

**DIETETICS AS PER AYURVEDA FOR MANAGEMENT OF
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From ancient time, women have been given peerless position as she is responsible for *Prakriti Dharana (Prasavam)* and for creation of entire human race. Among all the *Stri Roga*, *Asrigdara* is a disease, in which main clinical feature is excessive or prolonged menstruation with or without inter-menstrual bleeding per vaginum and now a days, it can be correlated with Dysfunctional Uterine Bleeding. Different types of *Aushadh* and *Chikitsa* are described in Ayurveda classics for heavy bleeding during menses. The main causing factor of *Asrigdara* (Dysfunctional Uterine Bleeding) is vitiation of *Vata* and *Pitta Dosha*

hence, the main principles of management in *Asrigdara* are *Agnideepana*, *Doshapachana*, *Vatanulomana*, *Pittashamana*, *Garbhashayabalya*, *Shothahara*, *Raktasamgrahana*, *Raktasthapana* and *Raktashodhana Chikitsa*. It should be done by *Kashaya*, *Madhura* and *Tikta Rasa*, *Sheeta Virya*, *Katu Vipaka Pradhana Dravyas*, because they plays major role in relieving bleeding discharge due to its Hemostatic action. Due to prolonged bleeding there is loss of *Rakta Dhatu* Therefore, mainly focused on *Raktasthambhaka (Hemostatics)* as well as *Raktavardhaka Chikitsa (Blood enhancer)*, so we use the drugs and diet that increases *Rakta Dhatu* in body are also effective. According to Ayurveda “*Anna*” is “*Mahabhaisajya*” which means the “the superior medicine”. In this review where we represents the compilation of different types of “*Ahara dravya*” which are basically a medicinal herbs in Ayurveda and their different *Prayojanga* which are used for management of *Asrigdara* due to there hemostatics action are being described.

KEYWORDS: *Asrigdara*, Hemostatic action, Dietetics, *Ahara Dravya*, *Raktasthambaka*, *Raktavardhaka*.

INTRODUCTION

Ayurveda is branch of science which deals with both preventive and curative aspects of disease and helps in maintaining good health. *Ayurveda* places special emphasis on “*Ahara*” (Diet) and “*Anna*” (Food) for the maintaining of good health and wealth. *Vaidya Lolimbaja* indicated the importance of *Pathya Ahara* (Wholesome food) by stating that if a patient intake *Pathya Ahara* then there is no need of medicine and if a patient continuously consumes *Apathya Ahara* (Unwholesome food) then also there is no need of medicine.^[1] Here a review on management of *Asrigdara* with food & dietary supplements which are mentioned in our different classical texts. So, it is a great scope of research to find out safe, potent, cost effective remedy from *Ayurveda* by addressing the root of the problem thereby improving the quality of life of woman. In different type of *Ayurvedic* classical texts books like *Brihatrayee*, *Lagutrayee* have described many *Ahara Dravya* which having hemostatics properties (*Raktasthapana*) and can be use in the management of *Asrigdara*. *Acharya Sushruta* said in *Raktapitta Chikitsa Adhyaya* a patient suffering from “*Asrigdara* or heavy blood loss during surgery in both condition *Raktapitta Chikitsa* should be used.” (*S.Chi.46/47*).

In *Asrigdara* treatment prescribed for *Raktaatisara* (Bleeding diarrhoea), *Raktapitta* (Bleeding diathesis), *Raktarsha* (Bleeding piles), *Guhyaroga* (Disease of reproductive system) and abortions is also useful^[2], So in this study we compile all the dietetics which are described in our classical text books for the treatment of *Raktaatisara*, *Raktapitta*, *Raktarsa*, *Guhyaroga* and abortions like *Gambhari phala* in *Raktapitta*, *Shalmali pushpa* in *Raktarsa*, *Masur dal* in *Raktaatisara*, *Satapushpa* in *Guhyaroga*. These food and dietary supplements are to be prescribed for the cases of *Asrigdara* also.

Materials and Methods: literatures from *Vedic Kala* like *Rigveda*, *Arthurveda* to *Brihatrayee*, *Laghutree*, *Kashyap Samhita* and other *Ayurveda* literatures, articles related to *Asrigdara* are compiled.

Charak Samhita^[3,4]

Plant name	Family	Dosage forms/Therapeutic uses	Reference
<i>Tanduliyaka</i> (<i>Amaranthus spinosus</i>)	<i>Amaryllidaceae</i>	Leaves used as potherb <i>Madhura</i> (Sweet) in <i>Rasa</i> (Taste) and <i>Vipaka</i> (Taste after digestion), <i>Sheeta Virya</i> (Cold potency), antinarcotic, antipoison and beneficial for person suffering from internal haemorrhage.	<i>C.Su.27/94</i>
<i>Sana</i> (<i>Crotalaria juncea</i>)	<i>Fabaceae</i>	<i>Sana</i> flowers Used as potherb and they are <i>Grahi</i> (Absorbent) and ideal diet for <i>Raktapitta</i> .	<i>C.Su.27/104</i>
<i>Kovidara</i> (Red variety), <i>Karbudara</i> Flowers (White variety) (<i>Bauhinia variegata</i>)	<i>Fabaceae</i>	Flowers of <i>Kachnar</i> variety used as potherb and they are <i>Grahi</i> and ideal diet for <i>Raktapitta</i> .	<i>C.Su.27/104</i>
<i>Shalmali</i> (<i>Salmalia malabarica</i>)	<i>Bombocaceae</i>	<i>Shalmali</i> flowers used as potherb and they are <i>Grahi</i> and ideal diet for <i>Raktapitta</i> .	<i>C.Su.27/104</i>
<i>Utapal</i> Leaves (<i>Nymphaea stellata</i>)	<i>Nymphaeae</i>	<i>Utapal</i> Leaves used as protherb having property of <i>Kashaya Rasa</i> (astringent in taste) & <i>Raktapittahara</i> and <i>Padmak beej</i> are <i>Raktapittahara</i> , <i>Madhura Rasa</i> (Sweet in taste), <i>Madhura Vipaka</i> (Sweet taste after digestion).	<i>C.Su.27/115</i>
<i>Tala</i> (<i>Borassus flabellifer</i>)	<i>Arecaceae</i>	<i>Tala</i> fruits described as useful for <i>Raktapitta</i> and <i>Kashaya Rasa</i> .	<i>C.Su.27/116</i>
<i>Kharjura</i> (<i>Phoenix dactylifera</i>)	<i>Arecaceae</i>	Described in <i>Sakavarga</i> (vegetables) as well as <i>Phalavarga</i> (fruits) and is said as useful for <i>Raktapitta</i> and <i>Kashaya Rasa</i> (astringent taste).	<i>C.Su.27/116</i>
<i>Palandu</i> (<i>Allium cepa</i>)	<i>Liliaceae</i>	<i>Palandu</i> leaves used as potherb with <i>Takra-amal</i> in <i>Raktaarsha</i> .	<i>C.Chi.14/205</i>
<i>Upodika</i> Leaves (<i>Basella rubra</i>)	<i>Basellaceae</i>	<i>Upodika</i> leaves used as potherb with <i>Takra-amal</i> in <i>Raktaarsha</i> .	<i>C.Chi.14/205</i>
<i>Vashtuka</i> leaves (<i>Chenopodium album</i>)	<i>Amaranthaceae</i>	<i>Vashtuka</i> leaves juice with <i>Ajakshira</i> (goat milk) in <i>Raktaarsha</i> .	<i>C.Chi.14/193</i>
<i>Udumbara</i> (<i>Ficus glomareta</i>)	<i>Moraceae</i>	Tender leaves of <i>Udumbara</i> are potherb and they are <i>Kashaya Rasa</i> (astringent taste), <i>Sheeta Virya</i> , <i>Stambhana</i> (checking property) and beneficial in <i>Pittatisara</i> .	<i>C.Chi.19/ 70</i>
<i>Tandul jala</i> (<i>Oryza sativa</i>)	<i>Poaceae</i>	<i>Tandul jala</i> (rice water) with <i>Madhu</i> (honey) in <i>Raktaarsha</i> .	<i>C.Chi.14/187</i>
<i>Madhu</i> (Honey)		<i>Madhura Rasa</i> , <i>Kashaya Anurasa</i> , <i>Sheeta Virya</i> and <i>Raktapittahara</i> , <i>Sandhana Karma</i> .	<i>C.Su.27/245</i>
<i>Sukhdhanya</i>		In <i>Ahara Dravya Shali</i> , <i>Shastiva</i> , <i>Nivara</i> , <i>Kordusa</i> , <i>Syamaka</i> , <i>Priyangu</i> are useful for <i>Raktapitta</i> .	<i>C.Chi.4/36-37</i>

Samidhanya		Masur, Mudga, Chana, Adaki Dal are useful for Raktapitta.	C.Chi.4/36-37
Saka varga		Saka (leaves) of Patola, Nimba, Vetas, Plaksa, Kirattikta, Gandira, Kachnar, Gambhari, Shalmali beneficial in Raktapitta as potherb.	C.Chi.4/38
Ajakshira		Ajakshira with Madhu and Sarkara(Sugar) in Raktatisara.	C.Chi.19/71

Sushruta Samhita ^[5,6]

Plant name	Family	Dosage forms/Therapeutic uses	Refrence
Eksu (<i>Saccharum officinarum</i>)	Poaceae	Eksu (Sugarcane) juice useful in Raktapithara. Sita Kalpana of Eksukanda relief from Raktapitta.	S.Su.45/148 S.Chi.45/23
Udumbara Fruit (<i>Ficus glomareta</i>)	Moraceae	Fresh fruits of Udumbara in Kalka (paste) form with honey cures Raktapitta.	S.Chi.45/24
Yava (<i>Hordeum vulgare</i>)	Poaceae	Yava are Kashaya, Madhura Rasa, Sheeta Virya and Raktapittaprasadhk.	S.Su.46/42
Bimbi Fruit (<i>Coccinia indica</i>)	Cucurbitaceae	Bimbi fruits are used as Raktapittahara and Samgrahi (absorbent).	S.Su.46/176
Panasa Fruit (<i>Artocarpus integrifolia</i>)	Moraceae	Panasa fruit are Madhura, Kashaya Rasa, Sheetal and Raktapittahara.	S.Su.46/181
Yuthika (<i>Jasminum auriculatum</i>)	Oleaceae	Yuthika leaves used as protherb and properties are Raktapittahara & Samgrahi.	S.Su.46/249
Tanduliyaka (<i>Amaranthus spinosus</i>)	Amaryllidaceae	Tanduliyaka is Madhura in Rasa and Vipaka, Sheeta Virya, antinarcotic, antipoison and beneficial for person suffering from internal haemorrhage.	S.Su.46/249
Kovidara Flowers	Fabaceae	Kachnar flowers are used as potherb and they are Madhura, Sheeta and beneficial in Raktapitta.	S.Su.46/281
Shalmali Flowers (<i>Salmalia malabarica</i>)	Bombocaceae	Flower of Shalmali are Grahi (absorbent) and used to treating Raktapitta.	S.Su.46 /281
Sana (<i>Crotalaria juncea</i>)	Fabaceae	Sana flowers are used as potherb, they are Madhura, Sheeta and beneficial in Raktapitta.	S.Su.46/281
Palandu (<i>Allium cepa</i>)	Liliaceae	Kshirapalandu are Madhura Rasa and mucilaginous and useful in Raktapitta.	S.Su.46/247
Selu (<i>Cordia myxa</i>)	Boraginaceae	Selu fruits are said as Raktapittahara and Samgrahi.	S.Chi.45/17
Tripus Root (<i>Cucumis sativus</i>)	Cucurbitaceae	Tripus root with honey and Tandulodaka relieves Raktapitta.	S.Chi.45/25
Shuka dhanya (Cereals)		Shali Chawal, Sathichawal are beneficial in Raktapitta.	S.Chi.45/17

<i>Shaka varga</i> (Vegetables)		<i>Patola, Tanduliyaka, Yuthika, Vata, Atimukta (madhvilata)</i> leaves of these plants used as potherb relieves <i>Raktapitta</i> . <i>Leaves of Tanduliyaka, Upodika, Aswabhala, Chilli, Vastuka</i> are beneficial in <i>Raktapitta</i> .	<i>S.Chi.45/17</i> <i>S.Su.46/255</i>
<i>Phala varga</i> (Fruits)		<i>Tripus, Evaruka, Karkaruka</i> these fruits are beneficial in <i>Raktapitta</i> . <i>Fruits of Karjura, Priyala, Kashmari, Malika</i> with honey used in <i>Raktapitta</i> .	<i>S.Su.46/217</i> <i>S.Chi.45/21</i>
<i>Ksiravarksh</i> (latex producing plants)		Leaves of <i>Ksiravarksh (Vata, Udumbara)</i> and <i>Utapaladi</i> are <i>Kashaya Sheetal, Sangrahi</i> and <i>Raktapittahara</i> .	<i>S.Su.46/253</i>
<i>Ksira varga</i> (Milk)		All <i>Ksira</i> are <i>Janmsatmaya, Madhura Rasa, Sheeta Virya, Satmaya</i> for every person and beneficial in <i>Raktapitta, Gharbhasrava & Yoni Roga</i> .	<i>S.Su.45/48- 49</i>
<i>Goksira</i> and <i>Ajaksira</i>		<i>Goksira</i> (cow milk) and <i>Ajaksira</i> (goat milk) are said as <i>Sangrahi</i> and <i>Raktapittahara</i> .	<i>S.Su.45/50-52</i>
<i>Madhu</i> (Honey)		Properties of <i>Madhu</i> are <i>Madhura Rasa, Kashaya Anurasa, Sangrahi</i> .	<i>S.Su.45/60</i>
<i>Kapinjal mansa</i> (Meat)		<i>Kapinjal Mansa</i> are <i>Raktapittahara</i> .	<i>S.Su.46/63</i>

Sarngadhara Samhita^[7] –

Plant name	Family	Dosage forms/Therapeutic uses	Reference
<i>Jambu</i> (<i>Syzygium cumini</i>) <i>Amra</i> (<i>Mangifera indica</i>) <i>Amalaka</i> (<i>Phyllanthus emblica</i>)	<i>Myrtaceae</i> <i>Anacardiaceae</i> <i>Euphorbiaceae</i>	<i>Swarasa</i> of tender leaves of <i>Jambu, Amra, Amalaka</i> taken with honey, ghee and milk relieves even severe <i>Raktaatisara</i> .	<i>Sh.S.Mk. 1/11</i>
<i>Kushmanda</i> (<i>Benincasa hispida</i>)	<i>Cucurbitaceae</i>	Two <i>Karsa</i> of <i>Laksha</i> taken with <i>Swarasa</i> of <i>Kushmanda</i> is beneficial in loss of blood.	<i>Sh.S.Mk. 5/21</i>
<i>Tanduliyaka</i> (<i>Amaranthus spinosus</i>)	<i>Amaryllidaceae</i>	<i>Kalka</i> of <i>Tanduliyaka Moola</i> and <i>Rasanjana</i> with honey should be taken with <i>Tandulodaka</i> relieves <i>Raktapradara</i> .	<i>Sh.S.Mk. 5/22</i>
<i>Yava</i> (<i>Hordeum vulgare</i>)	<i>Poaceae</i>	<i>Mantha</i> prepared from <i>Churna</i> (powder) of <i>Yava</i> , cold water and <i>Ghrta</i> relieves <i>Trisna (thirst), Daha (burning sensation)</i> and <i>Raktapitta</i> .	<i>Sh.S.Mk. 5/22</i>

Kasyapa Samhita^[8]–

Plant name	Family	Dosage forms/Therapeutic uses	Reference
<i>Satapushpa</i> (<i>Anethum Sowa</i>)	<i>Umbelliferae</i>	<i>Satapushpa Kalpa</i> are prescribed for both heavy menses and scanty menses.	<i>K.S/Kalpsthana, Satapuspasatavari Kalpa Adhyaya</i>
<i>Lahsun</i> (<i>Allium sativum</i>)	<i>Liliaceae</i>	Use of <i>Lahsun</i> as <i>Kalpa</i> cures <i>Pradara</i> .	<i>K.S/Kalpsthana, Lahsun Kalpa Adhyaya</i>

Gadnigraha (Pradaradhikara)^[9]

Plant name	Family	Dosage forms/Therapeutic uses	Reference
<i>Lohita shali</i> (<i>Oryza Sativa</i>)	<i>Poaceae</i>	<i>Lohita Shali</i> cooked with milk after cooldown add honey used in <i>Raktapradara</i> (menorrhagia).	<i>G.Shasth khand 1/53</i>
<i>Vidarikand</i> (<i>Pueraria tuberosa</i>)	<i>Fabaceae</i>	<i>Ksirapaka</i> prepared by tubers of <i>Vidarikand</i> with <i>Ghrita</i> , <i>Madhu</i> and <i>Sarkara</i> relief from <i>Asrigdara</i> .	<i>G.Shasth khand 1/41</i>
<i>Amalaka</i> (<i>Phyllanthus emblica</i>)	<i>Euphorbiaceae</i>	One <i>Karsa</i> of <i>Amalaki Kalka</i> and half <i>Karsa Sitopala</i> mixed both of them and used in <i>Raktapradara</i> .	<i>G.Shasth khand 1/42</i>
<i>Karkandu</i> (<i>Ziziphus jujuba</i>)	<i>Rhamnaceae</i>	<i>Karkandu Churna</i> with equal quantity of <i>Guda</i> (jaggery) and <i>Madhu</i> used in <i>Raktapradara</i> .	<i>G.Shasth khand 1/51</i>

Dhanvantari Nighantu^[10]–

Plant name	Family	Dosage forms/Therapeutic uses	Reference
<i>Tanduliyaka</i> (<i>Amaranthus spinosus</i>)	<i>Amaryllidaceae</i>	<i>Tanduliya</i> is described as <i>Raktapittaupgahtaka</i> .	<i>Sarviryadi varga/ 106</i>
<i>Kharjura</i> (<i>Phoenix dactylifera</i>)	<i>Arecaceae</i>	<i>Kharjura</i> fruit is used as <i>Raktapittahara</i> .	<i>Amradi varga/ 47-50</i>
<i>Draksha</i> (<i>Vitis vinifera</i>)	<i>Vitaceae</i>	<i>Draksha</i> fruit is used as <i>Raktapittahara</i> .	<i>Amradi varga/ 47-50</i>
<i>Karmarda</i> (<i>Carissa carandus</i>)	<i>Apocynaceae</i>	fruits of <i>Karmarda</i> is described as <i>Madhura Rasa</i> , <i>Sheeta Virya</i> , <i>Raktapittahara</i> .	<i>Amradi varga/ 93)</i>
<i>Vetas</i> (<i>Salix caprea</i>)	<i>Salicaceae</i>	<i>Vetas</i> leaves is indicated as <i>Raktapittashamaka</i> .	<i>Amradi varga/ 108</i>
<i>Shalmali</i> (<i>Salmalia malabarica</i>)	<i>Bombacaceae</i>	<i>Shalmali Nirayasa Mocharasa</i> is mentioned as <i>Grahi</i> and <i>Phala</i> or <i>Puspha</i> of <i>Shalmali</i> are also <i>Grahi</i> and <i>Kashaya rasa</i> .	<i>Amradi varga/ 117</i>
<i>Mahisha ghrita</i> (Ghee prepared by Buffalo milk)		<i>Mahisha ghrita</i> is indicated as <i>Raktapittashamaka</i> .	<i>Suvarnadi varga /137</i>

Kaiyadeva Nighantu^[11] –

Plant name	Family	Dosage forms/Therapeutic uses	References
<i>Gambhari</i> (<i>Gmelina arborea</i>)	<i>Lamiaceae</i>	Fruit of <i>Gambhari</i> are <i>Kashaya Madhura Rasa</i> , <i>Sheeta Virya</i> with <i>Stambhana</i> and <i>Raktapitta</i> & <i>Asrigdaranasaka</i> .	<i>Aushadi varga</i> 1/ 32
<i>Kharjura</i> (<i>Phoenix dactylifera</i>)	<i>Arecaceae</i>	<i>Khajura</i> fruits are useful in <i>Raktapitta</i> .	<i>Aushadi varga</i> 1/295)
<i>Udumbara</i> (<i>Ficus glomareta</i>)	<i>Moraceae</i>	Unripe fruit of <i>Udumbar</i> is <i>Kashaya rasa</i> , <i>Sheeta virya</i> , <i>Pradarnasaka</i> .	<i>Aushadi varga</i> 1/429
<i>Panasa</i> (<i>Artocarpus integrifolia</i>)	<i>Moraceae</i>	Ripe fruit of <i>Panasa</i> are <i>Raktapittahara</i> .	<i>Aushadi varga</i> 1/464
<i>Vetas</i> (<i>Salix caprea</i>)	<i>Salicaceae</i>	<i>Vetas</i> are beneficial in <i>Yoniroga</i> and <i>Raktapitta</i> .	<i>Aushadi varga</i> 1/759
<i>Palandu</i> (<i>Allium cepa</i>)	<i>Liliaceae</i>	<i>Ksirapalandu</i> is used as protherb described as <i>Raktapittahara</i> .	<i>Aushadi varga</i> 1/1224)
<i>Masur</i> (<i>Lens culinaris</i>)	<i>Leguminosae</i>	<i>Shami dhanya</i> – <i>Masur dal</i> used as <i>Raktapittahara</i> .	<i>Dhanya varga</i> 3/72
<i>Aja ksira</i> (Goat milk)		Goat milk is used in the treatment of <i>Pradara</i> .	<i>Dravya varga</i> 3/134
<i>Hansa mansa</i>		Meat of <i>Hansa</i> is described as <i>Raktapittahara</i> .	<i>Mansa varga</i> 6/122

Bhavprakash Samhita (Bha.P.Chi.68)^[12] –

Plant name	Family	Dosage forms/Therapeutic uses	Reference
<i>Udumbara</i> Fruit (<i>Ficus glomareta</i>)	<i>Moraceae</i>	<i>Swarasa</i> (Juice) of fruit of <i>Udumbara</i> mixed with honey followed by diet consisting of milk and rice with sugar cures <i>Asrigdara</i> .	<i>Bha.P.Chi.68</i>
<i>Kushmanda</i> (<i>Benincasa hispida</i>)	<i>Cucurbitaceae</i>	<i>Kushmandakhandaka</i> described under <i>Raktapitta</i> is also prescribed for <i>Pradara</i> .	<i>Bha.P.Chi.68</i>

Yogratnakar (Pradara Roga Chikitsa)^[13] -

Plant name	Family	Dosage forms/Therapeutic uses	Reference
<i>Kasthodumbara</i> (<i>Ficus hispida</i>)	<i>Moraceae</i>	<i>Swarasa</i> of <i>Kasthodumbara</i> mixed with honey followed by diet consisting of milk and rice sweetened with sugar cures <i>Asrigdara</i> .	<i>Pradara roga chikitsa</i>
<i>Malaya phala</i> (<i>Alabu</i>) <i>Lagenaria</i> (<i>siceraria</i>)	<i>Cucurbitaceae</i>	<i>Malaya Phala Churna</i> (<i>Alabu</i>) with <i>Sarkara</i> and honey used in <i>Pradara</i> .	<i>Pradara roga chikitsa</i>
<i>Kushmanda</i> (<i>Benincasa hispida</i>)	<i>Cucurbitaceae</i>	<i>Kushmandakhandaka</i> described under <i>Raktapitta</i> is also prescribed for <i>Pradara</i> .	<i>Pradara roga chikitsa</i>



Rajnighantu^[14] –

Plant name	Family	Dosage forms/Therapeutic uses	Reference
<i>Jivanti</i> (<i>Leptadenia reticulata</i>)	<i>Apocynaceae</i>	<i>Jivanti</i> leaves are <i>Madhura Rasa</i> , <i>Sheetal Virya</i> , <i>Raktapittahara</i> .	<i>Guduchiyadi</i> varga 91
<i>Raktapunarnava</i>	<i>Nyctaginaceae</i>	<i>Raktapunarnava</i> used as potherb <i>Tikta Rasa</i> , <i>Shothhara</i> , <i>Raktapradardoshghan</i> .	<i>Parpatyadi</i> varga 120
<i>Vidarikanda</i> (<i>Pueraria tuberosa</i>)	<i>Fabaceae</i>	<i>Vidarikanda</i> tubers are used as potherb <i>Madhura Rasa</i> , <i>Guru</i> , <i>Shigdha</i> , <i>Raktapittanasaka</i> .	<i>Mulakadi</i> varga 104
<i>Palaka</i> (<i>Spinacia oleracea</i>)	<i>Amaranthaceae</i>	<i>Palaka Katu</i> , <i>Madhura Rasa</i> , <i>Sheetal</i> , <i>Grahi</i> , <i>Raktapittahara</i> .	<i>Mulkadi</i> varga 133
<i>Munga</i> (<i>Phaseolus munga</i>)	<i>Fabaceae</i>	<i>Munga</i> is <i>Kashaya</i> , <i>Madhura Rasa</i> , <i>Sheetal</i> , <i>Raktamutranasaka</i> .	<i>Shalyadi</i> varga 78


DISCUSSION

Diet and digestion are considered to be important key to prevention and treatment of disease. In *Asrigdara* food and dietary supplements used in prevention & treatment generally have properties of balancing *Vata* and *Pitta Dosha* along with *Raktasthapana* and *Raktavardhaka karma*. After compiling hemostatics drugs from various classical text books the most commonly listed drugs with their pharmacological properties are described here.

1. Pushpa (Flowers) Varga



S. No.	Drugs	Family	Pharmacological properties of drugs	Image of drugs
1.	<i>Shalmali pushpa</i> (<i>Salmalia malabarica</i>)	<i>Bombocaceae</i>	<i>Rasa - Madhura</i>	
			<i>Guna -</i>	
			<i>Laghu, Snigdha</i>	
			<i>Virya - Sheeta</i>	
2.	<i>Kachnar pushpa</i> (<i>Bauhinia variegata</i>)	<i>Caesalpinioideae</i>	<i>Vipaka - Madhura</i>	
			<i>Rasa - Kashaya</i>	
			<i>Guna -</i>	
			<i>Laghu, Ruksha</i>	
			<i>Virya - Sheeta</i>	
			<i>Vipaka - Katu</i>	

2. Phala (Fruits) Varga



S. No.	Drugs	Family	Pharmacological properties of drugs	Image of drugs
1.	<i>Udumbar fruit</i> (<i>Ficus glomerata</i>)	<i>Moraceae</i>	<i>Rasa - Kashaya</i>	
			<i>Guna - Guru, Ruksha</i>	
			<i>Virya - Sheeta</i>	
			<i>Vipaka - Katu</i>	

2.	<i>Kharjura</i> fruit (<i>Phoenix sylvestris</i>)	<i>Palmae</i>	<i>Rasa – Madhur</i>	
			<i>Guna – Guru, Snigdha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Madhura</i>	
3.	<i>Kashmari</i> fruit (<i>Gambhari</i>) (<i>Gmelina arborea</i>)	<i>Lamiaceae</i>	<i>Rasa – Madhura, Kashaya</i>	
			<i>Guna – Guru, Snigdha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Madhura</i>	
4.	<i>Kushmanda</i> fruit (<i>Benincasa hispida</i>)	<i>Cucurbitaceae</i>	<i>Rasa – Madhura</i>	
			<i>Guna – Guru, Snigdha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Madhura</i>	
5.	<i>Alabu</i> fruit (<i>Lagenaria vulgaris</i>)	<i>Cucurbitaceae</i>	<i>Rasa – Tikta</i>	
			<i>Guna – Laghu, Ruksha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Katu</i>	
6.	<i>Tripusa</i> fruit (<i>Cucumis sativus</i>)	<i>Cucurbitaceae</i>	<i>Rasa – Madhur</i>	
			<i>Guna – Laghu, Ruksha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Madhura</i>	
7.	<i>Panasa</i> fruit (<i>Artocarpus integra</i>)	<i>Moraceae</i>	<i>Rasa – Madhura, Kashaya</i>	
			<i>Guna – Guru, Snigdha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Madhura</i>	
8.	<i>Draksha</i> fruit (<i>Vitis vinifera</i>)	<i>Vitaceae</i>	<i>Rasa – Madhura</i>	
			<i>Guna – Guru, Snigdha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka – Madhura</i>	
9.	<i>Bimbi</i> fruit (<i>Coccinia indica</i>)	<i>Cucurbitaceae</i>	<i>Rasa – Tikta</i>	
			<i>Guna – Laghu, Ruksha</i>	
			<i>Virya – Ushna</i>	
			<i>Vipaka- Katu</i>	


3. Shuka Dhanya Varga (Cereals)

S. No.	Drugs	Family	Pharmacological properties of drugs	Image of drugs
1.	<i>Raktashali</i> (<i>Oryza sativa</i>)	<i>Gramineae</i>	<i>Rasa – Madhura, Kashaya</i>	
			<i>Guna – Guru, Snigdha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Madhura</i>	
2.	<i>Yava</i> (<i>Hordeum vulgare</i>)	<i>Gramineae</i>	<i>Rasa – Madhura, Kashaya</i>	
			<i>Guna – Laghu, Ruksha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Katu</i>	

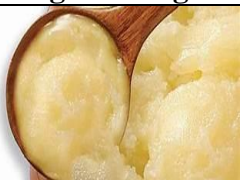

4. Shami Dhanya Varga (Pulses)

S. No.	Drugs	Family	Pharmacological properties of drugs	Image of drugs
1.	<i>Mudga</i> (<i>Vigna radiata</i>)	<i>Fabaceae</i>	<i>Rasa - Madhura</i>	
			<i>Guna - Laghu, Ruksha</i>	
			<i>Virya - Sheeta</i>	
			<i>Vipaka - Katu</i>	
2.	<i>Masur</i> (<i>Lens culinaris</i>)	<i>Fabaceae</i>	<i>Rasa - Madhura, Kashaya</i>	
			<i>Guna- Laghu</i>	
			<i>Virya-Sheeta</i>	
			<i>Vipaka- Madhura</i>	



5. Ksira varga (Milk)





S. No.	Drugs	Pharmacological properties	Image of drugs
1.	<i>Ajaksira</i> (Goat milk)	<i>Rasa - Kashaya, Madhura</i>	
		<i>Guna- Laghu</i>	
		<i>Virya- Sheeta</i>	
		<i>Raktasangrahika & Raktavardhaka</i>	

6. Ghrita varga





S. No.	Drugs	Pharmacological properties	Image of drugs
1.	<i>Aja ghrita</i> (Goat ghee)	<i>Rasa- Madhura, Kashaya</i>	
		<i>Guna- Laghu</i>	
		<i>Virya- Sheeta</i>	
		<i>Raktasangrahi, Raktpitta prasamana</i>	
2.	<i>Mahisa ghrita</i> (Buffalo ghee)	<i>Rasa- Madhura, Kashaya</i>	
		<i>Guna- Laghu</i>	
		<i>Virya- Sheeta</i>	
		<i>Raktasangrahi, Raktpitta prasamana</i>	

7. Shaka varga (Medicinal vegetables)

S. No.	Drugs	Family	Pharmacological properties of drugs	Image of drugs
1.	<i>Tanduliyaka</i> (<i>Amaranthus spinosus</i>)	<i>Amaranthaceae</i>	<i>Rasa - Madhura, Kashaya</i>	
			<i>Guna - Guru, Snigdha</i>	
			<i>Virya - Sheeta</i>	
			<i>Vipaka- Madhura</i>	
2.	<i>Ksirapalandu</i> (<i>Allium cepa</i>)	<i>Liliaceae</i>	<i>Rasa - Madhura, Kashaya</i>	
			<i>Guna - Guru, Snigdha</i>	
			<i>Virya - Sheeta</i>	
			<i>Vipaka- Madhura</i>	

3.	<i>Vastuka</i> (<i>Chenopodium ambrosioides</i>)	<i>Amaranthaceae</i>	<i>Rasa – Madhura</i>	
			<i>Guna- Laghu</i>	
			<i>Virya – Ushna</i>	
			<i>Vipaka- Katu</i>	
4.	<i>Yuthika</i> (<i>Jasminum auriculatum</i>)	<i>Olaeaceae</i>	<i>Rasa – Tikta, Kashaya</i>	
			<i>Guna – Laghu</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Katu</i>	
5.	<i>Vidarikand</i> (<i>Pueraria tuberosa</i>)	<i>Fabaceae</i>	<i>Rasa – Madhura</i>	
			<i>Guna – Guru, Snigdha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Madhura</i>	
6.	<i>Vetas</i> (<i>Salex caprea</i>)	<i>Salicaceae</i>	<i>Rasa – Kashaya</i>	
			<i>Guna – Ruksha</i>	
			<i>Virya – Sheeta</i>	
			<i>Vipaka- Katu</i>	

8. Anupana varga

S. No.	Drugs used for Anupana in Asrigdara	Pharmacological properties of drugs	References	Image of drugs
1.	<i>Tandulodaka</i> (Rice water)	It's a <i>hima/sheeta kalpana</i> having cold potency which is used as <i>sangrahika aushada</i> in <i>Rakta Pitta vikara</i>	<i>Bhaishajya Kalpana</i>	
2.	<i>Madhu</i> (Honey)	<i>Madhu</i> is <i>Madhura Kashaya rasa</i> with <i>Guru, Ruksha, Sheeta guna</i> which having proterties of <i>Sandhana karma, Ropana karma, Agnidipaka, Sangrahika</i> and <i>Yogvahi</i> in nature.(S.Su.45/332)	<i>S.Su.45/332</i>	
3	<i>Ksira</i> (Milk)	All <i>Kshira</i> are <i>Janmsatmaya, Madhura Rasa, Sheeta Virya, Satmaya</i> for every person and beneficial in <i>Raktapitta, Gharbhasrava & Yoni Roga</i> .	<i>S.Su.45/48-49</i>	
4	<i>Sarkara</i> (Sugar)	<i>Madhura rasa</i> which is ideal to relieves <i>Trishna, Raktapitta, Daha Roga</i> .	<i>C.Su.27/241</i>	

“Ahara” is the best to nourishing not just the body but also the mind & conscience. In Ayurveda Ahara are of two types *Pathya* and *Apathya*, food supplements that are beneficial to body & mind are known as *Pathya*, food supplements that are harmful and disease producing to body & mind are known as *Apathya*.

In the management of *Asrigdara* mostly drugs of *Madhura*, *Tikta*, *Kashaya rasa* are used. *Madhura rasa* is used because of their *Vatapittasamaka*, *Kaphavardhaka*, *Dhatuvardhaka*, *Prasadana*, *Varnya*, *Vishahara*, *Trishnaprasmana*, *Dahaprasmana*, *Sandhanakar* and *Jivaniya* properties. *Kashaya rasa* drugs are used because of their *Pittakaphashamaka*, *Vatavardhaka*, *Sangrahi*, *Sandhanakara*, *Ropana*, *Sthambhana*, *Raktaprasamana* properties. *Tikta rasa* drugs are used because of their *Pittakaphasamaka*, *Vatavardhaka*, *Vishahara*, *Dahaprasamana*, *Trishnaprasamana*, *Dhatuposhana* properties. Most of drugs used are *Madhura vipaka* because *Madhura vipaka* having properties of *Vatapittahara*, *Kaphavardhaka*, improve *Dhatu*, *Sukrala*, *Brimhana*. Most of the drugs used are of *Sheeta virya* because of their properties of *Pittasamaka*, *Vatakaphavardhaka*, *Prahladana*, *Sthirikarana*, *Prasadana*, *Sthambhana*, *Raktaprasadana*, *Sukrala*, *Dahasamaka*, *Trishnasamaka*. *Ruksha guna* drugs use because of their properties of *Sthambhana*, *Soshana*, *Rukshana*. *Laghu guna* drugs use because of their properties of *Srotosodhana*, *Agnivardhaka*.

In *Asrigdara*, different type of *Anupana* is used the concept behind it is one drug does many pharmacological action by different *Anupana*. As define *Anupana* is substance used as a medium for the administration of medicine. The drugs used for *Anupana* are having same pharmacological properties which are present in principle drug so *Anupana* will enhance the property of principle drug. In *Asrigdara* as *Anupana Tandulodaka*, *Madhu*, *Ksira* and *Sarkara* are used because their properties are same as properties of principle drugs.

So, whenever bleeding is found measures are to be taken immediately so as to arrest the bleeding, the drugs possessing this quality are called hemostatics drugs therefore all the food supplements mentioned above altogether contribute qualitative and quantitative regulation or normalization functions.

CONCLUSION

1. Avoid negligence of food supplements – there is no need to take bunch of medicine in the form of different formulation and chemicals with their side effects here is a solution of heavy

blood loss diseases in Ayurveda by to use different type of food supplements which are equally effective as compare to different formulations and herbal medicine.

2. Awareness for change in diet plans – Using of dietary items are another way to treat a disease only the medicines are not compulsory solution to treat any disease. So, just to change in patients diet plan as described above. Many herbal medicine we generally used as vegetables and fruits in our everyday life but we are not aware for their medicinal uses. So, due to lack of knowledge we didn't take advantage of this wonderful science as our different *Acharya* described in different classical text books for Ayurveda.

3. Prevention and curation by Ayurveda - *Ayurveda* is branch of science which deals with both preventive and curative aspects of disease and helps in maintaining good health. Ayurveda i.e science of life, where soo many Ahara and Vihara are mentioned in our *Dincharya* and *Rituchriya* to maintained our lifestyle and prevent ourself from disease and their side effects.

4. Cost effectiveness – *Ahara Dravya* we use in our daily routine they are not much as costly as compound formulation and medicines.

5. Easy in consumption – as compare to consumption of bunch of medicine, foods supplements are easy to consumption. Their is no requirement of various route of drug administration as in medicines.

6. Break the chain of recurrence of disease – This is done if you eat the right food & follow right kind of lifestyle as per your body needs with proper seasons and cycle of nature, it can maintain your dosha and prevent recurrence of disease for a long time.

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