

The Raktastambhaka Activity of Amalakibeejadi Yog in Asrigdara with Special Reference to Dysfunctional Uterine Bleeding -A Clinical Study

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Abstract: *Background: Dysfunctional Uterine Bleeding (DUB) is defined as abnormal uterine bleeding without structural pathology, pregnancy, or systemic illness. It commonly affects women of reproductive age and can cause significant morbidity. In Ayurveda, DUB is comparable to Asrigdara, characterized by excessive and prolonged menstrual bleeding due to vitiated Pitta and Vatadosha. Ayurvedic management emphasizes Pitta-pacifying and hemostatic therapies.*

Materials and Methods: A single-arm clinical study was conducted on 30 female patients aged 18–50 years, diagnosed with Asrigdara, selected from the OPD/IPD of the Department of Striroga and PrasutiTantra. Patients were assessed before and after treatment for PBAC score, duration of bleeding, cycle interval, and associated symptoms. Laboratory investigations (Hb%, CBC, BT, CT) were performed. Data were analyzed using paired t-test, with $p < 0.05$ considered significant.

Results: A total of 30 patients diagnosed with Asrigdara were enrolled in the study after fulfilling the inclusion and exclusion criteria. All patients completed the treatment and were assessed for clinical outcomes. The therapeutic response to the trial drug was evaluated based on changes in clinical symptoms of Asrigdara before and after treatment. The severity of symptoms was scored, and the percentage of improvement was calculated.

Conclusions: Amalakibeejadi Yog is quite effective, well-tolerable by patients and safe in managing bleeding in DUB.

Keywords: *Asrigdara, Dysfunctional Uterine Bleeding (DUB), Menorrhagia, Single-Arm Clinical Study, Menstrual Disorders, Amalakibeejadi Yog*

