

MANAGEMENT OF UTERINE FIBROIDS BY AYURVEDA - A CASE REPORT

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ABSTRACT

A 45-year-old female patient complained of pain in lower abdomen with heavy menstrual flow since 6 months. Patient had history of burning micturition with per vaginal white discharge. Her USG findings revealed multiple Intramural uterine fibroids (Leiomyoma). According to Ayurvedic classics such type of fibroids can be managed on the line of *Granthi* disease. This article presents a successfully managed case of multiple intramural uterine fibroids by Ayurvedic treatment in the form of a case study. An Ayurveda regime were planned for duration of 3 months. Post treatment USG revealed normal study.

KEYWORDS: Intramural Uterine fibroid, *Granthi*, USG, Leiomyomas.

INTRODUCTION

The changing lifestyle and dietary pattern has given way to many gynecological problems in females. Uterine fibroids are one of leading concerns for women in reproductive age. Uterine fibroids (leiomyomas or myomas) are the most common benign neoplasm of the uterus,^[1] is known to occur in 20%-40% of reproductive age females.^[2] Abnormal uterine bleeding, pain and complaints related to pelvic pressure are common symptoms associated with this condition.^[3] As a consequence of these local pressure effects and bleeding, uterine fibroids rank as a major reason for hysterectomy accounting for approximately one-third of all hysterectomies or about 2,00,000 hysterectomies /year.^[4,5]

Fibroids are of unicellular origin and possess a distinct autonomy from their surrounding myometrium because of their outer connective tissue layer which allows leiomyomas to be easily "shelled out" of the uterus during surgery.^[6,7] Localized nodular swelling/growth has been referred under the name of *Granthi* that develops due to localization of morbid body humors in body tissue.^[8] It protrudes like joint of bamboo/joint between two parts of a plant or kernel of the fruit of Amalaki (*Embllica officinalis* Gaertn.) and is relatively hard and tough, glandular or nodular swelling; knotty, hard and rough appearance. Pathogenesis of *Granthi* is propounded as when morbid Tridoshas, vitiate Rakta (blood), Mamsa (fleshy/muscles), and Meda (fat/adipose tissue) that are admixed with Kapha produce rounded protuberant, knotty or glandular and hard swelling called *Granthi*,^[9] Reluctance to undergo prolonged hormone therapy, the fear of surgery brings more and more patient

to Ayurveda. Owing to its muscular origin, with slow growth may be better compared to *Granthi* in *Garbhasya*. The treatment approach is directed towards reducing size of fibroids using *Ushna*, *Tiskhna*, *Lekhana Dravyas* along with management of symptoms. The inevitable roles of *Vata* in *Yoniroga* is also taken into account in its management. Combining different treatment aspects of *Granthi* and *Yoni Roga Chikitsa*, a unique approach towards the management of its varied presentations added on with lifestyle modification can contribute to healthy social life.

CASE PRESENTATION

A female aged 45 years, married was examined in Out-Patient Department (OPD) of Patanjali Ayurveda Hospital on 20.11.2020 with complaint of pain in lower abdomen with heavy menstrual flow associated with burning micturition and per vaginal white discharge since 6 months. On examination, the patient was found anxious with disturbed sleep, moderate appetite, constipation and burning micturition. Patient had *Madhyam Sara*, *Madhyam Samhanana* (proper body built), *Sama Pramana* (normal body proportion), *Madhyam Satmya* (proper homologation), *Madhyam Satva* (Balanced Mental strength), *Madyayam Vyayamshakti* (moderate capability to carry on physical activities), *Madhyamaharshakti* and *Madhyam Jaranshakti*. *Vata* and *Kaphadoshas* were mainly affected in the patient. Last menstrual Period (LMP) was on 25.10.2020 for 10 days.

She was advised for ultrasonography (USG) to know the cause of complain. USG was done on 12.11.2020 and

report showed Multiple Intramural Fibroids. Ayurvedic drugs were advised for management of fibroids.

Treatment schedule

The treatment was carried out with the following medicines for three months. During this period the patient was advised to take *Santarpana ahara* (nutritive diet like milk etc.) and avoid *Snigdha* (oily), *Amla* & *Lavana ahara*. After the treatment, the sonography report on 07-03-2021 showed absence of fibroids in uterus. The treatment schedule given to the patient was as per given below-

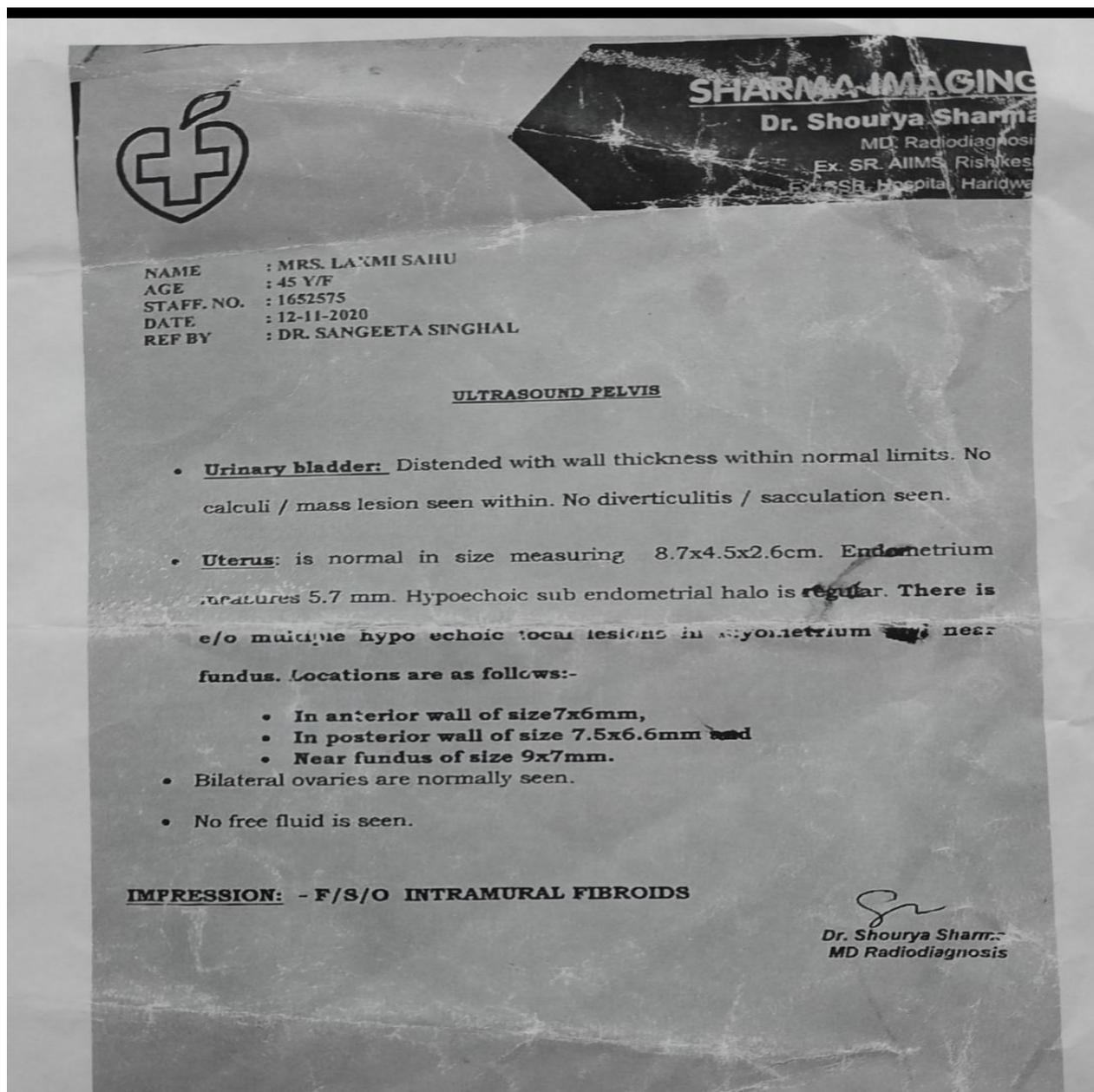
1. Kanchnaar guggulu- 250 mg 2tab.twice daily with anupana of jala

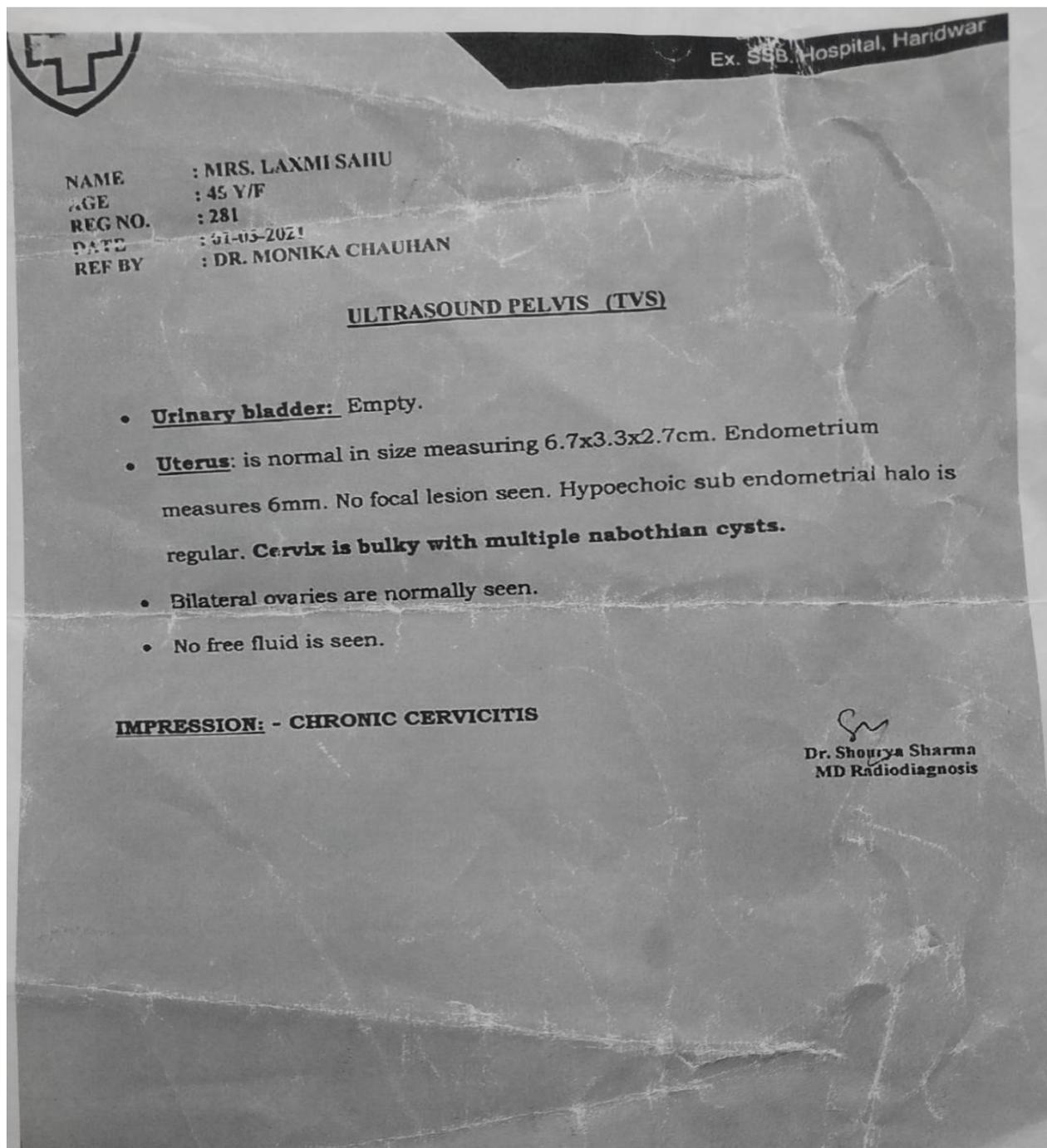
2. Chandra Prabha vati- 250 mg 2tab.twice daily with anupana of jala
3. Kumaryasava-15 ml twice daily with anupana of jala
4. Ashokarishta-15 ml twice daily with anupana of jal

Duration of Treatment: The total treatment duration was 3 months.

OBSERVATION AND RESULT

The patient had followed the *ahara* & drug restriction strictly. The sonography was made after 3 months of treatment. The findings of sonography report before and after treatment are:





DISCUSSION AND PROBABLE MODE OF ACTION

Chikitsa is defined as 'Ruk Prathikriya'. Acharya Susruta give emphasis on 'Nidana Parivarjana' or the eradication of etiological factors is primarily important in the treatment of disease. In case of uterine fibroid; indulgence of *Ahara* and *Vihara* that can vitiate *Vata*, *Kapha Doshas* and *Rasa, Raktha, Mamsa, Medo* and *Arthava Dhatus* should be avoided. *Granthi* is considered as caused due to *Mandhagni, Ama* along with vitiation of *Vata* and *Kapha*. *Langhana* and *Deepana - pachana Dravyas* can be administered. Treatments should be aimed at improving the *Agni* and *Anulomana* of *Vata*. *Dushita Dhatus* like *Raktha, Mamsa* and *Medas*

should be also taken into account. *Sthoulya Chikitsa* can be administered to tackle *Medo- Dushti*^[10] *Kapha Vata Hara* drugs, *Tikshna, ushna Vatanulomana, Shotagna, Kledaghna, Lekhana* and *Chedana* can be adopted to reduce the size of fibroids. The Formulations used here is *Kanchanara Guggulu, Kanchanara Guggulu* is a classical Ayurvedic formulation, used for *Kapha* accumulations in the tissues. As *Kapha* moves deeper within the system, it may manifest as swollen lymph nodes, cysts or growths. Powerful decongestants such as *Kanchanara, Triphala* (a combination of fruits of *Terminalia chebula Retz., Terminalia belerica Roxb., and E. officinalis*), and *Trikatu* (*Zingiber officinale Rosc., Piper nigrum L. and Piper longum L.*) are mixed with

Guggulu to break down and eliminate hardened *Kapha*. This detoxifying blend supports the proper function of the lymphatic drainage and digestive systems, aiding in the prevention of further *Kapha* accumulation. Its main ingredients *Kanchanara* (*Bauhinia variegata* L.), *Varuna* (*Crataeva nurvala* Buch.-Ham.), *Triphala*, *Trikatu*, *Trijataka* may also be useful in hypothyroidism. *Kanchanara Guggulu* supports proper function of the lymphatic system, balances *Kapha Dosha*, promotes elimination of inflammatory toxins; it is alterative, anti-inflammatory and tonic and is administered in cysts, malignant ulcers, syphilis, fistula, scrofula, sinus, etc., *Kanchanara* is very useful in extra growth or tumors and helps in reducing bleeding.^[11]

Chandra prabha vati possesses *teekshna*, *ushna*, *deepaka*, *shreshta pachaka*, *tridosha hara* properties and is indicated in *shoola*, *granthi*, *arbuda*, *artava shoola*. It is also *vrishya* and *rasayana*. *Chandra prabha vati* reduces urinary frequency and urine incontinence.

Ashokarishta is effective in scanty menstruation and menorrhagia. It is useful in *Yoni roga* i.e., *Asrgdara ruja*, *Yoniruja* and *Shwetapradara*.^[12] *Ashokarishta* is indicated in Gynaecological problems viz. menstrual pain, ovarian pain and uterine inflammation, menorrhagia, metrorrhagia, uterine bleeding disorders and cystitis. *Ashokarishta* has a specific action on the mucosa of the uterus and GIT; reduce their catarrhal and superlative inflammation caused by pitta and thus also regularise *Vata*. It has Blood purifier, haemostatic anti-inflammatory and anti-secretory effects.

Kumaryasava is recommended for wide ranging female health issues such as menstrual complications, infertility, ovarian dysfunction, etc. It shows very good results in irregular periods and PCOS. For women suffering from scanty menstrual flow, *Kumaryasava* is recommended as it improves flow and regulates the periods.

CONCLUSION

Uterine fibroid is seen during reproductive life of a female irrespective to the age, which may result in various menstrual problems such as dysmenorrhea, menorrhagia, and irregular periods, by disturbing anatomical as well as physiological integrity. Medical management of this problem is possible on the basis of Ayurvedic fundamental principles. Young couples must be counselled about greater risk of developing fibroids and other gynecological diseases. *Kapha Medo Vardhaka Aharas* like *Mamsa Bhojana*, junk foods, pizzas etc should be avoided. The Acharyas give emphasis to *Nidana Parivarjana* and also elaborate the importance of *Dinacharya*, *Rithucharya*, *Rajaswalacharya* and their role in upbringing healthy womanhood. Thus with Ayurvedic medications and life style modification, we can assure women to reach higher potentials of personal and professional life.

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