

**Case Study****EFFECT OF SUCCESSFUL AYURVEDIC TREATMENT IN MANAGEMENT OF UTERINE FIBROID - A CASE STUDY****Seema Mehre^{1*}, Akanksha Mahesh Naik²**¹Professor and HOD., ²3rd Year PG Scholar, Dept. of Prasuti Tantra & Stri-roga, Y.M.T Ayurveda Medical College and Hospital, Kharghar, Navi Mumbai.**KEYWORDS:** Uterine Fibroids, *Granthi, Shodhan Chikitsa.***ABSTRACT**

Fibroid is the most common benign tumor of the uterus and also the most common benign solid tumor in the female. Histologically this tumor is composed of smooth muscle and fibrous connective tissue, called as uterine leiomyoma, myoma, fibromyoma. It has been estimated that at least 20% of women at age of 30 have got fibroid in their wombs. These patients may be asymptomatic or may be symptomatic. **Case Description:** A 35 year old female patient came in YMT Ayurvedic hospital OPD of Striroga and prasutitantra with complaining of scanty menses and pain in abdomen occasionally. The patient was Diagnosed with uterine fibroids by USG. According to Ayurveda treatment, she was given Ayurvedic oral medicines along with *Panchakarma*. **Outcome:** After six months of treatment patient showed significant relief in symptoms. There was significant reduction in symptoms like scanty menses, proper intervals in between menses. **Conclusion:** Significant relief can be achieved in patients of Uterine fibroid by applying Ayurvedic treatment. It is single case study and clinical trial should done in large number of patients to see the result. **Aim:** To Study effect of ayurvedic *Chikitsa* in management of uterine fibroid. **Objective:** To assess the Ayurvedic treatment in management of fibroids. 2. To study *Granthi*. 3. To study *Shodhan chikitsa* **Methodology:** It is a single case study of uterine fibroid.

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Email: seema.mehre@gmail.com**INTRODUCTION**

Uterine enlargement is common in reproductive life of female. In some cases other than the pregnancy, it is seen in the result of leiomyomas. They may be identified in asymptomatic women during the routine pelvic examination or may cause symptoms. In the age of reproductive life it may be the cause of infertility or may lead to various menstrual difficulties such as hypo menorrhoea, Menorrhagia, metrorrhagia etc. In this article there is case of small sized uterine fibroid presented with symptom of scanty menses which is successfully treated with Ayurvedic management. A 35 year old female patient came to YMT Ayurvedic hospital OPD of Striroga and Prasutitantra with complaining of scanty menses and pain in abdomen occasionally. She was Diagnosed with uterine fibroids by USG. According to Ayurveda treatment, she was given

Ayurvedic oral medicines along with *Panchakarma*. After six months of treatment, patient showed significant relief in symptoms. There was significant reduction in symptoms like scanty menses, proper intervals in between menses and also significant relief can be achieved in patients of Uterine fibroid by taking Ayurvedic treatment. It is single case study and clinical trial should be done in large number of patients to see the result.

Case description

A 35 years old female patient came to YMT Ayurvedic hospital OPD of Streeroga and Prasutitantra complaining of scanty menses and pain in the abdomen occasionally and she was diagnosed with uterine fibroid by USG done on June 2014. She had taken symptomatic allopathic

treatment for the same. She had no relief she came for Ayurvedic treatment.

Past medical history: No H/ODM/HTN/ Hypothyroidism.

Diagnosed with uterine fibroid on June 2014. C/O Hypo menorrhagia and pain in abdomen.

Past surgical History - Right Oophorectomy 3 years back (due to right ovarian dermoidcyst).

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

Menstrual history- 2 days bleeding/menstrual cycle Regular cycle of 28- 30 days with mild pain and Scanty period (1-2 pad/day). The patient was married in 2005.

Contraceptive history - CU- T- inserted in 2008 and it was removed in 2010.

Then condoms used my male partner

O/H- G3P1L1A2D0

General examination:

Pulse: 82 b/min

BP- 130/80mmhg

Temperature- 98.4 F

RR- 18/min

Height- 155cm

Weight- 65kg

Tongue- uncoated

Built- moderate

Systemic Examination

RS: AEBE clear

CVS: S1S2 normal

CNS: conscious, well oriented

P/A- Soft, non-tender

Lab Investigation

Hb-10.7gm%

USG Abdo-Pelvis

14th June 2014 showing tiny less than 1cm sized anterior wall myometrial lesion measuring 6 x 5 mm and E.T. 5.9mm.

Diagnosis: Tiny uterine fibroid.

Subsequent sonographies showed slight variation in the size till 5-1-2015. (0.46 cm x 0.29 cm)

However by 14-04-2015 the fibroid was not seen.

Treatment Given

1) *Chandraprabhavati* 2 TDS

2) *Gokshuradi Guggul* 2 TDS

3) *Shatavarivati* 2 TDS

4) *Haridrakhanda Vati* 2TDS

5) *Kumariasava* 20ml twice a day before food.

1. *Uttarbasti* for 5 days (2 days *Kasisaditaila* and 3 days *Ksharataila*)

2. *Yoga Basti*

USG pelvis, Before Treatment	Treatment	Outcome	USG scan after Treatment
14 th June 2014 showing tiny less than 1cm sized anterior wall myometrial lesion measuring 6 x 5 mm and E.T. 5.9 mm.	Patient had taken allopathic treatment for 6 months	Got temporary relief from the symptoms.	USG done on 2 nd November 2014 showing Tiny anterior wall intramural fibroid lesion measuring 0.38 x 0.33 cm and E.T. 6.3mm.
USG done on 2 nd November 2014 showing Tiny anterior wall intramural fibroid lesion measuring 0.38 x 0.33 cm and E.T. 6.3 mm.	Patient was advised Ayurvedic Treatment for 6 months Ayurvedic treatment started 1. <i>Chandraprabhavati</i> 2 TDS 2. <i>Gokshuradi Guggul</i> 2 TDS 3. <i>Kumariasava</i> 4 tsp BD 4. <i>Haridrakhanda Vati</i> 2 TDS 5. <i>Shatavarivati</i> 2 TDS	Got complete relief from symptoms like Hypomenorrhagia and pain in abdomen.	USG done on 5 th Jan 2015 showing tiny anterior wall intramural fibroid lesion measuring 0.46 x 0.29 cm and E.T. 6.0 mm.
	Patient was advised <i>Panchakarma</i> along with oral Ayurvedic medicines for 3 months. 1. <i>Uttarbasti</i> for 5 days (2 days <i>Kasisaditaila</i> and 3	Got complete relief from symptoms like oligomenorrhagia and pain in abdomen. There is no recurrence of any	USG done on 14 th April 2015 suggestive of no significant abnormality detected.

	days <i>Ksharataila</i>) 2. <i>Yoga Basti</i>	complaints.	
	<i>Panchakarma</i> along with oral Ayurvedic medicines for 3 months <i>Yogabasti</i> for 3 months was advised.	There is no recurrence of any complaints	USG pelvis - scan repeated on 14th September 2016 Showed no significant abnormalities.
	No medicines	There is no recurrence of any complaints.	Then after 2 years scan repeated for recurrence of fibroid. USG pelvis - scan repeated on 14th December 2018 Showed no significant abnormalities.

DISCUSSION

Patient has diagnosed with Uterine fibroid by scan done on 14th June 2014 showing tiny less than 1cm sized anterior wall myometrial lesion measuring 6 x 5 mm and E.T. 5.9mm. The patient took treatment for the same for 6 months and scan repeated USG done on 2nd November 2014 showing tiny anterior wall intramural fibroid lesion measuring 0.38 x 0.33 cm and E.T. 6.3mm.

Patient was advised Ayurvedic Treatment.

- 1) *Chandraprabhavati* 2 TDS
- 2) *Gokshuradi Guggule* 2 TDS
- 3) *Shatavarivati* 2 TDS
- 4) *Haridrakhanda Vati* 2 TDS
- 5) *Kumari Asav* 20ml twice a day before food.

Patient had taken treatment for 6 months and scan repeated after 6 months.

After taking this treatment for a 6 months patient got relief form symptoms like oligomenorrhia and pain in abdomen.

1st USG was done on 5th Jan 2015 showing tiny anterior wall intramural fibroid lesion measuring 0.46 x 0.29 cm and E.T. 6.0mm.

USG was repeated every 3 months and showed no significant change.

USG done on 14-04-2015 showed no evidence of any fibroid or growth.

Patient was advised *Panchakarma* along with oral Ayurvedic medicines for 3 months.

1. *Uttarbasti* for 5 days (2 days *Kasisaditaila* and 3 days *Ksharataila*)

2. *Yoga Basti*

Scan repeated after 3 months *Panchakarma* and Ayurvedic oral medicines.

USG done on 14th April 2015 suggestive of no any significant abnormality detected.

Panchakarma along with oral Ayurvedic medicines for 3 months *Yogabasti* for 3 months advised.

Then after 2 years scan was repeated to see any recurrence of fibroid.

USG pelvis- scan repeated on 14th December 2018 showed no significant abnormalities.

Here patient has got relief from symptoms like *Artavkshaya* and also pain in abdomen and uterine fibroid also successfully cured with Ayurvedic treatment.

Ingredients and mode of action

Chandraprabhavati

32 parts of *Guggul* - (*Commiphora mukul*)

32 parts of *Shilajit-Asphaltum*

16 parts of *Sharkara*- Sugar 1 part of *Karpoor* (*Cinnamomum camphora*), *Ativisha* (*Aconitum heterophyllum*), *Haridra* (*Curcuma longa*), *Vacha* (*Corus calamu*), *Mustak* (*Cyprus rotundus*), *Amalki* (*Embllica Officinalis*), *Haritaki* (*Terminalia bellirica*) (fruit rind), *Bibhitaki* (*Terminalia chebula*), *Chavya* (*Piper chaba*), *Bhunimba* (*Andrographis paniculata*), *Vidanga* (*Embelia ribes*), *Devdaru* (*Cedrus deodara*), *Dhania* (*Coriander sativum*), *Guduchi* (*Tinospora cordifolia*), *Chitraka* bark (*Plumbago zeylanica*), *Shunthi* (*Zingiber officinalis*), *Darvi* (*Berberis aristata*), *Maricha* (*Piper nigrum*), *Pippali* (*Piper longum*), *Pippalimool* (*Piper longum*), *Gajapippali* (*Piper chaba*), *Sarjikshaar* (Sodium carbonate), *Yavkshaar* (Potassium carbonate), *Saindhav Lavan* (Rock salt), *Suvarchal Lavan* (Sodium sulphate), *Vida Lavan* (Black salt), *Swarnamakshika bhashma*.

4 parts of *Trivrit* (*Operculina turpethum*), *Dantimool* (*Baliospermum montanum*), *Dalchini* (*Cinnamomum zeylanicum*), *Tejpatta* (*Cinnamomum tamala*), *Ela* (*Elettaria cardamomum*), *Vankshalochana* (*Bambusa arundinacea*) 8 parts of *Lauha Bhashma*.

Gokshuradiguggul

Gokshura (Tribulus terrestris), Shuddha guggulu (Commiphora mukul), Black Pepper, Ginger (Zingiber officinale), Pippali (Piper longum), Amla (Embblica Officinalis), Bibhitaki (Terminalia belerica), Haritaki (Terminalia chebula), Mustak (Cyperus rotundus).

1. **Haridrakhandaati:** Being anti-inflammatory in nature, turmeric reduces inflammation within the body.
2. It also acts as a natural detoxifier and purifies the blood and is helpful in treating liver and cholesterol problems.
3. **Kumariasav:** Aloe Vera (*Kumari*) is the main ingredient which acts as *Rajpravartak*.
4. **Shatavari** acts as *Rasayandravaya*.

Ayurvedic cleansing or *Panchakarma* is very effective in regulating hormones and correcting the pathology. *Uttarbasti* and *Yogabasti* acted as a *Shodhanchikitsa*.

CONCLUSION

In today's era uterine fibroid is very big issue and is very common, which may result in various menstrual problems such as dysmenorrhea, meorrhagia and irregular periods, by disturbing anatomical as well as physiological integrity. In allopathy there are few treatments mentioned to treat the fibroid. But here in this case medical management of small size uterine fibroid on the basis of Ayurvedic fundamental principles was taken. *Vata- Kapha Shamaka, Rakta- Shodhaka, Lekhana, Shothagna* and *Kledaghna* medicines such as *Chandraprabha vati, Gokshuradi Guggulu* and

Haridra Khanda, Kumara asava were found to be very effective in relieving uterine fibroid in this case. Uterine fibroid is completely cured. Uterine fibroid is similar to *Garbhashayagata Granthi* (Intrauterine encapsulated growth) but if large sample clinical study done, then the hypothesis can be establish and may help to contribute to avoid uterine fibroid surgery in initial stage. In 7% cases fibroids do resolve on their own. However considering the relief in hypomenorrhea and pain in abdomen and the continuous appearance of the fibroid till January 15 and then its disappearance in April 15 scan indicates that the patient has responded to Ayurvedic therapy only. Also there has been no recurrence even after 2 years in follow up Ultrasound scan.

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