



## AYURVEDIC (HERBAL) TREATMENT FOR UTERINE PROLAPSE AND POP CASES TO AVOID HYSTERECTOMY

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**ABSTRACT** Now a days due to improper care post delivery, job stress and psychological stress among ladies causes uterine prolapse. It more among women give birth to multiple delivery and delayed marriages, difficult prolonged deliveries are more for that present days surgeons suggest hysterectomy is common for such cases Mimosa pudica was found useful in cases of uterine prolapse with bleeding, consistent with my experience of working with the condition for more than 45 years, and treating hundreds of such cases of uterine prolapse. Hysterectomy has been avoided up to this date, and is not now expected to be recommended.

**KEYWORDS :** Ayurveda, uterine prolapse, laijalu, Mimosa pudica linn.

### Action of drug:

Lajjalu Fig.1: Reference from literature, acts on soft musculature and surrounding ligaments due to its nyctinasti movements (open and close)

### Lajjalu / Namskari in Ayurvedic Literature

1. 'लज्जालुः शीतला तिक्ता कषाया कफपित्तजित् ।  
'रक्तपित्तमतिसारं योनिरोगान् विनाशयेत्॥' (भावप्रकाश)
2. नमस्करि हिमातिक्ता कषाय कफ पित्तहा ।  
योनिरोगम् अतिसार रक्त पित्तेचा नाशयेत् ॥ (कैयदेव निघण्टु)
3. 'रक्तपादी शमीपत्रा स्पृष्ट्वा खदिरपत्रिका ।  
स्पर्शात् संकोचतां याति पुनश्च प्रसृता भवेत्॥'  
( कै. नि. )
4. 'रक्तपादी कटुः शीता पित्तातिसारनाशिनी ।  
शोफदाहश्रमश्वासव्रणकुष्ठकफास्त्रनुत् ॥' ( रा. नि. )  
W. I. VI, 382. Sloka 1,3 & 4 mentioned on  
Page 750 Dravyaguna Vijnana  
B. B. O., ii, 336 by Priyavrit Sharma, CB Academy
5. योनिभ्रमश्च योनि मार्ग से कमल (गर्भाशय) बाहर  
आजानेपर, लज्जालु के पत्रोंका रस या मूल  
घिसकर कमलपर लेप लगावे और हाथोपर लेपकर  
उपर छडावे, लगोट् भन्धवाकर आराम करनेसे  
कमल रहजाता है, नये रोगोंमे लाभ हि होता है ॥  
( वनौशधि शतकं हिन्दि पेज नं. १७७ दुर्गाप्रसाद शर्मा )

**Figure 1:** References from literature

I selected Lajjalu as main herb to treat these cases. I established set of treatment and treated approximately 200 cases during 2010 to 2018 from India and abroad.

Post operative	Uterine prolapse	Bleeding	Fibroid	Bulky Uterus	Rectal Prolapse	Rectocele- Cystocele	Piles	India	Abroad
2	70	3	3	4	3	14	6	70	30
2012 to 2018=143									
2010 to 2012=56									

**INTRODUCTION:**

I am an integrated medical and general practitioner treating uterine prolapse cases since 1967-2010 treated more than 260 cases during this period.

In response to my articles published in previous World Ayurveda Congress and in national, international journal. I was getting cases from India and abroad. Scholars, professors, Physicians and Gynecologists started interacting with their patients problems with us by sending scanning reports complaining with POP, Uterine prolapse etc., received report before and after Ayurvedic treatments is more promising.

It is possible to treat third and fourth degree patients successfully associated with aged patients can be treated with this herb if used in different forms like Decoction, powder as oral dosage, as paint to apply on uterus. Treated many a cases Hysterectomy was advised but rejected for operation due to age factor. Many women do not agree to undergo for operation due to fear factor.

**CASE1:**

A Lady aged about 75years reported 4th degree from Hubballi, Karnataka and was a case of Proctentia with a wound on uterus, was need to dress every day. Herbal treatment advised with less hope to treat due to age factor delayed heal up process. She underwent herbal treatment up to six months and on completing treatment, it healed up wound completely, uterus attained its elasticity back and itself set automatically back to its original position.

**CASE2:**

Woman aged about 45years of age and of Indian origin a home maker residing in middle east, was diagnosed with third degree Uterine Prolapse associated with thick endometrium and heavy bleeding. Recently she underwent DNC and Gynecologists advised Hormone treatment, hysterectomy but patient was not interested to undergo surgical operation, taken away hormone treatment and kept on herbal remedy for more than 6 months. Now bleeding stopped completely except on her normal periods. Third degree Uterine Prolapse was completely treated.

**CASE3:**

A Teacher from Maharashtra, Married and divorced lady aged about 28years of age. Her father was in police force taking her daughter for morning workouts running, jogging since her young age. This factor was reason in later stages was responsible for breakup her marriage and complained of uterine prolapse. Her husband divorced because of unsatisfactory sexual life. Later she approached us for herbal treatment it went up to more than 1 year

**CASE3:**

Working woman from Hyderabad aged about 44 years history of third degree uterine prolapse associated with heavy bleeding, I put her on Lajjala treatment, after six months of treatment, Uterus set itself back to its position. Final scanning post treatment shows that her enlarged liver was also reduced.

**OVERALL CONCLUSION**

Mimosa pudica was found to be very useful in these case of uterine prolapse with bleeding, consistent with my experience of working with the condition for more than 5decades, and treating hundreds of such cases of third, fourth degree uterine prolapse. Hysterectomy was avoided up to this date.