

## Jatahaarinee in reference to AUB

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### Absract:

*Vrithaa Pushpam tu ya naaree yatha kaalam prapashyati. Sthool lomash gandraa va Pushpaghnee saa api Rewatee .. ( Kashyap.Si. Rewati kalp / 33)*

The woman afflicted by “Pushpaghni Rewati”, though can experience regular menstrual cycle but fruitless, she has corpulent cheeks with excessive growth of hairs; we see these symptoms in PCOD cases. *Kaalvarn pramaanairya vishamam pushyam richchhati. Animitt bala glaanir Vikuta naam sa smritaa .. ( Kashyap.Si. Rewati kalp / 33)*

The woman should be known to be afflicted by “Vikuta Jaat haarinee”, whose menstruation periods are irregular (Abnormal Uterine Bleeding ) in the terms of time, color and volume, also feeling lack of power within herself. Almost for every woman the reproductive period of life, from menarche to menopause, still remains vulnerable for her health. Women in different cultures and communities equally remain to suffer silently different diseases of this period. Owing to the complexity of women's physiology, it is necessary that she needs to be either supported by others or taken care by herself of these vulnerable conditions in her life. Our great thinkers of Ayurveda have experienced the pivotal role of women into the society and very elaborately addressed it in their write ups; see their elaborative beauty of words that too from about 4000 B.C. “*Stree hi moolam apatyanam stree hi rakshati rakshita*”.

**Key Words:** Stree, Pushp, Menstruation, AUB, PCOD, Menorrhagia, PMS, IUCD.

**Introduction:** Ayurveda helps us accomplish this through acquiring the proper life style and removing the root imbalances in the basic biological functions of digestion, metabolism, circulation, tissue development, nervous system activity; in turn holistically they take care of reproductive health. **It is a ‘creating health approach’ in comparison to a ‘fighting disease approach’ of contemporary medicine.** “Eating well is one of the best ways,” a woman can take care of herself. A healthy diet decreases chances of developing gynecological diseases such as Menstrual irregularities

Endometriosis, PCOS, infertility, PMS, weakness of the pelvic floor muscles, early menopause etc. in the Indian women. Ayurveda treats people individually in the given circumstances and so, can manage the health issues much more effectively. Eating healthy diet increases energy level which makes easier day to day life of women.

Ayurveda categorizes women's physiological constitutions into three basic genotypes. Women's constitutions and genotype make up reflect certain phenomic characteristics such as *Kapha* experiences relatively heavier menstruation as compared to *Pitta* and the *Vata* has the lightest flow. The maximum reproductive capacity belongs to women with *Pitta* constitution followed by those with the *Kapha* constitution and the weakest reproductive capacity belongs to the *Vata* type. These differentials can probably suggest that *Vata* women should marry earlier in life than other two types for the fertility point of view.

Nowadays couples are so ambitious and carrier oriented that they hardly, spend quality time with each other, so many couples who just do not have the sexual urge due to burn outs. Fatigue and Depression are the two main problems prevalent in today's women. Housewives or working women do suffer these problems; proper diet and lifestyle, combined with good sleep can preserve good health and also cure the problems. Diet and nutrition have a special place in promoting health in women, many women do not eat sufficient amount of food; this cause deficiencies of iron, minerals and vitamins which further accentuates during menstruation and lead to general body aches, lethargic, back pain, muscle cramps etc. what we refer as menstrual disorders.

### **Menstrual Irregularities:**

**Menorrhagia** – Normal and Regular interval but increased amount (80 ml/ cycle) or duration (> 5 ) or both. **Polymenorrhoea** –Normal in amount but frequent (< 21 ) in interval. **Metrorrhagia** – Irregular Acyclical bleeding due to DUB and different types of polyps, IUCD *in utero*, OCP etc. **Oligomenorrhoea** – Menstrual bleeding 35 days apart and remains constant at that frequency due to PCOD, perimenopausal etc. **Hypomenorrhoea** – Unduly scanty in amount (lasts for < 2 )due to Endometrial TB or Uterine synechiae. **Polymenorrhagia** – Cyclical bleeding which is both excessive and too frequent due to Pelvic infection Stressful situation and Anovulation. **Menometrorrhagia** – Heavy blood loss at irregular intervals and Other causes - Due to implantation, coagulation defects and Nervous and Emotional upset etc.

**Dysfunctional Uterine Bleeding (DUB)** – All forms of abnormal uterine bleeding for which no organic cause (benign or malignant) can be found. There may be variation in cycle length due to hormonal disruption, anovulation (absence of ovum release) weakened immune system as a probable cause; environmental factors may also contribute to menstrual irregularities. The most consistent risk factor is severe stress which could be physical as well as emotional stress. Ayurveda considers Poor nutrition, Poor digestion, imbalance of nervous system, accumulation of physical and mental stress, lowering of natural resistance and immunity.

**Dysmenorrhea** – Means difficult or painful menstruation – Pain begins a few hours after or just after the onset of Periods and may last up to 48-72 hrs. The pain is colicky in nature, presenting as suprapubic cramps, lumbosacral backache radiating down to the anterior aspect of thigh. Vitals are normal, No abdominal tenderness present and Pelvic organs are normal.

**Endometriosis** - Presence of endometrial like tissue (glands and stroma) outside the uterine lining, leading to bleeding elsewhere other than Uterus causing minimal to large ovarian endometrioma and massive adhesions involving Bowel, bladder liver etc distorting tubo-ovarian anatomy and that can also lead to infertility; many women may experience feeling of inadequacy and disappointment. Infertility grieves the life, they had planned. Today's lifestyle is demanding professional life with odd working hours and a highly stressful life.

**Chronic Pelvic Pain** – CPP is nonspecific, non-menstrual pain of 6 or more month's duration may or may not be relieved by Analgesics. Its localized to the Anatomical Pelvis, causing functional disability having physical marital and social repercussions.

**Premenstrual Syndrome (PMS)** – There are variety of symptoms like depression, irritability, anger outburst, anxiety, confusion, social withdrawal, tiredness, lethargy, bloating, gain in weight, nostalgia, backache and headache etc occurring a week to 10 days before the menses and association with time of prior to menses for at least 4-6 previous cycle is a must for diagnosis. Though almost all women suffer from mild forms of PMS, one in 20 women have serious symptoms to interfere with quality of life.

**Premenopausal syndrome** is more evident in women of Pitta constitution. These women demonstrate symptoms of frequent outbursts of anger, irritability, hot flushes, night sweats, urinary tract infection, skin rashes. In women of Vata constitution, the premenopausal symptoms are different. These women express nervousness, anxiety, insomnia, mild hot flushes, depression, constipation and vaginal dryness. The women with Kapha constitution gain weight, they suffer from sleepiness, sluggishness, slow

digestion and fluid retention naturally so more prone for both pre and postmenopausal syndrome.

## **QUALITY NON-HARMONAL TREATMENT from the treasure of AYURVEDA**

Relieving of above symptoms can be enjoyed by avoiding stress, taking regular exercise such as aerobics, jogging, should be done regularly. Daily magnesium, calcium, supplements with vitamin B6 is also helpful. HRT has been the mainstay treatment in Modern system of medicine there is search for natural substances that can replace hormones in the body, there is also good hope in this direction. **Ayurveda has safe herbal solutions, *Shatavari, Bala, Aswangandha* have shown estrogen like action in animal studies and clinical trials.** The *Phytoestrogens* are present in *Soya bean, green tea* etc. and as expected the **Japanese women experienced nil postmenopausal symptoms** because **Soya bean is widely used in Japanese food.**

**Yoga intervention** for enhancing women's health is also very useful. Mood upsets can be controlled by this along with intake of *Ashwagandha, Jatamansi, Brahmi, Shankpushpi, Punarnava* helps to reduce swelling, headache. *Gokshur* and *Chandra prabha vati* also can help to reduce breast tenderness, apart from their routine use in Urinary tract disorders. Natural calcium supplement like *Kapardikabhasma, Pravalabhasma, Kukkutandatwak bhasma* can be given to improve the bone density. Garlic is time tested lipid buster. Some other preparations such as **PUSHYANUG CHURNA, SHUDH RASANJANA, BOL PARPATI, DHATRI RASAYANA, LAKSHADI CHURNA, NAG KESHARADI CHURNA, SPHATIKA CHURNA, RAJAH PRAVARTANI VATI, CHANDRA PRABHA VATI, ASHOK TWAK CHURNA, LODHRA CHURNA, NYOGRADI GANA KASHAYAS** etc. are being used very successfully for **Menstrual disorders** in our OPDs and IPDs.

### **AVOIDING and ADAPTATION during PERIMENOPAUSAL duration**

✓ Stop fatty and fried foods, Maida, Sugar and Coffee or reduced to minimum. ✓ Avoid strenuous exercises, standing for more than 15 minutes, stair climbing, and much lower bending. ✓ But light Exercises must go on daily to maintain the range of flexibility of joints, for cardiovascular fitness and loose excess weight. ✓ Take diets rich in Calcium and Silicon like bone marrow, cartilage, milk, curd, raw root vegetables and green vegetables etc. ✓ *Kukkutandtwak bhasm* 250 mg + *Praval bhasm* 250 mg with *Chandanasav* 30 ml relieves hot flush effectively. ✓ Streamed *Asparagus tubers* i.e. *Shatavari* should be taken with milk.

### **PANCHAKARMA FOR GYNECOLOGICAL DISORDERS**

**Uttarbasti** – This is the instillation of the sterile medicated ghee/oil/decoction inside the uterine cavity. This is used to clean the uterus and the fallopian tubes and to maintain the proper healthy endometrium. Used in infertility, fibroids, polyps, irregular menstrual bleeding, ovarian cysts, diseases of fallopian tube etc.

**Yonidhavana** – This is the irrigation of vaginal canal with warm herbal decoction. Used in many vaginal manifestations like Candidiasis, Non-specific Leukorrhoea(white discharge), Vaginal dryness, etc.

**Yonipichu** – This is medicated tampon used for many cervical and vaginal disorders like Cervicitis Cervical erosions, Vaginal dryness, etc.

**Yonivarti** – This is herbal vaginal pessary used for cervical and vaginal disorders.

**Yonidhoopan** – This is the fumigation of vagina with herbal medicines to remove excess watery discharges like pus, thick mucoid discharges, etc.

**Ksharpratisarana** – This is the local application of herbal ash to scrap out the slough and to arrest excessive bleeding, used in Cervical inflammation.

**Katibasti** – It is an external oleation of lumber (lower back) area by retaining medicated oil or herbal decoction for definite time. Used in post natal period (period after delivery), lumbar spondylosis, or many problems related to lower back.

**Basti** –It is a medicated oil or decoction enema to remove Vata impurities and improve the functions of large intestines, rectum, urinary bladder, uterus, bones and many more. Hence used in many diseases like post delivery arthritis, low back ache, obesity, post menopausal osteoarthritis, osteoporosis, etc.

**Sarvangsnehan** – This is the whole body massage with medicated oil. Used in post delivery status to reduce Vata impurities like pain and also in many Vata predominant diseases.

**Sarvangswedan** – This is the whole body steaming by with the essence of herbal medicines to reduce pain, edema, etc. Used in post natal period, obesity, arthritis, and in many other conditions.

**TakraDhara** - Luke warm medicated buttermilk is poured to the forehead and it gives a stress free mind. **DhanyamlaDhara** - Fermented medicine water is

poured all over the body and unnecessary fats are removed. **Urdvartana** - This massage with a paste made with ground grains and herbal powders cleanses the skin, increases circulation and promotes weight loss. **Garshan** - Massage with raw silk gloves creating friction on the surface of the skin and increasing circulation in the body. It promotes weight loss and clears away

clogging impurities that might cause problems such as cellulite. Garshan is followed by oil massage.

**Conclusion:**

So there is a prominent place for the women's health of every age group in Indian system of medicine AYURVEDA with the key words of “*Stree hi moolam apatyanam stree hi rakshati rakshita*” elaborating every aspect of her life to make her healthy as she, playing the pivotal role over the family, society and ultimately the nation and so is, the foundation stone of the future of this global village.

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