

ROLE OF PUSHYANUGA CHURNA IN RAKTA PRADARA

Madhu Joshi,¹ Anil Joshi²

¹Professor, Prasuti Tantra Evam Stree Rog,

Desh Bhagat Ayurveda College and Hospital Mandi Gobindgarh Punjab

²Professor, Swasthavritta Evam Yoga, Desh Bhagat Ayurveda College and Hospital Mandi Gobindgarh Punjab

ABSTRACT

RaktaPradara (Abnormal uterine bleeding) is the most common problem encountered by a gynecologist in today's practice and incidence becomes higher with degree of civilization. In Ayurveda, there are various medications for treating this disorder but Pushyanugachurna is the best one with Anupana of tandulodaka. This churna plays a key role to control heavy bleeding. In many cases, a physician may not be knowing the mode of action of certain Dravyas in clinical practice but they are used frequently in treating the patients and they also give very good results. Here the attempt is made to study the efficacy of Pushyanug Churna in Raktapradara (Abnormal menstrual bleeding), a common and serious etiological condition in females.

Key words: Pushyanuga, AUB, females, Raktapradara

INTRODUCTION

Pushyanug Churna is widely known medicine used in management of gynaecological diseases. As per Charaka Samhita, Yonivyapat Chikitsa this formulation is widely used for treatment of various conditions like Yonidosha, Rajadosha, Arsha, Atisara etc. and mainly bleeding gynaecological disorders like Raktapradara.

God has blessed women with the power to give birth and for that purpose she has the specific physiological function of menstruation. When this function is disturbed, it leads to tremendous health effects and even psychological disturbances in the female. Raktapradara (Abnormal menstrual bleeding) is commonest problem encountered by gynaecologist in today's practice.

Considering the seriousness of the upfront condition in female an easily available simple herbal formulation, Pushyanug Churna is chosen to study the efficacy of the ingredients and the mode of action of Dravya in various disorders especially Raktapradara.

DISEASE REVIEW

Raktapradara, recognized in Ayurveda, encompasses conditions where menstrual bleeding is excessive or prolonged. Acharya Charak describes it as "pradara," resulting from excessive or prolonged flow of "raja" (menstrual blood). This condition is considered a result of "Pittavritta apanavayu," leading to the vitiation of "raktadhatu" (blood tissue). The symptoms may include severe abdominal pain and general body discomfort, alongside excessive vaginal bleeding. This understanding aligns closely with the modern concept of Abnormal Uterine Bleeding (AUB), suggesting a systematic approach to

diagnosing and treating the condition through traditional Ayurvedic perspectives.

SAMANYA HETU (GENERAL ETIOLOGY) AND SAMPRAPTI (PATHOGENESIS)

Classification

Acharya Charak, Madhav, Sarangadhar, Bhavaprakash and Yognatnakar has classified the Raktapradara into 4 types:

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja

Nidana: All the Nidana of Raktapradara are grouped under the following:

1. Ahara Hetu:

- Excessive use of Lavana (salty), amla, katu, guru, substances which causes burning sensation.
- Meat of wild and aquatic animals.
- Rice cooked with milk (Payasa), Curd (Dahi), Sukta, Mastu, Wine (Sura)

2. Vihara: Atimaithuna (excessive coitus)

Atiyana (Excessive travelling)

AtiMarga Gamana (Excessive walking)

AtiBharavahana (Excessive weight lifting)

Divaswapna (day sleeping)

3. Manasika Nidana – Shoka, krodha, lobha, irshya, bhaya.
4. Anya Nidana – Garbhapata, Abhighata.

Samprapti

In the disease "Raktapradara" all the three doshas get involved with predominance of Vāta and Pitta. The vitiated Vāta spread through rasavahasrotas

and leads to rasavaha, raktavaha and artavavahasrotodushti. Doshā-Dushya-Sammurchhana takes place in garbhāshaya. In Rajovahasira, there will be raktaativridhi leads to raja atipravritti. This increased raja is mainly from rasavahasrotas.

SampraptiGhataka

- Dosha : Tridosha.
- Dushya : Rasa, Rakta, Artava.
- Agni: Jathragnimandya.
- Srotasa: Artavavaha, Rasavaha, Raktavaha, Mamsavaha
- Srotodushti : Atipravritti
- Adhisthana : Garbhashaya, ArtavavahaSrotasa

SAMANYA LAKSHANA (CLINICAL FEATURES)

AcharyaCharaka said that excessive vaginal bleeding during menstruation is the only symptom of Raktapradara. According to SushrutaSamhita, there are body ache and pain

symptoms present in all types of Raktapradara with excessive vaginal bleeding. Commentator

Dalhana added symptoms such as burning sensation in lower portion of groin, pelvic region, back, renal region and flanks and severe pain in uterus as symptoms present in Asrigdara.

VridhaVagbhata had described excessive bleeding during menstrual or intermenstrual period as symptom of Asrigdara.

UPADRAVA (COMPLICATIONS)

AcharyaSusruta, AcharyaMadhava and Acharya Bhavamishra mentioned almost similar complications about the vyadhiAsrigdara. These are:

- Dourbalya (general weakness)
- Srama&Bhrama (lethargy and dizziness)
- Mada&Murcha (delirium and faint)
- Daha (burning sensation all over the body)
- Pralapa (disorientation)
- Pandutva (anaemia)
- Tandra (excessive sleepiness)
- All vatajaroga (other vatavyadhi)

Table1:Ingredients of pushyanugachurna with their Rasapanchakas2,3

Sl.no	Dravya	Rasa	Guna	Veerya	Vipaka	Karma
1.	Patha (Cyclea peltata)	Tikta	Laghu, teekshna	Ushna	Katu	Vata,kaphahara, vishaghna,grahi
2.	Jambucumuni)	Kashaya, madhura,amla	Laghu, ruksha, sheeta,	Sheeta	Katu	Kapha pitta haravishtambhi,grahi, rechana
3.	Amra (Mangifera indica)	Madhura, kashaya,amla	Laghu,ruksha	Sheeta	Katu	Kapha,pitta,vata deepana,grahi
4.	Pashana bheda (Bergenia lingulata)	Tikta,kashaya	Laghu,snigda	Sheeta	Katu	Tridosha hara, shodana,grahivasthi
5.	Rasanjana (Berberis aristata)	Tikta,kashaya	Laghu, Ruksha	Ushna	Katu	Kapha, pitta rasayaniya
6.	Ambhastha(Cissampelos parei-	Tikta	Laghu, teekshna	Ushna	Katu	Vata,kaphahara, vishaghna, grahi
7.	Salmaliceiba) (Bombax	Madhura,kashaya	Laghu, snigdha	Sheeta	Madhura	Vata,pittahara,rasayana, balya,grahi
8.	Samanga(Mimosa pudica)	Tikta,kashaya	Laghu,ruksha	Sheeta	Katu	Kapha, pitta sandhaniya
9.	Vatsaka (Holarrhena antidysentrica)	Tikta,kashaya	Laghu,ruksha	Sheeta	Katu	Kapha,pittahara,deepana, grahi
10.	Bahlika	Tikta,katu	Snigdha	Ushna	Katu	Tridoshahara,varnya
11.	Ativisa (Aconitum heterophyllum)	Tikta,katu	Laghu,ruksha	Ushna	Katu	Kapha,pittahara,deepana, pachana,grahi
12.	Bilva (Aegle marmelos)	Tikta,kashaya	Laghu,ruksha	Ushna	Katu	Vata,kaphahara,deepana, pachana,grahi
13.	Musta (Cyperus rotundus)	Katu, tikta, kashaya	Laghu,ruksha	Sheeta	Katu	Kapha,pittahara,grahi
14.	Lodhra(Symplocos racemosa)	Kashaya	Laghu,ruksha	Sheeta	Katu	Kaphapittahara,grahi
15.	Gairika(Redochre)	Madhura,kasha		Sheeta		
16.	Katvanga (Alanthusexcelsa)	Tikta,kashaya	Ruksha	Sheeta	Katu	Kaphahara,deepana,grahi
17.	Maricha (Piper nigrum)	Katu	Laghu, ruksha, teekshna	Ushna	Katu	Kaphavatahara,deepana
18.	Shunti (Zingiber officinale)	Katu	Guru,ruksha	Ushna	Madhura	Vata,kaphahara,deepana
19.	Mrudvika (Vitis vinifera)	Madhura	Guru,snigda, mridu	Sheeta	Madhura	Kapha kara, pitta chakshushya
20.	Rakta chandana (Pterocarpussantalinus)	Madhura,tikta	Laghu,ruksha	Sheeta	Katu	Kapha,pittahara, prashamana
21.	Katphala (Myrica nagi)	Katu, tikta, kashaya	Laghu, teekshna			

Sl.no	Dravya	Rasa	Guna	Veerya	Vipaka	Karma
22.	Ananta (Gardenia jasminoides)	Madhura,tikta	Guru	Sheeta	Madhura	Tridosahara,grahi
23.	Dhataki (Woodfordia floribunda)	Katu,kashaya	Laghu,ruksha	Sheeta	Katu	Kapha,pittahara
24.	Madhuka(Madhuca longifolia)	Madhura	Guru,snigdha	Sheeta	Katu	Vata, pitta, kapha rasayana

DISCUSSION

Ingredients present in Pushyanug Churna have certain important Karma (pharmacological actions). These are Raktashodhaka (Blood purifier), Raktastambhaka (Haemostatic), Balya (reduces weakness), etc. In pathogenesis of Raktapradara Rasa Dhatu, Rakta Dhatu, and Vata Dosha are main responsible factors.

Drugs present in Pushyanug Churna play an important role to alleviate this pathology and effectively control Raktasrava (bleeding). They also help to cure the complications which occur due to Atiraktasrava (heavy uterine bleeding) like pallor, Daha (burning sensation), Dourbalya (weakness).



As shown in the illustrations above: -

- 1) **BaddhaKonasana (Butterfly Pose)**
- 2) **SetuBandhasana (Bridge Pose)**
- 3) **SuptaBaddhaKonasana (Reclining Bound Angle Pose)**
- 4) **UtkataKonasana (Goddess Pose)**
- 5) **ViparitaKarani (Legs-Up-The-Wall Pose)**

These simple yoga poses, when incorporated into your daily routine, can significantly improve your reproductive health and overall well-being. Not only do they enhance the physical health of the uterus and surrounding organs, but they also promote mental relaxation and hormonal balance. So, roll out your yoga mat and start nurturing your body and mind with these nurturing yoga poses for a healthy uterus!

CONCLUSION

Pushyanuga churna is a classical Ayurvedic formulation which has drugs with sthambhana action and with anti-bacterial and antifungal action. This can be used in different conditions with specific anupanas. In which tandulodaka plays important role and gives better results in any type of pradaraspecifically Raktapradara.

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