



## Role of *Rasapachaka Kwath* in The Management of *Rajavikriti* (Menstrual disorders) – A Case Study

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### Abstract

Menstrual abnormalities are common in now a day due to their sedentary and stressful life along with dietary habits. Food habits of adolescents in the recent have changed like too much consumption of fast food and skipping of food or irregularities in intake of food leads to improper formation of gastric juice which is directly affect blood formation and menstruation, due to that the major abnormalities are dysmenorrhea, menstrual irregularities, etc are seen. These disorders common in adolescent and may lead to problems in daily activities such as academic excellence, achievements in sports, loss of self- confidence. The lifestyle pattern of any individual leads to their prone of disease. Female reproductive cycle

directly or indirectly influences with diet, physical work and mental stress. Dietary habits are directly related with individual quality of life. So overcome this problem for such a condition *rasapachaka kwath* has been using in many patients and get surprising results within short time.

Key points: Menstrual abnormalities, lifestyle, *rasapachaka*.

### Introduction

In present era due to modernization and urbanization, there is improper and irregular dietary habits, stress, social problems which leads to various metabolic disorders. Among that Menstrual disorders are quite common in women and have become a very challenging problem for working ladies and

housewives, which affect physical performance as well as mental state of women. Temporary or symptomatic treatment is not a proper solution for that, so there is need to find out some effective and proper treatment with no side effect. Ayurvedic management seems to be more practical, effective, non-surgical and have negligible side effects.

In Ayurveda science, many of *granthkara* explained about *Artava* means *Raja*, How it forms? What are the normal signs of menstruation? What are the abnormalities, what is the cause behind that? And for that proper treatment also has been mentioned in detail<sup>[1,2]</sup>. The word *Artava* having two meanings, one means *Antah Pushpa* and another one is *Bahir Pushpa*. Both *Antaha* and *Bahir Pushpa* are interrelated. Here the present study deals with the *Bahir Pushpa* that is Menstrual blood. According to Ayurveda *Raja (Artava)* is updhatu of *Rassadhatu* and presents in the form of *Raktadhatu* (Menstrual Blood). *Rasa dhatu* means *Ahararasa* (Gastric juice) and *Raktadhatu* means Blood. The abnormalities in menstruation indicates scanty menstrual flow both in amount and duration (*Rajakshaya/Amenorrhea*) with associated symptom of pain in lower abdomen (*Kastartava/Dysmenorrhea*) which later

turns into irregular menstruation (*Aniyamit Rajapravritti*). It may be due to nutritional deficiency or decrease in *Rasa* and *Rakta dhatu*.

## Materials and Methods

On the basis of opd section in the N.A.M.A.M college and hospital present study was taken with the h/o, scanty menstruation along with pain in lower abdomen. Clinically diagnosed as dysmenorrhea and selected the drug *Rasapachaka* as line of treatment for 3 months.

## Case History

A 36 years old woman presented with complaints such as scanty menstruation associated with pain since 6 -7 months. She had taken hormonal treatment and analgesic for that up to 4 to 5 months, but not got relief. The patient approached for further an alternative treatment for complete relief.

On examination and patient's personal history taking found to be of pitta- vata prakriti, *krura koshta*, she was housewife, having previous h/o 2 episodes of abortions, hyperacidity, anaemic. The dietary history revealed liking of bakery items as well as excessive consumption of nonveg, thus vitiating the *pitta -vata* and *rakta* too.

A plan of shaman *aushadhi chikista* considered to treat and mentioned below in detail.

### Treatment Given

Table I <sup>[3]</sup>

| Treatment                | Duration | Dose per day in divided form |
|--------------------------|----------|------------------------------|
| <i>Rasapachaka kwath</i> | 3 months | 100 ml 2 times in a day      |

Table II

Ingredients (Composition):

| Ingredients of <i>Rasapachaka</i>       | Quantity | Properties               |
|---|----------|--------------------------|
| <i>Tiktpatol (Trichosanthes dioica)</i> | 1 Part   | <i>Pitta vata shamak</i> |
| <i>Indrayava (seeds of Katuki)</i>      | 1 Part   | <i>Vata shamak</i>       |
| <i>Katuki (Picrorhiza kurro)</i>        | 1Part    | <i>Pitta vata shamak</i> |

### Discussion

According to Ayurveda *Raja* is *Updhatu* of *Rasa* dhatu. *Raja* means *Raktadhatu*, so if *Rasa* and *Rakta dhatu* get vitiated obviously *Raja* get vitiated (*vikrit*). To correct abnormalities in *Rajapravartan*, medicines should give for *Rasa dhatu pachan* and *Rakta dhatu prinan*. After administration of *Rasapachaka*, satisfactory significant result was observed in present patient and symptoms like scanty bleeding associated with pain get reduced.

### Conclusion

On the basis of present case study, it is inferred that Ayurvedic drug that is *Rasapachaka* is Beneficial in *Rajavikruti*. How ever this is preliminary study; further study is required to establish its action on hormones interference in menstruation. No unwanted side effect observed in this study.

### Referance

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