

Importance of *Ashoka*, *Saraca indica* Linn in (Menorrhagia) – Short Article.

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Abstract :

Excessive and prolonged bleeding during menstrual period or even during inter menstrual period is known as *Asrugdara*. It is highly prevalent gynecological disease and can be correlated with Menorrhagia. Menorrhagia is heavy or prolonged vaginal bleeding with menstrual cycle. The aim of present article focuses on botanical description, phytochemical constituent and medicinal uses of *Ashoka* in *Asrugdara*. *Saraca indica* Linn used in *Asrugdara* as it has pharmacological activities like anti menorrhagic, anti cancer, anti-inflammatory, anti-microbial activity and used as indigenous system of medicine. It mainly contains glycoside, flavanoids, tannins, saponins, esters and primary alcohols.

Keywords: *Ashoka*, *Saraca indica*, *Asrugdara*, menorrhagia.

Introduction

On account of the disturbance in intake of proper diet and rest, stress and strain, with the change of the life style, this disease has become a very challenging problem for working class ladies and common in house wife's, It also causes considerable morbidity. *Asrugdara* is type of *yonivyapad* caused by vitiation of all three *doshas*, with predominance of *pitta* and presented as excessive amount of blood loss or long duration of bleeding or short intermenstrual period.⁽¹⁾ It is highly prevalent gynecological disease and can be correlated with Menorrhagia. Menorrhagia is heavy or prolonged menstrual bleeding. Many women have this type of abnormal uterine bleeding. It can be related to no. of condition

including problems with uterus, hormone Problems, diet, daily routine, stress. It shows symptoms like abdominal pain, periods lasting longer than 7 days, passing blood clots that are the size of bigger. The blood may appear red, pink, brown, ever rust like. Losing more than 80ml of blood during your period instead of what is typical 40 ml.⁽²⁾ *Asrugdara* show symptoms back pain, abdominal pain, vomiting like feeling exhausted, weakness, .In India no of women's suffering from this disease. In Ayurveda number of medicinal plants use for *Asrugdara* .e.g. *Lothra*, *shatavari*, *Ashoka*.(Fig.no.1) In that *Ashoka* is effective in *Asrugdara* as it shows Anti-hemorrhagic, anti- inflammatory, antioxitocic, analgesic activity.



(Fig.no.1) . *Saraca indica*

Classification⁽³⁾Genus : *Saraca*Species : *indica*

Kingdom-plantae

Family : *Caesalpinaceae***Vernacular Names-***Hindi -Ashoka;**Bengali, Gujarati, Marathi- Ashoka;**Telugu- Ashoka Chettu;**Tamil- Ashogam.***Synonyms-** *Kankeli, Madhu puspa, Rakta pallava, Vañjulah, Hema puspa,*⁽⁴⁾**Ras-***Kashay ,tikta*⁽⁵⁾**Gun-***laghu 'ruksha***Virya-***shit***Vipak-***katu***Botanical Description⁽⁶⁾**

It is a small ever green tree, 6-9 meters in height. Bark with warty surface, dark-brown to grey or almost black. Leaves are paripinnate with 15-20 cm. long, leaflets are 6-12, rigidly subcoriaceous, oblong or oblong-lanceolate, 7.5-22.5 cm x 1.3 cm. Flowers are in dense axillary corymbs, fragrant, orange or orange-yellow, finally turning vermilion-red. Fruits are pods, flat, oblong, woody, 7.6-22.4 x 3.8-5.1 cm. seeds- 4-8, ellipsoid-oblong, compressed (Flowers in March-April and fruits in August-September).

Major chemical constituents⁽⁷⁾

In Bark alkanes (C20-C35), esters (C34-C60) and primary alcohols (C2-C30), n-octacosanol, tannin, catechin, (+) catechol, (-) epicatechin etc. are present. In Flowers Fatty acids, gallic acid, sitosterol, quercetin etc. are present.

Gana*Charaka - Kasaya skandha, Vedanasthapana*⁽⁸⁾*Sushrut- Rodhradi*⁽⁹⁾*Vagbhata-Rodhradi*⁽¹⁰⁾**Distribution-**

Grown in shady evergreen forests upto 750 m. in central and eastern Himalayas; abundant in South India.⁽¹¹⁾

Uses and pharmacological activities of Ashoka

It strengthens the muscles of the uterus and reduces uterine discharge and pain in the uterus and so it is useful in menorrhagia, leucorrhoea, dysmenorrhoea. Since the decoction of the bark acts as a tonic for the endometrium of the uterus. It is useful in many disease of uterus.

Anti-hemorrhagic activity

Ashoka dried bark and flower is used as tonic to ladies in case of uterine disorder. Ashoka dried bark has been used for menorrhagia in India.

It has kashay (astringent)ras and has shit Virya it shows stambhan(Antihemorrhagic)kary (activity) .It has a stimulating effect on the ovaries.⁽¹¹⁾ Aqueous extract of the bark is reported to contain active principles, one stimulating the uterus and other relaxing the muscles of uterus.⁽¹²⁾

Uterine tonic activity⁽¹³⁾

Ashoka is reported to stimulate the uterus, making the contraction more frequent and prolonged. The crystalline glycoside substance also reported to stimulate uterine contraction.

Anti-inflammatory action

Ashoka shows anti-inflammatory action. The ethanolic extract of saraca indica leaves find a anti inflammatory activity.⁽¹⁴⁾

Analgesic activity

Saraca indica leaves extract show analgesic activity. The leaf extract like petroleum ether, chloroform, methanol & water were investigated For phytoconstituent like sterols, glycosides, Saponins, carbohydrates alkaloids, flavonoides, tannin, protein. It shows Analgesic activity.

Saraca indica shows Anti hemorrhagic, Anti inflammatory, Analgesic, uterine tonic activity, antioxitocic, so it is useful in *Asrugdara*.

Discussion

Many *Ayurvedic dravya* used in *Asrugdara* e g *lodhra*, *shatavari*, *sariva*, *Ashoka*. *Ayurveda* is a traditional medicinal system which has been used consistently In *Asrugdara Asoka* is one of India's most holy and legendary tree. *Ashoka*, also known as *Saraca indica* Linn. is an indigenous plant that belongs to the *Caesalpinaceae* subfamily of the Legume. It is an evergreen tree of medium size. *Saraca Indica* Linn is rain forest tree. Meaning of *Ashoka* is keeping women healthy youthful. Day by day with changing lifestyle, workload stress, junk food, many women Faces no. of disease. In which *Asrugdara* is common disease in women. So there is need to highlight the drug like *Ashoka (saraca indica)* that shows permanent relief, long lasting result, with less or without side effects. So various pharmacological actions like **Anti-hemorrhagic**, anti-inflammatory, uterine tonic activity, antioxitocic, analgesic action are discussed above. It can help to management of *Asrugdara* and it may help in easier and betterment of women's life style.

Conclusion

Now a days due to change in lifestyle, diet, stress there is disturbance in proper body function, so no. of women's suffering from major issues like *Asrugdara* (Menorrhagia). They get symptomatic relief from some medicines. But Ayurveda (Ancient) science has some medicine like Ashoka *Saraca indica* Linn. is useful in *Asrugdara*, It show permanent relief from symptoms of menorrhagia. *Ashoka* is useful in *Asrugdara* as it shows pharmacological activities like **Antihemorrhagic**, anti-inflammatory, uterine tonic activity, antioxiotoxic, analgesic action.

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