

Clinical study on the efficacy of the flower of *Hibiscus rosasinensis* Linn. (*Ratu pokuru wada mal*) for *Asrugdhara*

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Abstract

Asrugdhara which is well known as *raktapradara*, can be co-related with menorrhagia in modern medicine. Signs and symptoms are recognized as excessive bleeding, bleeding while two menstrual periods, and expulsion of vitiated and bad-odor blood, pain, and decrease time gap between two proximal menstrual periods in menstruation. According to the *Chakrapāni* view it is shown as excessive bleeding as over dosage and excessive period. *Hibiscus rosasinensis* Linn. is a species in Malvaceae family. In Sri Lankan traditional medicine, it can be introduced as 'Pokuruwada' and 'Wada' which is well known two sub species of *Hibiscus*. (Sinhala: *Sapattu mal*, *Wada mal*; Sanskrit: *Japakusuma*, *Japa*) The red colored species is mostly used in medicinal purpose. According to the Ayurveda classics the plant is having *madura* taste, *snigdha* and *laghu* properties, *katu vipaka*, *shīta veerya*, *sangrāhi*, *keshya*, *dāha prasamana*, *dhātu wardaka*, *vishaghna*, and *krimighna* qualities. In practically it is used in *pradara roga*, bleeding piles, Amenorrhea and Dysmenorrhea, *indralupta*, Hair loss, *krimi*, *prameha*, and *puyāmeha* conditions. The plant is well known with *tridosha shamaka* and *rakta prasamana* properties. *pokuru wada* can be used as a key ingredient of medicinal preparations against many disorders. Purpose of this study was aimed to study the clinical efficacy of this plant on *Asrugdhara* and effect on its symptoms, because of its usage in traditional medicine. 40 patients were selected randomly from Gynecology and Obstetrics clinic of Gampaha Wickramarachchi Ayurveda (Teaching) Hospital. The medicine was given twice a day for period of 28 days continuously. Recorded their changes in symptoms while the period of 90 days. The information which gathered were arranged in reputed procedure and examined in Wilcoxon sign rank test for paired sample in Mintab software. P value of the each feature was counted separately which indicated below in 0.05. Hence, *Pokuruwada mal* has efficacy on *Asrugdhara*.

Key words: *Asrugdhara*, bleeding, *Pokuru wada*, menstrual period

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