

## Management of Uterine Fibroid Through Ayurvedic Approach: A Case Report

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### ABSTRACT

**Introduction:** Fibroids are the abnormal growth causes severe abdominal pain and heavy periods. In other cases, they cause no signs or symptoms at all. In Ayurveda, uterine fibroid has been interpreted with the name of Granthi where Vata-Kapha dominant Tridosha is involved. Very less scientific data is available depicting the effect of Ayurvedic intervention in such cases.

**Main Clinical Finding:** 50-year-old woman presented with uterine fibroid of 23x20mm seen in posterior myometrium wall with cervix appears bulky and measures 3cm. Liver was normal in size and showed grade 1 fatty infiltration. She was intended to treat with some Ayurvedic formulations. The case was treated for 4 months with a combination of different Ayurvedic drugs to alleviate symptoms and reduce the size of fibroid.

**Diagnosis:** Patient came with the complaint of irregular menstrual bleeding with pelvic pain and was diagnosed with uterine fibroid of 23x20mm seen in posterior myometrium wall with bulky cervix of 3cm by ultrasonography (USG).

**Interventions:** This patient of uterine fibroid, diagnosed as Granthi was treated with Samshamni Vati, Navayas Loha, Kanchnar Guggulu, Ashokarishta, Chandraprabha Vati, Punarnavadi Gugglu, Agnitundi Vati, Pug Khand and Amritotar Kwatha during the treatment. Only oral Ayurvedic drugs were used during the treatment.

**Outcome:** Complete remission of the uterine fibroid along with Grade 1 fatty liver was observed after 4 months of treatment.

**Conclusion:** This case study demonstrates the potential and usefulness of Ayurveda in the management of uterine fibroid.

**Keywords:** Ayurveda, Granthi, Leiomyomas, Uterine fibroid.

### INTRODUCTION

Uterine fibroids are the most common benign tumors observed in the women of the reproductive age is one such gynecological disorder which is posing a major health problem.[1] Approximately 50% of women who have this condition are asymptomatic. However, heavy menstrual bleeding or menorrhagia and severe pain or cramps during periods (dysmenorrhea) is a major burden [2].

Uterine fibroids are the most common benign uterine tumors, with an estimated incidence of 20% to 40% in women during their reproductive years [3]. Uterine fibroids are not usually dangerous but may lead to complications such as anemia because of heavy blood loss.[4]

Surgery is currently the only care of uterine fibroid in modern practise, although there are still obstacles to establishing a successful conservative medicinal approach.

In Ayurveda, uterine fibroid can be compared with *Granthi*, which occurs due to the accumulation of morbid *dosha* in the body tissues.[5] Ayurvedic literature identified nine different forms of *Granthi*, depending on the pathological factor and the body tissue affected [6].

Pathogenesis of *Granthi* is defined as when aggravated *Tridoshas*, vitiate *Meda* (fat/adipose tissue), *Mamsa* (fleshy/muscles), and *Rakta* (blood), with *Kapha* they generate a knotty, rounded protuberant, hard swelling called *Granthi*. [7] For *Granthi*, *Vata dosha* is the main pathogenic factor and its natural site is *Kati Pradesha* (lumbar region). As per the classical texts of Ayurveda, cyst can be compared to *Granthi*. *Granthi* can be treated by breaking the pathogenesis (*Samprapti Vighatana*) [8].

In this present case the patient was more anxious for treatment of uterine fibroid and not willing for surgical intervention as advised by modern medicine doctor. The primary objective for reporting this case study is that uterine fibroid can be successfully treated by the use of oral of Ayurvedic medications without surgical intervention. Ethical standards were followed as per the "CARE" Case Report Guidelines.

## Case Description

A 50-year-old married housewife, nonsmoking, nonalcoholic Hindu-female, registered vide outpatient department number 1064 on February 22, 2022, presented with complaints of irregular menstrual bleeding and lower abdomen pain in the last 1 years. It was associated with lower back pain which woke her up at night, frequent urination with mild constipation and pain in both legs. No co-morbidities were associated with her. The *Ashtavidha Pariksha* revealed that *nadi* was *vata-kapha* dominant and other examinations were in *niram* state. Her ultrasound report on March 25, 2022 clearly revealed the size and echo-texture of uterus was normal. Fibroid of size 23x20 mm seen in the posterior myometrium. Endometrial thickness was 4.3mm. The cervix appeared bulky and measures 3 cm. Liver was normal in size and showed grade 1 fatty infiltration. She was anxious due to USG findings. The patient was not willing for surgical intervention for removal of uterine fibroid.

## Treatment Schedule

Uterine fibroids are similar to *Granthiroga* of Ayurveda. It is *Vata-Kapha* dominant *Tridoshaja vyadhi*; therefore, *Vata-Kaphahara* Ayurvedic medications were required for the breakdown of the pathogenesis of *Granthi Roga*. Timeline for the case treatment is shown in Table 1.

**Table 1: Timeline of Case**

Date and year	Clinical Events and Intervention
22/02/ 2022	<ul style="list-style-type: none"> <li>• Patient came to OPD with the complaints of irregular menstrual bleeding and lower abdomen pain.</li> <li>Oral Ayurvedic Medicines were advised to the patient.               <ul style="list-style-type: none"> <li>➤ <i>Samshamni Vati</i> two tablets twice a day</li> <li>➤ <i>Navayash Loha</i> one tablet once a day</li> </ul> </li> </ul>
05/03/2022	<ul style="list-style-type: none"> <li>Patient got mild relief in symptoms.</li> <li>USG was advised to the patient.</li> <li>Same treatment continued.</li> </ul>

26/03/2022	USG findings of March 25, 2022 revealed: Fibroid in posterior Myometrium of size 23x20mm. Bulky cervix measure about 3cm. Grade 1 fatty infiltration.	Oral Ayurvedic Medicines were advised to the patient ➤ <i>Kanchnar Guggulu</i> two tablets twice a day added with the above drugs
05/04/2022	Follow-up—patient was getting mild relief of dysmenorrhea but lower abdomen pain was continued. ➤ <i>Ashokarishta</i> 2 tsf with equal lukewarm water twice a day after meal was advised with the above oral <i>Ayurvedic</i> drugs	
16/04/2022	Follow-up—patient got mild relief in lower abdomen pain. Following Medicines were advised. ➤ <i>Chandraprabha Vati</i> two tablets twice a day ➤ <i>Kanchnar Guggulu</i> two tablets twice a day ➤ <i>Ashokarishta</i> 2 tsf with equal lukewarm water twice a day after meal.	
30/04/2022	Follow-up—Patient complaint loss of appetite. Following Medicines were advised. ➤ <i>Punarnavadi Guggulu</i> two tablets twice a day ➤ <i>Agnitundi Vati</i> one tablet twice a day ➤ <i>Kanchnar Guggulu</i> two tablets twice a day	
10/05/2022	Regular follow-up. (No fresh complaint.) Following Medicines were advised. ➤ <i>Ashokarishta</i> 2 tsf with equal lukewarm water twice a day after meal. ➤ <i>Kanchnar Guggulu</i> two tablets twice a day ➤ <i>Punarnavadi Guggulu</i> two tablets twice a day ➤ <i>Agnitundi Vati</i> one tablet twice a day	
21/05/2022	Patient complaint mild whitish discharge and leg pain. Following Medicines were advised. ➤ <i>Pug Khand</i> 1 tsf BD with equal lukewarm water twice a day ➤ <i>Bala Taila</i> for local application ➤ <i>Kanchnar Guggulu</i> two tablets twice a day ➤ <i>Punarnavadi Guggulu</i> two tablets twice a day ➤ <i>Agnitundi Vati</i> one tablet twice a day ➤ <i>Chandraprabha Vati</i> two tablets twice a day	
04/06/2022	Patient got relief in the previous symptoms Treatment continued. ➤ <i>Navayash Loha</i> one tablet once a day ➤ <i>Ashokarishta</i> 2 tsf with equal lukewarm water twice a day after meal. ➤ <i>Kanchnar Guggulu</i> two tablets twice a day ➤ <i>Samshamni Vati</i> two tablets twice a day USG of whole abdomen was advised again.	
07/06/2022	<b>USG findings:</b> Uterus was in Post menopausal status. Endometrium is thin and central. No adnexal mass lesion is seen in the uterus. Fatty liver grade 1 was still present. <b>Oral Ayurvedic Medicines were advised for three weeks:</b> ➤ <i>Amritotar Kwatha</i> 40ml with equal lukewarm water twice a day after meal. ➤ <i>Ashokarishta</i> 2 tsf with equal lukewarm water twice a day after meal. ➤ <i>Kanchnar Guggulu</i> two tablets twice a day ➤ <i>Samshamni Vati</i> two tablets twice a day ➤ <i>Navayash Loha</i> one tablet once a day ➤ <i>Pug Khand</i> 1 tsf BD with equal lukewarm water twice a day	

02/07/2022	All medications were stopped and Patient was called for follow-up after 7 days.
09/07/2022	Follow-up: Patient was completely fine and no symptom was there. Patient was satisfied with the treatment.

## DISCUSSION

The present case was treated on the line of management of *Granthi roga*. *Samshamni vati*, *Navayas Loha*, *Kanchnar Guggulu*, *Ashokarishta*, *Chandraprabha Vati*, *Punarnavadi Gugglu*, *Agnitundi Vati*, *Pug Khand* and *Amritotar Kwatha* were advised to patient for the treatment. *Samsamani Vati* is an Ayurvedic herbal formulation used for fever with different etiology.

It has mild antipyretic and anti-inflammatory actions. *Navayasa Lauha* (NL) is a herbometallic preparation (*Rasaushadhi*) widely used in Ayurveda as a hematinic agent.[9] *Kanchnar Guggulu* was prescribed due to its *Vata-Kaphahara* (which alleviates vitiated *Vata* and *Kapha Doshas*), *Raktashodhana* (purification of blood), *Lekhana* (bio-scraping), and *Shothahara* (anti-inflammatory) properties, which in turn shows significant effect in *Granthi*. [10] *Ashokarishta* is *Tridosahara* but mainly acts on *pitta* and control the menstrual irregularities.

It is very useful in *Yoni Dosha*, i.e., *Asrgdararuja*, *Yoniruja*, and *Shwetapradara*. [11] *Chandraprabha Vati* is used to regulate apana vayu in several *Tridoshaja Vyadhi* like *Granthi*. [12] it is used for the treatment of diseases of the lower abdomen such as kidney stones, difficulty inurination, urinary incontinence, and frequent urination.

*Punarnavadi Gugglu* was used for local swelling & pain. *Punarnava* has *Vata-Kapha Nashak*, *Shothghna* properties, and identified as '*Shreshtha Shothaghna*' (anti-inflammatory). [13]

*Agnitundivati* helps in weak digestion and strengthening the digestive capability of intestines having digestive herbs which reduce gas formation and indigestion. [14] *Pug Khand* useful for the treatment of leucorrhoea, general physical weakness, and anemia. It is a nervine tonic which cures back-ache, pain in shins, anxiety and uneasiness [15].

*Amruthotharam Kashayam* is prescribed to reduce uncomfortable symptoms of indigestion, acts as mild laxative and used for treatment of chronic fever [16]. This case study shows that uterine fibroid can be successfully treated with the help of oral Ayurvedic drugs without surgical intervention.

## CONCLUSION

This case illustrates a situation where methodical Ayurvedic intervention can not only help in relieving symptoms but also helpful in treating the patient with uterine fibroid in small span of time.

This approach may be taken into consideration for further treatment and research work for uterine fibroid. No treatment complications were observed during the treatment.

### Patient Consent

Written permission for publication of this case study had been obtained from the patient.

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Nil.

### **Conflicts of interest**

There are no conflicts of interest.

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