

Case Report

Efficacy of Pathyamalakyadi Kashaya in one patient of Asrigdara- A Case Report

*Gayathri Bhat. N.V and ** Sowmya.G

*Professor & HOD Dept and **PG Scholar

Department of Prasooti Tantra & Stree Roga

Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India

Corresponding Author: Sowmya.G, Mobile: Email id: sowmya.likith@gmail.com

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Abstract

A patient of Asrigdara (dysfunctional uterine bleeding) was treated with Pathyamalakyadi Kashaya described by Sahasra Yoga. It was given in the dose of 30 ml twice daily before food for consecutive 2 months. The drug reduced the amount of bleeding and duration of menstrual flow with no clots and the patient remained fully asymptomatic for further observational period of 7 weeks.

Keywords: Asrigdara, Dysfunctional uterine bleeding, Pathyamalakyadi Kashaya

Introduction:

Asrigdara defined as Pradirana (excessive excretion) of Raja (menstrual blood), hence it is named as Asrigdara because there is Dirana (excessive excretion) of Asrk (menstrual blood)¹. The word Asrigdara explains about prolonged or excessive, inter-menstrual bleeding². If Asrigdara is not treated properly, it can cause further complications like weakness, giddiness, anemia³ etc affecting her normal life. Dysfunctional uterine bleeding is a state of abnormal uterine bleeding without any clinically detectable organic, systemic cause⁴.

Pathyamalakyadi Kashaya⁵ comprises of Amalaki, Haritaki and Vibhitaki⁶ is uterine tonic, anti-inflammatory, anti-oxidant, menstrual regulator and astringent (vasoconstrictive) and antispasmodic in action. Its other ingredients viz. Shunthi⁷ and Haridra possess antioxidant property; Devadaru⁸ is having anti-spasmodic properties in turn reduces pain and Lodhra⁹ possesses vasoconstrictive action and anti-fibrinolytic activity thus reduces the flow and clots; ethanolic extract of bark of Lodhra acts as analgesics. Due to all these properties, the Pathyamalakyadi Kashaya was selected to evaluate its role in management of Asragdara.

Case Report:

A married female patient of 33 years complained of increased flow during menstruation associated with clots which affected her daily routine for 2 years. Her menses duration was 7 to 8 days at regular interval of 28 to 30 days; amount was 7 to 8 pads (fully soaked)/day with clots for initial 5 days followed by 4 pads/day later on. She was having mild low backache and abdomen pain and giddiness. She underwent tubectomy 10 years back. There was no relevant history of hypertension, thyroid disorder, diabetes mellitus etc. She was having 3 female and 1 male children.

Clinical Findings:

- Bulit- Normal; height-5' 2'', weight- 62.5 kg; BMI- 25; tongue- clear; pallor- absent.
- Pulse rate- 82 beats/min, BP- 120/80 mm of Hg, Respiration rate- 18/min.

Gynaecological Examination:

- On inspection Vulva- Normal and healthy and on straining. No genital prolapse was observed.

• Per speculum vaginal examination:

- Cervix-appearance- Normal, healthy.
- White discharge – mild present
- Vaginal walls – Normal

a) Per Vaginal Digital Examination:

Cervix-soft in consistency, restricted, no tenderness, no labial swelling and no abnormality detected on palpation of vaginal walls.

- **b) Bimanual examination:** Uterus- Anteverted, bilateral fornices free, non tender, normal in size.

- **Investigations:** Haemoglobin- 12.0gm%, PCV- 40.2 %, platelet count- 3.70 lakhs/Cumm

- ESR- 20 mm per hour

- BT- 2'30'', CT- 4'30'',

- RBS- 121.4 mg/dl

- Urine Routine-Glucose -Negative, Protein - Negative.

- T3- 102, T4- 8.77, TSH- 1.31

- Ultrasonography (Abdomen Pelvis) – No sonological abnormality noted. (Uterus - 8.7x4.1x3.9cms, Anteverted, normal size and endometrial thickness-8 mm, Uniform echopattern Myometrial echoes appears normal, Right ovary measures 4.2Cms, normal, Left ovary measures 3.9Cms, normal).

Treatment:

Pathyamalakyadi Kashya was given in the dose of 30 ml twice daily before food for consecutive two months and the patient was followed for a further period of 7 weeks.

Result:

At the end of the treatment the duration of menstrual cycle was reduced from 7-8 days to 3-4 days. Amount of menstrual bleeding was reduced from 7-8 pads/day to 2 pads/day without clots and the subject became fully asymptomatic with regular menstrual cycle during the 7 weeks period of follow-up. The details of the findings are given in tabular form as follow:

Criteria	Before treatment	During treatment				After treatment 7 weeks follow up	
		17/8/18	01/9/18	18/9/18	2/10/18	18/10/18	22/11/18
Dates	02/08/18	17/8/18	01/9/18	18/9/18	2/10/18	18/10/18	22/11/18
LMP	20/7/18	-	18/08/19	-	22/9/18	-	24/10/18
Interval between cycles	28-30 days	-	21 day	-	28 day	-	28day
Duration of flow	7-8days	-	5-6days	-	5 days	-	3-4/days
Amount of bleeding	7-8pads/ day	-	4pads/day	-	2-3 pads/ day	-	2 pads/day
Consistency of bleeding	Thick consistency 4-5clots	-	Thick consistency 3 clots	-	Thin consistency	-	No clots
Pain during menstruation	Moderate pain	-	Moderate Pain	-	Mild pain	-	Absent
Colour of bleeding	Bright red	-	Bright red	-	Bright red	-	Red colour
Intermenstrual bleeding	Absent	-	Absent	-	absent	-	Absent

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