

Efficacy of selected Ayurvedic modalities in Asurgdara

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Asurgdara is an excessive excretion of menstrual blood. It appears to be analogous to menorrhagia in modern medical science and affects about 60% of the total women population age between 20 and 25 years in the world. The medical management cannot be maintained adequately and in such instances hysterectomy or surgical treatment is usually advised. Study was carried out to evaluate the efficacy of selected Ayurvedic modalities in the management of Asurgdara. Sixty patients were selected at random between the age group of 13 and 50 years from the outpatients department and divided into 2 groups of thirty each Group A & B. The patients with 5 symptoms of prolonged flow of menstrual bleeding, amount of menstrual blood; irregular menstruation, purulent discharge and less than two years duration of disease were included. Cancer of uterus, Tumour of uterus, stage of pregnancy were not included. Group A of patients were treated with only Ayurvedic formula and Group B of patients were given the same drug and some additional preparation with selected Ayurvedic modalities. The effect of the treatment was recorded after 15, 30, 45 days of the treatment. Results showed that the significant at 5% level and all the P-value < 0.05. The treatment applied for group of selected Ayurvedic modalities is 80% for these symptoms. Thus the both treatments methods are effective. The selected Ayurvedic treatment modalities give quick relief to the symptoms of Asurgdara.

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