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Preparation and Review of *Naarikela Pushpaadi Kashaya* in the Management of *Asrugdara* (Dysfunctional Uterine Bleeding)

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ABSTRACT

Women are endowed with energy of procreation for which menstrual cycle plays an important role. It commences with menarche and ends with menopause. Having regular cyclic menstruation with normal bleeding pattern depicts the wellbeing of a woman. Any deviation in the menstrual bleeding which may be excessive or scanty flow may suggest some serious pathology. *Asrugdara* is a common condition in which excessive, irregular and intermenstrual bleeding per vagina are the main symptoms. If *Asrugdara* is not treated properly, it can cause further complications like *dourbalya*, *bhrama*, *murcha*, *pandutwa* and severe disorders of *Vata*. *Thenginpookkuladi Kashaya* mentioned in Sahasrayoga in the context of *Asrugdara* is such a formulation which can be easily prepared, cost effective and easy to administer. *Thenginpookkuladi* being a complex vernacular name, it is convenient to rename the formulation as *Naarikela pushpaadi Kashaya*. The *Kashaya*, *Madhura* and *Tikta rasa*, *Sheeta virya* and *Sthambhana karma* of the ingredients in this formulation, is expected to correct the *Samprapthi* of *Asrugdara*. Therefore, in this study an effort has been put forth to make a review of *Naarikelapushpaadi Kashaya* in the management of *Asrugdara*.

Key Words *Asrugdara*, *Naarikelapushpaadi Kashaya*, *Arthava*

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INTRODUCTION

Asrugdara is one of the most common menstrual disorders in gynaecological practice which is characterized by excessive or prolonged blood loss during menstruation or intermenstrual period¹. It is mainly caused by excessive intake of *Vata-Pitta vardhaka ahara* which in turn causes the quantitative increase of *rakta* in the

garbhasayagatha sira and leading to increase in the amount of *arthava*. In the pathogenesis of *asrugdara*, *chala guna* of *vata dosha*, *sara* and *drava guna* of *pitta dosha* increases the amount of *rakta*. It is one among the *Rakthapradoshaja Vikara*², a symptom of *Pittavrutha apana vata*, and also mentioned as one of the *Upadravas of Yoni vyapath*. If *Asrugdara* is not treated

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properly, it can cause further complications like *dourbalya*, *bhrama*, *murcha*, *pandutwa* and severe disorders of *vata* origin³.

Asrugdara with its signs and symptoms can be correlated with Dysfunctional Uterine Bleeding (DUB). The term DUB refers to a state of abnormal uterine bleeding without any clinically detectable organic, systemic and iatrogenic cause⁴. The condition is reported to occur in 9-14% women between menarche and menopause. In India, the reported prevalence is around 17.9%⁵. Various treatment modalities like hormonal therapy, prostaglandin synthetase inhibitors, antifibrinolytic agents, Surgical interventions like hysteroscopic ablative technique and hysterectomy are already available in modern medicine. But it is having limitations in treatment of reproductive age group⁶.

Table 1 Botanical description of the drugs^{8,9,10,11,12}

Sl.No	Ingredients	Botanical name	Family	Active principles
1.	<i>Narikela pushpa</i>	<i>Cocos nucifera</i> Linn.	Arecaceae	Proanthocyanidins Alkaloids Flavonoids Phenols Phytosterols Tannins Amino acids
2.	<i>Japa moolam</i>	<i>Hibiscus rosasinensis</i>	Malvaceae	Anthocyanins, Quercetin, Kaempferol Hydroxycitric acid Flavonoids Tannins Saponin
3.	<i>Bala moolam</i>	<i>Sida cordifolia</i> Linn.	Malvaceae	Ephedrine Pseudoephedrine Saponin Palmitic, Stearic acid B-sitosterol Hypapharine Vasicinone Choline Vasicinol

Naarikela pushpaadi Kashaya mentioned as *Thenginpookkuladi Kashaya* in *Sahasrayoga* in the context of *Asrugdara*. The *kashaya rasa*, *sheeta virya* and *sthambhana karma* of the ingredients in this formulation, is expected to correct the *samprapthi* of *Asrugdara*. Thus, the research assesses the clinical effect of this formulation on *Asrugdara*.

MATERIALS AND METHODS

**NAARIKELA PUSHPAADI KASHAYA
(THENGINPOOKKULADI KASHAYA)⁷**

नालिकेरप्रसूनैर्वाजपयाबलयापि वा।

जम्बूवल्कलेनवासिद्धः काथोऽसृग्दरनाशनः

Botanical description of the ingredients of *Naarikela pushpaadi Kashaya* are seen in table no.1

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4.	<i>Jambu twak</i>	<i>Syzigium cumini</i> Linn.	Myrtaceae	Friedelin Friedelan-3- α -ol Betulinic acid B-sitosterol Kaempferol Gallic acid Ellagic acid Gallo tannin Myricetin
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Rasa, Guna, Virya, Vipaka and Karma of the drugs are seen in table no.2

Table 2 Showing Rasapanchaka of Naarikela pushpaadi kashaya^{13,14,15,16,17}

SN	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	<i>Narikela pushpa</i>	<i>Madhura Kashaya</i>	<i>Guru Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rakthapitta hara Rakthathisara hara Pramehahara Somarogahara Malasthambhakara Vatapithahara</i>
2	<i>Japa moolam</i>	<i>Kashaya Thikta</i>	<i>Laghu Rooksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Rakthashambhaka Kapha-pitta shamaka Grahya</i>
3	<i>Bala moolam</i>	<i>Madhura rasa</i>	<i>Laghu Snigda Pichila guna</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Brumhana Balya Vata-pitta hara Rakthapithahara Shukrala, Prajasthapana, Mutrala Ojovardhaka, vedanasthana</i>
4	<i>Jambu twak</i>	<i>Kashaya Madhura Amla rasa</i>	<i>Laghu Ruksha guna</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Sthambhana, Sangrahi, Kapa-pitta shamaka</i>

Pradhana Rasa of the ingredients of Naarikelapushpaadi Kashaya are is seen in figure no.1

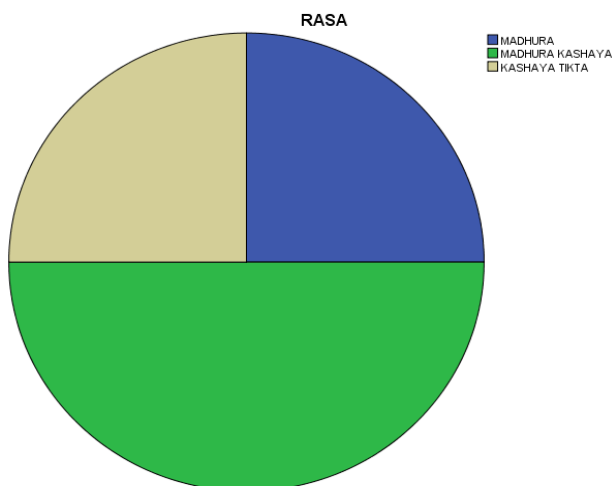


Figure 1 Pradhana rasa of the ingredients

Based on Rasa

In this formulation 50% of ingredients having *Madhura Kashaya rasa*. 25% ingredients are *Madhura rasa pradhana* and 25 % ingredients having *Kashaya rasa* as *Pradhana rasa*

Pradhana Guna of the ingredients of Naarikelapushpaadi Kashaya are mentioned in figure no. 2

Based on Guna

Among the four ingredients, 50% ingredients are having *Laghu ruksha guna*, 25% ingredients are having *Guru snigdha guna*, 25 % ingredients having *Laghu snigdha pichila guna*

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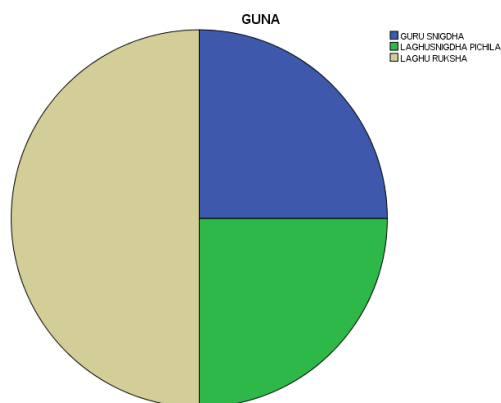


Figure 2 Guna of the ingredients
Virya of the ingredients of Naarikelapushpaadi Kashaya are seen in figure no.3

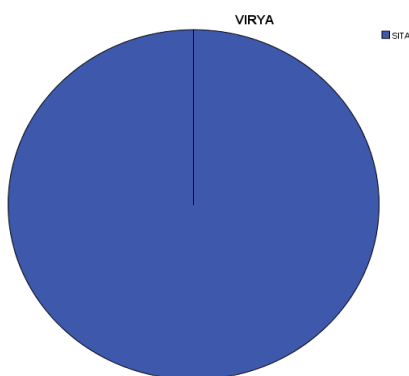


Figure 3 Virya of the ingredients

Based on Virya

All the ingredients are having Sheeta Virya
Vipaka of the ingredients of Naarikelapushpaadi Kashaya are mentioned in figure no.4

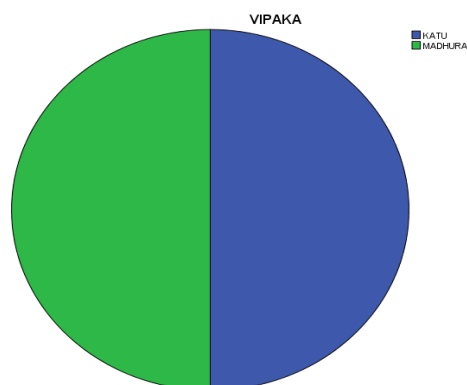


Figure 4 Vipaka of Ingredients

Based on Vipaka

50 % ingredients are having Katu vipaka, and 50% ingredients are having Madhura vipaka
Pradhana karma of the dravyas of Naarikelapushpaadi Kashaya are mentioned in figure no.5

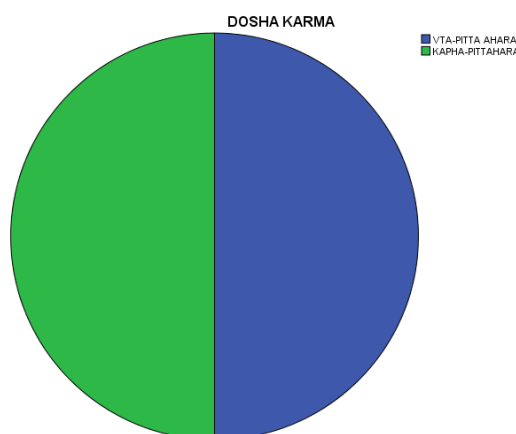


Figure 5: Doshaghната of the ingredients

Based on Karma

50 % ingredients possess Vata-pitta hara property, and 50% ingredients are having Kapha-pitta hara property

METHOD OF DRUG PREPARATION

Kwatha Kalpana is one among the Panchavidha Kashaya Kalpana and is considered as primary dosage form in Bhaishajya Kalpana.

- The drugs Naarikela pushpa, Bala moolam, Japa moolam and Jambu valkalam taken in equal quantity
- Removed foreign matter from it, made into a coarse powder form
- Kashaya is prepared by boiling 1 part of herb with 16 parts of water in an open vessel on mild fire till it reduces to one eighth of the original quantity. The quantity of water may be four

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times, eight times or sixteen times depends on the drug quantity.

- **Dose** -2 Pala (96 ml)
- **Anupana:** Sukhoshna jala

Ingredients and Method of preparation of this formulation are mentioned in figure No.6 and 7.

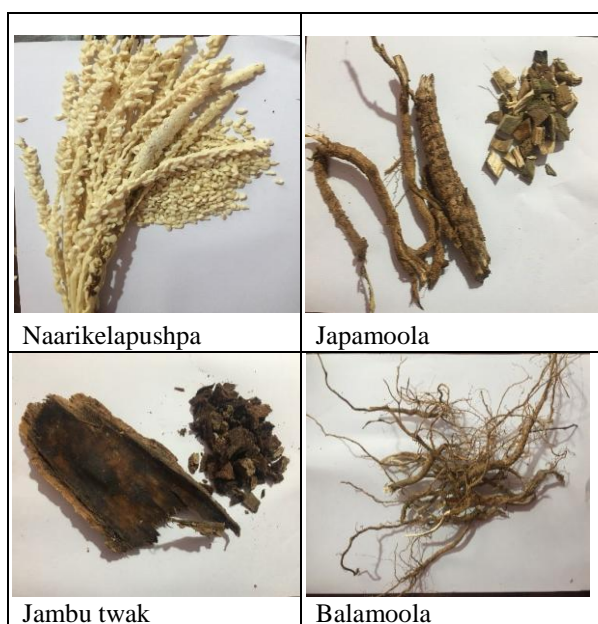


Figure 6 Ingredients of Naarikela pushpaadi kashaya



Figure 7 Method of preparation

RESULT AND DISCUSSION

Rasa panchaka of this formulation will directly act on *Asrugdara samprapty*. So *samprapty vighatana* will occur and can manage *Asrugdara* effectively.

Based on Rasa^{18,19,20}

✓ Among four ingredients *Naarikela pushpa*, *Bala moola*, *Jambu twak* are having *Madhura rasa*. *Madhura rasa* is having *Pitta-vata hara*, *Dhatu vardhaka*, *Ojo vardhaka*, *Balya* properties.

✓ *Naarikela pushpa*, *Japa moola* and *Jambu twak* are having *Kashaya rasa*. *Kashaya rasa* is having the property of *Raktha vishodhana*, *Sheeta guna* and *Pitta hara*. It is most essential for the *Samprapty vighatana*. Thus, the properties of *Kashaya* are *Sthambhana*, *Raktha pitha prashamana* and *Shoshana*

✓ *Japa moola* is *Tiktha rasa pradhana dravya*. *Tiktha rasa* is having *Sheeta Guna*, *Daha shamana*, *Pitta kapha hara* and it is *Laghu*. *Thiktha rasa* does *Ama pachana* as it as *Agni vardhaka*. It also helps in the *Srotoshodhana*. It is predominant of *akasha* and *vayu mahabhuta*. It acts on *rasa* and *raktha vaha srotas* which results in *raktha shodhana*, *arthava sthambaka*. Thus *Deepana*, *Pachana*, *Raktaprasadana*, *Daha prashamana*, *Shoshana* properties will cause *Samprapty vighatana*.

Based on Guna

✓ *Japa moola*, *Jambu twak* and *Bala moola* are having *Laghu guna* which is *Akasha-vayu mahabhuta* predominant. *Laghu guna* does the *Shoshana* of *Jala mahabhuta* and it also acts as *Kapha pitha shaamaka*.

Based on Virya

✓ All drugs are *Sheeta virya*. *Sheeta virya* is *pitta Shamaka* and *Rakta sthambhaka*.

Based on Vipaka

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✓ *Japa moola* and *Jambu twak* are having *Katu vipaka* which is *laghu*, *ama Pachaka* and *Kapahgna*.

✓ *Naarikelapushpa* and *Balamoola* are having *Madhura vipaka* which act as *Sthambhaka*, *Balya* and *Ojovardhaka*

Based on Karma

✓ *Naarikelapushpaadi Kashaya* acts according to *vyadhi pratyaneeka chikitsa*.

✓ *Naarikela pushpa* is *Vata-pittahara*, *Raktha pita hara*, *Raktatisara hara*.

✓ *Japa moola* acts as *Deepana*, *Pachana*, *Raktha sthambhaka*, *Kapha-pitta Shamaka*.

✓ *Jambu twak* is *sthambhaka*, *kapa pitta shamaka*.

✓ *Bala moola* acts as *Balya*, *Vata-pitta hara*, *Raktha pitta hara*.

Mode of action

✓ Inflorescence of *Cocos nucifera* is having Anti-bacterial, Antioxidant, Anti-inflammatory, Hepatoprotective, Anti-cancerous, Anti-microbial and Anti-tumor activities.

✓ Root of *Hibiscus-rosasinensis* is Anti-inflammatory, Aphrodisiac, emmenagogue, Laxative, Antitumor, Antidiarrheal, Antiestrogenic, Anti-spermatogenic, Androgenic, Antioxidant, Hepatoprotective.

✓ Stem bark of *Eugenia jambolana* possess Antifungal, Anti-bacterial, Anti-inflammatory, Hepatoprotective, Antidiabetic, Anti-diarrheal, Cardioprotective, Anticancer properties.

✓ Roots of *Sida cordifolia* is having Analgesic, Anti-inflammatory, Hypoglycemic, Hepatoprotective actions.

✓ Anti-inflammatories are effective in reducing the flow from heavy menses.

✓ Astringent herbs form a large category of tannin-containing plants that are used to reduce blood loss from the reproductive tract.

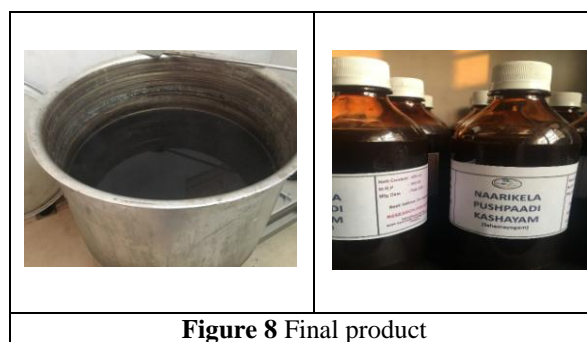


Figure 8 Final product

CONCLUSION

Naarikelapushpaadi Kashaya is a polyherbal formulation mentioned in *Sahasrayoga* which have *Vata pitta hara*, *Rakthapitta hara*, *Rakta sthambhaka*, *Balya*, *Agnivardhaka* and *Ojovardhaka* properties in general. The drugs are easily available and cost effective also It is an effective Anti-inflammatory, Hepatoprotective formulation which will help in the management of *Asrugara* effectively.

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