ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 12| Issue: 1| January2026|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

AYURVEDIC MANAGEMENT OF RAKTAPRADAR (HEAVY MENSTRUAL BLEEDING) – A SINGLE CASE STUDY

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Article DOI: https://doi.org/10.36713/epra25875
DOI No: 10.36713/epra25875

ABSTRACT

Menstruation during the reproductive age plays an important role in maintaining a woman's health. Ayurvedic classical texts describe various menstrual disorders, one of which is Rakta Pradara, defined as excessive menstrual bleeding during menstruation or bleeding occurring between cycles. Heavy menstrual bleeding in form of excessive per vaginal bleeding in duration or amount or both interfering with emotional, physical, social, and or material quality of life. In Modern pathy, it is managed by hormonal therapy, antifibrinolytic drugs, Intrauterine device like Mirena etc which have lots of side effects and if unsuccessful, is followed by surgical interventions. In present case study, a 48yr old women present with Rakta Pradara, treated with Chandanabalalakshadi oil Matra Basti (therapeutic enema) along with oral Herbal and Mineral Ayurvedic medicine.

In present case study, it is observed that Chandanabalalakshadi oil Matra Basti (therapeutic enema) along with oral Herbal and Mineral Ayurvedic medicine gives significant relief in all the symptoms of Raktapradar (heavy menstrual bleeding) in the patient.

KEYWORDS: *Raktapradar, Chandanabalalakshadi oil Matra Basti, Heavy menstrual bleeding.*

I. INTRODUCTION

Reproductive age starts with Menarche and end with Menopause. In Ayurvedic Classic Texts menstrual cycle mention as a RITUCHAKRA. In Rituchakra, Vata Pitta and Kapha plays a important role. Raja is a Updhatu of Ras Dhatu. Menses is phrased as "Rajasrava".

"रजः प्रदीर्यतेस्मात्प्रदरस्तेनसस्मृतः ।".....
चरकसंहिताचिकित्सास्थान ३०/२०९

According to Charak, due to Pradirna (excessive excretion) of Raja (menstrual blood), it is named as Pradar and since, there is excess expulsion Asruk (menstrual blood) hence, it is known as "Raktapradar".

Normal menstruation occurs after every 21 to 35 days and lasts for 2 to 7 days with normal blood loss of 35 to 80ml. Heavy menstrual bleeding is excessive per vaginal bleeding in duration or amount or both. In Ayurvedic classical texts, pathogenesis of Raktapradar is caused by vitiated Pitta Dosha dominately along with Vata Dosha and vitiated Ras and Rakta Dhatu. In Ayurvedic Classical texts 20 Yoni vyapat is mentioned. Pittaj Raktapradar is one of the Yoni vyapat and in Ayurvedic Classical texts its clearly mentioned Vata dosha plays a important role in pathogenesis of Yoni vyapat. So the treatment of Raktapradar involve Deepan and Pachan, vatapitta shamak and Raktastambhak, Raktaprasadak karya. Raktapradar is a one type of Adhoga Raktapitta. Which basically involves Pitta Dosha Shamak and Raktastambhak, Raktaprasadak karya.

All drugs used for treatment are Vatapitta Shamak and Raktastambhak, Raktaprasadak Karya do. Matra Basti which is a one type of Anuvasan Basti. Basti is considered as a haft Chikitsa.

II. METHODS

1. Objectives

- To study and understand the aetiopathogenesis of Raktapradar (heavy menstrual bleeding).
- To study the clinical effect of Vatapitta Shamak and Raktastambhak, Raktaprasadak chikitsa of Chandanabalalakshadi oil Matra Basti and oral Herbal and Mineral Ayuvedic drugs in Raktapradar (heavy menstrual bleeding).

2. Case Report

A 48year old female patient came with chief complaints of heavy, prolonged, painful menstrual bleeding with clots since 5 months and fatigue with body ache since 1 month to Prasutitantra Strirog OPD. Clinical History was taken thoroughly and all required clinical examinations were done. She has taken treatment at different places but didn't get satisfactory relief in complaints. Patient decided to take Ayurveda treatment.

History of past illness: No any major illness.
History of surgery : 2 LSCS.
Family history : Nil

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Diet : Excessive amla, Lavan, Katu, Vidahi, Guru, non veg consumption 2 to 3 times per week.

Occupation : Housewife

Clinical Examination

Temp: 98.40 F
Pulse: 78/min
RR: 20/min
BP: 130/80 mm of Hg
Agni: Tikshna
Koshtha: Madhyam
Sara: avar sara
Mala: prakrut
Mutra: prakrut

Menstrual History

She had regular menses at the interval of 18 to 20 days, which last for 10-12 days. Painful menses with clots. 7-9 pads per day fully soaked.

Obstetrics History

P2 L2 A0 D0
P1 : male child 16 years, LSCS
P2 : female child 12 years, LSCS

Per Abdomen: Soft, Non-Tenderness

PS Examination: Cervix mild hypertrophied, no discharge, foul smelling.

PV Examination: Uterus Anteverted, mild bulky in size, clear fornices.

Investigations

CBC: Hb- 9.2 gm%, WBC- 9430/cumm, Platelets-2.27 lakhs/cumm Urine: NAD, T3, T4, TSH: Normal
BSL (R): 98mg/dL BT, CT: Normal HbA1C: 6.9%
USG - Uterus anteverted, mild bulky in size 8.3*4.7+4.1 cm. ET: 11 mm.

Samprapti: (Pathogenesis)

Hetu sevana leads to an increase in the Chala, Sara, Ushna and Tikshna guna of Pitta dosha. Due to the increased Ushna and Tikshna guna, excessive Swedana (liquefaction) of all dhatus occurs. As a result, the Drava guna of Rakta increases along with Chala guna. All these factors together lead to Raktapradara.

न हि वाताहते योनिं नारीणां सम्प्रदुष्यति ।
च. चि. ३०
कुपितोऽनिलः ।
रक्तं प्रमाणमुत्क्रम्य गर्भाशयगताः सिरा ।
रजोवहाः संमाश्रित्य रक्तमादाय तद्रजः ।
यस्माद्विवर्धयत्याशु रसभावात् विमानता ।
तस्मादसृग्दरं प्राहुरेततन्त्रविशारदाः ।।
(च.चि. ३०/२०६ ते २०८)

Hetu Sevan

↓

Vitiate Vata and Pitta Dosha
Dusti of Ras and Rakta Dhatu

↓

Dusti of Rasvaha, Raktavaha, Artavaha Srotas

↓

Prolong, Heavy menses

↓

Raktaparadar

Assessment Criteria

1. Duration of menstrual blood flow:
   0- less than 5 days
   1- 6 to 7 days
   2- 8 to 9 days
   3- more than 9 days
2. Amount of menstrual blood flow:
   0- 3 to 4 pads fully soaked per day
   1- 5 to 6 pads fully soaked per day
   2- 7 to 8 pads fully soaked per day
   3- 9 or more pads fully soaked per day

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3. Pain in abdomen:
   0- No pain
   1- Mild
   2- Moderate
   3- Severe
4. Passage of clots:
   0- Absent
   1- Present
5. Odour of menstrual blood:
   0- Absent
   1- Present
6. Fatigue:
   0- No fatigue
   1- Fatigue with extra single work
   2- Fatigue by normal daily routine
   3- Severe fatigue without work

Drug administration
Oral Medicine

Herbal drugs	Dose	Mineral drugs	Dose
Nagkeshar Churna	50 gm	Praval Bhasma	3 gm
Chandan Churna	50 gm	Swarna Makshika Bhasma	2 gm
Vasa Churna	50 gm	Kamdhdha Ras	1 tablet TDS
		Akik Bhasma	2 gm

Above all Herbal and Mineral drugs are mixed well and said to consume Apan Kaal (before food) 2gm TDS for 1 month with Anupan Tandulak.

अग्नि संदीपनार्थ च रक्तसंग्रहणाय च ।
दोषाणां पाचनार्थः च परं तिक्तैः उपाचरेत् ॥
(च.चि. १४/१८२)

In Ayurvedic Classical Texts, treatment of Raktapradar mentioned has Deepana karma elevates Jatharagni and also strengthens Dhatvagni, thereby improving overall digestive and metabolic activity. In Raktapradara, the main line of treatment is Rakta-Stambhana along with Dosha Pachana. For achieving Deepana, Pachana and Rakta-Stambhana, Raktapradak the use of Tikta rasa (Bitter taste) in both Aushadhi and Ahara form plays an important role.
Matra Basti of Chandanabalalakshadi Oil 60ml before each menses for 3cycle.

Pathya-Apathya
Pathya- Masoor daal (lentil), moong daal, chana daal, patol (pointed gourd), tandulodak (rice water).
Apathya- amla (sour), lavan (salty), katu (spicy), dadhi(curd), mansa (meat), madya (wine).

III. RESULT AND DISCUSSION

After treatment of Matra Basti of Chandanabalalakshadi Oil Combination of mineral and herbal drugs- [PravaL Bhasma (5gm) + Swarn Makshik Bhasma(5gm) + Akik Bhasma(5gm) + KAMDUDHA (Vati)+ CHANDAN Churna (50gm) + VASA Churna (50gm) + NAGKESHAR Churna (50gm) continue for 3 months].
Patient got regular menses with moderate bleeding 3 to 4 pads/day (half shoaked) with duration of 5 to 6 days with no pain.
Chandanabalalakshadi Oil

CONTAINS	RASA	GUNA	VIRYA	VIPAKA	ACTION
CHANDANA	TIKTA, MADHURA	LAGHU, RUKSHA	SHEETA	KATU	RAKTA SHODHANA, PITTA SHAMANA, VARNYA
BALA	MADHURA	GURU SNIGDHA	SHEETA	MADHURA	VATA PITTA SHAMAKA, BRIMHANA, BALYA
LAKSHA	KASHYA, MADHURA	LAGHU, RUKSHA	SHEETA	KATU	RAKTASTAMBHANA, VARNA ROPANA
MANJISTHA	TIKTA, KASHAYA, MADHURA	GURU, RUKSHA	USHNA	KATU	RAKTA SHODHANA, VARNYA, PITTA SHAMAK
PADMAKA	KASHAYA, TIKTA, MADHURA	LAGHU, RUKSHA	SHEETA	KATU	DAHA PRASHAMANA, RAKTA PRASADAN, PITTA SHAMAK

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USHIRA	TIKTA, MADHURA	LAGHU, RUKSHA	SHEETA	KATU	DAHA PRASHAMANA, RAKTA PRASADANA
SARIVA	MADHURA, TIKTA	GURU SNIGDHA	SHEETA	MADHURA	RAKTA SHODHANA, PITTA SHAMANA, VARNYA
MADHUKA	MADHURA	GURU SNIGDHA	SHEETA	MADHURA	PITTA SHAMAK, DAHA NASHAKA, RAKTA PRASADANA
LODHRA	KASHAYA	LAGHU, RUKSHA	SHEETA	KATU	RAKTASTAMBHANA, PITTASHAMAK, YONIROGAHARA
SESAME OIL	MADHURA KASHAYA, TIKTA	GURU SNIGDHA	USHNA	MADHURA	VATA SHAMANA BALYA YOGAVAHI

IV. CONCLUSION

Chandanabalalakshadi Oil mainly dominate with Tikta Rasa, Kashya Rasa, Sheeta Virya, Katu Vipaka helps in achieving Deepana, Pachana and Rakta-stambhana, Raktapradak, Vata Pitta Shamaka. Chandanabalalakshadi Oil Matra Basti effectively reduces quantity of heavy menstrual bleeding due to Pittashaman, Raktasangrahan, Raktasthapak properties of its content. Opens a new chapter for further research work with larger sample size and proper duration of follow up.

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