



## A SINGLE CASE STUDY ON AYURVEDIC MANAGEMENT OF UTERINE FIBROIDS

**Dr. Sravanthi Munigela\***

MS scholar (Ayu), Final year, Department of prasuthi tantra and stree roga, Dr.BRKR Govt. Ayurvedic medical college, Hyderabad. \*Corresponding Author

**Dr. G.CH.D Nagalaxmi**

Professor & Reader, Department of pasuthi tantra and streeroga, Dr.BRKR Govt. ayurvedic medical college, Hyderabad.

**ABSTRACT** Fibroids are the abnormal growths that develop in a woman's uterus. In most of the cases these tumors are quite large and cause severe abdominal pain and heavy menstrual bleeding. In other cases, it may be asymptomatic. The growths are typically benign or malignant. The cause of fibroids is unknown. This is the case report of a 42 years female who presented with increased menstrual bleeding with pelvic pain. On Ultrasonography she was detected to have fibroids in uterus. The case was treated for 03 months with a combination of different Ayurvedic drugs based on the clinical features Raktastambhana, Vata anulomana, kaphamedohara, Lekhana mode of management was given, And it is successfully treated with oral Ayurvedic drugs and Local ayurvedic panchakarma therapies like yoga vasthi and Uttara vasthi without surgical intervention.

**KEYWORDS :** Uterine fibroids, Heavy menstrual bleeding, Rakta stambhana, Kapha medohara, Yoga vasthi, Uttara vasthi.

### INTRODUCTION:-

Uterine fibroids are the most common solid benign tumours in women of reproductive age. Uterine fibroid-related symptoms negatively impact physical and social activities, women's health-related quality of life, and work productivity. Fibroids occur in 20-40% of women during reproductive age and 11-19% in perimenopausal age. They are clinically apparent in up to 25% of women and cause significant morbidity, including prolonged or heavy menstrual bleeding, pelvic pressure or pain.

Uterine myomas have been classified according to their general uterine position: submucous, intramural, and Subserosal. Intramural fibroids are located within the wall of the uterus and are the most common type; Though the exact cause of intramural fibroids is unknown, it is believed that fibroids develop from an abnormal muscle cell in the middle layer of the uterine wall. It rapidly multiplies and forms a tumor being influenced by estrogen. Traditionally, myomas have been the leading cause for hysterectomy, making this surgery the third most common surgical intervention worldwide. Anti-hormonal drugs like progesterin or danazol block estrogen to treat fibroids. Uterine fibroid embolization (UFE) gonadotrophin-releasing hormone (GnRH) agonists and selective progesterone receptor modulators are some of the other treatment options for fibroid. But the size come back to previous state after the drug is withdrawn. the drug can not replace the surgery. While oral contraceptive pills have been used to treat fibroid related symptoms such as bleeding and dysmenorrhea. Their effect is usually based on their suppression/regulation of the menstrual cycle. The effect of ethinylestrogen /progesterone containing pills is less clear. Mirena, is one of the widely used levonorgestrel intrauterine devices, most commonly used in fibroid. Even though the bleeding and dysmenorrhoea related symptoms are treated. The actual myoma size remains largely unchanged.

The condition of uterine fibroid is similar to Garbhashayagatagranthi, mentioned in Ayurveda with vitiated vata affecting mamsa (muscle tissue), rakta (blood) and medas (fat) mixed with kapha producing, rounded, protuberant, knotty and hard swelling. Fibroids can be related to the "Granthi" mentioned in Ayurvedic classics and it can be managed according to the principle of Samprapti Vighatana (to break the pathogenesis).

### Case report:-

We present here the case of 42 years old biparous female, came to the OPD of Dr BRKR Government ayurvedic medical College, Hyderabad with complaining of increased menstrual bleeding with pain in lower abdomen ultrasonography abdomen and pelvis was diagnosed with bulky (Uterus 90\*47\*62 mm) with fibroids (2 in the anterior wall with the size 17mm \*17 mm and 20mm\*17mm and 9mm in the posterior wall of the uterus 11 mm at fundal region.

**Past history:-** Nill significant

**Family history :-** Nill significant

**Menstrual history:-** Regular cycles with heavy menstrual flow 5-8 days / 28-30 days With dysmenorrhoea and without clots. 4-5 pads per day.

Age of menarche-13yrs

**Obstretical history:-**

P2L2 - FTNVD LCB- 15 yrs

Sterilization done

**Past medical history:-** oral contraceptive pills for 2 months.

**Past surgical history:-** Nill

**Personal history :-**

Diet:- Mixed Appetite:- Normal Sleep:- Disturbed Bowel and bladder habits - Regular

**Systemic examination:-**

Respiratory system - BAE Clear

CNS - Concious and well organised.

Cardiovascular system :- S1S2 clear

**Gynaecological examination:-**

P/S :- Cx healthy

P/v:- UTAVAF bulky Free fornices.

**Ashtavidha pariksha :-**

Nadi:- 79/min

Mala:- Nirama, 1/day

Mutra:- 2-3 times/day

Jihwa:- Alipta

Sparsha:- Koshna

Druk:- Avishunna

Akrithi:- Madhyama

**Dashavidha pariksha :-**

Prakriti - Vata pitta

Vikriti:- Vata kapha

Sara:- Madhyama

Samhanana:- Madhyama

Pramana:- Madhyama

Satnya:- Madhyama

Satwa:- Madhyama

Aharashakthi- Madhyama

Vyayama Shakthi :- Avara

**Laboratory investigations:-**

Hb% - 10.6 gms

Thyroid profile - WNL

FBS PLBS - WNL

**USG Abdomen and pelvis:-**

Bulky uterus with fibroids (2 in the anterior wall with the size 17mm

\*17 mm and 20mm\*17mm and one in the posterior wall of the uterus which measures 9mm and one at fundal region 11mm in size.

### Therapeutic intervention:

During first visit Symptomatic treatment has been given to reduce the heavy menstrual flow.

### During first visit :-

#### Internal medicine:-

- 1) Pushyanuga churna 3 grams BD with Tandulodaka for 7 days
- 2) Raktabandhini churna 1 gram BD with Honey for 7 days
- 3) Bola badharas 125mg BD with water for 7 days
- 4) Chandrakalaras 125mgBD with water for 30 days.
- 5) Dhatriलोha 250mg with water for 30 days.

#### Local panchakarma therapy :-

- 1) Matravasthi with Chandana bala lakshadi taila for 7 days.

From the second and Third month Treatment has been given for treating the fibroid.

After the session of menstrual bleeding lekhanas dravyas has been given for treating Fibroid.

#### Internal medicine:-

- 1) Ashwagandha churna 100gms +  
Vaikrantha bhasma 2.5 gms+  
Rasa sindhura 10 gms +s  
Pravala pishti 10 gms. Mixed together and 3 grams of total compound taken Twice a day after food with milk.
- 2) Kanchanara guggulu 500mg BD with water .
- 3) Varunadi kashyam BD with water.
- 4) Dhatriलोha 250 mg BD with water.

#### Local panchakarma therapy :-

##### Yoga Vasthi

Day 1 ,Day 3 , Day 5 and Day 5 Anuvasthi with Dhnavanatori taila 60ml per day

Day 2, Day 4 and Day 6 Asthapana vasthi with Dashamula quatha 750 ml.

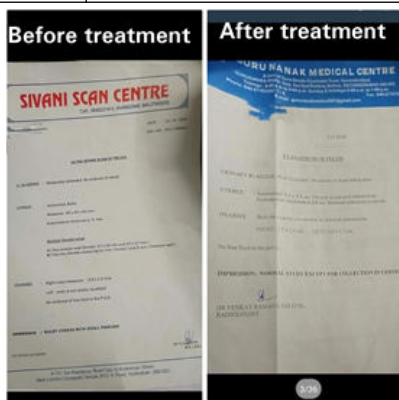
##### Uttara Vasthi

Day 4 to Day 8 Uttaravasthi with Kshara taila 2-3 ml .

Patient has been treated with Oral medication along with Yoga vasthi and Uttara vasthi for Two consecutive cycles for two months for treating the fibroid.

#### Follow up and outcomes:-

Sl.no.	Dates	Periodic clinical out come
1)	24-07-2018	Impression : Bulky uterus s with 2 fibroids measuring 17*17 mm and 21*17 mm in anterior wall, 9 mm in posterior wall, 11mm at fundal region
2)	03-1s1-2018	Impression : Normal study with exceptional fluid in cervix.



#### DISCUSSION:-

Apanavata governs lower Part of the body, controls the activities taking place in the lower part of the body like uterus, urinary bladder, pelvis, colon and lower limbs . So with consideration of symptoms vata

anulomana treatment has been given , and for the Fibroid being vitiated kapha and medo dushti lekhanas dravyas has been given.

Pushyanuga churna Drugs like jambu, Rakta Chandan, kutaja, dhataki, majishta etc of pushyanuga churna acts as stambhana , Lodhra contains loturine alkaloid and spinosterol. spinosterol having anti-inflammatory activity, it is suggested that lodhra might have influenced the endometrial prostaglandin apparatus, there by acting effectively in the control of heavy menstrual bleeding.

Bolabhadra ras indicated in Menorrhagia and DUB. The main ingredient Bola is having vasoconstriction action and it helps in the reduction of heavy menstrual bleeding.,

Chandra Kala ras and rakta bandhini are indicated in case of DUB because of its rakta stambhakar property.

Kanchanara guggulu exhibits cytotoxic activity by inhibiting the cell division and reducing cell proliferation.

Varunadi kashyam,Varuna is having triterpenoids contribute to the antitumorigenic activity & kapha and medho Hara property, Sroto sodhana, Chedana, Granthi vilayana, Soola prasamana, Sopha hara, Ropana has been given by classical reference.

Rasa sindhura, is having best vatakapha properties and anti inflammatory activity, The key ingredients of this are Parada, Gandhaka, Vataankura, Parada is having sarvarogahara, yogavahi, rasayana, Gandhaka it is indicated in rakta dosha

**Vaikrantha bhasma:-** vata kapha hara and anti tumour activity.

Ashwagandha churna Sitoinosides and withaferin showing the antistress and anti tumour activity Tridosha Hara especially kapha and vatahara and it is rasayana

As Yogavasthi with Dashamula quatha churna is Best vata kapha Hara, Anulomana. Dhanvantari taila is sarvavatajit i.e.it cures all the vatarogas, and it is indicated in all the yoni rogas

Kshara taila uttaravasthi Kshara taila is having kapha Hara and vata Hara ruksha and teekshna and also the lekhanas property which helps in reducing of the fibroid.

#### CONCLUSION:-

In this case patient got relief from the heavy menstrual bleeding and Ultrasonography finding of fibroid is also cured . So the Medical management of the uterine fibroid is possible on the basis of ayurvedic fundamental principles. Vata anulomana, kapha medohara , Shothghna , lekhanas drugs such as s Kanchanara guggulu , Varunadi kashyam, Rasa sindhura, vaikrantha bhasma , Kshara taila were found to be effective in relieving uterine fibroids.

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