

EVALUATE THE EFFICACY OF AN AYURVEDIC TREATMENT REGIME ON OVARIAN CYST – A CASE STUDY

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ABSTRACT

Ovarian cyst is a problem in which women's hormones are out of balance. It can cause problems with periods and make it difficult to get pregnant. It also may cause unwanted changes in the look. If it is not treated, over time it can lead to serious health problems, such as PCOS, diabetes and heart disease. In *Ayurvedic* classics there is no direct mentioning of this disease rather; symptoms are found under various diseased conditions at various references. Therefore this study was conducted to evaluate one of the treatment regimes for Ovarian cyst. A 39 years old female patient was came to OPD at Shri JGCHS Ayurvedic Medical College, Ghatprabha, residence of Gokak on 06 June 2016 presenting with the symptoms of lower pain abdomen, nausea, indigestion, loss of appetite, abdominal distension and general weakness since 6 months. Patient had H/o hysterectomy 2 years back. These existing symptoms were graded and marked using a standard proforma. Treatment regime was continued for 45 days continuously. The patient was treated with a specific internal treatment in which *deepana*, *pachana*, *balya*, *shulprashamana* and *shotahara* treatments were included. Results were recorded through symptomatic relief in subsequent visits every week. At the end of the treatment the patient was entirely relief (100%) from signs and symptoms of the disease.

Key words: Ovarian cyst, Treatment Regime, women disorder, *shulaprashamana*,

INTRODUCTION

Stree being the root cause of progeny¹, utmost care should be given to protect her from any ailments that affect her motherhood. Ovarian cyst is fluid filled sac within the ovary, Most ovarian cyst however occur during infancy and adolescence, which are hormonally active periods of development². The clinical features are lower abdomen pain, irregular period, bloating in abdomen, difficulty with bowel

movements, nausea and vomiting³. In *Ayurvedic* classics there is no direct mentioning of this disease rather, symptoms are found under various diseased conditions at various references i.e. menstrual irregularities are described under the broad heading of *Ashtoartavadushti*⁴(Eight abnormalities of Menstruation), while the description of infertility is under the context of *Pushpaghni*, *Jataharini*⁵ and *Revati Kal-*

*padhyaya*⁶bears similitude to the symptom of hyper-androgenism. But features of metabolic dysfunction and polycystic ovarian morphology are not evident from any description. Thus, it is necessary to modulate a well accepted *Ayurvedic* approach towards the disease and formulate the principles of management. If the treatment is planned well by means of scientific research and applying the *doshic* status, it can make wonders in the curability of complex symptoms of ovarian cyst. This study is a modest and primary attempt to give a light of hope to the agonizing sufferers of ovarian cyst.

Case presentation: A 39 years old female patient was came to Out Patient Department (OPD) at Shri JGCHS Ayurvedic Medical College, Ghatprabha, residence of Gokak (Dist: Belgaum, State: Karnataka) on 06 June, 2016 presenting with the symptoms of lower pain abdomen, nausea, indigestion, loss of appetite, abdominal distension and general weakness since 6 months. The patient had been undergone with western medicines since last 4months, but the disease was not cured completely; recurrences occur.

Personal History:

Bowel: Constipated

Appetite: Decreased

Micturition: Normal

Sleep: Disturbed due to pain.

Family History:

Nothing significant

Physical Examination:

B.P: 130/88 mm of Hg.

P.R: 68/min.

General Survey:

Appearance: Normosthaenic

Facies: Normal

Attitude: Conscious.

Systemic Examination:

CVS: S1, S2 heard. No added sounds

CNS: NAD

RS: NAD

GIT: Nausea

Specific Examination: Inspection: slight abdominal distension, anxious look

Palpation: tenderness in lower abdomen/pelvic pain

Percussion: dull sound

USG Report:

Impression: Left ovary small cyst (24*21mm) and minimal distended bowels - colitis

Clinical diagnosis: Ovarian cyst

Treatment: The grades of symptoms of the patient before starting the treatments are mentioned below.

- Abdominal pain: Grade 4 (Severe abdominal pain and extreme difficulty in doing daily work)
- Constipation: Grade 3 (very hard stool passed once in 3-4 days)
- General weakness: Grade 3 (weakness felt continuous throughout the day)
- Loss of appetite: Grade 3 (observed for a week)
- Nausea: Grade 1 (present)

Before starting the treatment patient consent was taken. Treatment regime was planned according to the symptoms appeared & *dosha* associated with the disease. Internal medications were included in the treatment regime. The instructions regarding administration of medication were given to the patient. In addition to that, the instructions regarding to food & habits which should be avoided were given to the patient. Planned treatment regime was continued for 45 days continuously. Results were recorded through symptomatic relief and on USG report. The prescribed treatment regime is mentioned below.

Colitis: IV Ofloxoz for 5 days.

Ovarian Cyst:

- Kanchar guggulu 2bd after meals

- Tab femigard gold 1tid after meals (Apex pharma- patent drug)
- Tab Diazen 1bd after meals (Apex pharma- patent drug)
- Sy patrangasava 10ml tds after meal

Tab Femigard gold: Gairika-10mg, yashad bhasma-10mg, muktasucti bhasma-10mg, mandura bhasma-20mg, ashoka-100mg, lodhra-12.5mg, shatavari-5mg, punarnava-5mg, gokshura-5.71mg, hari-taki-10mg, amalaki-5mg, lavanga-6.67mg, kankola-3.33mg etc.

Tab Diazen: Gudmara-15mg, Karvellaka-30mg, jambu-18.75mg, guduchi-15mg, ashwagandha-20mg, methi-10mg, aavar-taki-25mg, bilva-18.75mg, nimba-7.5mg, haridra-3.5mg.

Advice:

- To avoid mental stress
- To avoid spicy, over eating, fried food, bakery items, fermented items, cold drinks

- To have more green leafy vegetables, black till, more jiggery in food

OBSERVATIONS:

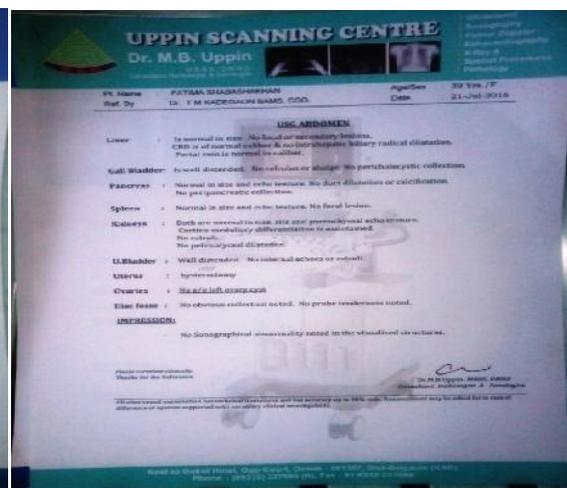
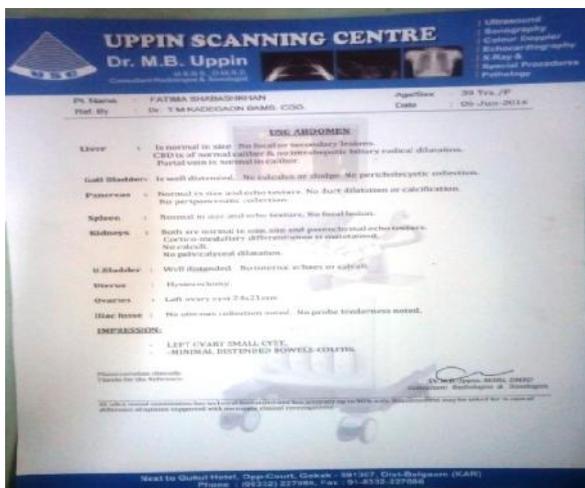
- **First week:** At the end of first week, nausea relieved. There was mild improvement in appetite, abdominal pain were present in moderate form, passing hard stool once in 2-3 days and Generalised weakness were affecting daily activities.
- **Third week:** At the end of third week, appetite improved with mild abdominal pain and passing hard stool once daily. Mild weakness present, but there is no affect towards daily work.
- **Fifth week:** At the end of fifth week, appetite become normal, patient started easy evacuation of bowel once daily. There were no abdominal pain and patient is feeling well without any generalised weakness.

RESULT: Results according to grading symptoms

Sl No	Symptoms	Grade-before treatment	Grade- after treatment			
			1 st Wk	3rd Wk	5 th Wk	45 th day
1	Abdominal pain	Grade-4	3	2	1	0
2	Constipation	Grade-3	2	1	1	0
3	Loss of appetite	Grade-3	2	1	1	0
4	Nausea	Grade-1	0	0	0	0
5	Generalised weakness	Grade-3	2	1	1	0

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DISCUSSION

Ovarian cyst is a relatively common endocrine disorder that affects women of the

reproductive age group. Although it is quite commonly encountered in clinical practice, its prevalence varies considerably depending on how its diagnosis is made, because of the heterogeneity in its presentation. The disorder is associated with a wide spectrum of presenting features including menstrual irregularities, ovarian torsion, ovarian rupture and PCOS⁷.

Probable action of drugs:

Maximum drugs are having *tikta kashaya rasa pradhana* and *sheetavirya*.

*Tikta rasa*⁸: *Aruchihara, Deepana-Pachana, Balya,*

*Shula prashamana*⁹: *Guggulu, Ashoka, Shatavari, Bilva*

Shothara: Kanchanara, Ashwagandha, Bilva (Specialygarbhashyashothara), Lodhra, Punarnava

Aruchihara: Karvellaka, jambu

Deepanapachana: Karvellaka, guduchi, Nimba, Punarnava

Balya: Ashwagandha, Guduchi, Bilva, Gokshura, Shatavari

Vatanulomaka: Punarnava

CONCLUSION

The world of medical science is climbing new steps day by day but newer disease like AIDS, Chicken gunya, ovarian cyst, Swine flu, etc. are arising every day for which there is no direct correlation in Ayurvedic classics found. The description of gynaecological disorders is less in our literature and it is found only under the broad heading of 'Yoni Vyapada'. So, it is the need of time to postulate *samprapti* and its *vighatana* i.e. *chikitsa* of the disease like Ovarian cyst by Ayurvedic norms. The present study shows significant result in the ovarian cyst, so the above treatment combination can be tried on larger number.

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