



AYURVEDIC MANAGEMENT OF GARBHASHAYAGATA ARBUDA W.R.T.UTERINE FIBROID -A SINGLE CASE STUDY

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ABSTRACT

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. Ayurveda which is the oldest well documented ancient Indian system of medicine is giving a new ray of hope in the management of uterine fibroid. A female patient aged 30 attended the OPD with complaints of scanty bleeding, irregular cycles, low backache, and lower pelvic pain along with increase in weight from last 1 year. USG had shown multiple fibroids and two intramural fibroids measuring 2.0*1.2 cm and 1.3*1.8 cm in the anterior wall of fundus of the uterus. This article presents a successfully managed (100%) case of multiple intramural uterine fibroids by Ayurvedic treatment which is presented in the form of a case study. A treatment protocol containing *Ksharavati*, *Kanchanara guggulu*, *Varunadi Kashayam*, was planned for a duration of 3 months. Post treatment USG revealed normal study.

Keywords: Uterine fibroid, Reproductive age, Ayurvedic treatment, *Kshara vati*

INTRODUCTION

Uterine fibroids are non-cancerous tumours consisting of fibers or fibrous tissue that arise in the uterus. It is the most common growth of the female genital tract. Fibroids occur in 20-40% of women during reproductive age and 11-19% in perimenopausal age.¹ These tumours are highly sensitive to oestrogen. They develop following the onset of menstruation, enlarge during pregnancy and decrease and often disappear after menopause when oestrogen levels are decreased by half. Discovery is usually accidental, and coincidental with heavier period, irregular bleeding or painful periods.² Due to their abundant fibrotic tissue

dependent on oestrogen and progesterone to grow and therefore relevant only during the reproductive years, they are expected to shrink after menopause^{3,4}

In our classics though the disease *Arbuda* had been described but there is no special reference of *Arbuda* in female genital tract. On the basis of specific clinical features of *Mamsaja arbuda*⁵ as well as description of *Arbuda* in general, based upon the location *Arbuda* situated within Garbhashaya can be taken as *garbhashayagata Arbuda* (Uterine fibroid)⁶ which is considered to be *Kapha-Vataja Roga*. It is found that percentage of Uterine fibroid is rising day-by-day, present era is looking towards Ayurveda in search of efficient and safer treatment because uterine fibroids do not have definite medical management in the modern gynecological practices other than surgery. To avoid the surgery to a possible extent, its need of an hour to address the problem with Ayurvedic medicaments without any side effects.

CASE REPORT

A 30 years old female patient, visited the OPD of SAMC&H, Dept Of *Prasooti Tantra* and *Stree Roga* on 21-01-2021 with the complaints of Scanty-irregular cycles, lower pelvic pain and low backache during menstruation along with increase in weight since 1 year. Patient was apparently normal before 3 months, since 3 months she was getting excessive lower pelvic pain, with increased inter-menstrual duration and weakness, even she had got her marriage fixed with the concern she approached SAMC&H for further management. Looking over her symptoms she was advised for USG abdomen and pelvis to know the cause of complains. USG was done on 23/01/21. Report showed multiple uterine fibroids and two intramural fibroids measuring 2.0*1.2 cm and 1.3*1.8 cm in the anterior wall of fundus of the uterus. Hence Ayurvedic drugs were advised for the management.

Past history: N/H/O -DM/HTN/BA or any other major medical or surgical illness.

K/C/O– Hypothyroidism on treatment since 3 months.

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

Menstrual & Obstetric history

Menarche -13 yrs.

M/C- 2-3 / 35- 45 days – since 1 year

Previous cycles - normal

Bleeding- bright red in colour, without foul smell, sometimes with clots.

Associated complaints - lower pelvic region and lower back region.

LMP – 24/12/2021

Marital status – Unmarried

Table no. 01 General examination

Built	Moderate
Nourishment	Moderate
Pulse	82 b/m
B.P	110/80 mmHg
Temperature	98.8 F
Respiratory rate	22 cycles / min
Height	5'3''inch
Weight	72 kg
Tongue	Uncoated
Pallor/ness/Icterus/ Cyanosis/Edema	Absent

Table no. 02 Systemic examination

RS	Clear, no Crepitus or added sounds
CVS	S1 S2 Normal
CNS	Conscious, Well oriented.
P/A	Soft, tenderness present in hypogastrium region

Table no. 03 Ashta Vidha Pariksha

Nadi	82 b/min
Mala	Once /day
Mutra	3-4 times/day
Jivha	Alipta
Shabda	Avishesha
Sparsha	Anushna Sheeta.
Druk	Avishesha
Akruti	Madhyama.

Table no.04 Dwadasha Pariksha

Prakruti	Kapha vataja
Vikruti	Rasa, Mamsa and Meda
Sara	Madhyama
Samhanana	Madhyama
Satva	Vyamishra
Satmya	Mishra rasa satmya
Pramana	Madhyama
Ahara Shakti	Madhyama
Abhyavarana Shakti	Madhyama
Jarana Shakti	Madhyama
Vyayama Shakti	Avara
Vaya	Madhyama

Lab Investigations-

Hb – 12.8gm%

TLC – 7,200 cells/ mm³

Random blood sugar – 96mg/dl

Thyroid profile- normal

USG- Abdomen & Pelvis; TAS done on 23-01-21

Impression: Fibroid uterus.

DIAGNOSIS

Multiple uterine fibroids, two intramural fibroids measuring 2.0*1.2 cm and 1.3*1.8 cm in the anterior wall of fundus of the uterus.

INTERVENTION

- Tab. Ksharavati 1 BD after food
- Tab. Kanchanaraguggulu 2 BD before food
- Varunadi kashayam 10ml TID after food

Treatment duration –Total treatment duration was 3 months.

Follow up was done every month for 3 months

OBSERVATION AND RESULTS

The patient had followed the pathya ahara vihara strictly.

Table no. 05 Observations before and after treatment

PARAMETERS	BEFORE TREATMENT	AFTER TREATMENT
Intermenstrual period	45-60 days	30-45 days
Backache	Present	Absent
Lower pelvic pain	Present	Absent
Uterus	Bulky	Normal
Intramural fibroid	1) 2.0*1.2 cm 2) 1.3*1.8 cm	Absent Absent

The sonography was done after 3 months of treatment. The findings of sonography report before and after treatment

USG Shows: Normal abdominal pelvic scan after treatment.



Figure1: Before Treatment



Figure 2: After Treatment

DISCUSSION AND PROBABLE MODE OF ACTION OF DRUGS

Chikitsa is defined as '*Ruk Prathikriya*'. Acharya Susruta give emphasis on '*Nidana Parivarjana*' or the eradication of etiological factors is primarily important in the treatment of disease. In case of uterine fibroid; indulgence of *Ahara* and *Vihara* that can vitiate *Vata*, *Kapha doshas* and *Rasa*(*Arthava-upadhatu*), *Raktha*, *Mamsa*, *Medo dhatus* should be avoided.

Sampraptighatakas

Dosha: Samanavata, Apanavata, Pachakpitta, Avalambaka Kapha.,

Dushya: rasadhātu-rajodusti, mamsadhātu, medodhātu

Samuthan: pakwashaya,

Adhistan: Garbhashaya,

Samprapti: Improper dietary habits bring about *agnidushti* leading to vitiation of *tri doshas* specially *Samanavata, Apanavata, Pachakpitta, Avalambak Kapha*. These cause *rasadhātu dushti*, resulting into improper nourishment of its *upadhatu* i.e. *raja* and its *uttarottara dhātu* i.e. *mamsa and medas*. Due to *apanavata dusti, khavaigunyatva* occur in *yonī*. Vitiated *vata* hampers the *dharan shakti* of *mamsadhātu*. Due to *Pachaka pitta vikruti* there is *uttarottara dhātu dushti* like *mamsa and medo dushti*. *Vikruta Avalambaka kapha* resulting in to loss of compactness and integrity in the structures which leads to *mamsa shaithilya* causing *Garbhashayagata arbhuda*⁷

The Formulations used here are ***Kanchanara Guggulu***⁸. *Kanchanara Guggulu* is a classical Ayurvedic formulation, used for *Kapha* accumulation in the tissues. As *Kapha* moves deeper within the system, it may manifest as swollen lymph nodes, cysts or growths. Powerful decongestants such as *Kanchanara*(*Bauhinia variegata* L.), *Triphala* (a combination of fruits of *Terminalia chebula* Retz., *Terminalia bellerica* Roxb., and *E. officinalis*), and *Trikatu* (*Zingiber officinale* Rosc., *Piper nigrum* L. and *Piper longum* L.) are mixed with *Guggulu* to break down and eliminate hardened *Kapha*. This detoxifying blend supports the proper function of the lymphatic drainage and digestive systems aiding in the prevention of further *Kapha* accumulation. *Kanchanara Guggulu* promotes elimination of inflammatory toxins. It is an alternative to anti-inflammatory and is administered in cysts, very useful in extra growths or tumors in reducing their size.

Kshara vati containing *Punarnava, Gokshura, Paashanabheda, Apamarga kshara, Sarja kshara and Yava kshar*. The combination possesses *ruksha guna, katu vipaka* and *ushna virya, kapha pitta hara, lekhanā, chedana, shophahara, grantihara, mutrala* properties. Due to its *ruksha guna, katu vipaka* and *ushna virya, kapha pitta har* along with *shophahara* properties, it can easily clear up the channels and helps in reducing the inflammation. It plays an important role in reducing pain and swelling.

Varunadi Kashayam - The main ingredient of this drug are *Varuna* (*Crataevanurvala*), *Shatavari* (*Asparagus racemosus*), *Chitraka* (*PlumbagoZeylanica*), *Bilva* (*Aeglemarmelas*), *Bhallataka* (*Semecarpusanacardium*) etc. which have *katu-tikta Rasa, UshnaVeerya*. It has *kaphavataharam, medanashanam, Gulmanashan, shophahara, and Vidradhi nashana*⁹.

CONCLUSION:

The present case study shows significant(100%) improvement with above-mentioned oral medicines which were helpful in treating the patient with uterine fibroid . Surgical intervention need not be the only management for uterine fibroids. This case illustrates a situation where Ayurvedic intervention can not only

help in relieving symptoms but also restores fertility of the women and avoid further complications. Treatment of fibroid depends on the age of the patient, site and size of fibroid. Hence this approach may be taken into consideration for further treatment and research work for uterine fibroid.

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