

# Ayurveda Study of Asrugadar Vyadhi

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## Abstract -

Asrugadar described the heavy and erratic menstrual flow. The female reproductive system is very important, and any illness will have a negative impact on her health and happiness. Additionally, it turns out to be really uncomfortable. One of the many places where Asrugadar can be found.

Any irregularity in the menstrual cycle, known in classical texts as "Asrugadar," causes excessive and erratic uterine bleeding. Menstruation, often known as the monthly menstruation, is a natural bodily characteristic of females. In a woman's biological cycle, which lasts from menarche to menopause, artava, or menstrual blood, is expelled from the uterus through the vagina. The average menstrual cycle, or rutuchakra, lasts 28 to 30 days. It's also extremely typical to deviate from the monthly Rhythm by two to three days. Approximately five days have passed since the bleeding began, and 20 to 60 ml of blood have been lost..

**Keywords-** Menses, Disease, Rutuchakra, Expelled, Cycle, Monthly etc.

## Introduction-

Women have been elevated to a position of intense adoration since the evolution of life in the universe because of their 'Janani' power. That is why Acharya Manu said that women must be treated with respect and care in order for society to be happy. The most precious gift a woman can receive from a god is motherhood.

Puberty is the beginning of parenting preparation, and menopause is the end. Antah Pushpa and Bahir Pushpa are two of the meanings associated with the word Artava. They are both connected to Antahand Bahir Pushpa. The appropriate work of Antah Pushpa, which is required for conception, is manifested externally as Bahir Pushpa. The current study is focused on menstruating Bahir Pushpa..

## Aims & Objectives-

**Aim-** To Study the Asrugadar Vyadhi as per Ayurveda classical.

## Objectives-

1) To Study the Asrugadar Vyadhi as per Ayurveda classical.

2) Focus on Ayurveda Review Asrugadar Vyadhi.

## Materials-

### Source of Data -

- a) Sushruta Samhita
- b) Charaka Samhita
- c) E-Journals
- d) Vagbhata Samhita
- e) Dhallan Commentary
- f) Sharangadhara Samhita

## Methods-

- a) To compile available literature on Asrugadar Vyadhi.
- b) To compile the importance of Asrugadar Vyadhilakshana in appearance of disease. This is literary research study. In this articles all the references from Ayurveda Samhita and respective commentaries regarding – "Ayurveda Study of Asrugadar Vyadhi"

## Review of literature-

### Nirukti-

The name "Asrugadar" is formed from two words: Asrik, which means menstrual blood.

Dara – excessive excretion

Asrik + dara Asrugadarnirukti (derivation)

The derivation of word 'Asrugadar' is derived from two words,

That is - Asrik – menstrual blood

Dara – excessive excretion

Asrik + dara-Asrugadar

### Synonyms –

Dara, Pradara The word used in the Sharangadhara Samhita is raktapradara. Asrugadar, atiraja, raktapradara, raktayoni, and other terms are also synonymous with Ashtanga Sangraha (indu).

### Hetu –

#### Aharahetu-

Dietary variables are known as the etiological causes of dietary conditions. We can list the things that aggravate certain doshas in this class, such as excessive ruksha, sheeta, etc. Amla, ushna, tikshna, and other diets stimulate vata. causes Madhura, Snigdha, Pitta, and Guru to become active. stimulates kaphadosha.

#### Viharajahetu-

Madhava, bhavaprakash&yogaratnakar

- atimaithuna
- atiyana
- atimargagamana
- atibharavahana
- divaswapna

#### Manasikanidana -

Shoka (madhava)

#### Samprapti -

Samprapti is the process by which an illness manifests itself. According to Vagbhata, Samprapti refers to both the process by which the dosha becomes vitiated and the manner in which it manifests the illness (also known as Samprapti Orjati or agati).

Samprapti ghataka

Dosha - Tridosha

Dushya	- Rasa, rakta, artava
Agni	- Jathragnimandya
Srotasa	- Artavavaha, rasavaha, raktavaha, mamsa
Srotodushti	- Atipravritti
Adhithana	- Garbhashaya, Artavavaha
Strotasa	

### Types of Asrugadar- (ref - ch. Chi. 30/210)

Asrugadar is divided into four groups, including.

- a) Vataja
- b) Pittaja
- c) Kaphaja
- d) Sannipataja

### Lakshana (symptoms)

The Texts make no mention of the Asrugadar's Purvarupa phase. (Probably, no premonitory symptoms will exist.

Dosha, Dushya, Sammurchhana, and Sthanasamsraya complete Asrugadar's samprapti. The vitiated dosha produces several Lakshana, including the Asrugadar sthanika and sarvadaihikalakshana..

When menstruation occurs in excess for an extended period of time even without a normal menstrual cycle, differing from the characteristics of typical menstrual blood, or signifying the characteristics of a certain dosha known as Asrugadar, according to Susruta.

### Sadhyaasadyata (prognosis) -

Sannipataja Asrugadar is terminally ill. Madhavanidana and others A few Sannipataja symptoms and indicators have been recapitulated in books. According to Charaka, the characteristics of Asrugadar, or incurability, include persistent bleeding, thirst, a burning sensation in the mouth, fever, anaemia, and weakness.

Acharyaharita stated that the woman with a fever, a very short intermenstrual cycle, and persistent bleeding is incurable under the definition of arishthalakshana of Artava..

### Result & Discussion-

The Nidanapanchaka can be diagnosed and treated quickly if we are able to comprehend the Asrugadar correctly. Thus, having a thorough understanding of Asrugadar aids in comprehending how the medical

state manifests. Additionally, understanding Asrugadar is beneficial for learning about the Sadhyasadhyatva of Disease.

### Conclusion-

To conclude the following one the points derived from the above data-

- 1) Knowledge of the Asrugadar in its appropriate context aids comprehension of the process by which illness conditions arise.
- 2) Understanding Asrugadar is useful for learning about the Sadhyasadhyatva of Disease.

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