

Critical Analysis of Nidanas of Asrigdara in Pathogenesis of Disease W.S.R To Menometrorrhagia

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Abstract:

A woman's health is a concern of her family, society and culture as any physical or mental disorder can disrupt her normal menstrual cycle. Asrigdara is a common gynecological problem from menarche to menopause that affects her daily activities. It is one of RaktadoshajaVikara that manifests as excessive menstrual bleeding or breakthrough bleeding other than normal menstrual blood and can be compared to menometrorrhagia on the basis of symptomatology.

It is a debilitating condition that affects women's physical and mental health and, if not treated properly, eventually leads to a hysterectomy. Nidana is the main causative factor for that disease. In Asrigdara's Samprapti, different etiological factors such as Lavana, Amla and Katu Rasa, Guru, Vidahi and Snigdha Annapana, Dadhi, Sukta, Mastu etc. This article tries to explain Nidan in the pathogenesis of diseases based on the involvement of Dosha and Dhatu.

In the classics, the acharyas emphasized nidan of asrigdara, their analysis helps in disease prevention and better management.

Keywords: Asrigdara, Artavavaha srotas, Menometrorrhagia, Kashaya, Vata, Pitta.

Introduction - Menstruation refers to the normal process of cyclic uterine bleeding that occurs in a human female of reproductive age. This process is the result of a carefully orchestrated systemic endocrine relationship involving the hypothalamus, pituitary and ovaries leading first to follicular maturation, then to ovulation and finally to anovulation and implantation and superficial endometrial loss. The presence of a continuous pathway beginning in the endometrial cavity and extending to the cervical canal and the vagina, allowing for the evacuation of menstrual fluid components .

The clinical entity 'Asrigdara' has either excessive Asruk flow of either prolonged menstruation or no bleeding during mid-menstrual period. It is one of the Rakta pradoshaja vikara.^{1,2,3,4} , symptoms of Pitta avruta apana Vayu,^{5,6,7} Yoni vyapat upadrava^{8,9,10} and Artava ativrudhi lakshana.¹¹ Asrigdhara is classified under four i.e. Vataja, Pittaja, Kaphaja and Sannipataja.^{12,13,14,15,16}

It is the disorder leading to complications like Pandu, Bhrama, Murchha, Tama, Daha, Vataja roga, Trishna¹⁷, etc. Acharya Charaka said treatment on the basis of Raktatisara, Raktapitta and Raktarsha.¹⁸ According to the line of treatment Raktarsha, Deepana, Pachana, Rakta Samgrahana and Dosha Pachana by Tikta and Kashaya Rasa Pradhana Dravya should be advised.¹⁹ Nidana Parivarjan mentioned by Acharya Sushruta as the first line of treatment for any disease.²⁰

Definition of asrigdara :

It is the condition in which, the raja (menstrual blood) flows in excessive quantity for a long duration. It is known as Asrigdara. Acharya Charak has stated that due to pradirana (excessive excretion) of raja,(menstrual blood) it is also named as Pradara.²¹

Aims & objective :

1. To Analyse the role of Nidan in the pathogenesis of Asrigdar Vyadhi.
2. By Understanding the nidanas asrigdara the disease can be prevented raising awareness of the causes through this article.

Discussion :

Acharya Charaka has mentioned Aaharaja Nidanas of the Asrigdara in Yonivyapat Chikitsa Adhyaya.

Table - 1: Nidana of Asrigdara as per Acharya Charaka

S.No.	Nidana	Dosha Prakopa
1.	Lavana Rasa (Jala + Agni)	Pitta Prakopa, Rakta Vardhana
2.	Amla Rasa (Prithvi + Agni)	Pitta Vriddhi, Rakta Dushti, Mamsa Vidaha
3.	Katu Rasa (Agni + Vayu)	Shonita Samghata Bhedana
4.	Vidahi Annapana, Mastu, Sura	Pitta Prakopa
5.	Snigdha and Guru Annapana (Prithvi + Jala)	Kledakara, Kapha Vriddhi
6.	Gramya Mamsa, Krishara	Kapha Pitta Kara
7.	Audaka Mamsa	Kapha Prakopa
8.	Paayasa	Kapha Meda Vardhaka
9.	Dadhi	Madhura - Kapha Meda Vardhaka Amla – Kaphapitta Kara, Raktadushti
10.	Shukta	RaktaPittaKapha Prakopa

According to *Acharya Madhava*, *Nidana* of *Asrigdara* can be categorized as follows (Table 2)

S.No.	Category	Nidana	Dosha Prakopa
1.	Aaharaja	Viruddhashana, Ajeerna	Rakta Dushti
		Adhyashana	Vata Kapha Rakta Dushti
		Madya Sevana	Pittakara
		Atikarshana	Dhatu Kshaya
2.	Viharaja	Yana, Adhva, Bhara	Vata Dushti
		Atimaitihuna	Vata Pitta Dushti
		Divaswapna	Kapha Dushti
3.	Manasika	Shoka	Pitta Dushti
4.	Anya	Abhigata	Vata Rakta Dushti
		Garbhapata	Dhatukshaya, Vataprakopa

Acharya Harita says that the milk ducts in *Vandhya* (infertile women) have vitiated *Vata* dosha hence not lactation resulting in excessive menstrual volume.²²

Acharya Bhela believes that if *Shonita* (Rakta dhatu) overcomes the abnormal, it will bring *Pradara* with it.²³

Acharya Madhava, Bhavaprakasha, Yogaratnakara states that consuming *Viruddha Aahara* (diet incompatible), *Madhya* (alcohol), *Adhyashana* (eating before the previous meal is digested), *Ajirna* (indigestion), *Garbhapata* (miscarriage), pregnancy), *Atimaitihuna* (excessive sex), *Yana* (travel), *Atiadwa* (walking), *Shoka* (grief), *Atikarshana* (emaciation), *Bhara* (weight lifting), *Abhigata* (trauma), *Diwaswapna* (daytime sleep) is the cause of *Asrigdara*.^{24,25,26}

(A) Excessive consumption of Lavana and Amla :

Lavana and *Amla Rasa* aggravates *Pitta Dosha* due to *Ushna* and *Tikshna Guna* which vitiates *Rakta*. *Lavana Rasa* aggravates *Drava Guna* of *Pitta*, which incites *Dravatva* in *Rakta*. vitiated *Rakta* increases the amount of *Raja* in *Rajovaha Sira* due to *Adhogati* of *Prithvi* and *Jala Mahabhuta* resulting in *asrigdara*.

(B) Excessive consumption of Katu Rasa :

Katu Rasa aggravated *Vata* and *Pitta Dosha* , leading to vitiation of *Rakta dhatu*. It also leads to *Marga Vivrana* i.e. uterine vasodilation and *Shonita Samghata Bhedana* i.e. aggregation of platelet aggregation resulting in excessive bleeding.

(C) Excessive consumption of Vidahi Annapana, Mastu, Sura and Shukta :

All this leads to *Pitta Dosha Prakopa* which furthur vitiates *Rakta* due to the similar origins of *Pitta* and *Rakta*.

(D) Excessive consumption of Snigdha, Guru Annapana, Audaka Mamsa, Paayasa :

All this worsened *Kapha Dosha* resulting in *rasavaha Strotodushti* and increases amount of *Artava* due to *Drava* and *Kledana* assets of *Jala Mahabhuta*. They also increase *Meda Dhatu* resulting in increased

peripheral aromatization to oestrogen in adipose tissue leading to endometrial hyperplasia and causing excessive bleeding.

(E) Excessive consumption of Madya :

It Aggravates Pitta Dosha by its Vidahi, Ushna, Tikshna Guna and Amla Rasa. Naveen Madya have Guru Guna, Abhishyandi so it is Tridoshakarak. due to its Abhishyandi and Sukshma guna, it causes Strotoavarodha and Stroto Vivarana, i.e., vasodilation respectively.

(F) Atikarshana :

Atiyoga of Langhana causes Dhatu Kshaya which further distorts Vata Dosha and leads to Asrigdara Vyadhi due to Shosha. Tubercular endometritis in early stage results in menorrhagia or irregular bleeding due to ovarian damage, pelvic congestion or endometrial proliferative lesion.²⁷

(G) Atiyana, Adhva and Bhara Sevana :

All of this leads to Vata Prakopa. Excessive physical activity increases blood pressure, therefore also increases pressure in the blood vessels of the uterus leading to Asrigdara.

(H) Atimaitihuna :

It leads to Dhatu Kshaya which further distorts the Vata dosha. Excessive intercourse leads to active or passive congestion of the uterus, which can cause menorrhagia.

(I) Shoka :

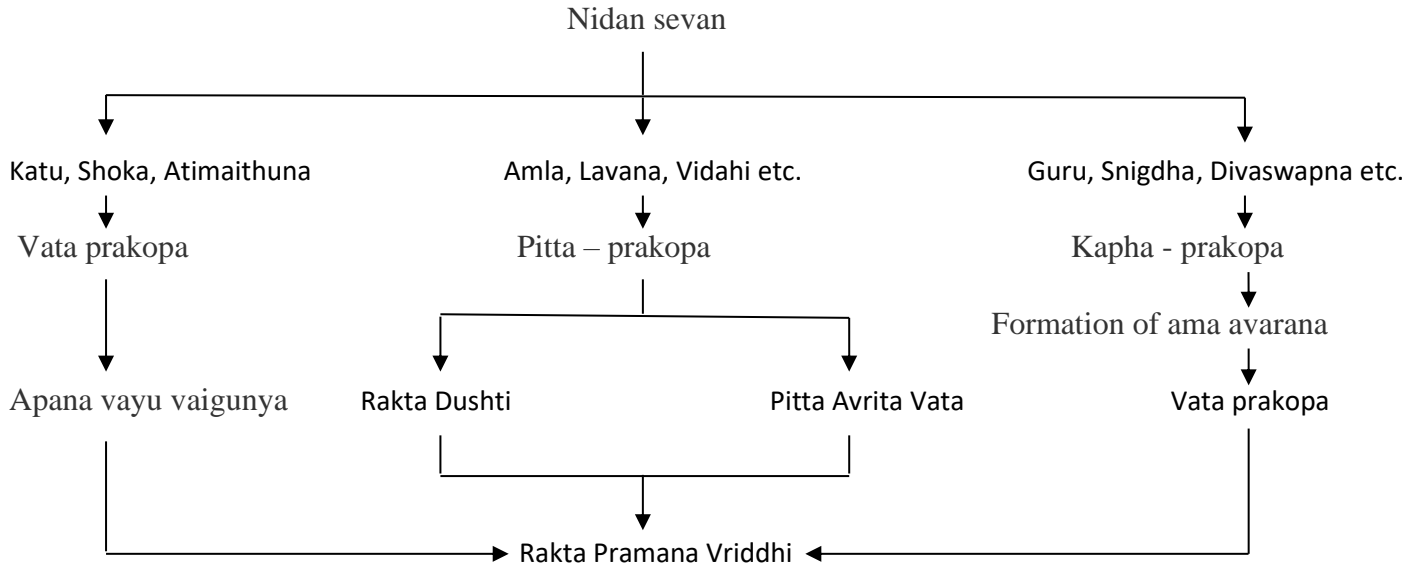
Shoka, Krodha causes distortion of Pitta Dosha which further aggravates the results of Rakta Dhatu in Asrigdara Vyadhi. Emotional and Nervous Disorders may cause excessive uterine bleeding.

(J) Abhighata :

Intrauterine trauma, resulting from insertion of instruments or household items causing bleeding. Uterine perforation can occur during dilation and curettage, and MTP leads to excessive uterine bleeding . After tubal ligation, the vascular network between the ovary and uterus is disrupted resulting in loss of the uterus. Hormonal balance and estrogen stimulation persist in the uterus, leading to long and protracted endometrium shedding.

Samprapti of Asrigdara :

The various etiological factors that play an important role in the pathogenesis of Asrigdara can be explained are as follows:



(Rakta Pramana Utkramya Garbhashayagata Sira)

Due to Rasabhava and Drava Guna of Pitta

Raja Vahi Strotasa of Garbhashaya

Raja Vriddhi (uterine congestion)

Atipravritti (excessive / prolonged / irregular bleeding)

Asrigdara

Asrigdara

Samprapti Ghataka :

- **Dosha** – Vata Pitta Pradhana Tridosha
- **Dushya** – Rakta, Artava, Rasa
- **Agni** – Jathragnimandya
- **Adhithana** - Garbhashaya, Artavavaha Strotasa
- **Strotasa** – Artavavaha, Rasavaha, Raktavaha
- **Stroto Dushti Prakara** – Atipravritti
- **Roga Marga** – Aabhyantara

Conclusion:

Asrigdara is a debilitating disorder that affects the physical and psychological health of women. If not managed properly, the patient needs surgical treatment such as D&C and hysterectomy. Nidana plays an important role in the initiation of the pathogenesis, which develops further when left untreated in its early stages. In the Ayurvedic scriptures, Nidana Parivarjan is mentioned as the first treatment for any disease. Understanding the Nidanams of Asrigdara not only helps in diagnosis but also in prevention and cure of the disease.

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