

## A Review on *Raktapradara* (Menorrhagia) based on Ayurveda texts

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### Abstract

According to Ayurveda text Abnormal uterine bleeding is quite common compliant in women. It can be various types considering the menstrual cycle due to unbalance of *doshas*. These are classified by *asrgdra*, *Arthawakshaya*, *anarthawaya*. According to the modern medicine *asrugdara* is similar to menorrhagia which means regular menstruation but with excessive blood flow and duration. According to W.H.O. accommodation approximately 18 million women between ages 30 – 55 years are suffering from menorrhagia. Some of classical symptoms of *asragdara* are prolonged flow of menstrual bleeding, irregular menstrual bleeding, clots with menstrual bleeding and inter menstrual bleeding. *asrugdara* is classified under four groups *vāta*, *pitta*, *kapha*, *sannipataja*. *raktoyoni* or *asrugdara* is having similar clinical features of vitiated *pitta* and *vāta*. Menstrual bleeding is the main symptom which creates major clinical problems. This literature study was carried out to collect and analyze the causes of *raktapradara*. At the end of the study Ayurveda formulae which have been specially recommended for *raktapradara* were collected from *Caraka*, *Susrutha*, *Vagbata*, *Madawanidana*, *Bhawapaksha* and *Yogarathnakara*. Correct food patterns *viharana* and *panchakarma* have become the world famous and heart of Ayurveda. *susruta samhita* has mentioned some suitable *thaila vasti* and formulas for *pradara*. It was concluded that both Ayurveda and traditional medical systems contain a number of treatments under the name of *raktapradara*.

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