

CONCEPT OF UTERINE FIBROID IN AYURVEDIC PERSPECTIVE AND ITS
MANAGEMENT WITH PATHYA -APATHYA

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ABSTRACT

Today, many women focus more on beauty than on health. Because of this, changes in lifestyle and diet have led to a rise in gynecological problems, especially uterine fibroids. This condition is very common in gynecology practice and greatly affects a woman's quality of life, causing both physical and mental distress, which also impacts her family's well-being. In ancient times, *Garbhassay Arbuda* (uterine fibroid) was rarely seen because the risk factors were less common. Nowadays, factors like late marriage, delayed pregnancy, not having children, lack of exercise, unhealthy eating habits, consumption of chemical/adulterated food, and a polluted environment have made the disease more frequent. *Ayurvedic* texts do not give a specific reference to tumors of the female reproductive system. But since these growths start in the uterus (*Garbhashaya*) and nearby structures, they can be described as *Garbhashaya Arbuda*, which can be compared to uterine fibroids. Today, uterine fibroids affect about 30–50% of women, mainly due to unhealthy lifestyle changes. In modern medicine, the main treatments are hormonal therapy or surgery. However, hormonal treatment often causes side effects like weight gain, depression, irregular bleeding, etc. Surgery, especially hysterectomy (removal of the uterus), takes away the chance of having children, so it affects a woman's fertility. This study aims to explain the *Ayurvedic* view of uterine fibroids, to spread awareness and encourage the use of *Ayurvedic* therapies for managing such conditions. Based on the cause, signs, and symptoms, uterine fibroids can be compared to *Mansaja Arbuda* described in *Sushruta Samhita*. The treatment focuses on reducing the size of the fibroid and relieving symptoms. *Ayurveda* suggests three main approaches for this *Shodhana* (purification therapies), *Shamana* (palliative therapies), and *Shalyaja Chikitsa* (surgical management) as mentioned under *Arbuda Chikitsa*.

KEYWORDS: *Garbhassayadushtivikara, Yonirogvikara, Mamsa Vridhi, Uterine fibroid.*

INTRODUCTION

Uterine fibroid is the commonest benign outgrowth of the uterus. In spite of being non-cancerous in nature, it may severely affect the general health and quality of life of women. It is the most common hormone dependent benign tumor that is usually found among reproductive aged women. It is also known as fibroma or leiomyoma. It is derived from Uterine fibroid is the commonest benign outgrowth of the uterus. In spite of being non-smooth muscle cell either from vessel wall or uterine muscle. They are rarely developed before puberty and after menopause. Uterine fibroids are known to increase in size during pregnancy and with oral contraceptives pills user. Prevalence of this disease is 20 - 40% among women over the age of 35 years. The risk factors for fibroids are nulliparity, an early menarche, obesity, family history of fibroids hyper-estrogenic state, high fat diet. Majority of the time, it remains asymptomatic and is diagnosed accidentally but some time it induces symptoms like heavy p/v bleeding, intermenstrual bleeding, pain

during menses, pain and heaviness in lower abdomen, lower backache, pressure symptom, reproductive problems such as infertility and repeated abortion. On the basis of origin it is classified as intramural, submucous and subserous. About 75% of fibroid are intramural in nature. According to site and size of fibroids the intensity of symptoms varies. Big sized fibroids distort the shape of uterine cavity and may affect the uterine contraction.

AYURVEDIC ASPECT ON FIBROID

- In *Ayurvedic* literature specific illustration of *Arbuda* of female reproductive system is not mentioned. According to principle of *Ayurveda*, there is no disease without the vitiation of *Doshas*.
- *Acharya Charak* and *Acharya Vagbhat* has considered *Arbuda* as *Mamsapradoshajavyadhi*. Thus uterine fibroid can be considered as a *Mansaja* type of *Garbhashayagatha Arbuda*. *Acharya Vagbhat* also told *Arbuda* to be bigger than the *Granthi*.

- According to *Yogratnaka*, *Granthi* and *Arbuda* are same because of similarity in their *Dosha*, *Dushya*, *Sthan*, *Hetu* and *Aakruti*.
- According to *BhavPrakash*, *Arbuda* is produced by *Vata*, *Pitta*, *Kapha*, *Dosha Rakta*, *Mamsa*, *Meda* *Dushya* and its symptoms are similar to those of respective *Granthi*.

According to *Ayurveda*, *Arbuda* (tumor) is mainly caused by imbalance of *Vata* and *Kapha doshas*. *Vata* is responsible for the abnormal division of cells, while *Kapha* causes their excessive growth. When both these *doshas* get disturbed together, a tumor can form. Tumors usually affect the muscle tissue (*Mamsa dhatu*). Benign (non-cancerous) tumors of muscular origin grow slowly. They are mostly the result of *Kapha* entering the muscle channels (*Mamsa Vaha Srotas*) and disturbing the muscle tissue.

TYPES OF ARBUDA

Based upon the dominance of *Doshic* factor and *Dhatu* (tissues) involved, they are classified as-

- *Vataja Arbuda*
- *Pittaja Arbuda*
- *Kaphaja Arbuda*
- *Raktaja Arbuda*
- *Mamsa Arbuda*
- *Medaj Arbuda*

All of the above *Arbuda*, *Mamsaja Arbuda* can be considered as uterine fibroid (tumors found in smooth muscle cells of the myometrium)

Types of uterine fibroid

1. Submucous fibroid

Sub mucous fibroid presenting with menstrual irregularities [menorrhagia, dysmenorrhoea, metrorrhagia, dyspareunia, infertility are *vata pitta anubhandh avastha* affecting endometrial vasculature.

According to modern “menorrhagia” due to increase uterine size, vascularity and endometrial surface area.

According to *Ayurveda* Such symptoms is due to pitta dysfunction at *garbhashaya gata sira* (Endometrial vasculature). *Pitta* dysfunction in *raktadhatu*.

Pitta has four *guna* (Specially)

- *Ushna* (Factor which promote the bleeding)
- *Teekshna* (Factor which cause secretion)
- *Drava* (Factor which increases fluidity)
- *Sara* (Factor which cause retraction) Which cause abnormal uterine bleeding.

A In “Metrorrhagia” midcycle spotting are also seen in some case of fibroid followingsurface ulceration over the sub mucous fibroid.

Due to presence of Submucous fibroid, pain during menses this is called Dysmenorrhea.

Note-The site is more important than the size a small sub mucous fibroid may produce more symptoms than a big sub serous fibroid.

2. Subserous fibroid

Subserous fibroid presenting pressure symptoms are *vata pradhan kapha anubhandha*(pressure to visceral structure may be urine retention, constipation, urinary frequency, edema, dyspepsia(abdominal discomfort)).

3. Intramural fibroid

Mostly asymptomatic fibroid. they are *kapha pradhan vata* and affecting the myometrium. *Kapha* has three *guna*(Specially).

- *Snigdha* (Provide nourishment)
- *Guru*(Promote the growth)

Clinical features

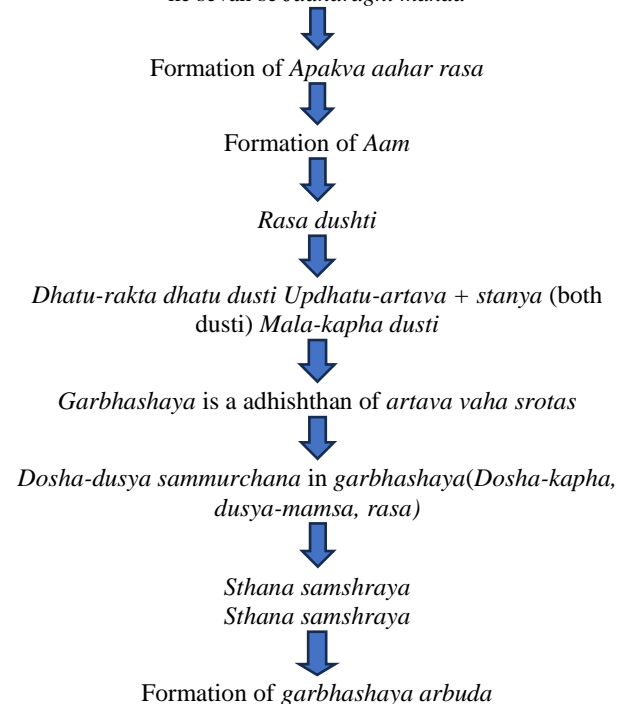
In *Susruta Samhita* the clinical feature of *Mamsaja Arbuda* is *Avedana*, *Snigdha*, *Ananyavarna*, *Apakam*, *Ashmopamam*, and *Aprachalyam*. These features are similar with fibroids in the following manner

- *Avedna* - Generally it is painless tumor, but sometime pain occurs due to its big size (caused irritation in neighboring nerve or pressure symptoms)
- *Snigdha*- Outer appearance is glossy
- *Ananyavarna* - Color of tumor is same of the tissue that it grows
- *Apakam* - Non-suppurating
- *Ashmopamam* – Consistency of tumor is hard
- *Aprachalyam*- Immovable

Etiopathogenesis of arbuda

- *Arbuda Vyadhi* is first described by *Acharya Sushruta* with its etiopathogenesis in *Sushruta*.

Adhyasan vishamasan, samshan, kapha prakopak aahar vihar ke sevan se Jadharagni manda



Increased risk

Nulliparity
Obesity
Hyperestrogenic state
High fat diet
Family history

Reduced risk

Multiparity
Menopause

Pariksha / Investigations

तस्मादातुरं परीक्षेत प्रकृतितश्च, विकृतितश्च सारतश्च, संहननतश्च, प्रमाणतश्च सात्म्यतश्च, सत्त्वतश्च, आहारशक्तितश्च, व्यायामशक्तितश्च, वयस्तश्चेति, बलप्रमाणविशेषग्रहणहेतोः ! (ch.vi.8/94)

According to Acharya Charak Pariksha / Screening / Investigations / of Diseases Can be done by Dashvidh Pariksha its Bhavas Mentioned in Vimana Sthana. Along with this Trividha, Chaturvidha, Shadvidha, & Astavidha Pariksha is also given in Ayurvedic Samhitas.

Treatment

- ❖ Most of the diseases in present time are due to consumption of *Mithya Aahar – Vihara* and Imbalance of life style. So *Nidan Parivarjan* is considered as first line treatment for all the diseases.
- ❖ This concept can be used as a treatment, prevention and thus stopping the recurrence of the disease. Acharya Charak has provided effective management for *Arbuda as- Shaman Chikitsa, Sodhana Chikitsa, Rasayana Chikitsa, Dincharya Ritucharya, Satvavajaya Chikitsa* (counselling) *Yoga and Pranayama*.

❖ According to Samanye - Vishesh Siddhant

सर्वदा सर्वभावानां सामान्यं वृद्धिकारणम् । हासहेतुर्विशेषश्च प्रवृत्तिरुभयस्य तु ॥ (ch.su.1/44)

- *Vata-Kaph-har Dravya* should be given.
- *Sthoulya Chikitsa* can be administered.
- *Vrana Chikitsa* should be used.
- *Granthi Chikitsa* should be used.
- *Shastra karma, Kshara karma, Agni karma.*
- *Uttar Basti* with *Vata-Kaph-Nashak Dravya siddha taila*.

Arbuda Vyadhi can be managed according to the principal of *Samprapti Vighatana* (To break the pathogenesis). *Vata - Kapha* dominating *Tridosha* are involved in the pathogenesis of *Arbuda* hence *Vata-Kaph-har chikitsa* may be administered. *Tikshna, Ushna, Lekhan, Chedana, Shrotoshodhan Dravya* can be used to reduce the symptoms and size of uterine fibroid. When *Garbhasaya Arbuda* presents with *Lakshana* of heavy prolonged bleeding or intermenstrual bleeding *Rakta*

Stambhana, Rakta Prasadana and *Asrigdar Chikitsa* should also be done.

❖ **Samana Chikitsa**

- *Kanchanara Gugglu* (1-2 tab. Twice a day, morning and evening, with water)
- *Chandraprabha Vati* (1-2 tab. twice a day, morning and evening, with water)
- *Shigru Gugglu* (1-2 tab. twice a day, morning and evening, with water)
- *Triphadi Gugglu*
- *Palasa twak kshara,*
- *Kalyanka kshara,*
- *Varundi kashayam* (10-20 ml with warm water, after meal)
- *Chitraka Granthikadi kashayam*
- *Gomutra Haritki* (Given orally 3gm twice a day with honey, In empty stomach)
- *Rasayan therapy.*

❖ **Shodhana Chikitsa- Virechna, Vasti karma (vata-kapha har dravya)**❖ **Pathya - Apathya in Uterine fibroid****Pathya**

1. To take light meal, warm water, Regular Exercise and to keep fasting once in a week.
2. Sleep early at night and wake up early in morning.
3. To avoid spicy, over eating, fried food, bakery items, fermented items, cold drinks and Mental Stress etc.
4. Do not suppress natural urge.
5. To avoid hormonal therapy i.e. oral contraceptive pills etc.
6. *Yoga & Meditation*

Apathya

1. To take Heavy meal, cold water, all time bed rest.
2. Sleep late at night and wake up late in morning.
3. To take spicy, over eating, fried food, junk food, fermented item, cold drink and mental stress etc.
4. Suppress natural urge.

Some Asanas & Pranayam for Uterine Fibroid

1. *Surya Namaskar*
2. *Tadasana*
3. *Trikonasana*
4. *Setu bandhasana*
5. *Pranayama*

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