

## AYURVEDIC MANAGEMENT OF HEMORRHAGIC CYST: A CASE STUDY

Dr. Sumedha Pande\*<sup>1</sup> and Dr. Seema Ingole<sup>2</sup><sup>1</sup>Professor Streerog and Prasutitantra Department, Ramrao Patil Ayurved Mahavidyalaya & Rugnalaya A/P; Purna Dist. Parbhani.<sup>2</sup>Associate Professor Samhita Department, Ramrao Patil Ayurved Mahavidyalaya & Rugnalaya A/P; Purna Dist. Parbhani.

\*Corresponding Author: Dr. Sumedha Pande

Professor Streerog and Prasutitantra Department, Ramrao Patil Ayurved Mahavidyalaya &amp; Rugnalaya A/P; Purna Dist. Parbhani.

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## ABSTRACT

Hemorrhagic ovarian cyst are commonly encountered in day to day gynecological practice. Majority of the cases do not require any medical intervention and subside naturally. Minor cases are stated with surgical intervention with due signs and symptoms. Here a case of 35 years old female is studied with successful Ayurved treatment for recurrent ovarian Hemorrhagic cyst with variety of symptoms. Treatment protocol was based upon *Prakruti* of patient and nature of signs and symptoms. Treatment included implementation of *Abhyanga* with plane sesame oil externally along with internal medication with *Chandraprabha vati*, *Kanyalohadi vati* and *Patrangasava*. Treatment showed marked reduction in presenting symptoms of abdominal pain, lower back pain, burning sensation, abdominal discomfort and painful menstruation.

**KEYWORDS:** *Abhyanga, Chandraprabha vati, Kanyalohadi vati, Patrangasava.*

## INTRODUCTION

Present day has increased the work culture in females in accordance to males. As the need of the time females have to make both work and home balance. This had led to drastic shift in lifestyle and naturally reflecting it on daily routine of women. Increasing physical as well as mental stress have a major impact on female body. Reproductive organs of female have prime importance in maintaining sound health of her. Due to this changes, cases of Hemorrhagic ovarian cyst are increasing day by day. Hemorrhagic ovarian cyst are generally formed by expanding hemorrhage within a corpus luteum. This cysts subsides by its own over the 1-2 cycles. But association of pain and other symptoms or tendency of rupture needs surgical intervention. Many women prefer alternative therapy to avoid surgical intervention or usage of harmful hormonal pills. This condition can be successfully treated with specific Ayurvedic drugs based on certain sets of principles.

Lower back pain – since 3 month

Painful menstruation – from last 3-4 cycles

History; pt. had undertaken allopathic treatment for 2 months but no relief, hence advised for surgical intervention after abdominal ultra sound report.

USG report prior to Ayurvedic treatment –

## CASE REPORT

Name; xyz

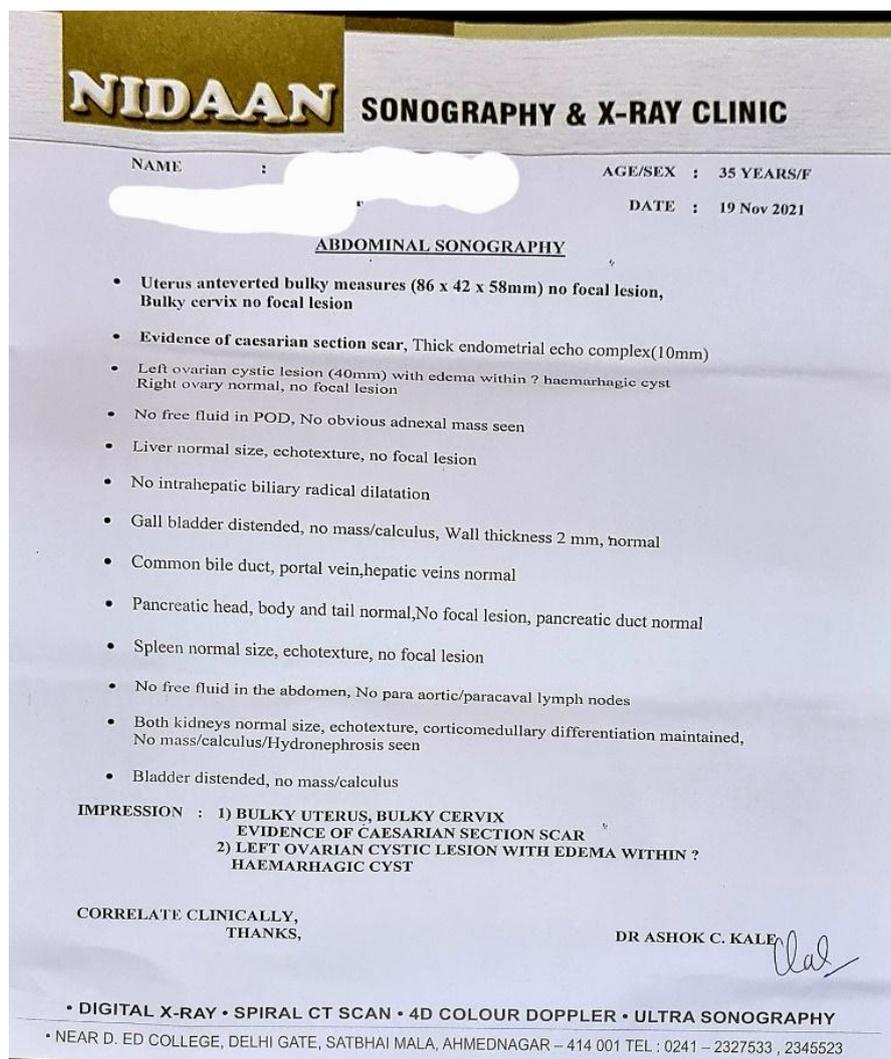
Age; 35yrs

*Prakruti; Pitta – Vata*

Presenting signs and symptoms;

Dull aching pain in lt. Abdomen – majority of cycle days

Burning sensation in abdomen – 5-7 days prior and 4-5 days after menstruation



### Treatment protocol

- Nidan parivarjan*
- Prakruti – Pitta – Vata*

On the basis of *Prakruti*, treatment included *Pitta* pacifying and *Vata* balancing procedures and drugs.

- Procedure – *Abhyanga* (whole body massage) with sesame oil daily for 7 days followed by part massage (soles of foot and lumbar region) for rest of treatment period i.e. for 1 month
- Drugs used –
  - Chandraprabha vati* 500mg 2 times before food for 1 month
  - Kanyalohadi vati* 250mg 2 times after food for 1 month
  - Patrangasava* 20ml with equal quantity of water before food for 1 month

### Probable mode of action

In Ayurveda the treatment is designed on specific set of principles. It includes *Nidan parivarjan* – avoiding use of causative factors which are responsible for formation of disease. In the following case use of spices in food and untimely food habits which were responsible for aggravation of *Pitta* as well as *Vata dosha* were avoided.

From *Hetu sevana* to formation of a disease, the pathological sequence – *Samprapti* was observed and treatment accordingly was designed.

*Abhyanga* – as stated in *Ashtanga Hrudaya*, *Abhyanga* can primarily used for pacification of *Vata Dosha* and also it confers strength to bone and adjourning muscles. (*A.Hru. Su. 2/8*).

### Internal medication

1. *Chandraprabha vati* – (*Sharangdhar Samhita Madham Khanda 7/49*). It is the drug of choice in number of gynecological disorders. Primarily being a *Guggulu kalpa* it mainly acts upon *Vata dosha*.

The *Dosha* involved in presenting case which are responsible for underlying symptoms are *Pitta* and *Vata*. These causes abdominal discomfort and dull aching pain in groin. For both this symptoms combination of drugs used in *Chandraprabha vati* works well when given in *Apana Kala (Aushadh sevana Kala)*. It also acts on *Agni* – digestive fire, by its *Deepan Pachan* properties. This helps to minimize the symptom of abdominal discomfort. It contains *Shilajit* which is said to have *Rasayana* effect.

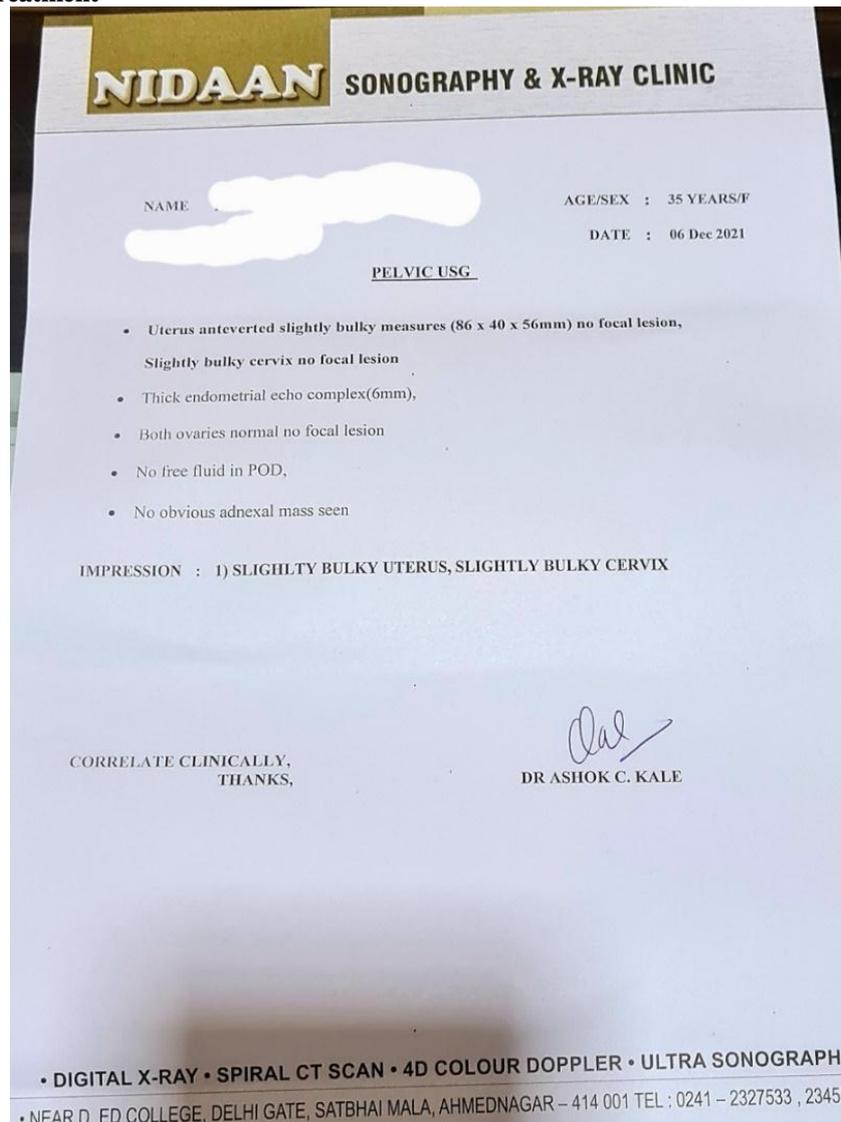
Thus helps to rejuvenate body tissue and improves the overall disease condition.

2. *Patrangasava* – (*Bhaishajya Ratnavali Pradar rogadhikar* 122). This *Sandhan* – fermented syrup preparation is specifically mentioned in *Pradar Roga* treatment. Ingredients like *Patranga*, *Khadir*, *Japakusum* act on *Rasa* and *Rakta Dhatu* thereby pacifying *Pitta dosha*. Major quantity of *Draksha* acts on *Pitta dosha* as well as *Raja*. (*Upadhatu of Rasa*). *Bhallataka* with its *Ushna Tikshana* virtue acts on pacifying *Vata Dosha*. This helps to relieve symptoms like lower back pain and pains during menstruation. Also the termination of cyst which is formed due to aggregation of *Rasa* and *Rakta* is

done by *Bhallataka* and other ingredients in the medicine.

3. *Kanyalohadi vati* – (*Rasa tantra sara va Siddha Prayoga Samgraha* Vol. 1 page 323). A very peculiar formulation having *Gulkand* as base and *Kasis Bhasma* and *Elua* as other important ingredients acts very effectively on *Rasa Dhatu*. *Kasis Bhasma* as a source of easily absorbable iron form nourishes *Rasa*, *Rakta* and eventually improves *Raja*. *Sheet* and *Snigdha Guna* of *Gulkand* pacifies *Pitta dosha* which helps to relieve from underlying symptoms like pain and burning sensation. Moreover it also helps to normalize the *Vata Gati* – *Adobhaghar*, by making ease in bowel evacuation.

### USG report after treatment



### Inference

Ayurvedic principles plays an important role in management of diseases. When studied thoroughly the etiopathogenesis – *Samprapti* of disease on the basis of *Prakruti*, *Lakshan* and *Upashanupashaya* the treatment protocol can be decided. In present case, the combination of *Chandraprabha Vati*, *Patrangasava* and *Kanyalohadi*

*Vati* had proven to be effective in curing hemorrhagic cyst. This also prevented the recurrence of the disease condition.

We may conclude that *Chandraprabha Vati*, *Patrangasava* and *Kanyalohadi Vati* have prompt role in curing hemorrhagic ovarian cyst. This gives the basis for

further study with large sample size with appropriate documentation in evaluation of role of this medication.

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