



## Case Report

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### MANAGEMENT OF UTERINE FIBROID BY AYURVEDA AND PANCHKARMA TREATMENT:

#### A CASE REPORT

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#### ABSTRACT

Uterus fibroid is the most common benign tumor that often appears during childbearing age of female. It is estimated that at least 20% of women at the age of 30 have fibroids. These are more common in nulliparous and obese women. It is one such gynecological disorder which is posing a major health problem. Ayurvedic texts have described Mamsaja granthi which perfectly correlates with benign neoplasm on modern concept. Management of uterine fibroid through surgery is available to meet urgent medical need but huge challenge remains to treat by medicines. Ayurveda (Science of life) which is the oldest well documented ancient Indian system of medicine is giving a new ray of hope in the management of uterine fibroid. A female patient aged 32 attended at OPD with complaints of heavy menstrual bleeding, periods lasting more than a week, lower pelvic pain, frequent urination and difficulty in emptying the bladder from last 2 years. On the basis of sign and symptoms, USG had shown an intramural fibroid was seen measuring 2.3 cm in the posterior wall of fundus of uterus. Mamsaja arbuda is considered a Bahu dosh janya vikara, which involves garbhashya and deep seated dhatus in the body. Considering this, as mentioned in Ashtanga hridya, Sanshodhan chikitsa i.e. Panchakarma has the property of srotoshodhan i.e. cleansing of micro channels and also to eradicate sroto avrodha i.e. obstruction in micro channels. Virechana and Yoga basti has shown remarkable results. This article presents a successfully managed case of uterine fibroid in the form of a case report by Ayurvedic panchakarma treatment.

**Keywords:** Uterine fibroid, Ayurvedic treatment, reproductive year, infertility, Panchakarma

#### INTRODUCTION

In past 40 years, there's dramatic rise in female related illnesses which were rarely seen before in history. In fast growing world, over workload, pesticides rich food, hormone-based fruits and vegetables, stress, over ambition all are the major causes of these new diseases in modern woman. Premenstrual syndrome, irregular menses, ovarian cyst, uterine fibroids are commonly seen now a days.<sup>6</sup> A survey has confirmed that 20% are suffering from uterine fibroids.

Widely regarded as the oldest form of healthcare in the world, Ayurveda is a time-tested medical system that originated in India thousands of years ago.<sup>1,4,9</sup> In Ayurveda uterine fibroid can be equated with mansaja granthi.<sup>1,9</sup> Sushruta has mentioned the concept of granthi. Acc. to classical text, Aggravated Vata and Kapha doshas affect the tissues resulting in development of a round, firm, large, deep rooted, slow growing fleshy growth associated with mild pain.

#### Symptoms

A patient aged 32 attended at OPD of Amrit Ayurveda super specialty hospital, Nabha with following complaints from last 2 years. Consent of the patient was taken in written before study.

Menstrual History: Cycle = Irregular (20-25 days), Duration = 10-12 days, Amount = 5-6 pads/day

- Heavy menstrual bleeding
- Menstrual periods lasting more than a week
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying the bladder

#### Diagnosis

On the basis of sign and symptoms<sup>6</sup>, USG had shown an intramural fibroid was seen measuring 2.3 cm in the posterior wall of fundus of uterus. (The scanned copies of Ultrasound Pre and therapy have been attached)



8-7-2017

PATIENT NAME: [REDACTED] DATE: 8.7.17  
Referred / Advised by: [REDACTED]  
Investigation : ULTRASOUND WHOLE ABDOMEN :REG NO 30408

**LIVER:** It is normal in size & shape .The liver parenchyma shows normal echotexture .No mass lesion is seen. Intrahepatic biliary radicals are not dilated. Portal vein & CBD are normal.

**GALL BLADDER:** seen in well distended state.Lumen is echofree .The wall thickness is normal. No pericholecystic oedema is seen .

**PANCREAS :** It is normal in size ,shape and echotexture. No lesion is seen. The main pancreatic duct is not dilated.

**SPLEEN:** it is normal in size ,shape & outline. No mass lesion is seen.

**KIDNEYS:** The right kidney is normal in size , shape and echotexture. The parenchymal thickness is normal. Cortical echogenicity is normal .Corticomедullary differentiation is maintained. The pelvicalyceal system shows normal pattern. No calculus or mass lesion is seen.

The left kidney is normal in size & echotexture. The parenchymal thickness is normal. Cortical echogenicity is normal .The pelvicalyceal system shows normal pattern. No calculus or mass lesion is seen. The ureters are not dilated on either side.

**URINARY BLADDER:**It is seen in well distended state .The lumen is echofree.The wall thickness is normal.

**UTERUS:** It is bulky with heterogeneous echotexture. An ill defined hypoechoic area ~2.3 cm in diameter is seen in posterior wall of fundus S/O **FIBROID UTERUS**.

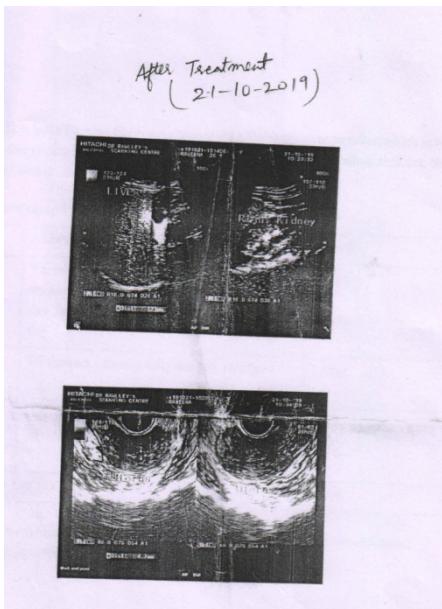
**INTRAMURAL:** The endometrial thickness is normal .

**OVARIES:** Both the ovaries are normal in size & echotexture.No SOL is seen .No free fluid is seen in the peritoneal cavity.

No mass or dilated gut loops are seen in the peritoneal cavity including RIF .

**IMPRESSION:** FIBROID UTERUS WITH DUB

Dr. [Signature] any treatment.



**US WHOLE ABDOMEN**

**Liver**: Liver is normal in size—123 mm Echopattern is fine & uniform.No SOL seen.Intrahepatic biliary radicals are not dilated.No pleural effusion / ascites seen.

**GB**: Shows normal physiological distension.No evidence of anterior wall thickening. calculi, studge or mass seen.Caliber of CBD is normal.No duct calculus seen.

**PANCREAS**-Size and echopattern normal. No SOL seen.No lymphadenopathy seen.

**SPLEEN**-Spleen is normal in size.Echopattern is normal.No SOL seen.

**RIF**- No localized mass or tenderness is present in RIF.No free fluid seen.Motility of gut normal.

**LT KIDNEY**- It is normal in size.Echopattern is fine & uniform.Pelvicalyceal pattern is normal.Cortical thickness is normal.No calculus, mass, or hydronephrosis seen.

**LT&RT OVARY**- Uterus is normal in size .Echopattern is fine & uniform. It is anteverted and anteflexed Endometrium is well defined & 4.7 mm thick.No SOL seen.Ovaries are normal in size & echopattern .No adnexal mass seen.No fluid in POD seen.No evidence of PCOD.

**IMPRESSION**:-Normal Study

Dr. P. RAJWILEY MD

## Treatment

Mamsjaa granthi/arbuda Uterine fibroid is considered a Bahu dosh janya vikara, which involves garbhashya and deep seated dhatus in the body. Considering this,<sup>2</sup> Sanshodhana chikitsa, the best procedure to eradicate doshdushya from the body.<sup>1,2,9</sup> So, Virechana was planned after periods.

After Samsarjana, internal medicines were started. Kanchnaara guggul 500 mg and Varanadhi kashayam 15 ml (with 60 ml water) empty stomach, Chandra prabha vati 250 mg bid with lukewarm water after meals. After 15 days of virechana, Yoga Basti was planned.<sup>2</sup>

Table 1: Virechana Procedure

Udvartanam	Kottumuchukaadi and Kolkullathyadi churnam	1 days
Deepan pachana	Aampachan vati 2 tablets twice a day	5 days
Snehpana	Pancha tikta ghritha (upto150 ml) given empty stomach for 5 days starting from 30 ml on 1 <sup>st</sup> day, increased day by day and 150 ml on 5 <sup>th</sup> day	5 days
Abhyanga and Swedana	Kottumuchukaadi thailam sarvang abhyanga and swedana	2 days
Virechana karma	Trivrutavalahum (40 gm), Aragwadh kwatha (60 ml), Haritaki churnam (6 gm).	1 day
Samsarajana karma	As per kostha shudhi	5 days

**Table 2**

Day 1	Anuvasana basti	Dashmoola thailam	120 ml
Day 2	Niruha basti	"Lekhana basti ingredient	700 ml
Day3	Anuvasana basti	Sehecharadi thailam	120 ml
Day4	Niruha basti	"Lekhan basti ingredients	700 ml
Day5	Anuvasana basti	Sehecharadi thailam	120 ml
Day6	Niruha basti	"Lekhan basti ingredients	700 ml
Day 7	Anuvasana basti	Dashmoola thailam	120 ml
Day8	Anuvasana basti	Dashmoola thailam	120 ml

<sup>#</sup>Lekhana basti ingredients includes triphala kwatha (200 ml), gomutra (100 ml), madhu (50 ml), Shilajatu (3 gm), yavakshar (10 gm), yashtimadhu (10 gm), Pippali (5 gm), saindhava (5 gm). Nasya with shatpushpadi oil (8 drops) in each nostril was done 5 days.

### Probable mode of action

Mamsaja granthi/arbuda Uterine fibroid is considered a Bahu dosh janya vikara, which involves garbhashya and deep seated dhatus in the body. Considering this, As mentioned in Ashtanga hridya, Sanshodhan chikitsa i.e. Panchakarma has the property of srotoshodhan i.e. cleansing of micro channels and also to eradicate sroto avrodh i.e. obstruction in micro channels.

Virechana karma is done for vitiated pitta and it also has raktaprasadana karma<sup>2</sup>. Virechana leads mild irritant to the stomach and the intestinal mucosa respectively, due to this; the permeability of membrane changes and those substances come out due to the changed permeability which cannot come out in normal condition.<sup>5</sup>

Basti regarded as prime treatment in panckarma<sup>2</sup>. It not only cure vataj disorders but also samsarga and sannipaatj condition of dosha, kaphaj, pittaja disorder, shakhagata and kosthagata rogas by combination of different types of basti<sup>1</sup>. The main site of action of Basti is pakvashaya (large and small intestine).<sup>2</sup> Basti stimulates different nerves in the intestine, one gets stimulatory or inhibitory effect production of various hormones and neurotransmitters<sup>5</sup>. Absorption of substance through intestine enters in general circulation by portal vein or lymphatic system.

As mentioned in classical text of Ayurveda,<sup>8</sup> Nasa (nasal cavity) is the gateway to shira (brain).<sup>5</sup> The peripheral olfactory nerves are chemoreceptor in nature. There are adjacent nerves called terminal nerves which run along the olfactory nerves are connected with limbic system of brain including hypothalamus – pituitary pathway.

As mentioned in Sharangdhara samhita, madhyama khand, Kanchnaara guggul is therapeutically important for management of granthi, apachi, vrana and gulma<sup>7</sup>. By the virtue of its lekhaneeya guna and anti-inflammatory property helps in reducing the size and arrest the further growth of existing fibroid.

Varanadi kashyam is used in vata kaphaj disorder. It has anti-inflammatory effect too. Chandraprabha vati also have lekhaneeya guna and is also described in treatment of general gynecological ailments<sup>3</sup>. In Ayurvedic classical text,<sup>7</sup> sharangdhara samhita, chandraprabha vati is therapeutically important in striroga (gynecological disorders), daurbalya (general weakness), kashtartava (Dysmenorrhoea), Granthi

(abnormal growth), Arbuda (tumors), prameha (Urinary disorders).

### CONCLUSION

As per the case study, it has once again proved that the importance of time-tested age old Ayurvedic treatment in Uterine fibroid which was confirmed by the USG that uterine fibroid was disappeared after taking Ayurvedic treatment. Further detailed clinical research studies are needed to draw final conclusion.

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