

A review on medicinal formulae for *Rakta Pradara* (Abnormal Uterine Bleeding) in indigenous medicine in Sri Lanka

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Abstract

According to Lothian referral guidelines, one in 20 women aged 30–49 years consults her general physician each year with menorrhagia. One in five women in the UK will have a hysterectomy before the age of 60 years. In at least half of those who undergo hysterectomies, menorrhagia is the main presenting problem. About half of all women who have a hysterectomy for menorrhagia have a normal uterus removed. As this, abnormal uterine bleeding is a common complain and also it's associated with blood loss gives more important. Considering the menstrual cycle abnormality can be as increase amount, increase duration, shortening of duration and irregularly irregular bleeding. According to Ayurveda this condition is known as *Rakta Pradara* or *Ashrugdhara* and it is given various synonyms in Traditional Medicine. *Le mālaya*, *maha mēlaya* and *kilimālaya* are some of them. A literature study was carried out to collect and analyze the formulae mentioned in the well known Traditional text series named as *Thalpatha Piliyam*. After referring of 21 books 148 treatment regimens were found which was said to be successful in treating excess bleeding. 148 individual herbal materials, 7 animal materials and 6 minerals were found which were used to treat the above condition. Some of the mostly mentioned herbs were *madhuyashti* (*Glycyrrhiza giabra*), *śveta candana* (*Santalum album*), *musta* (*Cyperus rotundus*), *āmalaki* (*Phyllanthus emblica*), *gopakanyā* (*Amaranthus tristis*), *śārivā* (*Hemidesmus indicus*), *nārikela* (*Cocos nucifera*), *kadalī* (*Musa paradisiaca*) *udumbara* (*Ficus recemosa*), *śatāvarī* (*Asparagus racemosus*), and *utpala* (*Nymphaea lotus*). It was concluded that there are effective treatments for abnormal uterine bleeding in the indigenous medical systems. It was revealed that usage of mostly mentioned herbs can be justified according to Ayurvedic medicinal properties and indications. It is suggested that further study should be conducted on clinical trial selected on medicinal regimes for more evaluation.

Key words: Indigenous, Traditional, Ayurveda, Menorrhagia, Hysterectomies

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