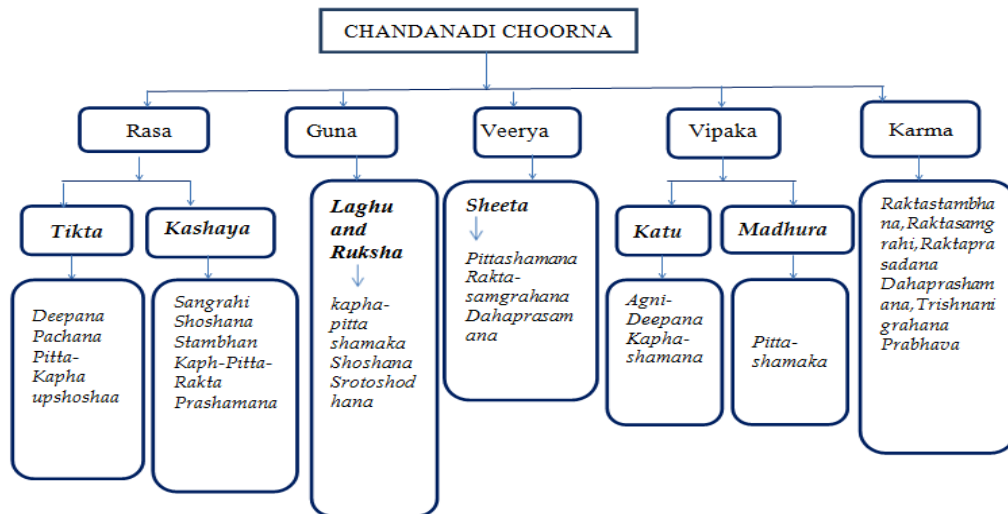
Table 1: showing pharmacological properties of ingredients of Chandanadi choorna¹

Name	Rasa	Guna	Virya	Vipaka	Parts used	Dosha karma
Chandana	Tikta, Madhura	Laghu, Ruksha	Sheeta	Katu	Heart-wood-sandalwood, Sandal oil.	Kaphapittashamaka
Nalada (Ushira)	Tikta, Madhura	Laghu, Ruksha	Sheeta	Katu	Root	Kaphapittashamaka
Lodhra	Kasaya	Laghu, Ruksha	Sheeta	Katu	Bark	Kaphapittashamaka
Padmakesara	Kasaya, madhura, tikta	Laghu, Snigdha, Picchila	Sheeta	Katu	stamens	Kaphapittashamaka
Nagapushpa	Kasaya, tikta	Laghu, Ruksha	Ushna (isat)	Katu	Stamens, flowers	Kaphapittashamaka
Bilwa	Kasaya, tikta	Laghu, Ruksha	Ushna	Katu	Root, bark, leaves, fruits, root-bark	Kaphapittashamaka
Bhadramusta	Kasaya, tikta, katu	Laghu, Ruksha	Sheeta	Katu	Tubers	Kaphapittashamaka
Hrivera	Tikta, Madhura	Laghu, Ruksha	Sheeta (anushna)	Katu	Roots	Kaphapittashamaka
Kutaja	Kasaya, tikta	Ruksha	Sheeta	Katu	Seeds, Bark	Kaphapittashamaka
Sringavera	Katu	Laghu, Snigdha	Ushna	Madhura	Rhizome	Vatakapha shamaka
Samanga	Tikta, kasaya, Madhura	Guru, Ruksha	Ushna	Katu	Roots	Kaphapittashamaka
Ativisha	Tikta, Katu	Ruksha	Ushna	Katu	Roots-tubers	Tridosahara (kaphapittashamaka)
Dhataki	Kasaya, katu	Laghu, Ruksha	Sheeta	Katu	Flowers, Bark	Kaphapittashamaka
Rasanjana	Kasaya, tikta	Laghu, Ruksha	Ushna	Katu	-	Kaphapittashamaka
Amra	Kasaya, Amla (apakva phala), Madhura (pakva phala)	Laghu, Ruksha	Sheeta	Madhura	Fruits unripe and ripe, Leaves, Flowers, Bark, Seeds-kernels, Resinous gum, Roots	Kaphapittashamaka
Jambu	Kasaya, Madhura, Amla	Laghu, Ruksha	Sheeta	Madhura	Fruits, fruit-seed (stone), Bark, Leaves	Kaphapittashamaka
Mocharasa	Kasaya	Snigdha	Sheeta	Katu	-	Kaphapittashamaka
Neelotpala	Kasaya, Madhura, Tikta	Laghu, Snigdha, Picchila	Sheeta	Madhura	Flower, seeds, Root	Kaphapittashamaka
Sukshmaila	Katu	Laghu, Ruksha	Sheeta	Madhura	Fruit-seeds	Tridosahara
Dadima	Madhura, Kashaya, Amla	Laghu, Snigdha	Anushna	Madhura (madhur jati), Amla (amla jati)	Fruit-seeds, Fruit-Pericarp, Root, Bark	Tridosahara (madhura phala)

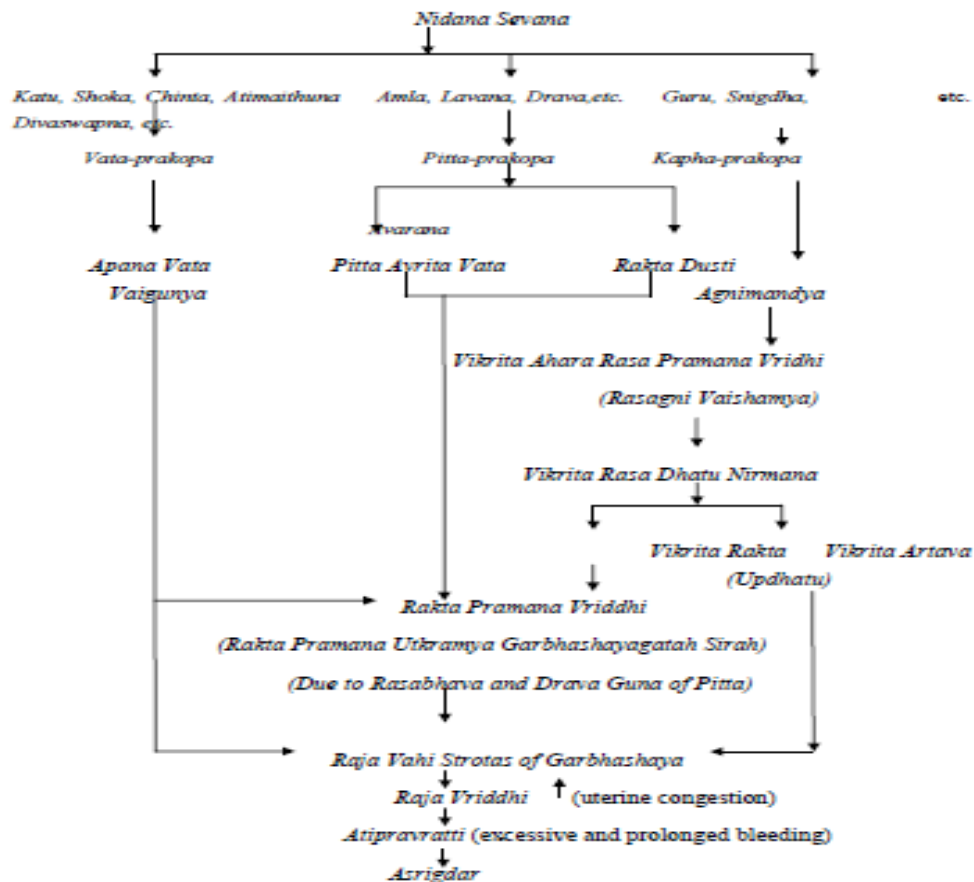
Table 2: PREDOMINANT RASAPANCHAKA OF CHANDANADI CHOORNA:-

RASA	Tikta and Kashaya
GUNA	Laghu and Ruksha
VEERYA	Sheeta
VIPAKA	Katu and Madhura
DHOSHGHNATA	Kapha-pitta shamaka

Flow Chart No. 01: PROBABLE MODE OF ACTION OF CHANDANADI CHOORNA:



Flow Chart No. 02: Showing the Samprapti of Asrigdar¹



Samprapti Ghataka:

- *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*

Asrigdar is the disease of vitiated *Rakta* and *Pittavrita Apana Vayu*. Therefore it can be considered that *Vayu* can also be vitiate 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 *Asrigdar*.

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* and *kapha* is pacifying due to *Laghu-Ruksha guna* and *Katu Vipaka*.

b) **Dushya:** Most of the components of *chandanadi choorna* are *Rakta Sangrahi, 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 *chandanadi choorna* have *Shothahara, Ropana* and *Vedanasthapana* action which help in *Srotoshodhana and Garbhashaya Shodhana* thereby reducing inflammation and uterine congestion. Presence of *Sandhaniya* and *Vrana-ropana* drugs, reduce the fragility of endometrial capillaries and thus helps in their toning.

DISCUSSION:

The gynaecological health of a woman depends to a large extent on the normal execution of her menstrual cycle. Among the gynaecological disorders *Asrigdar* is a frequent complaint and incidence become higher with degree of civilization. *Asrigdar* is a debilitating disorder, thus women require a rapid, safe and effective treatment.

As the disease is characterized by excess flow of blood out of the body and *Rakta* is known to be a vital substance of the body (*jivana karma*), hence *Rakta Sthapana chikitsa* becomes important. *Charaka* said it to be treated on the lines of *Raktatisara, Raktapitta* and *Rakta arsha*⁹. According to line of treatment of *Raktarsha, Deepana, Pachana, Agni Vardhana, Rakta Sangrahana*, and *Dosha Pachana* Should be done by *Tikta & Kashaya Rasa Pradhana Dravya*¹⁰. Thus we have to select such drugs which can work-out at the different levels of *Samprapti Ghataka*. & those *Ghataka* should also respond for such pharmaco-dynamic.

These levels are

- 1) *Dosha* level – *Pitta Shamaka, Vatanulomaka*
- 2) *Dushya* level – *Rakta-Sthapaka*
- 3) *Agni* level – *Deepana-Pachana*

CONCLUSION:

The incidence of *Asrigdar* is high among the women of reproductive age and of perimenopausal age. Dietary habits, strain full physical activities and mental stress play an important role in the etiology hence the incidence is increasing day by day. The main principle of the management of *Asrigdar* is *Angi-deepana, Dosha -pachana, Vata-anulomana, Pittashamana, Rakta Sthapna, Rakta-samgrahana, Raktashodhana, and Garbhashaya-balya Chikitsa*. It should be done by *Tikta & Kashaya Rasa Pradhana Dravyas. Deepaniya and pachaniya* drugs are essential in the treatment of *Asrigdar* for proper *Agni* and which helps in proper metabolism of oestrogen.

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