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Original Research Paper

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"SUCCESSFUL AYURVEDIC TREATMENT OF AN OVARIAN CYST: A CASE REPORT"

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ABSTRACT Ovarian cysts are fluid-filled structures that may be simple or complex. They are seen in about 25% of women of reproductive age group in India. One in every 4-5 women in India suffer from different types of ovarian cysts (20-25% incidence).1 In modern science it is treated with hormonal therapy and surgery. Ovarian cyst can be correlated to Andashaya Granthi in Ayurveda. The Andashaya Granthi is formed due to vitiation of all the Tridoshas, Rakta, Mamsa and Meda Dhatu. A 38 years old female approached with the complaints of pain abdomen, indigestion, and evening weakness, on and off twisting type of pain in lower abdomen for 2 months. Patient was advised with Virechana Karma followed with Shamanaoushadhis like Arogyavardhini Vati, Kanchanara Guggulu, Avipattikara Churna and Varunadi Kashaya. The above line of treatment has yielded positive result in treating the patient with simple ovarian cyst.

KEYWORDS : *Andashaya Granthi, Virechana,* Ovarian cyst

INTRODUCTION:

Ovarian cysts are fluid-filled structures that may be simple or complex. They are common findings usually discovered apropos on physical examination or imaging. Ovarian cysts can cause complications, including rupture, haemorrhage, and torsion, which are considered gynaecological emergencies. Thus, it is essential to instantly diagnose and treat them to avoid high morbidity and mortality. In women of reproductive age, utmost ovarian cysts are functional and benign and do not bear surgical intervention. However, ovarian cysts can lead to complications similar as pelvic pain, cyst rupture, blood loss, and ovarian torsion that require prompt management. Ovarian cysts can do occur at any age but are more common in reproductive times and increase in menarche females due to endogenous hormone production. Simple cysts are most likely to occur in all age groups.[2] They are seen in about 25% of women of reproductive age group in India. One in every 4-5 women in India suffer from different types of ovarian cysts (20-25% incidence). These simple cysts can be cured effectively with Ayurveda treatment alone. Hence, an attempt has been made to publish a case study of simple ovarian cyst which got completely cured with ayurvedic management.

Causes Of Ovarian Cyst:

The etiology of ovarian cysts or adnexal masses ranges from physiologically normal (follicular or luteal cysts) to ovarian malignancy. Although most ovarian cysts are benign, age is the most important independent risk factor, and post-menopausal women with any type of cyst should have proper follow-up and treatment due to a higher risk for malignancy.

Clinical Features Of Ovarian Cyst:

Granthi is defined as *"Vritonnatam Vigrathitam Tu Shopham Kurvantyato Granthiriti Pradishtaha"* by *Acharya Sushruta*, a globular swelling raised from the skin surface and resembles a knot[3].

Ovarian cysts often cause no symptoms.
An ovarian cyst is more likely to cause pain if it:

- Becomes large
- Bleeds
- Breaks open
- Interferes with the blood supply to ovary
- Is twisted or causes twisting(torsion) of the ovary

Symptoms of ovarian cysts can also include:

- Bloating or swelling in the abdomen
- Pain during bowel movements
- Pain in the pelvis shortly before or after beginning a menstrual period
- Pain with intercourse or pelvic pain during movement
- Pelvic pain- constant, dull aching
- Sudden and severe pelvic pain, often with nausea and vomiting (may be a sign of torsion or twisting of the ovary on its blood supply, or rupture of a cyst with internal bleeding)

Samprapti Ghataka:

- ***Dosha**: Tridosha*
- ***Dushya**: Rakta, Mamsa, Meda*
- ***Strotas**: Raktavaha, Mamsavaha, Medovaha strotas*
- ***Strotodushti lakshana**: Sanga*
- ***Adhishtana**: Andashaya*
- ***Vyadhiswabhava**: Ashukari*

Samprapti Chakra: [4]

Nidana Sevena
↓
Vitiation of *Vatadi Dosha*
↓
Vitiation of *Mamsa* & *Rakta* along with *Meda* & *Kapha*
↓
Accumulation of vitiated *Doshas* with *Rakta*, *Mamsa* & *Meda*
↓
Formation of round and elevated swelling
↓
Granthi

Case Report

A 38 years old female approached our hospital's Panchakarma OPD on 9th June 2022, with the complaints of pain abdomen, indigestion, evening weakness, on and off twisting type of pain in lower abdomen for 2 months. On examination, her *Prakruti* (body constitution) is *Pitta-Vataja*. Her *Agni Bala* (digestive power) and *Sharira Bala* (physique)

was *Madhyama* (moderate). Etiological factor like excessive consumption of fatty food, junk food, sedentary life style, untimely food habits etc. leads to spread of vitiated Dosha to internal and external path. Her appetite was low, bowel movement and micturition were normal but sleep was disturbed due to pain. The patient is software engineer by profession, resulting into longer sitting hours with lack of exercise. No similar history was present in the family.

Therapeutic Interventions:

Virechana Karma

Preparation of patient includes *Deepana*, *Pachana*, *Snehapana*. *Abhyanaga-Sweda*, administration of *Virechana Yoga*, *Samsarjana Krama*.

Purvakarma:

a. Deepana and *Pachana* with 1 teaspoon of *Hingvastaka Churna* with 40ml of hot water given in morning, afternoon & night half an hour before food and Tablet *Agnitundi Vati* 2 tablets were given in morning, afternoon & night half an hour before food for 7 days.

b. Abhyantara Snehapana is given with *Guggulutiktaka Ghrita* in morning after the complete digestion of pervious night meal. The dosage of Sneha was given in increasing quantity till *Samyak Snigdha Lakshanas* appeared i.e. for 4 days.

Days	Sneha quantity	Time taken for digestion
1	30ml	4hours
2	70ml	5.5hours
3	110ml	7 hours
4	140ml	7 hours

c. Sarvanga Abhyanga with *Ksheerabala Taila* followed with *Bashpa Sweda* till *Samyak Sweda Lakshanas* appeared for 4days.

Pradhana Karma:

After *Abhyanga* and *Sweda* on 4th day 60gm *Trivrit Leha* was given on empty stomach with warm water as *Anupana*. Patient is then advised to rest and drink warm water throughout the day. Patient had got 15 Vegas of *Virechana* with orderly expulsion of doshas without any difficulty.

Paschat Karma:

Samsarjana Krama was advised for 5 days in the order of *Peya, Vilepi, Akruta Yusha, Krurta Yusha, Akruta Mamsarasa* and *Kurta Mamsarasa*. After the completion of *Samsarjana Krama Shamana Oushadhis* were given for a period of 45 days.

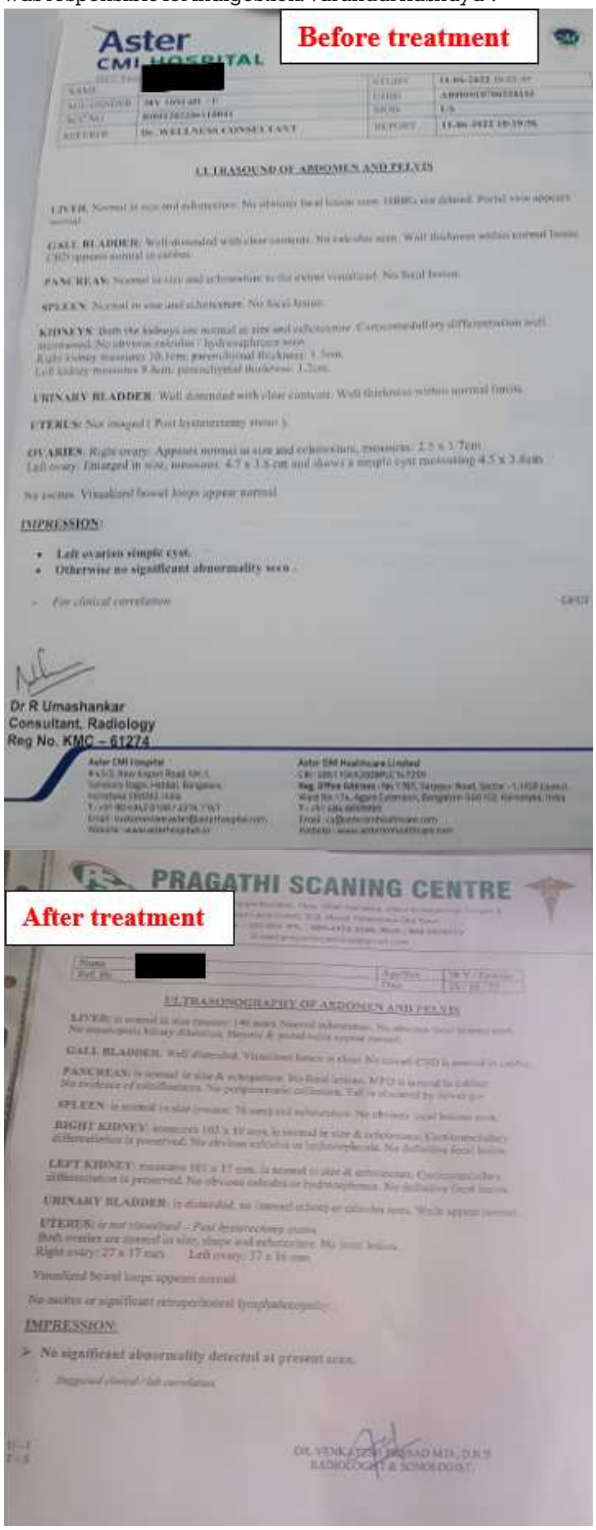
Samshamana Chikitsa:

There was gradual reduction in the symptoms after the *Virechana Karma*. Stomach pain, evening weakness and indigestion was reduced completely after *Virechana*. On and off lower abdomen twisting pain was reduced slightly. Left ovarian simple cyst measuring 4.5 * 3.6 cm was completely vanished after completing the course of medicines.

	Internal medicine	Days
1	Tab *Arogyavardhini Vati* 2-0-2 (After food)	30 days
2	Tab *Kanchanara Guggulu* 2-0-2 (After food)	30 days
3	*Avipattikara Churna* 1tsf with milk at night	15 days
4	*Varunadi Kashaya* 15ml *Kashaya* with 15ml of warm water morning and night (before food)	45 days

DISCUSSION:

In this present case, the etiopathogenesis of *Granthi* revels that the role of diet (excessive intake of fatty food, junk food etc which leads to aggravation of *Kapha*, *Pitta* and *Vata Dosha)* and lifestyle (*Ratri Jagarana, Adhyashana* etc.) are major contributing factors. All these factors which vitiate the *Vatadi Dosha* does vitiation of *Rakta* and *Mamsa* along with *Meda* and *Kapha*, resulting into formation of circular mass which is elevated and swollen associated with pain abdomen, on and off severe twisting pain in lower abdomen, indigestion and evening weakness. The first line of treatment was *Shodana* i.e. *Virechana Karma*, it was given to expel out the vitiated *Vata, Pitta* and *Kapha Dosha* and for *Stroto Shodhana* purpose. *Virechana Karma* was followed with *Shamana Oushadhi* like Tablet *Arogyavardhini Vati*[5], Tablet *Kanchanara Guggulu*[6], *Avipattikara Churna*[7] was given to correct *Pitta Dosha* which was responsible for indigestion. *Varunadi Kashaya*[8].



Probable Mode Of Action Of Internal Medicines-

Arogyavardhini Vati dries up excessive *Snigdhata* (~unctuous substances) present in the body. It also does the *Pachana* (~digestion) of *Drava* (~liquid) and *Kleda*

(~clammy) and does the *Raktavardhana*. It reduces *Dravatva, Snigdhatva* in *Meda Dhatu*. *Kanchanara Guggulu* mentioned in *Sharandhara Samhita* in the treatment of *Granthi*. Major ingredients of *Kanchanara Guggulu* have *Kaphamedohara (~subsides kapha and meda), Lekhana (~scraping action), Granthihara (~reduces tumor), Mootrakruchhrahara (~relieves difficulty in micturation), Shothahara (~reduces swelling)*action. As *Kapha* moves deeper in the system, it may manifest as swollen lymph nodes, cysts or growths. Potent *Kaphahara* medicines (one which subsides Kapha dosha) such as *Kanchanara, Triphala* and *Trikatu* are mixed with *Guggulu* to break down and eliminate hardened *Kapha*. This combination of medicine facilitates the proper function of the lymphatic drainage and digestive systems, resulting in the prevention of further *Kapha* accumulation. *Kanchanara Guggulu* balances *Kapha Dosha,* promotes elimination of inflammatory toxins; it is an alternative anti-inflammatory which is administered in cysts, malignant ulcers, syphilis, fistula, scrofula, sinus, etc. *Kanchanara* is very useful in extra growth or cyst or tumours and helps in reducing bleeding.[9] *Varunadi Kashaya* was used because it alleviates *Kapha* and *Meda* by its *Kapha-Medo Hara* properties and due to its *Lekhana* (scraping) action the size of cyst might have reduced. Avipattikar *Churna* consists more potent medicine in the treatment of *Pitta Dosha*. In *Avipattikara Churna* the drugs are *Madhura, Tikta, Kasaya, Katu Rasa Yukta* and *Madhura Vipaka* and *Sheeta Virya* which helps to correct the *Pitta Dosha* responsible for *Avipaka*.

CONCLUSION:

It has concluded that management of *Granthi* vis-à-vis Ovarian cyst (simple ovarian cyst) with Ayurveda line of treatment has given efficacious results in treating it effectively when treated in early stages, by balancing the doshas, purifying the vitiated *Rakta, Mamsa* and correcting the *Agni* of the patient.

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