



ORIGINAL RESEARCH PAPER

Ayurveda

THE EFFECT OF SHUKSMA TRIFALA +GODANTI BHASMA+CHOPCHINYADI CHOONAM SPECIAL REFERENCE TO "ENDOMETRIOSIS" A CASE STUDY

KEY WORDS:

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Introduction: - In this condition in the uterus layer of tissue that normally covers in side of uterus imamate grow and our side of it.most concern of uterus part of ovaries, fallopian tubes, and tissues around the uterus, as well as ovaries.

In rarer cases it may also present in the other part of bodies. The main symptoms of pain in pelvic lesion. And infertility may complication. If untreated this pain goes chronic pain in to the pelvic lesion. While 65-70% of pain occur during menstruation. During sex sever pin also occur in commen.50% of the women may suffering from infertility during endometriosis.

In other cases less common symptoms urinary and bowel system. Although about 25 % are women with no any specific symptoms. This may be special and psychological and in developing contrary economical also.

This case or systems is not entirely nor is clear, family history on of the major history of the problem. its risk factor. There of this endometriosis bleed in every month insulin inflammation.scarring.This growth of endometriosis is not cancer.

Aims and Objective:-

1. To assess the effect of Shukma Trifala 250 mg+Chopchinadi choorna 500mg+Godanti Basma 150 mg
2. To study of effect of Shaman chikitsa In the patient of Endometriosis.

Diagnosis:-

It's based on Symptomatic and medical imagination like USG lower abdomen and digital X ray. Biopsy must important method for confirmation of diagnosis.

Another cause of similar symptomatic include pelvic inflammatory disease.(IBS) irritable bowel symptomatic. Cyst in inner side, and fibromyalgia.

Evidence/cause:-

1. Use of combined oral Contraceptives. It's reduced risk of endometriosis.
2. Eservice
3. Large amount of Alcohols intake

Plan of work:-

The clinical study of this research work was conducted at OPD Level.

Case report:-

35 years female reported she has suffering from low abdominal pain, on examination her uterus feel bulky. Even she not climb stars, she has low abdominal pain. With mild Grade fever, and pelvic tenderness. No H/o trauma.

On Examination:-

1. Nadi gati: 72 pm regular.
2. Mala : Samakya
3. Mutra :Samakya
4. Jivha : Niram
5. Sabda:Prakrit
6. Sparsha :Prakit

7. Druk:Samakya.
8. Akruti:Madhyam.

Vikru Parikshana:-

1. Raktavaha,Mansvaha,: Vikrut.

Present illness:-

Low abdominal pain, Bulky uterus, Tenderness, Mild grade fever.

Past History:-

No H/o trauma and fall. Two issue
No H/o HTN, DM, Thyrotoxis, No any surgery, like tubactomy operation.

No H/o of any drug Allergy.

Radiological investigations:-

X-ray-morphologically uterus enlarge seen
USG Abdi:- Bulky uterus ,Endometriosis seen

Pathological Investigation:-
CBC-WNL, Urine -WNL

Management:-

Ayurveda Treatment given for the period of 30 days. And results come out as per table below.

Symptoms:-

1. Pain release Medication.by NSAID
2. Hormonal treatment. Or Surgery
3. Active Component of birth control pills to continue or using of Intra uterus device.
4. with progestogen may helpful.
5. Thus who are infertile use of Gonadotropin releasing hormone is Helpful. Who are infertile get pregnant.
6. If there is No cure by any medicine, Surgical remove Endometrosis

Endometriosis is effected 10.8 million as on 2015.Anather estimated state about 6-10% of women are effected. Its most common in girls,it can be begin in girls as early as 8 years of age. Endometriosis is first determine to be separate condition in in few years. Before that endometriosis and Adenomyosis were consider separate disease. In Ayuredic systems of medicine ,In ancient text like Striroga and prasuti tantra ,there is describe a disease.

It has been proposed that endometriosis results from the series of multipath within target genes ,in the mechanism similar to the development of cancer.in this case the initial mutation may be either symptomatic or heritable. Indexical genomic changes that have been associated with endometriosis. Included.

A. Changes in chromosome.

In addition there may be finding of altered gene expression and epigenetic but both are of hearse can also be secondary result of A. Environmental factor, B. Altered metabolism

Environmental toxins:-

In many stashes been investigated he potential link between dioxin and endometriosis, but the evidence is equivocal and potential mechanism are poorly knowen.in back years like 2003-4 review of

studies of dioxin and endometriosis conducted that the human data supporting the dioxin endometriosis association are conflicting. Follow-up review also found that there was weak evidence in support of link between dioxin exposure and women developing endometriosis. A later years review concluded that more work was needed starting that although primary work suggested the potential in violent of exposure to dioxin in the pathogenic of endometriosis. Much work remains to clearly define cause and effect of understand the potential mechanism of toxicity.

Pathophysiology:-

It is exact cause of remain unknown, Many theory have been presented to better understand and to know its development. The pathophysiology of endometriosis is likely to be multifactorial, and to involve an interplay between many factors.

Formation:-

The main theory are formation of the ectopic endometriosis are retrograde menstruation, müllerianosis coelomic, metaplasia, translocation, each factor are given blow. Only small area of endometriosis.

Dysmenorrhea- painful, sometimes severe cramps during the menstrual period, pain may get worst-progressive pain, also lower back pains linked to the pelvic.

Chronic pelvic pain-typically associated by lower back pain or abdomen pain.

Dyspareunia-painful sex.

Dysuria-urinary urgency frequency ,sometimes painful

Infertility:-

About the third of women with infertility have endometriosis.it may be 40% are infertile.

Other systems:-

Diarrhea or constipation, chronic fatigue, nausea and vomiting, low grade fevers, heavy or irregular period and hypoglycemia.

There is association between endometriosis certain types of cancer, some types of ovarian cancer ,non-Hodgkin's lymphoma and brain cancer.

Diagnosis:-

Physician can offend feel endometrial growths during a pelvic examination, this diagnosis can not be confirmed by abdominal exam only. Use pelvic ultrasound may identify large endometriotic cyst/endometriomas. However, small endometriosis implants cannot be visualized with ultrasound.

Laparoscopy:-

It's a surgical procedure where the camera is used to look inside in to a abdominal cavity, its only way of diagnosis of endometriosis.

Symptoms:-

Sr.Nos.	Symptoms	Duration	Under menstrual cycle	Release
1.	Pelvic low abdominal pain	monthly	Severe	After menstrual cycle over.
2.	dysmenorrhea	Monthly	Severe	After menstrual cycle over
3.	Chronic pelvic pain	monthly	Mild – moderate.	Continue.
4.	dyspareunia	Casually	Moderate-Severe	After withdraw dyspareunia, so many hours-days.
5.	Dysuria	occasionally	occasionally	Occasionally

An Ayurvedic treatment:-

- A.Chopchinayadi Chooranm 500 mg bd x 30 days.
- B.Godanti Bhasma 100 mg bd x 30 days
- C.Shukhama Trifala 500 mg bd x 30 days.

Anupamum(to be taken with):-Madhu.05 ml of each dose.

Clinical Results:-

Sr.No.	Symptoms.	BT	AT	Results
1.	Pelvic low abdominal pain	Pelvic low abdominal pain	Its redacted pelvic low abdominal pain	Up to 90%
	dysmenorrhea	dysmenorrhea	Its redacted pelvic low abdominal pain	Up to 90%
	Chronic pelvic pain	Chronic pelvic pain	Its redacted pelvic low abdominal pain	Up to 90%
	dyspareunia	dyspareunia	Its redacted	Up to 60%
	Dysuria	occasionally	redacted	Up to 50%

Dissection:-

Actually there is unknown cause of endometriosis, Some environmental –toxins dioxin exposure(It's not confirmed till)pathophysiological, or infective cause over written. pathophysiological cause ,unknowing use of regency removal pills uses, Disturbance of menstrual cycle.in preliminary work suggest a potential involvement of exposure to endometriosis its pathophysiological genes much work still remain to clarify cause of potential mechanism of endometriosis.

Conclusion:-

In modern system of medicine for prevention combined oral contraceptives, regular exercise, NSAID Not o be birth or continuous birth control pills, intrauterine device, progesterone and surgery.

Some Ayurvedic drugs used for the period of 30 days. and symptomatic results taken.in infertility with endometriosis not study yet done.

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