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Comparative Review Artical On Raktapradar (Menorrhagia) In Ayurveda And Modern Medicine

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ABSTRACT

Raktapradar, a term from Ayurvedic literature, corresponds closely to Menorrhagia in modern medical science. Both refer to excessive and/or prolonged uterine bleeding during menstruation. While modern medicine primarily attributes this to hormonal imbalances, uterine pathologies, or systemic diseases, Ayurveda views it as a result of vitiated Doshas, especially Pitta and Rakta. This review explores the etiology, pathogenesis, diagnosis, and treatment of Raktapradar/Menorrhagia from both Ayurvedic and modern medical perspectives.

KEYWORDS: Rktapradar, Meorrhagia, Excessive bleeding, Artava.

INTRODUCTION

Raktapradar, commonly identified with menorrhagia in modern medical terminology, is a condition characterized by excessive or prolonged menstrual bleeding. It not only affects the physical health of women but also has significant implications on their emotional and social well-being. In modern medicine, menorrhagia is often linked to hormonal imbalances, uterine pathologies, or systemic conditions, and is managed using pharmacological interventions or surgical procedures. In contrast, Ayurveda views Raktapradar through a holistic lens, emphasizing the imbalance of doshas, particularly Pitta and Vata, and its impact on Artava vaha srotas (channels of menstruation). Ayurvedic management includes herbal formulations, dietary regulations, and lifestyle modifications aimed at restoring systemic balance. This comparative review aims to critically analyze and synthesize the understanding of Raktapradar in both Ayurvedic and modern medical systems, highlighting similarities and differences in etiology, diagnosis, and treatment modalities. Such a comprehensive perspective may contribute to integrative approaches in the management of this prevalent gynecological disorder.

AIMS AND OBJECTIVES

Review on Raktapradar (Menorrhagia) in Ayurveda and Modern medicine.

MATERIALS AND METHODS

Review of Literature From Bruhatrayee, Laghutrayee and Other Ayurvedic literature.

ETIOLOGY

Aspect	Ayurveda	Modern Medicine
Primary Cause	Aggravation of Pitta and Rakta with vitiation of Vata.	Hormonal imbalance (especially estrogen dominance)
Other Causes	Excessive coitus, abortion, dietary	Fibroids, adenomyosis,

	factors, stress.	endometrial hyperplasia.
Aggravating Factors	Ushna (hot), Tikshna (sharp), Amla (sour) foods.	Obesity, thyroid disorders, polyps, IUDs.

PATHOPHYSIOLOGY

Ayurveda:

Pitta and Vata aggravation leads to increased Rakta dhatu flow.

Apana Vata dysfunction fails to control the downward flow of blood.

Uterus (Garbhashaya) becomes overactive due to vitiated doshas.

Modern Medicine:

Hormonal dysfunction (estrogen-progesterone imbalance).

Endometrial instability or uterine structural abnormalities.

Coagulopathies, systemic diseases.

CLINICAL FEATURES

Feature	Ayurveda (Raktapradar)	Modern Medicine (Menorrhagia)
Bleeding Pattern	Heavy, frequent, sometimes continuous.	Heavy flow >80 ml, clots, prolonged >7 days.
Associated Symptoms	Daurbalya (weakness), Shrama (fatigue), Daha (burning)	Fatigue, anemia, breathlessness, cramps.
Examination Findings	Tender uterus, possibly enlarged.	Enlarged uterus (fibroids), tenderness.

DIAGNOSIS

Ayurveda:

- Based on clinical features, Dosha analysis, and patient history.
- Nadi Pariksha (pulse examination), Darshana (inspection), Prashna (history-taking), Sparshana (palpation).

Modern Medicine:

- CBC to assess anemia.
- Pelvic ultrasound.
- Hormonal assays (FSH, LH, TSH, Prolactin).
- Endometrial biopsy.
- Hysteroscopy if needed Management.

TREATMENT

Ayurvedic Approach:

Method	Description
Shamana Chikitsa	Use of herbs and formulations to pacify doshas.
Shodhana Chikitsa (Purification Therapy)	In selected chronic cases: Virechana (purgation) Basti (medicated enema)
Herbal Drugs	Ashoka (Saraca indica), Lodhra, Shatavari, Nagkeshar, Amalaki.
Classical Formulations	Ashokarishta, Lodhrasava, Pradarantak Lauh.
Rasayana Therapy	Rejuvenation and strengthening therapy.

Pathya-Apathya	Dietary and lifestyle regulations.
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Modern Medicine Approach

Treatment Type	Examples
Pharmacological	NSAIDs, oral contraceptives, tranexamic acid.
Hormonal Therapy	Progesterone, GnRH analogs.
Surgical	Endometrial ablation, D&C, hysterectomy.
Iron Supplementation	For treating secondary anemia.

COMPARATIVE ANALYSIS

Criteria	Ayurveda	Modern Medicine
Philosophy	Holistic, dosha-based.	Symptom-oriented, pathology-based.
Treatment Goals	Balance doshas, strengthen reproductive organs.	Control bleeding, treat underlying pathology.
Side Effects	Minimal if used appropriately.	Drug-related side effects common.
Approach to Recurrence	Preventive and curative.	Often recurrence unless root cause treated.

INTEGRATED APPROACH

Combining Ayurvedic and modern therapies may offer enhanced outcomes:

- Ayurveda improves quality of life and recurrence prevention.
- Modern medicine ensures rapid symptomatic relief and diagnosis.
- Personalized, integrative protocols could reduce reliance on surgical methods.

CONCLUSION

Raktapradar and menorrhagia, though described through different paradigms, share similar clinical manifestations. Ayurveda provides a holistic, sustainable, and often preventive approach, while modern medicine offers precise diagnostics and fast-acting interventions. A combined approach can provide comprehensive care to women suffering from abnormal uterine bleeding.

DISCUSSION

Ayurveda focuses on root cause eradication and long-term balance of doshas, whereas modern medicine often targets immediate symptom control. Ayurvedic herbs have minimal side effects but may act more gradually. Modern pharmacological treatments can offer faster relief but sometimes with side effects or recurrence after stopping medication. A combination of both systems (integrative approach) may provide enhanced outcomes—using Ayurveda for overall balance and recurrence prevention, and modern medicine for acute symptom management.

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