

Causes of Dysfunctional Uterine Bleeding and it's Ayurvedic Management-Conceptual Study

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Abstract: DUB was coined to describe abnormal heavy menstrual bleeding when no structural genital tract abnormality or general cause was detected, in a women of reproductive age in the absence of pregnancy. In ayurvedic concept of Asrugdar, Acharya Charaka and chakrapani said that, increased rakta gets mixed with raja, thus the quantity of raja increased. Acharya vagbhata has mentioned the excessive bleeding during menstrual or intermenstrual period as main symptoms. According to above descriptions Asrugdar appears to be description of dysfunctional uterine bleeding.

Keywords: DUB (Dysfunctional uterine bleeding), Asrugdar, Endometrial Hyperplasia

1. Introduction

About 10 to 15% of woman experience episodes of DUB at sometimes during the reproductive years of there lives. It is common during the extremes of reproductive life, following pregnancy and during lactation. In this case hormonal imbalance is considered the route cause of hyperplasia of the endometrium that causes heavy menstrual bleeding.

According to Ayurveda the women who consumes excessive salty, sour, katu, vidahi, kshar etc. her aggravated vata with holding the rakta vitiated due to above causes increases its amount and then reaching the raja carrying the vessels of the uterus, increases immediately the amount of raja.

In this article we covers the topic like causes, symptoms and treatment of DUB.

2. Causes

There is new classification system to define its cause. This classification named 'Palm-cooein system'

- 1) Polypus – it is categorized and defined by ultrasound, saline sonography, hysteroscopy etc.
- 2) Adenomyosis- ultrasound alone is used for diagnostic purpose. In this category endometrial myometrial invasion takes place.
- 3) Leiomyoma-In this category symptoms are depends on the number, different locations and size.
- 4) Malignancy and premalignant lesions- Diagnosis is by histopathological examination of the endometrium during diagnostic D and C.
- 5) Coagulopathy – it consists of a spectrum of systemic disorders that cause DUB. The most common is von-willebrans disease.
- 6) Ovulatory disorders- 80% unovulatory cycles are present with unpredictable, irregular menstrual cycles, some with

heavy bleeding. Leuteal phase defect with deficient progesterone is one of the common cause.

- 7) Endometrial cause- tubercular endometritis, infections- particularly chlamydia infection.
- 8) Iatrogenic causes- steroidal hormones administered as contraceptives, IUCD, Cu-T causes DUB. Drugs like anticoagulants, antidepressant also the causes of DUB.
- 9) Not classified- rare causes like atriovenous malformations, varicose veins of the uterine vessels.

Ayurvedic Causes

- 1) Charakasamhita - women who consumes excessive salty, sour, katu, vidahi, kshar, meat of domestic, aquatic and fatty animals, payasa, curd, mastu and wine.
- 2) Haritsamhita – milk carrying channels of infertile women are filled with vata. Thus, she had absence of milk secretion, besides she also suffers from excessive menstrual bleeding.
- 3) Bhelsamhita – opines that if body blood goes to abnormal passage the women suffers from pradar.
- 4) Madhavnidan, Bhavprakasha and Yogaratnakara have mentioned that use of incompatible diet adhyashana, ajirna, madhyasevan, abortion, trauma and diwaswa etc are the causes of Asrugdara.

3. Symptoms

Charaksamhita has described presence of excessive bleeding during menstruation.

Sushruta said that features of normal menstrual blood flow was not present and it denoting the feature of specific doshas. All types of Asrugdara have association of bodyache and pain.

Dalhana has described clinical features of Asrugdara as burning sensation in lower portion of groin, pelvic region, back, region of kidney and flanks, severe pain in uterus.

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Investigation

- Ultrasound – to study the pelvic organ and rule out the pelvic pathology.
- CBC to rule out anemia.
- Thyroid function test.
- Coagulation profile.
- Hormonal studies.
- Endometrial study by curettage.
- CT, MRI to rule out the malignancies.

4. Treatment**Shamana Chikitsa:**

- Vasaswarasa 5ml bd with tandulodak after food.
- Pushyanuga churna and madhu 5gm BD before food with Tandulodaka.
- Devadarvyadi kwath 10ml bd before food with kosha jala.
- Mahatiktaka ghrita 5ml in morning empty stomach with kosha jala.
- Bolabadha rasa 250mg 1 bd after food with madhu.
- Kushmandavaleha 5gm OD empty stomach in morning with godugdha.

Shodhana Chikitsa:

- 1) Basti – Mustadi yapana basti 120ml after food.
 - Anuvasana basti with Bala tail 60ml after food.
 - Niruha basti with rasnadi kwath 350ml before food.
 - Basti kal in rutukala from day 6th of menses for 8 days for 3 consecutive cycles.
- 2) Vrechana – with Aragwadha phalamajja, Eranda tail, Trivritta avaleha.
- 3) Nasya karma – shatapushpa tail nasya 2 drops each from day 6th of menses for 7 days.
- 4) Durvaswaras nasya 2 drops each from day 6th of menses for 7 days.

5. Discussion and Conclusion

Ayurvedic treatment explained in Asrugdara are not only the hemostatic drug but also treats the association of vata dosha and vitiated rakta and pitta dosha. Panchkarma therapy explained in raktapradara is basti and virechana is helpful in treating the systematic involvement of rakta dosha. Treatment prescribed for raktayoni, raktatisara, raktapitta, raktarsha is also useful to treat Asrugdar. The above explained acts as not only raktastambhana but also raktashodhaka and raktaprasadaka.

From the above data it can be concluded that ayurvedic management is very beneficial in management of DUB.

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