

MANAGEMENT OF GARBHASHAYA ARBUDA (UTERINE FIBROID) – A CASE STUDY

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ABSTRACT

Uterine fibroids are responsible for significant morbidity in a large segment of the female population. It is most common benign neoplasm, found approximately 70% to 80% women of reproductive age with having complaints of excessive uterine bleeding, or problems related to pregnancy including infertility and repetitive pregnancy loss. Prevalence of uterine fibroids in the India among women hovers between 30-50 percent. As a consequence, uterine fibroids rank as the major reason for hysterectomy. A thorough understanding of the evaluative process of disease, having regard to the *Doshas, Dushyas, Malas, and Srotas* involved is important to the application of the principles of treatment. In this study, *Sukumara kasayam, Chariyamadhusnuhi rasayana* and *Trayodashanga guggulu* have been selected and it is successfully being used for the treatment of fibroid.

Keywords: Uterine fibroid, *Sukumara kasayam, chariyamadhusnuhi rasayanam, trayodasanga guggulu*

INTRODUCTION

Leiomyomas also called fibroids due to their abundant fibrotic tissue, have a 70-80% cumulative incidence in childbearing years.¹ Fibroids are the most common occurring benign tumors. Fibroids are dependent on oestrogen and progesterone to grow and therefore relevant only during the reproductive years, they are expected to shrink after menopause^{2,3}. Changes in food habits, lifestyle, and environmental influences are responsible for decreasing body immunity and formation of free radicals. A free radical can create cellular deterioration, resulting in diseas-

es like tumour. Uterine fibroid is one of them.

In modern classics inspite of detailed description given about uterine fibroids, aetiology of the disease has not been clearly defined. Some aetiological factors like hormonal influences and heredity though have gained attention in recent years but uncertainty in aetiology of the disease is the main hurdle in its management. In classical texts, though the disease *Arbuda* has been described widely but no special reference of *Arbuda* in female genital tract is available. On the basis of specific clinical features of

Mamsaja Arbuda as well as description of *Arbuda* in general, it can be said that all relatively big neoplasms developing from muscular and fibrous tissues (myoma and fibromas) come under *Mamsaja Arbuda*⁴. Depending upon site and organ involved, *Arbuda* may be named accordingly, so *Mamsarbuda* situated within *Garbhashaya* is known as *Garbhashaya Arbuda*(Uterine fibroids)⁵ are considered mostly a *Kapha-Vata* accumulation disorder. It has also been found that the percentage of Uterine Fibroid is rising sharply. Present era is looking towards Ayurveda in a search of efficient and safer treatment. Hence to get the better management of Uterine Fibroid without any side effects is a need of present time. Thus by taking all facts in consideration, the problem has been selected to find out its perfect theory and treatment through Ayurveda.

CASE REPORT

A 45 years old female hindu patient, house wife by occupation visited the OPD of SKAMCH & RC, Dept Of Prasooti Tantra And Stree Roga on 19th July 2017 with the complaints of excessive bleeding per vaginam, lower abdomen pain and low back ache during menstruation since 2 months. Patient was apparently normal before 2 months, since 2 months she is getting excessive bleeding per vaginam during menstruation along with that interval between cycles also increased and she also experienced lower abdomen pain, low back ache, lethargy and weakness. So she visited near by hospital and she was advised USG Abdomen and Pelvis. USG shows an Small anterior uterine fibroid and for that she was advised to undergo surgery. So she approached SKAMC and HRC for further management as she did not intend to undergo surgery.

Past history: No H/O DM/HTN/hypo-

hyperthyroidism or any other major medical or surgical history.

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

Menstrual & Obstetric history

Menarche - 12 yrs.

MC- 7-9 days / 20- 25 days – since 2months

D₁-D₅-7-8Pads/day

D₆₋₇ – 4-5 Pads/days

D₈₋₉1-2 pads/day

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

Associated complaints - spasmodic and intermittent pain in lower abdomen and lower back region.

LMP – 7/07/17

Married life -27 years.

O/H –P₄A₀L₄D₀,

P₄ FTND (Hospital delivery).

Contraceptive history- Tubectomised before 18yrs.

General examination

- Built : Moderate
- Nourishment : Moderate
- Pulse : 78 b / min
- BP:120/80mmofHg
- Temperature : 98.6 F
- Respiratory Rate : 18 cycles / minute
- Height : 5'4'' inch
- Weight : 70 kg
- Tongue : Uncoated
- Pal-
lor/Icterus/Cyanosis/Clubbing/Edema/Lymp
hadenopathy : Absent

Systemic examination

CVS: S1 S2 Normal

CNS: Well oriented, conscious.

RS: normal vesicular breathing, no added sounds

P/A- Soft, tenderness present in hypogastrium

region, no organomegaly

Per speculum examination- vagina normal, cervix healthy and normal size, no white discharge

Ashta Vidha Pariksha:

- 1) *Nadi* - 78 b / min
- 2) *Mala* - Once / day
- 3) *Mutra* - 5 - 6times/day
- 4) *Jivha* - *Alipta*
- 5) *Shabda* – *Avishesha*
- 6) *Sparsha* - *Anushna Sheeta*.
- 7) *Druk* - *Avishesha*
- 8) *Akriti* - *Madhyama*.

Dasha vidha pariksha

Prakruti – *Kapha vataja*

Vikruti – *Rasa, Mamsa and Meda*

Sara – *Madhyama*

Samhanana – *Madhyama*

Satmya – *Vyamishra*

Satva – *Mishra rasa satmya*

Pramana – *Madhyama*

Ahara shakti – *Abhyavarana shakti* – *Madhyama*

Jarana shakti – *Madhyama*

Vyayama shakti – *Avara*

Vaya – *Madhyama*

Lab Investigations

Hb – 11.8gm%

TLC – 6800 cells/ mm3

Random blood sugar – 94mg/dl

Thyroid profile- normal

Trans abdominal scan– USG Abdomino – Pelvic done on 19-7-17

IMP: Small anterior uterine fibroid.

Intervention

- *Sukumara Kasayam* 2 tsf BD after food with 4 tsf water
 - *Chariyamadhusnuhi Rasayana* 1 tsf BD after food with 1 glass of milk
 - *Trayodashanga Guggulu* 2 AD after food
- Medicines were given for duration of next menstrual cycle.

Follow up was done every month for 3 months (1 months of treatment + next 2 months following treatment).

OBSERVATION AND RESULTS

Table 1: Changes in signs and symptoms after treatment and after follow up

Signs And Symptoms	Before Treatment	After Treatment	After 1 st Follow Up	After 2 nd Follow Up
Lower abdomen pain during menstruation	Present	Absent	Absent	Absent
Low Back ache Lethargy weakness	Present	Absent	Absent	Absent
Increased pv bleeding during menstruation	Present MC –9 days / 20- 25 days D ₁ -D ₅ -7-8Pads/day D ₆₋₇ – 4-5Pads/days D _{8,9} 1-2 pads/day	Absent	Absent	Absent MC –5 days D ₁ -D ₂ -4-5 Pads/day D _{3&4} – 1-2 Pads/days D ₅ - 1 pad Lmp- 10/10/17

From month of October patient is free from all the symptoms. Patient was advised to stop all the medication in August and asked to observe condition during menstruation for next 2 months.

Advised USG abdomen and pelvis after cessation of bleeding in next menstrual cycle
USG Shows: Normal abdominal pelvic scan

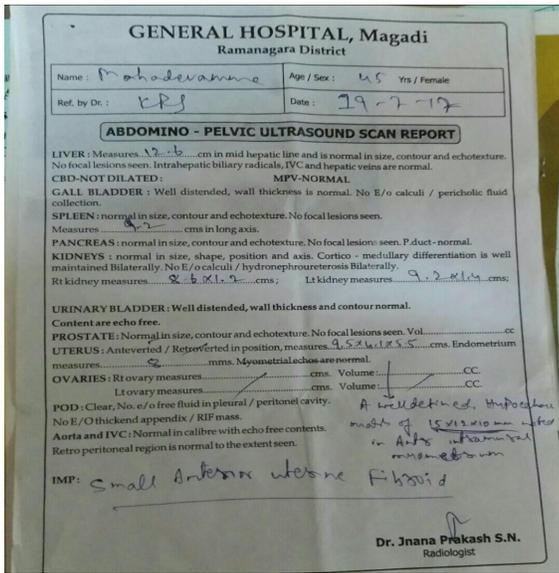


Figure 1: Before Treatment

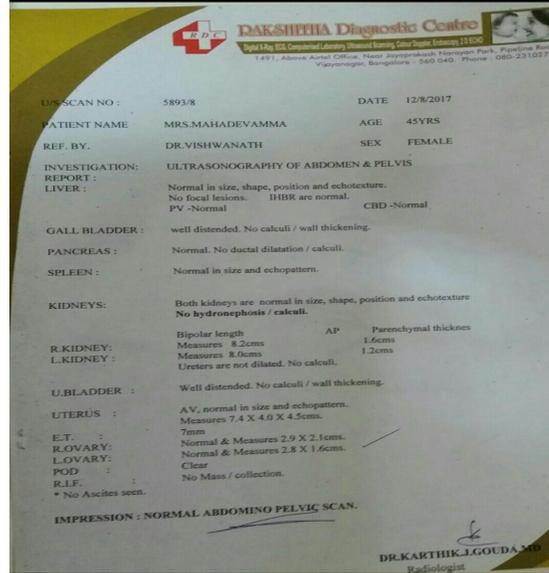


Figure 2: After Treatment

DISCUSSION

Fibroid can be compared to *mamsa arbuda* in Ayurveda. The main dosha involved in this is *vata* and *kapha*. In women’s life, late reproductive age or perimenopausal age is very crucial because *Vata* is unstable during this period and tends to increase with use of unwholesome diet and behaviour. Increased *Vata* causes impaired ovarian hormone secretion which in turn causes creation of *Kha-vaigunya* in *Garbhashaya* means makes *Garbhashaya Arbuda*. Increased *Vata* causes vitiation of *Kapha* leads to *Srotorodha* and formation of *Granthi*. Again vitiated *Vata* enhances rate of cell division result in formation of *Garbhashaya Arbuda*.

For *arbuda*, *chedana* and *lekhana* can be considered as main line of treatment. Hence in the present study *lekhana* type of adopted with *Sukumara kasayam*, *Chariyamadhusnuhi Rasayana* and *Trayodashanga Guggulu*. *Sukumara kasayam* is having, *shoolahara*, *rasayana* properties and indicated in *yoni roga*.

*Chariyamadhusnuhi Rasayana*⁶ is having *deepana*, *lekhana*, *rasayana*, *shoolahara* and *dathu-bala-sukha vardhaka* properties and indicated in *gulma* also. *Chariyamadhusnuhi Rasayana* by its *lekhana* property removes the ectopic tissue from abnormal sites and by *vata anulomana* prevents *udharvagamana* of raja leading to its proper expulsion. *Trayodashanga Guggulu*⁷ having *vedana hara* property is indicated in *vata kaphajanya rogas* and *yonidosha*. *Trayodashanga Guggulu* due to its *vedana hara* and *vatashamana* properties helps in relieving the pain. The drugs used in this study helps in normalizes *Kapha* vitiation and *Vatavaigunya*, reduces *Ama* formation, excess *Meda* and remove *Srotorodha / Sanga* and creates normal functioning of *Vata*, *Kapha*, *Mamsagni* etc. and helpful in reduction of symptoms and size both. Thus, it is certain that, drugs evaluated in this study are having many advantages without complications. All the drugs present in this combination have *Kashaya Rasa*, *Madhura*, *Katu Vipaka*, *Ruksha*, *Tikshana*, *Ushana Virya*,

Vata-Kaphahara, Deepana, Pachana, Rasayana, Raktapitta Nashaka, Shothaghna, Lekhana properties helped in reducing fibroid size along with relieving other symptoms also, hence it can be said that when size of fibroid is small we can use this type of treatment to avoid surgical intervention.

CONCLUSION

In the present study *Sukumara kasayam, Chariyamadhusnuhi rasayana and Trayodashanga guggulu* have been used for the treatment of *garbhasaya arbuda* which is found to be very effective. There is drastic improvement in signs and symptoms. Patient is free from all the symptoms and able to perform her daily routine activities without difficulty. Hence Ayurveda gives the complete cure by not only relieving the symptoms but also by increasing the defense mechanism and immunity of patient. This in turn prevents the recurrence of disease. Trial in a larger sample is required to generalize the outcome. The effect of Ayurvedic drugs on *Arbuda* is evident from this case study. Hence by planning an appropriate treatment protocol, it is possible to manage the dreadful diseases in early stage by the Ayurvedic Management.

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