



## Case Report

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### ROLE OF AYURVEDA IN THE MANAGEMENT OF ENDOMETRIOTIC CYST: A CASE REPORT

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#### ABSTRACT

Endometriotic cyst represents a significant concern in reproductive health and impacts nearly 10% of women globally. In contemporary medicine, the line of management includes medical and surgical methods but has proven insufficient in managing recurrence and improving the condition. In Ayurveda, conditions like endometriotic cysts and endometriosis can be correlated to vatala yonivyapath where vata Dushti is the main causative factor. In Ayurveda, vataja yoni vyapat chikitsa includes Shodana, Shamana & Sthanika chikitsa which gives assuring results in curing the disease. This case study explores an Ayurvedic therapeutic approach aimed at addressing the root causes, relieving symptoms, and enhancing outcomes. In the present case study, a 31 year old female patient complaining of pain in lower abdomen since 2 months and was diagnosed with Vataja yoni vyapat. She was treated with Shodana, Shamana and sthanika chikitsa. There was significant relief from lower abdominal pain after the course of treatment.

**Keywords:** Vatala yonivyapat, Endometriotic cyst.

#### INTRODUCTION

Endometriotic cysts, also known as ovarian endometriomas are a common manifestation of endometriosis which affect around 10% of women of reproductive age globally.<sup>1</sup> These cysts are formed when endometrial tissue grows within the ovary causing ovarian cysts. This is a chronic condition causing pain, inflammation and infertility.<sup>2</sup> Conventional treatments include hormone therapy and surgery but may lead to recurrence which has led many patients to explore Ayurvedic approaches.

In Ayurveda, endometriosis and related conditions like endometriotic cysts can be understood through the principles of Vata imbalance and Dushti.<sup>3</sup> Symptoms such as chronic pelvic pain, dysmenorrhea and dyspareunia are associated with Vata dosha dushti, Ayurveda explains disease progression through Kriya Kala (six stages of disease), highlighting how accumulated doshas and impurities lead to growths in the ovaries and surrounding organs. Ayurvedic management aims to pacify aggravated Vata<sup>4</sup>. This study explores the efficacy of an Ayurvedic treatment protocol for managing endometriotic cysts, using Shodhana (purification) and Shamana (palliative) therapies. Through this approach, the study aims to address symptoms, reduce recurrence and restore reproductive health. In present article, an attempt has been made to analyze Ayurvedic line of treatment in case of Endometriotic Cyst.

#### CASE REPORT

A female patient aged 31 years, reported at the OPD of Prasuti Tantra and Stree roga, S.D.M Institute of Ayurveda & Hospital, Bengaluru with the complains of pain abdomen during menstrual cycles since 2 months, for which she was advised USG abdomen and pelvis dated 30/4/2025 which suggested of right ovarian haemorrhagic cyst. Further management she got admitted in S.D.M Institute of Ayurveda & Hospital, Bengaluru, Karnataka, India.

#### History of Present Illness

A 31 year old female patient who is not a known case of any systemic illness was said to be apparently normal 2 months ago. Gradually she developed pain in lower abdomen during her menstrual cycles which was prickling type. On examination, mild right iliac region tenderness was present with no guarding. Her menstrual cycles were regular with normal pattern of bleeding. So for further management she got admitted in Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital Bengaluru. Aggravating factors – pain increases on travelling, and on doing vegadharana.

**Past History:** Nothing significant

**Family History:** Nothing significant

#### Menstrual History

Menarche – 14 years

LMP – 28/07/2025

**Table 1: Menstrual history**

Duration	1-2 days
Frequency	28-30 days
No of pads used	Day 1 – 1/ 2 pads Day 2 – 1/ 2 pads
Regularity of menstrual cycle	Regular
Clots	Absent
Colour	Dark red
Odour	Absent
Pain	+++
White discharge	Absent
Itching	Absent
Pre-menstrual bleeding	Absent
Inter menstrual bleeding	Absent
Vastra Ranjana	Present

**Poorva Prasava Vrittanta**

P1 A0 L1 DO  
L1- F.T.N.D- 10 years

**Personal History**

Diet - mixed  
Bowel – once a day  
Appetite- normal  
Micturition – 4 – 5 times/ day  
Sleep - disturbed

**General Examination**

Decubitus – Sitting  
Nourishment – moderately nourished  
Appearance – Normosthenic  
Pallor – Absent  
Icterus – Absent  
Cyanosis – Absent  
Clubbing – Absent  
Lymphadenopathy – Absent  
Height – 165 cm  
Weight – 66.7 kg

**Astasthana Pareeksha**

Nadi: Kapha-vata (76 bpm)  
Mutra: Prakrutha (3-4 times/day)  
Mala: Ishath baddha (once in 2 days)  
Jihva: Aliptha  
Shabda: Spasta, prakrutha  
Sparsha: Prakrutha  
Drik: Prakrutha  
Akruthi: Prakrutha

**Dashavidha Pareeksha**

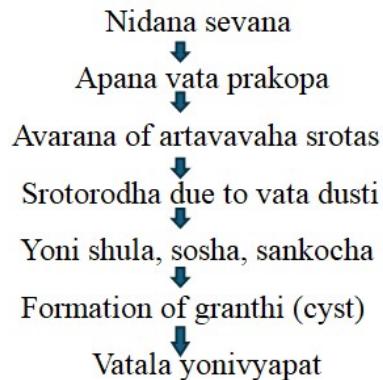
**Table 2: Dashavidha Pareeksha**

Prakruthi : Kapha vata	Vikruthi : Vata
Sara : Madhyama	Samhanana : Madhyama
Satmya : Ahara : Madhyama Vihara : Madhyama Aushadha: Madhyama	Ahara shakti : Madhyama Abhyavarana shakti : Madhyama Jarana shakti : Madhyama
Satva: Madhyama	Vyayama shakti : Avara
Vaya: Madhyama	Bala : Madhyama
Pramana: Madhyama	

**Nidana Panchaka**

Nidana: Mithya ahara vihara  
Purvarupa: Kati shula (lower abdomen pain) during menstruation  
Rupa: Yoni gurutva, endometriotic cyst  
Upashaya: warm application, rest during menstruation  
Anuapshaya: mutra-mala vegadharana

**Samprapti:**



**Samprapti Ghataka**

**Table 3: Samprapti Ghataka**

Dosha	Vata with Anubandha Kapha
Dushya	Rasa rakta artava
Srotas	Artavavaha srotas
Srotodushti	Sangha, granthi
Agni	Mandagni (ama upatti )
Udhhava sthana	Pakvashaya
Vyaktha sthana	Andashaya / garbshaya
Rogamarga	Madhyama
Roga svabhava	Chirakalina / yapya

**Diagnosis:** Vataja yonivyapat / Endometriotic cyst

**Laboratory and Ultrasonography Report:** (30/4/2025)

Uterus- anteverted, measuring 8.7cmx3.6cmx4.6cm with normal myometrium. Also suggestive of multiple Nabothian cyst in the cervix.

Endometrial thickness – 5.5 mm

**Ovaries :**

Right ovary – 4.2x2.6cm, a cyst with internal echoes measuring 34x20 mm

Left ovary – 2.8x1.8 cm, normal

Mild free fluid noted in POD and pelvis.

**Treatment planned**

Shodhana chikitsa

Sthanika chikitsa

Shamana chikitsa

For Shodhana chikitsa: (2/08/2025)

Course of yoga basti was advised

Anuvasana basti: Dhanwantara taila

Niruha basti: Dashamoola ksheera basti

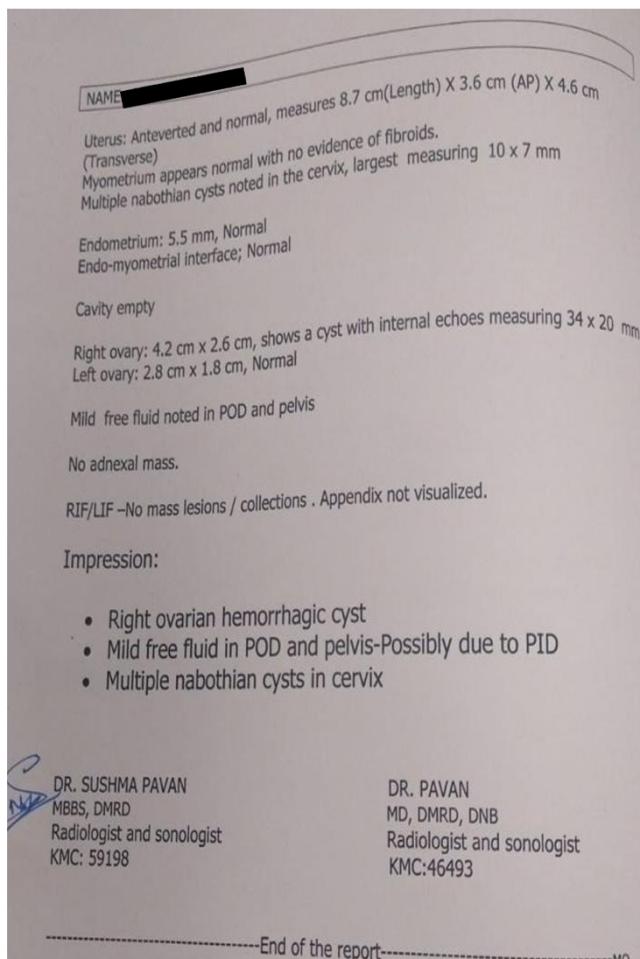
Date	2/8/25	3/8/25	4/8/25	5/8/25	6/8/25	7/8/25	8/8/25	9/8/25
Basti	A	N	A	N	A	N	A	A
Day	1	2	3	4	5	6	7	8

For sthanika chikitsa: (for 1 week)

Yoni prakshalana – triphala kwatha  
Yoni pichu – jatyadi taila

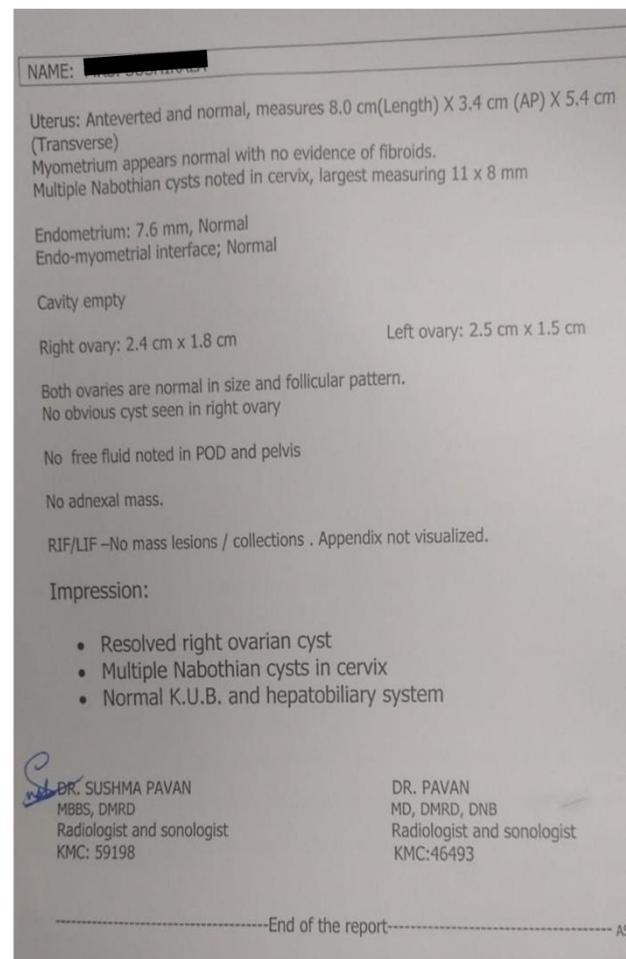
For Shamana chikitsa: 2 months

Kanchanara guggulu (1-1-1)  
Mahayogaraja guggulu (1-1-1)  
Varunadi Kashaya (10ml-0-10ml with warm water)  
Shatapushpa churna ( $\frac{1}{2}$  tsp – 0 -  $\frac{1}{2}$  tsp with honey)



## RESULTS

Patient was relieved with the symptoms and no recurrence of symptoms. Her ultrasound reports dated 20/9/2025 revealed no evidence of endometriotic cyst along with symptoms. Her pain was also reduced and she was completely cured with Ayurvedic treatment.



## Before treatment USG (30/04/2025) and After treatment USG (20/09/2025)

### DISCUSSION

The prevalence of endometriotic cyst has increased in females with symptoms like chronic pelvic pain, dysmenorrhoea, irregular menstruation being the symptoms. These symptoms can be correlated to Vataja yonivyapat and line of treatment indicated is Basti.

Basti was given as shodhana chikitsa in which anuvasana basti was given with dhanwantara taila. Taila being snigdha, ushna and vatahara pacifies aggravated vata, improves pelvic circulation and relieves shula and sankocha.<sup>5</sup> Thus, its vatahara and brihamana karma makes it beneficial in managing endometriotic cyst.<sup>6</sup>

Niruha basti with Dashamoola ksheera basti is Vatahara acts by normalizing the Apana Vayu functions and improving pelvic circulation.<sup>7</sup> The Snigdha and Mṛudu qualities of Ksheera provide

nourishment to the uterine and ovarian tissues,<sup>8</sup> while Dashamula alleviates pain by its Vatashamaka and sothagha properties.<sup>9</sup>

In Sthanika chikitsa, Yoni Prakshalana with Triphala Kashaya and Yoni Pichu with Jatyadi Taila were administered. Triphala comprises of Haritaki, Vibhitaki and Amalaki which is tridoshahara and raktasodhaka effects.<sup>10</sup> The Kashaya (astringent) property reduces local congestion, cleanses the vaginal canal and prevents secondary infection.<sup>11</sup> Yoni Prakshalana thus serves as a gentle detoxifier and supports local healing.<sup>12</sup> Jatyadi Taila, applied as Yoni Pichu, promotes tissue repair and epithelial regeneration due to its rujapaha, vranaropaka, and shothahara actions.<sup>13</sup> It relieves pain, alleviates burning and restores the normal integrity of the vaginal and uterine mucosa.<sup>14</sup> Together, these Sthanika chikitsa reinforce the systemic effects of Basti and accelerate local healing.<sup>15</sup>

Following shodhana, internal shamana aushadhis were prescribed to maintain the doshas and prevent recurrence. Mahayogaraja Guggulu acts as vatakaphahara and sothahara, improving uterine metabolism and relieving pain.<sup>16</sup> Kanchanara Guggulu and Varuṇadi Kaṣhaya exert granthihara and sothahara actions aiding resolution of cystic and fibrotic growths.<sup>17,18</sup> Shatapushpa churṇa supports proper apana Vata function and regular ovulation and rejuvenation of reproductive tissues.<sup>19</sup>

Together, these formulations enhance uterine health, prevent fluid accumulation, and reduce the chances of recurrence. Their combined rasayana and vatanulomana effects restored the patient's reproductive balance and relieved chronic pelvic pain. Post-treatment ultrasonography confirmed complete resolution of the cyst and normalization of ovarian function.

## CONCLUSION

The present case demonstrates that Ayurvedic management can offer promising results in Vataja Yoniyapada (endometriotic cyst). The combined approach of shodhana, sthanika, and shamana Chikitsa effectively pacified aggravated Vata dosha, corrected apana Vata functions and restored normal menstruation. Basti Chikitsa, being the prime line of treatment for Vataja Vyadhi helped in removing dosha from the Garbhashaya and improves pelvic circulation, while Sthanika karma supported local healing and shamana aushadhis maintained internal balance and prevented recurrence.

Thus, this case supports the view that holistic management through Shodhana–shamana–Sthanika Chikitsa can provide sustainable relief and correction at the root level in disorders like endometriotic cysts, proving the efficacy of Ayurveda in Yoniyapada Chikitsa.

### Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given written informed consent for clinical information, images, and outcomes to be reported in the journal. The patient understands that names and initials will not be published, and due efforts will be made to conceal their identity.

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