



A Role of *Rasaushadhis* in the management of *streeroga* & *sutikaroga*: A review

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Abstract :-

A Healthy woman is the main pillar of the healthy family & society. In the todays era of 21st century due to change in life style of woman, overburden of job increasing mental stress & recurrent urinary tract infections causes physical & psychological disturbances by which woman can develops menstrual abnormalities during reproductive age. This may further result into serious gynecological disorders like garbhini & sutikaroga.

In Ayurveda, rasaushadhis (Herbo mineral preparations) are known for the quick result in very smaller dosages. The main advantages of rasaushadhis is its potency, effectiveness, longevity & also having most influential effect on various chronic disease. This review aims to collect in formation on some resausadhis used in the management of streeroga like kashtartava, (Dysmenorrhoea) prodaroga (Leucorrhoea & menorrhagia) as well as Garbhini roga & sutikaroga.

Keywords:- rasaushadhi, streeroga, Sutikaroga, Garbhini roga

Introduction:

In this modernized era of high technology women's status was expected to reach new horizons both physically & socially. But some of the physiological factors & family responsibilities trouble the women to make her slow down the race. During various stages of women's life she have to face some common gynaecological problems like kashtartara (Dysmenorrhea), Pradarroga, (Leucorrhoea & Menorrhagia) more than 50% of women are said to experience some discomfort during these situation. Direct reference of Rajahpravartini vati has given in Bhaishajyaratnavali for treating kashtartava¹.

Pregnancy & child birth are two main important events of the women's life. During delivery women has gone through tremendous pain. It is called as rebirth of women. After childbirth due to pain loss of moisture & blood through body, women becomes physically & mentally weak which can provide platform for sutikarog. To treat all these disease many herbal & herbomineral preparations were described in the different T.B. of Ayurveda among then reference of rasousadhis like

bolbaddha rasa in pradorroga, Garbhupal rasa in Garbhini roga & prataplan keshwar rasa in sutikaroga has mentioned for the treatment & the disease respectively^{2,3,4}.

These herbomineral preparations are significantly more effective than herbal preparation. The paper attempt to screen ayurvedic treatise emphasizing the utilization of above mentioned resashadhis for the treatment of streeroga & sutikaroga.

Methods of Materials:-

Review regarding Rasaushadhi & streeroga was done from ayurvedic & modern text books, journals, internet sources. Collected data compiled & classified as mention in text.

Discussion:-

General symptoms & management of kashtartava (Dysmenorrhea) :-

Dysmenorrhea literally means painful menstruation. But a more realistic & practical definition includes cases of painful menstruation of sufficient magnitude, So as to incapacitate day to day activities⁽⁵⁾. In kashtartava pain is the main feature which has strong relation with vatadosha⁽⁶⁾. Vatanuloman & vatashaman. Chikitsa effectively bring down the pratilom gati of vata

General symptom & management of pradararoga:-

Pradora means excessive secretion. It is divided into two type, i.e. raktapradara (menorrhagia) & Shwetapradara (leucorrhoea) another name of raktapradara is Asrigdar due to excessive pradirana of raja⁽⁷⁾. Prominent doshas in the

pathogenesis of pradara are vata & pitta. The management of Asrigdara includes Agnideepana, Rakta stambhana, Doshpachana & tiktarasaprayog.⁽⁸⁾

General Symptoms & management of leucorrhoea:-

Leucorrhoea is an excessive vaginal discharge more than normal. Leucorrhea can be correlated as uppluta yonivyaloada mentioned in charak samhita. Vitiation of kapha dosha occurs due to kaph predominant aahara vihara & this kapha reaches yoni by aggravated apana vayu combined with pitta and causes excessive thin & thick white colour discharge which is nonpuritus known as leucorrhoea.

General symptoms & management of Garbhiniroga :-

According to Acharya charak, mild treatment should be given while treating pregnant women like mruda, madhur, sheeta aahara & upchara. Hence garbhini paricharya (ANC-Care) have advised by Acharyas because slightest jerk or exertion can lead to abortion⁽⁹⁾.

General symptoms & Management of sutika roga:-

According to Acharya kashyapa after delivery of childbirth till the placenta is not expelled out the women cannot be called sutika. Acharya kashyapa have mentioned⁶⁴ types of sutikaroga in kashyapa Samhita (sutikopkramaniya adhyaya)⁽¹⁰⁾ & dushprajata chikitsa adhyaya for the management of sutika paricharya⁽¹¹⁾ (postnatal care) to maintain maternal health.

Sr. No.	Name of Formulation with Reference	Dosage Form	Contents	Indication	Matra	Anupan
1	Rajahpravartini Vati (B.R.)	Vati	Sh. Kasis, Sh Tankan, Sh.Hing, Kanyasar, Bhavna – Kumariswaras	Streeroga Chikitsa	250 mg BD	Tila qwatha, kulatha qwatha
2	Bolbaddha Rasa (N.R.)	Vati	Shodhit para, Shodhit Gandhak, Giloy satva, Beejabol, Bhavna, semal twak quath	Raktapradar Shweta pradar	250 mg BD	Honey & In shweta pradar with trivang bhasma
3	Garbhapal Rasa (Rasachandana)	Vati	Sh. Hingul, Nagabhasma, Vangabhasma, Trijat, Trikatu Dhanyak, Krishnajeerak, Chavya, Draksha Devdaru, Lauhabhasma, Bhavnadravya, Aparajita	Garbhini rog, Garbhapata, Garbha strava	125mg to 250 mg BD	Draksha qwatha
4	Prataplankeśwar Rasa (Y.R.)	Vati	Sh Para, Sh Gandhak, Abhrak Bhasma, Sh Vatsanabha, Marich, Loh bhasma, Shankh Bhasma, Aranya Upal, Bhasma	Prasuti vata sannipataj jwara. C/I in pregnancy	125 mg to 375mg	Adrak swarasa, Dashmoolarishta

Rajahpravartini Vati :-

shodhit tankana and shodhit kasisa are main ingredients of Rajah Pravartini Vati. It has katu, Tikta rasa, Laghu snigdha, Tikshna guna, katu vipaka & ushna virya. All the ingredients in Rajahpravartini vati removes the strotavarodha & facilitates flow of Vata, Katu vipak & ushna virya pacifies the aggravated vata & thus allows the painless flow of artava¹².

Bolbaddharasa is an khalviya rasayan. It is mainly kapha-pittashamak. The main ingredient in this is Raktabola. Due to sheet virya & Raktastambhak property of this formulation, it is useful in Controlling excessive bleeding in Raktapradar. It also acts as a Vranaropak in healing cervical erosions & ulcers in Vagina and tones up the uterine muscles.

In yonigat vataj shweta strava (leucorrhoea) discharge is tanu (watery) and it is due to weakness of uterine muscles. In such cases, Bolbaddha rasa helps in cleaning the vranadushti & thus reduces shwetastrava¹³.

Garbhapalrasa:-

Naga & vangabhasma in this formulation given strengths to the uterus. Hingul acts as a rasayan & yogavahi (enhancing the properties the other drugs)

Trijat, Jeera & Draksha are pittashamak & acts as Garbha-koshta kshobhanashak (ant inflammatory). Loha Bhasma provides nourishment to fetus as well as uterine muscles. Hence in Habitual abortions, this formulation is used with trivanga bhasma before conception. It is also advised for

normal ANC patients for uncomplicated pregnancy¹⁴.

According to Modern researches conducted an garbhapalrasa, it is concluded that garbhapal rasa can be safely used during pregnancy¹⁵.

Prataplankeshwar Rasa:-

Balances the vata & kapha dosha. It has yogawahi & Rasayan property, Lohabhasm acts as a balya which strengthen the uterine muscles. Cowdung ash has garbha koshta shodhak property (cleanses uterine cavity). Thus this formulation is useful in sutikaroga¹⁶.

Conclusion:-

Various herbal & herbomineral preparations are mentioned in textbook of Ayurveda for the treatment of streeroga & sutikaroga but herbal preparations are not sufficient alone to cure the disease. Hence acharyas have mentioned rasushadhi (Herbomineral Preparations) in treating severe diseases.

Being the seat of all reproductive phases viz premenstrual phase to menopausal phase, it is mandatory to maintain richness & healthiness of uterus throughout the life and hence the rasaushadhis (rajahpravartinivati, bolbaddha rasa, garbhapal rasa, prataplankeshwar rasa) which are useful to strengthen the uterine muscles are included in this article. Naga & vanga bhasma in these formulations gives strength to uterine muscles. Also bhasma can accomplish the deficient components in the body like loha bhasma in Iron deficiency etc. Thus the study concluded that by using rasaushadhis we can overcome from streeroga & sutikaroga

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