



ORIGINAL RESEARCH PAPER

Ayurveda

AN EFFECTIVE MEDICAL MANAGEMENT OF FIBROID UTERUS: A CASE REPORT

KEY WORDS: Leiomyoma, Fibroid uterus, Hormonal therapy, Surgical intervention, Ayurveda, Ultrasonography

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ABSTRACT

Fibroid uterus or leiomyoma is a condition of benign growth in the uterus that can develop in a woman of reproductive age. Etiology for fibroid is obscure. Risk factors include family history, obesity, nulliparity etc. Most of the fibroids are asymptomatic. Clinical features include heavy menstrual bleeding, pelvic pain and pressure symptoms. Conventional treatment options like hormonal therapy and surgical interventions are having its own bad effects. Ayurvedic treatment modality have got a high potential for effective medical management of uterine fibroids without any deleterious side effects. This is a case report of 32 year old woman, complaining of severe pain and heavy bleeding for the first four days of periods and in USG, the uterus was bulky with multiple fibroids of which largest measuring 5cm. After taking Ayurvedic medication for 3 months itself the symptoms reduced to an extent that a mild pain was present only on 2nd day and bleeding became normal for subsequent cycles. After administration of medicines for total 9 months, there is no pain during periods and the size of fibroid is markedly reduced.

INTRODUCTION

Fibroid or leiomyoma is the most common of all pelvic tumours, being present in 20% of women in the reproductive age group, and increasing with age. It is composed mainly of smooth muscle cells and variable amount of fibrous connective tissue. It is also termed *myoma* or *fibromyoma* and is popularly called as fibroid.[1] Fibroids can be located in body or cervix of uterus. Those in body are classified based on the location as interstitial or intramural (75%), sub peritoneal or sub serous (15%), and sub mucous (5%). Majority of the fibroids remain asymptomatic (75%). Symptoms are mostly related to the site, size and type of tumor. Main symptoms include menorrhagia (30%), metrorrhagia, dysmenorrhoea and infertility (30%).[2] The clinical effects are related to their local mass effect, resulting in pressure upon adjacent organs, excessive uterine bleeding, or problems related to pregnancy, including infertility and repetitive loss of pregnancy.[3] As a consequence of these local pressure effects and bleeding, uterine fibroids rank as a major reason for hysterectomy accounting for approximately one-third of all hysterectomies or about 2,00,000 hysterectomies/year.[4,5] Surgical treatment include hysterectomy and myomectomy. For medical management of fibroids, GnRH analogues are used. Unfortunately, even though GnRH do shrink most fibroids considerably, its regrowth and recurrence of symptoms invariably follows discontinuation of treatment. [7]

Fibroid can be taken as *Granthi* mentioned by classical texts in Ayurveda.[8] It is explained as a disease arising due to excessive and improper growth of cells. The disease has been named as *Granthi* to denote a specific character i.e. glandular or nodular swelling.[9] Vitiated *Vata* etc. doshas, vitiating *mamsa*, *rakta* and *medas* mixed with *kapha* produce round, protruberant, knotty and hard swelling.[10]. In the initial stage, or in asymptomatic fibroids, predominant *dosha* involved is *kapha*. If the manifestation is that of menorrhagia or intermenstrual bleeding, due consideration should be given to *pitha dosha*. As in all *yonivyapth*, *vata kopa* is involved throughout here also especially, if dysmennorrhoea or pressure symptoms are present. We hereby report a case of uterine fibroid effectively managed by Ayurveda.

I. METHODOLOGY

A. Case Report

A 32 year old female patient reported in the OPD of Prasutantra evum Streeroga, P.N.N.M Ayurveda Medical College and Hospital, Cheruthuruthy on 16/3/2020 complaining of severe pain and heavy bleeding during periods for the last 2 years. Pain was starting just before the

onset of periods and lasting up to 4 days. She took allopathic medications for these complaints and there was a history of *myomectomy* (3/4/2019). 7 months after myomectomy, there happened recurrence of leiomyoma and symptoms. In USG taken on 31/12/2019, fibroid uterus was revealed. She came here for an effective alternative management.

Past history:

Patient is a known case of hypothyroidism
On medication of Thyronorm 75mg for last 6 years.
No H/O DM/ HTN, other medical or surgical history

Family history: No H/O similar problems in any of the family members,

Personal history: No relevant history found

Menstrual history:

Cycle: Regular **LMP:** 13/3/2020

Interval: 25-28 days

Duration: 4 days followed by day 8 and day 9

Clots: ++

Amount: Heavy

Pain: +++ during first 4 days.

Obstetric history: A0 P1 L1, NVD, LCB: 9 Years

Sterilization: Post Partum Sterilization.

B. Examination

On general examination, all vitals were stable.

On palpation, abdomen was soft and non-tender.

No abnormality was detected on inspection of external genitalia, per speculum or per vaginal examinations.

Investigations:

- Blood Hb - 11.2 gm %
- ESR - 10 mm
- USG -
- Uterus measured 10 × 7 × 5.8 cm.
- Myometrium is coarse and heterogeneous.
- Right lateral wall shows sub serous fibroid of 5 × 3.8 cm.
- Left lateral wall shows a fibroid of 3 × 1.8 cm with calcific specks seen anteriorly.

Samprapthi ghatakas

Dosha : Sannipathika

Dushya : Rasa, Raktha, Mamsa, Medas

Agni : Madhyama

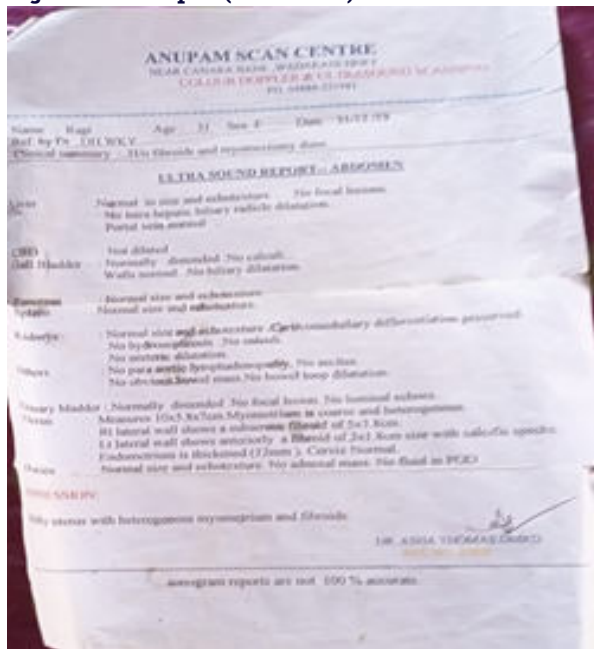
Srotas : Arthavaha srotas

Srotodushti: Atipravrtthi, sangam

Rogamarga: Abhyanthara

Adhishtana: Garbhasaya

Figure 1- USG Report (31/12/2019)



B. Intervention

Phase I: From 16/ 3/2020 to 15/6/2020 (3 Months)

1. Thrayanthaydi Ks.
 2. Kanchanara Guggulu 2 bd with Ks.
 3. Kumaryasavam + Asokarishtam 25 ml bd.
 4. Vidanga thanduladi Ch. 1 tsp with hot water.
- These medicines continued for 3 months, heavy bleeding was controlled and there was only mild pain on 2nd day of periods from second cycle itself.
 - USG taken on 16/6/2020 showed considerable reduction in the size of fibroid.

Phase II: 15/6/2020 to 13/8/ 2020

For the next 2 months, the following medicines were given.

1. Thrayanthaydi Ks.
 2. Chithraka grandhikadi Ks.
 3. Kanchanara Guggulu 2 bd with Ks.
 4. Vidanga thanduladi Ch. 1 tsp with hot water.
 5. Mahanarayana tailam sevyam 1 tsp bd with hot water.
- Again bleeding was normal, and pain was minimal (only on second day)

Phase III: From 13/8/2020 to 5/12/2020

1. Thrayanthaydi Ks.
2. Kanchanara Guggulu 2 bd with Ks.
3. Mahanarayana tailam sevyam 1 tsp with hot water.

II. OBSERVATIONS AND RESULTS

Table 1. Subjective symptoms

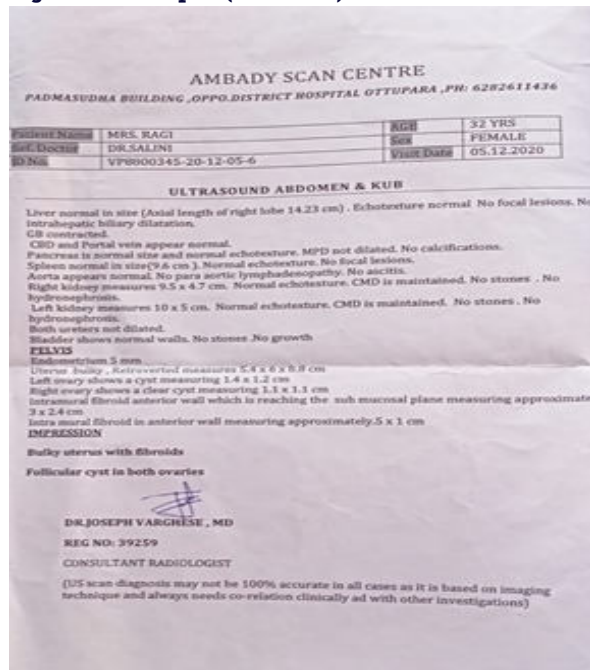
Serial No.	Parameters	Before treatment	After treatment of 5 months	After treatment of total 9 months
1	Size of uterus	10 × 7 × 5.8 cm	9.2 × 6.8 × 5.4 cm	8.8 × 6 × 5.4 cm
2	Size of fibroid	5 × 3.8 cm 3 × 1.8 cm	4 × 2.4 cm 2.6 × 1.8 cm	3 × 2.4 cm 0.5 × 1 cm
3	Endometrial thickness	12 mm	5 mm	5 mm

Table 2. Objective signs

Serial No.	Complaints	Before treatment	After 2 months of treatment (After 2 nd cycle)	After 9 months of treatment
1	Menorrhagia	+++	Nil	Nil
2	Pain	+++	+	Nil
3	Duration of cycle	8-9 days	4-5 days	4-5 days

There happened a significant reduction of pain and bleeding in second menstrual cycle itself. In follow up assessment also there was no pain and the fibroid size was reduced considerably.

Figure 2- USG Report (5/12/2020)



III. DISCUSSION

In the initial phase, we gave a due consideration to *Pithadosha*, and selected *Thrayanthayadi Kashaya* [12], *Kumaryasava*[13] and *Asokarishta*[14]. *Rakthapithahara* property of these formulations helped to control bleeding. *Thrayanthayadi kashaya* is a formulation mentioned in *Vidradhi Prakarana* and its ingredients are mainly *Pitha raktha hara* in action. It is an ideal drug of choice in *Asrgdharma* like manifestations associated with *Granthi*. *Kanchanara Guggulu*[15] is a formulation mentioned in growths like *Galaganda*, *Gandamala* etc and is found to be effective in reducing *Kapha* and *Medas*. It is found to be an effective remedy for hypothyroidism also[16]. *Asokarishta* is specially indicated in *Asrgdharma*, it is having *Rujaharathwa* property and is ideal in dysmenorrhea associated with menorrhagia. *Kumaryasava* is *Sulahara* and , *Vidangathanduladi Churna*[17] is *Gulmahara* and *Medohara*[18]. All these medicines together worked in menorrhagia and dysmenorrhea and helps in regression of fibroid in initial phase itself.

For the next 2 months, instead of *Kumaryasava* and *Asokarishta* we added *Chitraka grandhikadi Ks*[19] and *Mahanarayana tailam sevyam* [20] as *Srotosodhana* and *Yonivisodhana*. *Chitrakagranthikadi* is an effective formulation indicated in *Sula*, *Anaha* and *Vibandha* and is effective in correcting *Agni*. *Mahanarayana taila* is *Vatahara*, *Brimhana* and *Srothosodhana* and is an effective formulation that can be used in all *Yonirogas*. *Thrayanthayadi Ks*, *Kanchanara Guggulu* and *Mahanarayana taila* was continued for next 4 months for further reduction in size of fibroid and to prevent recurrence.

IV. CONCLUSION

Uterine fibroids are the most common pelvic tumor seen in women of reproductive age group. Associated symptoms like Dysmenorrhea, menorrhagia causes diminution in quality of life in affected women. Effective medical management of fibroid can be done by adopting the basic principles of Ayurveda. Methodical treatment done by *Thrayanthayadi Ks*, *Kanchanara guggulu*, *Asokarishta*, *Kumaryasava* , *Chitrakagranthikadi Ks* and *Mahanarayana tailam sevyam* where found to be effective in treating fibroid uterus in this case.

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