THERAPEUTIC EFFECT OF BHUMYAMALAKI CHURNA IN THE MANAGEMENT OF PITTAJA RAKTA PRADARA- A CASE STUDY

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ABSTRACT
Amongst various gynecological disorders, Asrigdara is one of most frequent complaints and its incidence becomes higher with civilization of community. In Ayurvedic literature most conditions of excessive uterine bleeding p/v are described under arthava ativruddhi, raktayoni and asrigdara. So bhumyamalaki churna in capsule form is selected for study. The patients were assessed by different parameters like color, consistency and interval of menstrual cycle before and after treatment. The results were analyzed statistically before and after treatment, at end of 3 cycles.

Key words: Asrigdara, Bhumyamalaki, Rakta Pradara, DUB.

INTRODUCTION
From Vedic period onwards, a woman has been given peerless position in the society for her constitutional prakriti dharma (prasavam) for the creation of entire human beings. Menstrual abnormalities can affect the emotional and physical activities. Any defect in hypothalamus- pituitary-ovarian axis may lead to ovarian dysfunction and menstrual abnormalities. Various treatments prescribed in modern medicine like hormonal therapy, anti-prostaglandins and anti fibrinolytic agents have proved their definite efficacy with high price and lot of side effects. Lastly hysterectomy may leads to hormonal imbalance and psychological upsets in young fertile women. Bhumyamalaki churna (Phyllanthus niruri) is having the properties of vranaropana, shothahara, rakta sodhaka. It is effective in the
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treatment of raktapradara mentioned in bhaisajya ratnavali and yogaratnakara. It is also very much effective in the other pittaja disorders like kamala and jwara. Hence with the aim to assess the efficacy of bhumyamalaki churna in pittaja raktapradara the present study was carried out.

**Drug Review**: 

**Drug Name**: Bhumyamalaki  
**Latin name**: Phyllanthus niruri  
**Family**: Euphorbiaceae  
**Parts used**: Panchangas  
**Rasa**: Kashaya, Tikta, Madhura  
**Guna**: Laghu, Ruksha  
**Virya**: Sheeta  
**Vipaka**: Madhura  
**Doshakarma**: Kaphapitta Shamaka.

**Chemical composition**: Phyllanthine, Hypophyllanthine, Flavonoids, Quercetin, Astralgin.

**Case study**: A 32 years old female patient with marital life of 9 years, P2 L2 with history of excessive menstrual bleeding with irregular menstrual bleedin. Associated with general weakness, pain abdomen, low backache, visited Shri Shiddharoodha Charitable Hospital Bidar, Karnataka for management. Patient belongs to middle socio-economic class with veg dietary habits. Bowel and micturation pattern was regular.

**TREATMENT**

The drug is explained in Bhavaprakash of Bhavamishra is taken for study.

**Dose** – Patient was given **Bhumyamalaki churna** in capsule form

3 capsule, 3 times per day  
**Anupana** – **Tandulodaka**  
**Route**: Orally  
**Duration**: 3 months  
**Follow up**: Monthly once

**DISCUSSION**

Present study performed on DUB with **Bhumyamalaki churna**. **Bhumyamalaki** capsules were administered for 3 cycles. Significant result was observed. It shows the efficacy of drug used in present study, the mode of action of drug may be explained as it is a **sheeta veerya, laghu guna, madhura kashaya rasa** and **madhura vipaka** which helped in DUB cases because of it acted on uterine blood vessels & not only that, it has **deepana** and **pachana** properties.

General health of patient improves because it also has **Rakta**
Shodhaka quality. Bhumyamalaki is Amlapitta shama and all respiratory tract disease gets cured by it. A special observation was made while treating the patient, patient got conception during the treatment. It shows that the drug made endometrium hostile. Bhumyamalaki has astringent property, which gives a tonicity to the uterine muscles and it eradicates pitta dosha & uterus getting rid from excess flow of Rakta which has been produced by ushana, teekshana virya.

CONCLUSION
Raktapradara is commonest disease found between 20-40 years of age. This may be well treated with Ayurvedic drugs. Bhumyamalaki is having an astringent property that’s why it improves the uterine tonicity. It is sheeta veerya which helped in reducing blood flow and acted as pitta shama and deepana-pachana property corrects the metabolic disorders of body and balances hormonal disturbances. Bhumyamalaki is excellent remedy for rakta pradara proved by the present study.

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Source of Support: NIL
Conflict of Interest : None declared