

# Effect of Ushirasav and Khadiradi Vati in Heavy Menstrual Bleeding

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**Abstract -- Background:** Heavy menstrual bleeding (HMB) is a common gynecological condition affecting women of reproductive age, significantly impairing quality of life. Conventional treatments include hormonal therapy and antifibrinolytics, which may cause adverse effects. Ayurvedic formulations such as Ushirasav and Khadiradi Vati possess haemostatic properties and may provide a safer alternative. **Objectives:** To evaluate the efficacy of Ushirasav and Khadiradi Vati in the management of HMB over three months and to assess changes in ultrasonographic and histopathological parameters.

**Methods:** A randomized, single-blind clinical study was conducted on 130 patients divided into two groups. Group A (n=65) received Ushirasav (20 ml twice daily) and Khadiradi Vati (250 mg twice daily) for three months. Group B (n=65) received Tranexamic acid (500 mg twice daily for 5 days during menses for three cycles). Patients were assessed using subjective and objective parameters including ultrasonography.

**Results:** The study demonstrated significant improvement in both subjective symptoms and objective parameters in Group A. The herbal combination showed comparable efficacy with improved safety and tolerability.

**Conclusion:** Ushirasav and Khadiradi Vati are effective, safe, and cost-effective alternatives for the management of heavy menstrual bleeding.

**Keywords:** Asrigdar, Atyartava, Heavy menstrual bleeding, Raktapradar, Ushirasav

## I. INTRODUCTION

Heavy menstrual bleeding (HMB) is one of the most common gynecological disorders affecting women of reproductive age. It is defined as excessive or prolonged menstrual bleeding that interferes with a woman's physical, emotional, and social well-being[1]. It accounts for approximately 25–30% of gynecological outpatient visits and affects nearly 30% of women during their reproductive years.

The normal menstrual cycle lasts 28–30[2] days with blood loss ranging from 20–60 ml over 3–5 days. Any deviation in duration or quantity may indicate underlying pathology[3]. The regulation of menstruation depends on the hypothalamic–pituitary–ovarian axis and uterine health[4].

Modern treatment includes hormonal therapy, nonsteroidal anti-inflammatory drugs, and antifibrinolytics like tranexamic acid[5], which may produce adverse effects with long-term use[6]. Ayurveda describes similar conditions under terms such as Asrigdar, Raktapradar, and Pittaj Rajodushti, where treatment principles include *Deepana* and *Stambhana*[7].

Ushirasav and Khadiradi Vati are Ayurvedic formulations known for their haemostatic and antiinflammatory properties[8]. This study evaluates their efficacy in managing HMB[9].

## II. MATERIALS AND METHODS

### A. Study Design

A randomized, single-blind clinical study.

### B. Sample Size

- 1) Total patients: 130
- 2) Group A: 65 patients
- 3) Group B: 65 patients

### C. Study Population

Patients were selected from the research center and outreach camps based on predefined inclusion and exclusion criteria.

1) **Inclusion Criteria :** Women in reproductive age group , Menstrual bleeding >7 days or cycle interval <21 days , HMB due to benign conditions (fibroid, adenomyosis, endometrial hyperplasia)

2) **Exclusion Criteria:** Pregnancy, HIV/VDRL/HBsAg positive patients, Systemic illnesses, Tuberculosis, Malignancy

### D. Intervention

#### Group Treatment

**Group A:-** Ushirasav 20 ml twice daily + Khadiradi Vati 250 mg twice daily for 3 months

**Group B:-** Tranexamic acid 500 mg twice daily for 5 days during menses for 3 cycles

*E. Dropouts:*

- 1) Total enrolled: 150
- 2) Group A: 9 dropouts
- 3) Group B: 11 dropouts F
- 4) Final analyzed: 130 patients

*F. Assessment Criteria*

- 1) *Subjective Parameters:* Duration of bleeding, Amount of blood loss, Associated symptoms
- 2) *Objective Parameters* Endometrial thickness, Uterine changes, Number and size of fibroids, Inflammatory changes

*G. Investigations*

- 1) Complete blood count
- 2) Blood grouping
- 3) Ultrasonography
- 4) Hormonal assay
- 5) Pap smear

*H. Ethical Considerations*

Institutional ethical clearance obtained, Written informed consent taken, Patient confidentiality maintained

### III. RESULTS

The study demonstrated notable improvement in both subjective and objective parameters in patients treated with Ushirasav and Khadiradi Vati.

- 1) Reduction in duration and quantity of menstrual bleeding
- 2) Improvement in ultrasonographic findings
- 3) Reduction in endometrial thickness and inflammatory changes
- 4) Better patient compliance and minimal adverse effects. Comparatively, Group A showed sustained improvement with fewer side effects than Group B.

### IV. DISCUSSION

Heavy menstrual bleeding significantly affects the quality of life of women. The International Federation of Gynecology and Obstetrics (FIGO) recommends the use of standardized terminology such as AUB and HMB.

Modern treatments, including hormonal therapies and antifibrinolytics, are effective but associated with adverse effects.

Ayurveda describes similar conditions such as Asrigdar and Raktapradar, emphasizing *Stambhana* (haemostasis) as the primary treatment approach.

Ushirasav possesses cooling and haemostatic properties, while Khadiradi Vati exhibits antiinflammatory and astringent actions. Their combined effect helps regulate uterine bleeding and restore normal menstrual patterns.

The findings of this study indicate that the herbal combination provides effective symptom relief and improves objective parameters, making it a viable alternative to conventional therapy.

### V. CONCLUSION

The combination of Ushirasav and Khadiradi Vati demonstrates significant efficacy in the management of heavy menstrual bleeding. The therapy is safe, cost-effective, non-invasive, and well-tolerated.

It can be considered a promising alternative to conventional treatments, especially for long-term management.

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