



## Research Article

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### EFFECT OF PALASH KSHAR ON UTERINE FIBROID

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#### ABSTRACT

Incidences of uterine fibroid are commonly seen in child bearing age of women. Inability to follow proper care pertaining to health because of change in life style is one of the positive factors for pathogenesis of uterine fibroid. It become more critical to follow certain regulations and care. The ideal dietary regimes can't be followed during menstrual period, post natal period and after abortion. This affects women's reproduction system resulting in uterine fibroid. Palash kshar helps to break down this pathogenesis with its properties hence proved effective to reduce the size of uterine fibroid.

**Keywords:** Fibromyoma, myoma, uterine fibroid

#### INTRODUCTION

In this scenario, women are mostly affected by the uterine fibroid. Day to day, life all women work and usually they don't have so much of time for their health and sometimes due to their ignorance women cannot follow the proper life style including proper diet-regimen, during ritucharya, anti-natal care, post natal care etc<sup>1</sup>. Therefore there is vitiation of vata dosha very quickly and this aggravated vata with holding of Rakta moves upwards and enters uterus and obstruct the Artav-vaha srotasa<sup>2</sup>. Thus it develops the irregular rounded shaped growth within and around the wall of uterus i.e. uterine fibroid. Uterine fibroid is a benign tumor and composed of smooth muscle and fibrous connective tissue. It can be compared to Rakta gulma as per Ayurveda. According to modern medicine there is no perfect treatment for uterine fibroid. But even after treatment there is chance of recurrence of uterine fibroid. In Ayurveda as per Brihat trayi and Laghu trayi, Palash kshar is most effective treatment for uterine fibroid (Raktgulma). Hence in the present study Palashkshar is used for the uterine fibroid.

#### Aims and Objective

To evaluate the effect and importance of palash kshar on uterine Fibroid.

#### MATERIAL AND METHODS

30 patients were selected from OPD and IPD of Government Ayurved College Nagpur, India. These patients were subjected to detailed clinical examination.

#### Inclusion Criteria

- Female patients of age group 20 to 40 years, having signs and symptoms of uterine fibroid.
- Diagnosis according to USG Parameters.

#### Exclusion Criteria

Diabetes Mellitus, TB, Pregnancy with fibroid, HIV and HbsAg<sup>+</sup> and CA patients were excluded from study.

#### Institutional Ethics Committee Approval

Before the initiation of the study, the study protocol and related documents were reviewed and approved by Institutional ethics Committee at Government Ayurveda Mahavidyalaya and Hospital, Nagpur under RSTM Nagpur University, Nagpur, Maharashtra, India. Outward No- 2270/08 dated on- 26/June/2008.

#### Sign and symptoms of uterine fibroids

- Agnimandya (Loss of Appetite)
- Kashta-artava (Dysmenorrhoea)
- Ado-udar shool (Lower abdominal pain )
- Atya-artva (Menorrhagia/Metrorrhagia )

#### Selection of Drug

Selection of drug was done on the basis of reference. Palash – Panchang (leaf, flower, fruit, seed and root) were selected in equal quantity

#### Collection of Drug

The drug was collected in good condition from the area adjacent to Nagpur, India and was allowed to dry in sunlight.

#### Preparation of Drug

All dried parts of palash panchang were burnt upto ash and were prepared as Palash kshar from it by proper method of kshar nirman vidhi. It was prepared in Ras-shastra Department of Government Ayurved Mahavidhyalaya, Nagpur, India.<sup>3</sup>

Table 1: Details of methodology of study

Group	Medicinal Preparation	Dose	Anupan	Consumption Time	Duration
A	Palashkshar	500 mg	Ghrit	2 Times After Meal	15 Days
B	Palashksharodak	30 ml		2 Times After Meal	15 Days

## RESULTS

Table 2: Results

Size of uterine fibroid	Measurement (X ± SD)			SEd	T	p
	BT	AT	Diff.			
Longitudinal	3.04	2.96	0.08	0.11	0.72	> 0.1
Transverse	2.41	2.51	0.1	0.19	0.52	> 0.1

BT: Before treatment; AT: After treatment  
Observed difference was statistically significant

Table 3: Effects of Palash kshar

	BT	AT	%
Agni mandya	53.33 %	33.33 %	20 %
Adho-udar shool	13.33 %	13.33 %	20 %
Atya-artava	33.33 %	26.67 %	20 %
Kashta-artava	13.33 %	6.67 %	20 %

## DISCUSSION

According to Ayurveda the pathogenesis of uterine fibroid involves Vata, Rakta dosha (Raja). Palash kshar has its specific action on fibroid<sup>4</sup>. It is described that Palash itself has ability to destroy uterine fibroid due to its prabhava and bhedana nature<sup>5</sup> i.e. tumor resolving capacity. Because of its ushana guna it allows the free flow of Apana vayu. Palash kshar improves the digestive system and it stops the excessive flow of blood in blood vessels by its ruksha guna hence stops the further growth of fibroid. Palash kshar has been proved to be very effective in uterine fibroid.

## CONCLUSION

Palash kshar having properties like Ruksha, tikshana, ushana and snigdha gunas decreases elevated vata dosha. Its deepana and pachana gunas increases the Agni (Digestive Fire) i.e. improve the digestive system and it stops the production of saam dhatus. Due to its Anulomana, Lekhana and Bhedana nature it reduces the obstruction of srotasa and it makes the srotasa prakrit (Normal) specially Artava vaha srotasa. All above potency and nature of palash kshar makes the Prakrit Rasa

and Rakta dhatu. Due to these three properties of palash kshara and special activity of destroying of tumor and resolving of uterine fibroid i.e. Rakta gulma nashak, granthi dosh nashaka nature / properties (Prabhava) it destroys the fibroid.

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