

THERAPEUTIC EFFECT OF BHUMYAMALAKI CHURNA IN THE MANAGEMENT OF PITTAJA RAKTA PRADARA- A CASE STUDY

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ABSTRACT

Amongst various gynecological disorders, *Asrigdara* is one of most frequent complaints and its incidence becomes higher with civilization of community. In *Ayurvedic* literature most conditions of excessive uterine bleeding p/v are described under *arthava ativrudhi, raktayoni and asrigdara*. So *bhumyamalaki churna* in capsule form is selected for study. The patients were assessed by different parameters like color, consistency and interval of menstrual cycle before and after treatment. The results were analyzed statistically before and after treatment, at end of 3 cycles.

Key words: *Asrigdara, Bhumyamalaki, Rakta Pradara, DUB.*

INTRODUCTION

From Vedic period onwards, a woman has been given peerless position in the society for her constitutional *prakriti dharma (prasavam)* for the creation of entire human beings. Menstrual abnormalities can affect the emotional and physical activities. Any defect in hypothalamus- pituitary-ovarian axis may lead to ovarian dysfunction and menstrual abnormalities¹. Various

treatments prescribed in modern medicine like hormonal therapy, anti-prostaglandins and anti fibrinolytic agents have proved their definite efficacy⁴ with high price and lot of side effects. Lastly hysterectomy may leads to hormonal imbalance and psychological upsets in young fertile women. *Bhumyamalaki churna (Phyllanthus niruri)* is having the properties of *vranaropana, shothahara, rakta sodhaka*². It is effective in the

treatment of *raktapradara* mentioned in *bhaisajya ratnavali* and *yogaratnakara*. It is also very much effective in the other *pittaja* disorders like *kamala and jwara*. Hence with the aim to assess the efficacy of *bhumyamalaki churna* in *pittaja raktapradara*² the present study was carried out.

Drug Review³:

Drug Name : *Bhumyamalaki*

Latin name : *Phyllanthus niruri*

Family : Euphorbiacea

Parts used : *Panchangas*

Rasa : *Kashaya, Tikta,
Madhura*

Guna : *Laghu, Ruksha*

Virya : *Sheeta*

Vipaka : *Madhura*

Doshakarma: *Kaphapitta Shamaka*.

Chemical composition:

Phyllanthine, Hypophyllanthine,
Flavonoids, Quercetin, Astralgin.

Case study:-

A 32 years old female patient with marital life of 9 years, P₂ L₂ with history of excessive menstrual bleeding with irregular menstrual bleedin. Associated with general weakness, pain abdomen, low backache, visited Shri Shiddharoodha Charitable Hospital Bidar, Karnataka

for management. Patient belongs to middle socio-economic class with veg dietary habits. Bowel and micturation pattern was regular.

TREATMENT

The drug is explained in Bhavaprakash of Bhavamishra is taken for study.

Dose – Patient was given *Bhumyamalaki churna* in capsule form 3 capsule, 3 times per day

Anupana – Tandulodaka

Route: Orally

Duration: 3 months

Follow up: Monthly once

DISCUSSION

Present study performed on DUB with *Bhumyamalaki churna*, *Bhumyamalaki* capsules were administered for 3 cycles. Significant result was observed. It shows the efficacy of drug used in present study, the mode of action of drug may be explained as it is a *sheeta veerya, laghu guna, madhura kashaya rasa and madhura vipaka*³ which helped in DUB cases because of it acted on uterine blood vessels & not only that, it has *deepana and pachana* properties.

General health of patient improves because it also has *Rakta*

Shodhaka quality. *Bhumyamalaki* is *Amlapitta shamaka*² and all respiratory tract disease gets cured by it. A special observation was made while treating the patient,³ patient got conception during the treatment. It shows that the drug made endometrium hostile. *Bhumyamalaki* has astringent property, which gives a tonicity to the uterine muscles and it eradicates *pitta dosha* & uterus getting rid from excess flow of *Rakta* which has been produced by *ushana, teekshana virya*.

CONCLUSION

Raktapradara is commonest disease found between 20-40 years of age. This may be well treated with *Ayurvedic* drugs. *Bhumyamalaki* is having an astringent property that's why it improves the uterine tonicity. It is *sheeta veerya* which helped in reducing blood flow and acted as *pitta shamaka* and *deepana-pachana* property corrects the metabolic

disorders of body and balances hormonal disturbances. *Bhumyamalaki* is excellent remedy for *rakta pradara* proved by the present study.

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