Introduction
Introduction

Dysfunctional uterine bleeding

This rather unsatisfactory term is generally used to cover overall forms of abnormal bleeding for which an organic cause cannot be found. Here it is restricted to those in which the basis is a disturbance in the rhythmical production of hormones by the ovary. Even so, it is impossible to avoid an overlap with what has gone before because such disturbances are often caused by emotional and other factors. So in the great majority of cases labelled dysfunctional uterine bleeding no significant abnormality is found in the ovarian and endometrial picture. The diagnosis can only be made by excluding all other causes for bleeding, this means that the frequency of the diagnosis depends on the definition of organic lesion, and on the care and trouble taken to exclude such lesion.

Excessive menstrual bleeding creates psychosocial problems as it upsets the normal psychological attitude of the women which will be felt by her as a nightmare occurring every month in a cyclincal manner. It often leads the women as well as adolescents to be away from their work or class which cause a big lost to the total working hours of such women were in other wards, that of whole nation. Or this however, management of bleeding is not the only desired remedy but rooting out the causes and thereby providing a healthy womb for developing a healthy progeny.

Modern science is yet on contemplation, when centuries back ‘Ayurveda’ has already found remedy for that and is widely practiced even now by it grandeur qualities irrespective of its antiquity.
Dysfunctional uterine bleeding in Ayurveda called Pradara held to be due to a variety of causative factors many of the sufferers are of middle income working group their food habits, travel, absence of rest, anxiety etc. are well beyond their control.

The polluted environment which they exposed to, with special reference to air pollution, industrial toxins, pesticides and other agricultural based toxins, toxins while occur naturally in our atmosphere as aspergillus, phytotoxins etc, to which we are exposed to, addictions, to food substances like excessive use of coffee, tea etc, indirect toxins present in even in the vegetables which we consume, synthetic hormones used in rearing poultry, food contaminants, like broiled meat, sweeteners, preservatives, food colouring agents – the list is quite long enough.

Repeated dilatation and curettage as well as hormone therapies for various gynaecological conditions including DUB are causative factors for DUB.

Because of the poverty of an adequate medicinal and surgical strategy for cure and prevention of recurrence, Ayurvedic medicines were found worth trial in these unfortunate patients. Various authors postulate these medicines, directly or indirectly in such conditions.

The current management revolves round synthetic hormonal supplement like thynyl estradiol, iron and calcium supplements, etc. Patients are also fed with progesterone continuously to prevent menstruation. They are also subjected to dilatation and curettage often repeatedly, in the vain hope of diagnosing and elusive pathology, like endometrial tuberculosis. Cauterization of endometrium, i.e., endometrial
ablation is also done in selected cases to get rid of the offending mucosa which discharges the vital blood. Instances were not rare when patients are subjected to even hysterectomy. Despite of all these aggressive management techniques DUB remains difficult to manage.

It is at this juncture that the importance of a safe, herbal medicine was contemplated such as medicine should be easy to consume, economical and should be devoid of any complications even on prolonged use. The medicines selected for this study both for study and control group are having these merits. They are proven uterine tonics, haemostatics in the uterine perspective safe and effective. This study if comes out with solid findings would be a definite boon to the millions of sufferers of this condition globally.

Demographic datas help in imparting or acquiring explorations on making general ideas or statements about various aspects of the disease on the topic which the work is done. So the present work is a compendium of the knowledge collected from contemporary and classical literary works as well as the observations of clinical work.

For the convenience of presentation the whole thesis work is divided into different chapters including

1. Detailed review of literature collected on the topic pradara as well as on DUB

(a) Ayurvedic as well as

(b) Modern scientific books
Descriptive knowledge about the names properties as well as actions and chemical constituents of each of the drugs used for conducting the clinical study is mentioned with illustrations in the 2\textsuperscript{nd} Chapter of review of drugs.

The whole clinical study including the aims and objective criteria and parameters adopted along with observations on each of the criteria and result of the whole work is presented in the IVth chapter under the heading of observations.

Detailed discriminative as well as intelligible interpretations made out on the basis of the observations of clinical study is presented in the chapter on discussion.

Last but not the least is the chapter on summary and conclusions giving a very brief summary of the whole thesis work along with most probable noticeable conclusions which can be made out on the basis of the whole observations or data.

An appendix attached to the thesis gives clues towards the books which have been referred for making the work more perfect. Model of the proforma selected for recording the case history as well as datas are also given with the same.