

CASE STUDY

Ayurvedic Interventions in the Management of Uterine Fibroid: A Single Case Study

Author: Pratibha¹

Co Authors: Prathima²

^{1,2}Department of Prasuti tantra and Stri roga, SDM College of Ayurveda & Hospital, Hassan, KA, India

ABSTRACT

Fibroid is common generous tumor of female genital tract composed of smooth muscle and fibrous connective tissue for the most part between age of 35-45 years. Clinically, uterine fibroids are mostly symptomless, however they might present as a palpable mass with bleeding and discomfort or with symptoms brought on by mass's compression. Physical and social activities, women's health related quality of life and productivity of work are all significantly impacted by uterine fibroid symptoms. A 45 years old female patient approached with complaint of severe lower abdominal pain during menstruation. Patient advised to underwent USG abdomen and pelvis which revealed multiple intramural fibroids, largest measuring 7.8*4.5 cm in size. Then she was treated with ayurvedic medications. Initially *kanchanara guggulu*, *punarnava mandoor*, *varunadi kashaya* was given for 4 months and scanning was repeated. Fibroid size reduced to 5.4*4.2cm and pain in lower abdomen reduced. *Nityanand rasa* and *dhatri loha* was given for next 3 months along with *varunadi kashaya*. Pain in lower abdomen subsided completely and scanning revealed 1.9* 1.78cm intramural fibroid. During the treatment period patient has not reported any adverse effects.

Key Words Uterine fibroid, *kanchanara guggulu*, *punarnava mandoor*, *varunadi Kashaya*, *nityanand rasa*

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INTRODUCTION

Fibroids are an abnormal growth that appears in or on a woman's uterus. Sometimes they don't exhibit any symptoms or indicators at all. These tumors can occasionally develop into quite huge, causing significant abdominal pain and heavy menstruation. These fibroids usually grow in a benign or non-cancerous manner. The hormones estrogen and progesterone are in-charge of fibroid growth. Therefore, following menopause, the fibroid may automatically diminish as a result

of lack of estrogen and progesterone¹. Submucous, intramural, and subserosal uterine myomas have been categorised based on the general uterine location. Intramural, unless they are asymptomatic fibroids, which are most frequently found inside the uterine wall, are not usually painful. Although the specific reason for intramural fibroids is unknown, it is thought that an aberrant muscle cell in the intermediate layer of the uterine wall is the starting point for their development. When oestrogen is present, it

CASE STUDY

quickly multiplies and develops a tumour. The third most prevalent surgical procedure worldwide, hysterectomy has been primarily caused by myomas². In addition to surgery, there are other palliative treatments available today, such as the use of antifibrinolytics, hormonal therapy, danazol, and gonadotrophin-releasing hormone agonists, which are only suitable for short-term use due to their severe side effects. The state of the uterine fibroid resembles *garbhashayagatagranthi*, which is described in ayurveda and has vitiated vata affecting *mamsa*, *rakta* and *medas*, coupled with *kapha* to produce a spherical, protuberant, knotty, and hard swelling. Fibroids may have a connection to the "*Granthi*" referenced in ayurvedic writings, and they may be treated using the *samprapti vighatana* principle. Studying the uterine fibroid pathophysiology reveals that ayurvedic medicine with the qualities of *lekhan*, *shodhana*, *ropana* and *vatakaphaghna* can successfully treat this condition; with this background, experimental medications are chosen³.

MATERIALS AND METHODS

A 45-year-old woman who works at home presented to the outpatient department of Sri Dharmasthala Manjunatheshwara Ayurvedic College and Hospital, Hassan, on 13 September 2022 with complaints of severe lower abdominal pain during menstruation for the past year. Her menstrual cycle lasted for 3–4 days, with a typical interval of 25–28 days and she passed

blood clots using 3–4 pads per day with severe lower abdominal pain. She was advised to get a USG of her abdomen and pelvis, which revealed many intramural fibroids, the largest of which were 7.8*4.5 cm in size.

History: Not k/c/o DM/HTN/Thyroid dysfunction or any other major medical or surgical history.

Family history: No history of the same illness in any of the family members.

Occupational history: Housewife.

Menstrual history: Menarche at - 13 years of age, Menstrual cycle -3-4days/ 25- 28days cycle, painful bleeding

Obstetric history: P2 L2

L1–23 years-female-FTND, L2–22 years-male-FTND, Contraceptive history –Tubal ligation was done 21 years back.

Systemic examination:

- CVS: S1 S2 Normal
- CNS: well oriented, conscious,
- RS: normal vesicular breathing, no added sound
- P/A-soft, no tenderness
- Local examination:
 - P/S- cervix healthy, no white discharge.
 - P/V-Bulky uterus /AV/FF
- Lab investigation:
 - Hb: 9.8gm%
 - ESR:40mm/hr
 - Platelets count: 4.40lakhs/cmm
 - RBS: 98.4 mg/dl
 - Blood urea: 18.0mg/dl
 - Urine routine: within its normal limits

CASE STUDY

- USG abdomen and pelvis: on 12/09/2023: Uterus bulky in size and show multiple intramural fibroids, largest measuring 7.8*4.5cms in size.

Table 1 Treatment protocol

S.No.	DRUG	DOSAGE	TIME OF ADMINISTRATION
1.	<i>Kanchanara guggulu</i>	500 mg BD	After meal
2.	<i>Punarnava mandoor</i>	500 mg BD	After meal
3.	<i>Varunadi Kashaya</i>	10 ml BD	Before meal

Table 2 Next 3 months treatment protocol

S.No.	DRUG	DOSAGE	TIME OF ADMINISTRATION
1.	<i>Nityanand rasa</i>	500 mg BD	After meal
2.	<i>Dhatri loha</i>	250 mg BD	After meal
3.	<i>Varunadi Kashaya</i>	10 ml BD	Before meal

The following medications were recommended for *Granthi* initially for a period of 4 months as mentioned in table 1, based on ayurvedic line of management and clinical experience. 4 months later, the complaint of abdominal pain subsided, and scanning was done once more. The size of the fibroid was diminished. Then the intervention was modified for the following 3 months as mentioned in table 2. After that, the patient's complaint of abdominal pain was fully resolved.

First 4 months treatment protocol:

DISCUSSION

Charak asserts that every patient is different. Every patient experiences a different *samprapti*. We can treat *vyadhis* appropriately if we can determine their *doshadushti*, *sthana*, and

samuthan. The nomenclature of every patient's illness is not required. *Vata*, *Kapha* dominating *tridoshas* are involved in the pathogenesis of the *arbuda*. Hence, *Vata Kaphahara* medications are required to overcome disease evacuation. *Dushya* are *mansa* and *meda*; hence, the medications should possess *lekhana* properties. Along with *amapachana*, *agni deepana* drugs are needed for breaking the *sanga* type of *srotodushti*.

A traditional ayurvedic remedy for *Kapha* accumulations in the tissues is called *Kanchanara guggulu*. Swollen lymph nodes, cysts, or growths may appear as the *kapha* penetrates deeper into the body. *Guggulu* is combined with potent decongestants like *kanchanara*, *triphala*, and *trikatu* to dissolve and remove obstructed *Kapha*. This detoxifying mixture helps to avoid future *Kapha* buildup by promoting the digestive and lymphatic systems. When used for cysts, malignant ulcers, etc., *Kanchanara guggulu* improves the elimination of inflammatory toxins. It is also very helpful for excess growth of tumours and lessens bleeding⁴.

Punarnava Mandura corrects metabolism, boosts iron absorption, and enhances blood formation because of its *Pitta-Kapha Shamaka*, *Pandughna*, *Rasayana*, *Deepana-Pachana*, and *Anulomana* qualities⁵.

In *Dhatru lauha*⁶, *Lauha* are hepatoprotective, bio-enhancer, *rasayana*, *shonitasthapana*, *deepana*, and *srotoshodhaka*^{7,8,9,10,11}. Additionally, *Amalaki* found in *Dhatri Lauha* is one of the greatest sources of ascorbic acid, which aids in the absorption of iron^{12,13}. The only

CASE STUDY

food item that has been demonstrated to help humans absorb non-heme iron is ascorbic acid, with the exception of animal tissue¹⁴. *Lauha Bhasma* also has the ability to regenerate haemoglobin and hematinic iron. Thus, the whole action of *Dhatri Lauha's* ingredients results in better iron absorption, blood production, and metabolism correction.

The main ingredient of *varunadi kashaya*¹⁵ is *Varuna, Gokshura, Shunti* and *Yavakshar* which have *Tikta Rasa*. It is *kapha-pitta hara, Sophahara*, slightly laxative. So, it can easily clear up the channels or *srota*. *Yavakshar* which have *Lekhan, Chedan and Granthihara* property. It is well known drug of *Gulma roga*. The ingredients of the compound pacify *Kapha Dosha* by virtue of their *Ruksha Guna, Katu Vipaka* and *Ushna Virya* and show *Lekhana* property due to *Ushna Virya*. The *Vatanulomana, Shothahara* and *Mutrala* properties of ingredients helps to relieve pain and *Sthanikasotha*^{16,17}.

*Nityananda rasa*¹⁸ has *ushna, tikshna* and *laghu guna* which helps to improve *agni* and helps to remove the *sanga* at the *dhatu* level. *Nityanand rasa* having the therapeutic properties like *lekhana, rasayana*, which will help for inhibiting the growth of cancer cells, acts like a curative therapy, ingredients used will help as immunotherapy, non-toxic, harmless, used as rejuvenating, correction of metabolic defects, it may help in treating *arbuda*¹⁹.

The current case report demonstrates notable progress and avoids surgical treatment. Surgery is not always necessary to treat uterine fibroids. Age of the patient and the severity of the fibroid determine how it should be treated. Ayurveda can aid in symptom relief as well as prevent subsequent hysterectomy complications.

CONCLUSION

CASE STUDY

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CASE STUDY

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