

AYURVEDIC MANAGEMENT OF ENDOMETRIAL HYPERPLASIA WITH BULKY UTERUS- A CASE REPORT

Sharma Rashmi Ramesh¹, Radhey Shyam Sharma²

¹Assistant Professor, Department of Prasuti Tantra & Stree Roga, ² Prof., Vice-chancellor, University college of Ayurveda

Dr. S.R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India

ABSTRACT

Ayurveda is a health care system sensitive to women's special health needs. Women are far more sensitive to the rhythms & cycles of nature & Ayurveda is founded on the principle of keeping the body toned in time with nature & naturally women find Ayurveda very suitable. In Ayurveda, endometrial hyperplasia of uterus can be correlated with *Lohitakshara Yonivyapada*. The present case revealed the *Raktastambhaka*, *Shothhara* evum *Tridosahar* properties of some Ayurvedic medicines viz. *Patrangasava* & *Dashmula Kashaya* in a known case of endometrial hyperplasia with bulky uterus. The trial drugs were procured from the local market. These *Raktastambhaka*, *Shothhara* drugs found to be improved remarkably the functions of uterus. After three months of treatment, the sonography report showed no hyperplasia of uterus.

Keywords: Ayurveda, *Lohitakshara*, *Yonivyapada*, Endometrial Hyperplasia, *Raktastambhaka* Drugs

INTRODUCTION

Endometrial hyperplasia is an excessive or abnormal thickening of the lining of the uterus. In most of the cases it is benign in nature. Main cause of endometrial hyperplasia of uterus is high levels of estrogens, combined with insufficient levels of the progesterone like hormones which ordinarily counteract estrogens' proliferative effects on this tissue. It may also occur because of chronic disorders, such as diabetes, obesity or polycystic ovarian syndrome. This disorder most often affects young women who are just beginning to menstruate & older women approaching menopause. Common symptoms of endometrial hyperplasia of uterus are abnormal vaginal bleeding, including bleeding or spotting between menstrual periods, dramatic changes in the duration of menstrual periods, postmenopausal bleeding, dyspareunia & anemia.

During a bimanual examination of the pelvis, hyperplasia of uterus may be noticed. Endometrial hyperplasia of uterus is diagnosed by ultrasound (TVS), endometrial biopsy, dilatation & curettage & Hysteroscopy. The treatment of endometrial hyperplasia of uterus is mainly done by hormonal treatment (especially by progesterone) and by surgical treatment such as hysterectomy, which are having their own side effects.

In Ayurveda endometrial hyperplasia of uterus can be correlated with *Lohitakshara Yonivyapada*. The *Lakshanas* of *Lohitakshara Yonivyapada* is *Artava Atipravrutti* (excessive bleeding), *Akala Artava Darshana* (irregular menstruation), *Ausha*, *Chosha* evum *Daha*. *Chikitsa* of *Lohitakshara Yonivyapada* include *Stambhana*, *Shothahara* and *Tridosha-shamaka Karma*. In present case study *Shamana Yoga* (*Patrangasava* and *Dashmula Kashya*) is

used for the management of Hyperplasia of uterus. *Patrangasava* is having *Stambhana*, *Mandagnivardhaka*, *Shotha*, *Pandu* and *Aruchihara* property, along with this *Dashmula Kashya* is also having *Tridoshashamaka*, *Vatavyadhihara* and *Basthi-shulahar* property.

Case presentation: A female subject aged 50 years, married 27 years back, housewife; multi-gravida (G6, P6, A0, L5, D1) was examined in the hospital (OPD) on 29-11-2014 (OPD No.39437/13-14) for endometrial hyperplasia of uterus. She had no previous history of mumps, syphilis, gonorrhoea, metrorrhagia, and exposure to radiation or any toxin or chemical agent. She had suffered from typhoid in childhood & from depression in 2012.

She had done 4 month conventional therapy for hyperplasia of uterus but was unsuccessful. On examination, the body proportion was found to be thin & lean with normal secondary sexual characters, were belonging to *Vatapittaprakrti* and *Asthisara*. There was no any abnormal findings seen in the physical examination and in pelvic examination (per speculum examination cervix is congested, white discharge present (watery) & on per vaginal examination uterus is AV/AF, Bulky, no tenderness in fornices.)

Treatment: The treatment was carried out with the following medicines (Table 1) for three months. During this period the patient was advised to take *Santarpana* (nutritive diet like milk etc.) *evum Raktavardhaka Ahara* (like green vegetables etc.) and avoid *Snigdha* (oily), *Vidahi*, *Amla* & *Lavana Ahara*.

After the treatment, the sonography report on 21-02-2015 showed no hyperplasia of uterus.

Observation & result: The patient had followed the *Ahara* & drug restriction

strictly. The sonography was made after three month of treatment. The findings of sonography report before and after treatment are:

USG (Before treatment):

Uterus: AV/AF, Bulky in size (9.5*5.7*6.6)

Endometrial Canal: Is normally seen

Endometrium: Endometrial thickness is 11.8mm, no mass seen

Left ovary: Normal in size

Right ovary: Normal in size

Cul de sac: No free fluid is seen

USG (After treatment):

Uterus: Normal in size, shape & echotexture

Endometrial Canal: Is normally seen

Endometrium: Endometrial thickness is 7mm, no mass seen

Left ovary: Normal in size

Right ovary: Normal in size

Cul de sac: No free fluid is seen

DISCUSSION

Endometrial hyperplasia of uterus is one of the prevalent reasons for uterine dysfunction, which directly affects the health status of women. The present finding based on sonography and the effective management of hyperplasia of uterus with Ayurvedic formulations with no adverse effect highlights the promising scope of traditional medicine in the various uterine disorders. *Stambhana*, *Vedanahara* and *Tridoshashamka* properties of *Patrangasava* and *Dashmula Kashya* act on reproductive system & improve the functions of uterus and *Artava*. (Especially *Bahipushpa* (menstrual blood). Along with this *Shothahara* property of *Patrangasava* also helps in reducing the size and arrests further growth of endometrium.

After the treatment, the sonography report showed no hyperplasia of uterus (Table 2).

CONCLUSION

Ayurveda is the oldest form of healthcare in the world. Ayurveda has best natural health supplements & products to manage the changes in the body right from puberty to menopause. Various effective Ayurvedic herbal formulations are available for the management of female disorders which are having very good results and with no any adverse effect. The present study reveals the effective management of endometrial hyperplasia of uterus by Ay-

urvedic treatment, especially by herbal medicines.

Consent: Before starting treatment consent of the patient is taken along with proper advice and counselling.

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Table 1: Medicines used for the treatment

Name of the drugs	Dose	Anupana
<i>Patrangasava</i>	15ml	<i>Sambhaga Jala</i>
<i>Dashmula Kashya</i>	15ml	<i>Jala</i>

- Twice daily

Table 2: Results of Sonography (Pelvis)

Particulars	Before treatment (18-11-2014)	After treatment (21-2-2015)
Uterus	AV/AF, Bulky in size (9.5*5.7*6.6)	Normal in size
Endometrial canal	Is normal	Is normal
Endometrium	Endometrial thickness is 11.8mm , no mass seen	Endometrial thickness is 7 mm, no mass seen
Left ovary	Normal in size	Normal in size
Right ovary	Normal in size	Normal in size
Cul de sac	No free fluid is seen	No free fluid is seen

USG Report:

Scanned copies of USG (before & after treatment)

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CORRESPONDING AUTHOR

Dr.Sharma Rashmi Ramesh

Assistant Professor, Department of Prasuti Tantra & Stree Roga, University college of Ayurveda, Dr. S.R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India

Email: Vd_rashmi11@yahoo.com

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