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Herbs Used In Dysfunctional Uterine Bleeding.

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ABSTRACT

Dysfunctional uterine bleeding (DUB) is the diagnosis given to women with abnormal uterine bleeding in whom no clear etiology can be identified. It affects women in the age ranging from 35-50. Medical treatments include nonsteroidal anti-inflammatory drugs, oral contraceptive, which has side effects, and the benefits lasts only while the patient takes medication. Hence foreseeing the side effects of these medicines, the global scenario is changing to use nontoxic products having traditional medicine use, few herbs used for dysfunctional uterine disorders in alternative medicine is reviewed.

Keywords: Sarcosaasoka, Salmali, Laksha

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INTRODUCTION

Dysfunctional uterine bleeding (DUB) is the diagnosis given to women with abnormal uterine bleeding in whom no clear etiology can be identified. It affects women in the age ranging from 35-50. Medical treatments include nonsteroidal anti-inflammatory drugs, oral contraceptive pills, progestins, danazol (a synthetic androgen), GnRH agonists, and antifibrinolytic drugs. The drawback to medical therapy, in addition to side effects, is that the benefit lasts only while the patient takes the medication [1]. Rarely surgery is one if needed. Hence foreseeing the sideeffects of these medicines, the global scenario is changing to use nontoxic products having traditional medicine use, few herbs used for dysfunctional uterine disorders in alteranative medicine is reviewed. In the ayurvedic medicine the herbs used are

- **Ashoka bark or ashokabriksh**
- **Salmali**
- **Laksha**

Ashoka

Ashoka is one tree that stands out especially used in treatment of excessive bleeding. Ashoka is the very legendary and sacred trees of india, used since antiquity. Ashoka in Sanskrit means “taking away sorrow”. Ashoka botanical name is Saracaasoca, belongs to the family Caesalpiniaceae.

The Ashoka tree is a rainforest tree. It is found in Himalayas, Bengal and throughout southern india especially in kerala.Inhimalayas it is found in Lussi hills, khasi, and Garo, in kerala it is found in Katipally, paragiri, thirussur, kollam and pallakkad [2]

Ashoka flowers from February to April. The flowers appear in lush and heavy bunches. The color of the flowers is bright orange-yellow and they turn red before wilting. This tree has an important role in Indian cultural traditions. The bark is the primiary medicinal plant. It is used as an astringent for menstrual bleeding, bleeding hemorrids, bleeding ulcers and for hemorrhagic dysentery.

Phytochemicals

The Ashoka tree's dried bark contains tannins, sterol, catechol, and other organic calcium compounds. The powered bark of the tree also contains Aluminum, strontium, calcium, iron, magnesium, phosphate, potassium, sodium, and silica.

Medicinal Benefits:

One of the uses of the Ashoka bark is in the treatment of menstrual disorders associated with excessive bleeding, congestion, and pain. [3] Preparation of the Ashoka bark is used in dysmenorrheal [4, 5], abdominal pain, and uterine spasms. The Ashoka herb benefits the endometrium and uterine muscles and this makes it effective as a uterine tonic for irregular menstrual cycles and miscarriage [6, 7]. It is used to treat excessive bleeding [8]. In Ayurveda it is used for clearing congestion from the MedasDhatus and Mamsa, especially when there may be leucorrhoea, endometriosis, cysts, and fibroids.

Home Preparation

Decoction of the bark is prepared by boiling 4 ounces of the bark in 4 ounces of milk and 16 ounces of water until the latter is evaporated and the 4ounces of given preparation is mixed with milk and given in 2 or 3 doses during the course of the day for menorrhagia. [9-11]

Uncommon names:

Sokanasa, Karnapurakah, Visoka, Raktaka, Ragi, Citra, Sadpadamanjari, Tamrapallavah, Kankeli, Pindapuspa, Gandhapuspa, Gandhapushpa, Nata, Asokah, Sokanasah, Vanjuladruma, Madhupuspa, Apasoka,

Kelika, Ramavamanghrighataka, Pallavadru, Raktapallavaka, Citra, Vicitrah, Karnapurakah, Subhagah, Smaradhivasa, Dosahari, Prapallava, Ragitaru, Hemapuspa, Vanjula, Vanjulam, Sorrowless Tree.

Salmali

Silk cotton tree is a native cotton tree with red flowers. Salmaali is derived from sankrit. It belongs to the family Malvaceae, genus Bombax which has got eight species.

Tree is widely planted in Southeastern Asia, South China, Honghong and Taiwan, Europe and America. It is distributed throughout India. In evergreen forest of West Bengal and Assam. The tree sporadically is found in sub-Himalayan region and in few parts of Uttarpradesh and Bihar.

Phytochemicals

Gum is also called as Mochars or suparikaphul contain tannic and gallic acid. Gum on complete hydrolysis yields a mixture of L-arabinose D-galactose and D-galacturonic acid Partial hydrolysis of the gumfurnishedaldobiuronic acid.

Benefits

All the parts of plant like root, flower, bark, leaves, fruits had benefical effect aphrodisiac, demulcent, dysentery, astringent. It is beneficial to asthma, expectorant, diarrhea, wound, leucorrhoea, anaemia and splenomegaly. It also has antioxidantandhepatoprotective, antiicrobial and antihelicobacter pylori activity, anticancer and antiHIV activity, analgestic and cholinesterase activity [12].

Gum (resin) of Bombaxmalabaricum is used as astringent, stimulant, aphrodisiac,tonic styptic and demulcent. It is usefulin diarrhea dysentery, pulmonary tuberculosis, influenza, menorrhagia, burning sensation, strangury and haemorrhoids [13]. To gum is used in dysfunctional uterine disorder in traditional medicine. [14-16]

Laksha

Laksha is a kind of resin that is produced by Lacciferlacca (Lac beetle),which make its home in ficuspalas, kusum (Schleicheraoleosa) and ber (Ziziphusmauritian) trees. Lac insect belongs to the super family Coccoidea.

The lac beetle attaches its proboscis (snout) to a branch of the tree, sucks the sap and secrets the sticky *laksha* resin, which eventually builds up and hardens as a protective shell for the insect.

The amber colored *laksha* is the raw material for shellac. It is also used to make bracelets in India, which are considered the most auspicious *bangles* (bracelets) for weddings.

It has also been used as a medicine in Ayurveda for thousands of years. Vaidya Mishra sometimes lovingly called *laksha*, *lakshaya*. You will see the name *lakshaya* on his products. It is the same as *laksha*.

Distribution

It is found in south east Asian countries. Lac is currently produced in India, Myanmar, Thailand, Malaya, and Yuan province of China.In India it is mostly cultivated in Jharkhand, West Bengal, Madhya Pradhesh, Chattisgarh, eastern Maharastra and Orissa. It is aslo cultivated in rajasthan, Punjab, and Andhra pradhesh [16].

Active Ingredient

Resinoltannols of aleuritic acid; erythrolaccin; lacconic acid.

Uses

Laksha has ahnti-inflammatory and anti-infective activity stimulates the stomach, used as liver tonic. The Chinese physicians used it particularly as an aid to healing, particularly for bleeding gums, excess menstrual bleeding [17], and fainting after childbirth. Unani physicians give it for blood, kidney, and liver disorders. In orthodox medicine, it is commonly used to coat tablets.

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