TO STUDY EFFECT OF BOLADI VATI IN ATYARTAVA – A CASE STUDY.

Kaustubh Mehetre, Mangesh Jarange, Kiran Wagh.

1. M.S. (Prasutitantra-Streerog), Assistant Professor, Dept. of Prasutitantra-Streerog, SVNHT’s Ayurved College, Rahuri Factory, Dist. Ahmednagar, MS, India.
2. M.S. (Prasutitantra-Streerog), Associate Professor, Dept. of Prasutitantra-Streerog, PMT’s Ayurved College, Shevgaon, Dist. Ahmednagar, MS. India.
3. M.D. (Roganidan), Associate Professor, Dept. of Roganidan and Vikruti Vigyan, SNKD Ayurveda Medical College, Nalasopara, Vasai, Palghar, MS, India.

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ABSTRACT

Woman is called as Janani’ as per Indian philosophy and Ayurveda because of her power of reproduction. In ‘Kaumarbhritya Tantra’ one of the eight branches of Ayurveda, it has been stressed that women health is of prime aim because the health of child and in turn health of society depends upon health of women. Hence it is also important for each and every female to follow Ritukalin paricharya properly since her menarche to menopause. Rutuchakra (menstrual cycle) and Rajastrava (menses) are mentioned in detail by Acharya Sushruta. Ideal period of frequency of menstruation is said to be at every 28 days, but it varies woman to woman. A deviation of two to three days from the monthly rhythm is also common and should be considered as normal. When there is heavy blood loss through menstruation (more than 80 ml) it is termed as menorrhagia. As per Ayurveda philosophy Mansa-Rakta dhatu and Prithwi mahabhuta should be taken into consideration while treating Atyartava. Rakta bala is ‘vyadhipratyanik dravya’ for Atyartava which reduces menstrual bleeding and nourishes Mansa and Rakta dhatu so that to improve uterine condition. 33 years female patient suffering Atyartava (menorrhagia) since last 7 years was treated with Boladi Vati 500 mg x BD for 90 days (three consecutive cycles) in present case. Good relief was observed in all relief symptoms. During third menses symptoms of patients were either nil or present with very mild grade.

Keywords: Asrigdara, Menorrhagia, Yashtimadhu-Sita Choorna, Tandulodaka, Ashoka twak choorna.

1. INTRODUCTION

Woman is called as Janani’ as per Indian philosophy and Ayurveda because of her power of reproduction. In ‘Kaumarbhritya Tantra’ one of the eight branches of Ayurveda, it has been stressed that women health is of prime aim because the health of child and in turn health of society depends upon health of women. The reproductive power of women is due to her menstrual cycle every month. Normal and periodic menses suggest that women’s reproductive functionality and is good. Normal menstruation is the only needful thing for woman’s overall health and health of her child. Hence it is also important for each and every female to follow Ritukalin paricharya properly since her menarche to menopause. Rutuchakra (menstrual cycle) and Rajastrava (menses) are mentioned in detail by Acharya Sushruta. He mentioned three different phases of Ritukala as, 1. Rajakala, 2. Arajakala and Rituvyatitkala. Atyartava (heavy menstrual bleeding) is described as Asrigdara or Raktapradar in Ayurveda literature. Asrigdara is of four types viz. Vataja Asrigdara, Pittaja Asrigdara, Kaphaja Asrigdara and Sannipataja Asrigdara.

*Corresponding Author: Kaustubh Mehetre. Email: kaustubhamehetre@gmail.com.
Menstruation is a periodical process occurring approximately at every month. Ideal period of frequency of menstruation is said to be at every 28 days, but it varies woman to woman. There are different intermittent phases of menstruation. During the period of one month the inner layer of Uterus called Endometrium is get prepared for conception. When conception doesn’t take place, shedding of endometrium along with blood flows out which is called as Menses and whole process of 28 to 30 days is called as Menstrual cycle. A deviation of two to three days from the monthly rhythm is also common and should be considered as normal. Menstrual duration (bleeding) is about five days (three to eight days are extreme normal limits) and 20 ml to 60 ml is lost approximately. When there is heavy blood loss through menstruation (more than 80 ml) it is termed as menorrhagia. Now a days nearly 50% women of reproductive age are suffering from irregular and excessive menstrual bleeding. Anemia, Fibroid and infection are mostly found common causes for heavy menstruation.

Hence while treating the condition like Atyartava (menorrhagia) anyone must think about uterine condition. As per Ayurveda philosophy Mansa-Rakta dhatu and Prithvi maha-bhuta should be taken into consideration while treating Atyartava. Rakta bola is ‘vyadhipratyanik dravya’ for Atyartava which reduces menstrual bleeding and nourishes Mansa and Rakta dhatu so that to improve uterine condition. In present article a case of Atyartava successfully treated by Ayurvedic drug (Boladi vati) is presented. This is a sincere attempt to prove efficacy of Ayurvedic drugs without side effects in complicated conditions. It can be said that in absence of significant uterine pathology medicinal treatment (Shamana chikitsa) explained in Ayurveda literature definitely gives solution.

2. CASE STUDY

2.1. Objectives

To study the diseases (from Ayurveda and Modern literature) in which Atyartva symptom is present.

To study efficacy of ‘Boladi Vati’ in Atyartava.

2.2. Chief Complaints:

The patient had following complaints

- Atyartava
  - Excessive menstrual bleeding for 7-8 days per menstrual cycle
  - She needs more than 5 pads for fist four days and later on 3 to 4 pads per day
- Grathita rajapravrutti
- Angamarda (body ache during menstrual period)
- Adho udara shula (lower abdominal pain)
- Kati shula (low back ache)

2.3. History of present illness

33 years female patient suffering Atyartava (menorrhagia) since last 7 years was arrived to Strirog-Prasutitantra OPD at Ayurveda Hospital of college. Physical and clinical examination was done. She has taken treatment at few Gynecologists for the same complaints but got temporary relief only. Abdominal sonography has shown nothing except mild endometritis. After failure to get relief from Atyartava she was advised to perform Hysterectomy. She was unwilling for surgical procedure. Hence in due to fear of surgery and in quest of relief she decided to take Ayurvedic treatment.

2.3. History of past illness

No any major illness.

2.4. History of surgery

LSCS done 8 years ago.

2.5. Family history

Raktapradara

2.5. Clinical Examination

General Examination:

Pulse: 78/min, BP: 110/70 mm of Hg, Temp:
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Menstrual history:
Frequency of menstrual cycle was occurring at interval of every 32 days since her Menarche. For first few years duration of menstruation was three to four days only. But after LSCS (8 years ago) her menstrual duration was increased up to 7-8 days also proportion of menstrual bleeding was increased. During menstrual period she suffered abdominal pain and backache which was unbearable many times.

Obstetrics history:
- G: 3, P: 2, L: 2, A: 1, D: 0.
- G1: FTND (Episiotomy)
- G2: MTP done (D & C)
- G3: LSCS

Per abdomen: Tenderness all over abdomen, spasmodic pain.

2.6. Investigations
- USG: Mild endometritis.
- Hemogram: Hb: 8.6 gm%, Rest: within normal limit.
- Urine examination: within normal limit.

2.7. Samprapti

Samprapti:
After Hetu sevana, Vata and Pitta get vitiated resulting in increased quantity of Dushta Rakta (blood) which comes into Rajovaha strotasa via Garbhashayagata sira and gets mixed with Raja. In turn quantity of Raja gets increased. Dushta Rakta along with Raja in the form of increased vaginal bleeding is called as Pradar or Raktapradar, i.e. Asrigdar.

Samprapti Ghataka:
Dosha: Pitta (Ushna, Sara & Drava guna dushti), Vata (Chala, Sukshma guna dushti);
Dushya: Rasa (Raja) Mansa; Strotasa: Rasavaha, Artavavaha; Marga: Abhyantatar; Mahabhuta: Agni, Vayu, Akasha; Uddhavasthana: Pakvashaya samuttaha; Samprapti prakar: Atistrava, Vimarga gamana.

2.8. Treatment
Patient was treated with Boladi Vati9 500 mg BD, before meal (Apana kala).10 Tandulodaka9 (100ml) used as anupana. This treatment was given to her up to three consecutive cycles. She was called for follow up at every cycle. She was observed continuously for 6 days at every cycle to assess her condition. During this period analgesic and antispasmodic drugs were used as per need. She was advised to follow ahara-vihara pathya during rajakala as well as rajavyatti-kala.

2.9. Drug Review
Details of Boladi Vati is mentioned in Table No. 1.

2.10. Assessment criteria11
1. Rajastrava Pramana
- 0: 3 pads per day
- 1: 4 pads per day
- 2: 5 pads per day
- 3: >5 pads per day

2. Rajastrava Kalavadhi
- 0: 3 to 4 day
- 1: 5 to 6 days
- 2: 7 to 8 days
- 3: >8 days

3. Rajastrava Swarupa
- 0: Drava
- 1: Grathita

4. Angamarda
- 0: No pain
- 1: Pain during work
- 2: Pain during movements
- 3: Continuous pain

5. Adho udara shula
- 0: No shula
- 1: Mild shula
- 2: Moderate shula
- 3: Severe shula

6. Kati shula
Boladi Vati along with Tandulodaka was prescribed to patient after end of current menstrual cycle. Boladi Vati was given for 90 days in total. She was assessed during three cycles for complete menstruation period (Table No 2). During first cycle after start of medicine no specific changes was observed in assessment criteria. Patient took analgesic tablet twice for relief in pain. Almost after two months at the time of second cycle Rajastrava pramana was decreased to 6 days, Patient needed average 4-5 pads per day, Rajastrava was Grathita at the beginning but it was Drava to last day. Angamard, Adho udara shula and Katishula were reduced as compared to first cycle. She took analgesic tablet only once. At the end of three months Rajastrava pramana was decreased almost up to normal as she needed only 3 to 4 pads per day on an average, menstrual duration was only 4 days and mild Grathita Raja was present for first two days. Angamard, Adho udara shula and Kati shula were not decreased significantly as compared to second cycle. She didn’t take analgesic tablet this time as she could bear pain during this cycle. It suggests that, Boladi Vati is effective to reduce Rajastrava pramana, Rajastrava kalavadhi and improve Rajastrava Swarup in Atyartava. As well as Boladi Vati is moderately effective to reduce Angamarda, Adho udara shula and Kati shula in patient of Atyartava.

In Atyartava, due to Hetu sevana, Vata and Pitta get vitiated resulting in increased quantity of Dushta Rakta (blood) which comes into Rajovaha strotasa via Garbhashayagata sira and gets mixed with Raja. In turn quantity of Raja gets increased. Dushta Rakta along with Raja in the form of increased vaginal bleeding, Pitta-Vata hara, Grahi gunatmaka, Dipan & Pachana, Rakta stambhaka dravyas having Kashaya-Tikta-Madhura rasa and Shita virya should be preferably used to break samprapti process and to stop bleeding. Such dra- vyas due to their properties also acts as Garbhashaya pushtikara which helps to improve uterine conditions. In context of Yonivyapada Vata dosha chikitsa is advised by Acharya Charaka as there is Vata dosha vitiation in all Yonivyapada. Sandhana, Skandana and Pachana upakrama advised by Sushruta in the context of excessive bleeding are applicable in Yonigata raktastrava i.e. Atyartava also. Boladi Vati contains Bola, Tankana, Kasisa, Hinga, Kumari, Jatamansi (Table No. 1). In this way Boladi vati is Kashyaryasa pradhana, Shita, Madhura-Tikta, Tridoshaghn (specially Kapha-Vataghana), Dhatvagni vardhaka, Rasa-Rakta shuddhikara, Sandhanakara, Skandanakara, Grahi, Rak tastambhana and Garbhshaya balya kalpa (Table No 1).

Though we observed good results in the chronic case of Atyartava, such results aren’t possible by same or other treatment. Significant uterine pathology was absent in this case and hence only shama chikitsa could provide relief. The cases like Uterine fibroid, Severe endometritis, Infections, Cervical erosion etc. different thinking is surely necessary. Many of such cases are Yapya or Shastrakarm sadhya and hence further study specially, Clinical Trials are necessary to find out definite solution. We hope that this case may provide clue or platform for further study to new researchers. We also expect that new learners should think each as a separate disease. Because Hetu, Samprapti Ghataka, Rupa differ in every case and plan of treatment (chikitsa upakrama) and choice of drug (kalpa nishchitai) is different accordingly.

4. CONCLUSION

- Atyartava is commonly found now days.
- Atyartava can be treated by shama chikitsa only if there is no significant uterine pathology.
- Treatment of any disease should be plan according to Hetu, Samprapti and Samprapti ghataka.
Boladi Vati along with Tandulodaka as anupana is effective to reduce symptoms of Atyartava.
Boladi Vati didn’t show any adverse effect in this patient.

5. REFERENCES

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Cite this article as:
### Table No 1 Drug Review (Boladi Vati)

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Drug</th>
<th>Latin / English Name</th>
<th>Rasa</th>
<th>Vipaka</th>
<th>Guna</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bola15</td>
<td>Commiphora Myrrha, Holmes.</td>
<td>Madhura, Katu, Tikta</td>
<td>Madhura</td>
<td>Shita</td>
<td>Raktahara, Medhya, Dipana, Pachana, Tridosha, Daha, Jwara, Apasmartha, Kushtha, Garbhashaya, vishuddhi kara</td>
</tr>
<tr>
<td>2</td>
<td>Tankana16</td>
<td>Sodium Borate</td>
<td>Lavana</td>
<td>Lavana</td>
<td>Ushna, Ruksha</td>
<td>Vata-kaphghna, Pittavardhaka, Agnikrut, Dhautdravaka</td>
</tr>
<tr>
<td>3</td>
<td>Kaisisa17</td>
<td>Ferrous Sulphate</td>
<td>Amla, Tikta, Kashaya</td>
<td>-</td>
<td>Ushna</td>
<td>Vatakaphha, Keshya, Netrya, Vishaghna, Kandu, Mutrakriccha, Ashmari, Shwitra</td>
</tr>
<tr>
<td>4</td>
<td>Hinga18</td>
<td>Ferula Narthex, Boiss.</td>
<td>Katu</td>
<td>Katu</td>
<td>Ushna, Tikshna</td>
<td>Pachana, Ruchya, Vatakaphghna, Krumighna, Pittavardhaka, Shula, Gulma, Aaha, Udara</td>
</tr>
<tr>
<td>5</td>
<td>Kumari19</td>
<td>Aloe Vera, Linn.</td>
<td>Tikta</td>
<td>Katu</td>
<td>Shita, Snigdha</td>
<td>Bhedana, Netrya, Rasayana, Brihan, Balya, Vatakaphha, Vishaghna, Gulma, Pliha, Vrudhibhi, Jwara, Granthi, Visphota, Rakta, Twak Vikara</td>
</tr>
<tr>
<td>6</td>
<td>Jatamansi20</td>
<td>Nardostachys Jatamansi, DC.</td>
<td>Tikta, Kashaya</td>
<td>Katu</td>
<td>Shita</td>
<td>Medhya, Kati-bala prada, Doshaghna, Dahanashama, Rakta, Visarpa, Kushtha</td>
</tr>
</tbody>
</table>

### Table No 2 Changes in Symptoms (*mild presentation of parameter than explained earlier)

<table>
<thead>
<tr>
<th>Assessment Criteria</th>
<th>Gradations of parameters at follow up</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1st day</td>
</tr>
<tr>
<td>1st cycle</td>
<td>2nd cycle</td>
</tr>
<tr>
<td>---------------------</td>
<td>------</td>
</tr>
<tr>
<td>Rajastrava pramana</td>
<td>3</td>
</tr>
<tr>
<td>Rajastrava kala</td>
<td>3</td>
</tr>
<tr>
<td>Rajastrava swarupa</td>
<td>1</td>
</tr>
<tr>
<td>Angamarda</td>
<td>3</td>
</tr>
<tr>
<td>Adho udara shula</td>
<td>3</td>
</tr>
<tr>
<td>Kati shula</td>
<td>3</td>
</tr>
<tr>
<td>Heamoglobin</td>
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