



## AYURVEDA APPROACH IN THE MANAGEMENT OF ENDOMETRIOSIS

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**ABSTRACT**

Endometriosis is the functioning endometrium in a site other than the uterus. It can be either the endometriosis externa or interna. External refers to endometriosis of any part of the body except the myometrium. It primarily affects women who are of reproductive age and is a significant contributor to infertility and pelvic pain. Dyspareunia, cyclic menstrual pain, can be correlated with different *Yonivyapada* based on other symptoms. *Ayurvedic* management can be done based on *Tridosh* theory in which *Vata* is responsible for displacing endometrial cells from their original location in the uterus to places outside the uterine cavity. *Pitta* is responsible for the involvement of blood, hormones, and menstruation, as well as the inflammatory nature of the disease. *Kapha* is responsible for increasing the buildup of cells and forming adhesions in between organs so that the treatment approach can be *Amapachana* & correction of *Agni*, *Vaatanulomana*, *Mridu Virechana*, *Vatashamaka*, *Raktasrava-*

*rodhaka, Granthihar and Shothhara Chikitsa*. This paper will review endometriosis and its Ayurvedic perspective, preventive & curative aspects.

**Keywords:** *Udavarta, Menorrhagia, Basti, Mahatikta ghrita,*

## INTRODUCTION

Endometriosis is an estrogen-dependent chronic condition, defined by functioning endometrium (glands and stroma) in sites other than uterine mucosa. Implantation of functioning endometrial tissue outside the uterine cavity<sup>1</sup>. These ectopic endometrial tissues that may be found at sites other than the uterus are called endometriosis externa. The prevalence rate of endometriosis among women worldwide ranges from 6–10 per cent. It affects 247 million women globally and 42 million women in India approx 10 percent<sup>2</sup>. It is mainly diagnosed by laparoscopy & USG nowadays. The most common sites are the ovaries, the cul-de-sac including the Uterosacral ligaments, the peritoneum overlying the bladder, sigmoid colon, the back of the uterus, intestinal coils and the appendix. According to modern science, the exact cause is still unclear; however, several theories are explained, like the implantation theory, metaplasia theory, lymphatic theory, blood spread theory, immune deficiency theory, genetic theory, etc. Endometrium glands and stroma in the ectopic sites have the potential to change the action of ovarian hormones. Nowadays use of OCP by females, a disturbed lifestyle, and use of fast & junk food disturb the HPO axis, as a result, cause hormonal imbalances. Proliferative changes are constantly evidenced & secretory changes are conspicuously absent in many, possibly due to a deficiency of steroid receptors in the ectopic endometrium. The periodically shed blood may remain encysted and become tense and rupture. As the blood is irritant, a dense tissue reaction surrounds the lesion with fibrosis. It also produces adhesions and puckering of the peritoneum.

Chocolate cyst forms in the ovary due to hemorrhagic follicular or corpus luteum cyst or bleeding into a cyst adenoma. An endometrial cyst or endometrioma is preferred to the chocolate cyst. Dense adhesions form in the pelvis. The clinical symptoms include

nausea or vomiting and bloating, dysmenorrhea, dyspareunia, dysuria, dyschezia, lower abdominal pain, menorrhagia, irregular bleeding and chocolate cyst in later stages. However, it is predominantly concluded that endometriosis has no cure or treatment<sup>3</sup>. In *Ayurved*, it can be correlated with different *Yonivyapada* based on other symptoms. Chronic Pelvic pain (*Vatika Yonivyapada*), Menorrhagia (*Rakta Yoni*), Dysmenorrhea (*Vatiki Yonivyapada or Udavarta Yonivyapada*). Dyspareunia (*Paripluta Yonivyapada*), Infertility (*Vandhya Yonivyapada*), Adhesions and Retroversion of the uterus (*Antarmukhi Yonivyapada*). In the ayurved acute stage, initially, it can be correlated with *vataja yonivyapada* based on two symptoms: dysmenorrhea and chronic pelvic pain. *Udavarta*, when it is added with *Pitta Dushti*, *Atyaartava* present Amenorrhagia. If untreated, then *kapha Dushti* occurs & adhesions form in the pelvis.

### Aim:

This systematic review aims to synthesise the qualitative research present in Ayurveda classics to understand better the various facts of endometriosis and its correlation in *Ayurveda*.

### Objective:

1. To thoroughly comprehend endometriosis and understand management by a review of *Ayurvedic* literature.
2. To learn more about the role of *Dosha* in endometriosis
3. To comprehend the role of *Nidana* in developing Endometriosis.

**Methodology:** Research Articles and publications from both the modern and the Ayurvedic worlds were used to review various aspects of endometriosis in connection to *dosha*.

*Nidana* of *yonivyapada*—the causative factors *Mithya acara* means both *Mithya Ahara* and *vihara abnor-*

mal Artava, beeja dosa and daiva means misdeeds of previous and present life<sup>4</sup>.

### Pathophysiology according to Ayurved

According to the Ayurvedic classification, it is categorised under *Tridosha* imbalances under different circumstances. Cell overgrowth is a *Kapha* imbalance.

**Vata** - The role of *Vata* is the displacement of endometrial cells from their original location in the uterus to places

**Pitta** - *Pitta* problem because of the involvement of blood, hormones and menstruation, as well as the inflammatory nature of the disease

**Kapha** - *Kapha* due to the increasing buildup of cells and overgrowing.

Depending on the symptoms, endometriosis in Ayurveda can be diagnosed as *Vyana Avruta*.

*Apana Vata, pitta and kapha Adhmana Udavarta, Gulma, Aarti, and Parikartika*, when *Vata* is the predominant *Dosha adhmana, Udavarta Arti* are the predominant features. Here, the patient complains more of pain, i.e. dysmenorrhea, dyspareunia, dysuria, low backache or abdominal pain, along with retrograde flow of menstrual fluid. If *Vyana avruta apana vata* is associated with *Pitta, patients experience Gulma (Artava) and Asrugdhara*. Here, *Gulma* refers to *Rakata Gulma*, which is the accumulation of regular *Artava*. In this condition, the patient may have menorrhagia and chocolate cyst. As a chocolate cyst is due to the collection of menstrual debris, it is considered *Rakata Gulma*. *Vyana avruta apana vata, if associated with Kapha*, leads to adhesions.

### Modern management of endometriosis

Expectant management (Observation only), Medical therapy, Surgery(Conservative definitive )  
Combined therapy (medical and surgical)

There is currently no cure for endometriosis, but various treatment options may help manage modern symptoms. These include **Pain relief** by Nonsteroidal anti-inflammatory drugs such as ibuprofen and medicines to relieve painful menstruation. Hormonal treatment creates Pseudopregnancy, pseudomenopause, or persistent anovulatory state. Danazol OCP, Mirena is used for this for the treatment of en-

dometriosis. In some cases, Gonadotrophin-releasing hormones are recommended. These may reduce estrogen levels and help limit the development of ectopic tissue. However, they cannot repair adhesions or improve fertility. **Surgery**

If medical treatments do not work, surgery may be recommended to remove unwanted tissue. In some cases, a hysterectomy with removal of both ovaries may be advised<sup>5</sup>.

### Limitations of modern medication:

**Side effects:** Endometriosis drugs can cause various side effects, ranging from mild to severe. These side effects may include mood swings, weight gain, nausea, headaches, and hot flashes, side effects intolerable, impacting their quality of life and adherence to treatment. **Fertility concerns:** Certain endometriosis drugs, particularly those that suppress ovarian function or lower estrogen levels, can affect fertility. This can be a significant concern for women who wish to conceive in the future.

### Ayurvedic management of endometriosis:

Endometriosis cannot be correlated to any single disease. In Ayurveda, the diagnosis is to be based on the *Tridosha*.

1. Hence, drugs possessing *Deepana* and *Pachana* properties can be used. Drugs like *Chitarak* and *Krishna Jeeraka*, which possess *Deepana, Pachana*, and *Garbhasaya Visuddhakara* properties, are as helpful as *Amahara* drugs in the management of endometriosis. So, the treatment approach can be *Ampachana & vatashamaka, Mridu Virechana, Granthi Har*, and *Lekhana Chikitsa*. *Deepan Pachan* drug like *panchakol churna, amapachak vati, chitrakadi vati, sankha vati jirakadyaristha* etc.in can be used to promote *agni* and for elemunation *ama* form *artavahasrotas*. *Ama* acts as free radicals, which disturb the normal homeostasis of the cells.
2. **Mridu virechana** can be given to correct the *vatadosha vimarg gamana* and to balance *pitta dosha*. Drugs like *Ttrivrutta, Aragwada, Haritaki Churna, Triphala churna*,
3. **Kanchnara Guggul** balance *Kapha* and reduce *Madha Dhatu*

4. **Varunadi Kashaya** - The collection of Kapha was removed with *Bhedana Shigru* leaf powder.
5. **Manjishtha** – balancing *Pitta Dosha*
5. **Gokshurdi Guggul** – *vata kapha* hara, *Pitta-Kara* .
6. Vatanulomak drugs like Hingwastaka Vati, Hingwadi Churna, Avipattikara Churna, Abhayaarista, Triphala Churna, Haritaki Churna, Trivrit Churna, etc. help decrease Pratiloma Gati of vitiated Vata Vata shamaka External oil massage with Vata pacifying oil like Bala Taila, Sesame oil, etc. <sup>6</sup>.
7. **Panchakarma—Anuvasana Basti (Sahchar Taila), Asthapana Basti (Dashmool Kwatha), and Yoga Basti for Amapachana procedure eliminate the Niruha Basti (Dashmool Kwatha, Erandmuladi Kwatha, etc.) and Anuvasana Basti (Sahchar Taila Dashmool Taila, etc.)** can be given.

#### **Yoga for endometriosis:**

Endometriosis is a condition where tissue similar to the lining inside the uterus grows outside of it, causing pain and potentially leading to infertility. *Yoga* can help alleviate pain and improve pelvic circulation, supporting overall reproductive health.

#### **Cat-Cow Pose (Marjaryasana-Bitilasana)**

- How to Perform - Start in a tabletop position with hands under shoulders and knees under hips.
- Inhale, arch your back (Cow Pose), exhale, and round your spine (Cat Pose).
- Continue for 2-3 minutes, focusing on your breath.

#### **Supine Twist (Supta Matsyendrasana)**

- How to Perform - Lie on your back and bring your knees to your chest.
- Extend your arms to the sides and drop your knees to one side, looking over the opposite shoulder.
- Hold for 1-2 minutes on each side.

#### **Pigeon Pose (Eka Pada Rajakapotasana)**

- How to Perform -Bring your right knee forward from a tabletop position and place it behind your right wrist.
- Extend your left leg back, lower your hips, and fold forward.

- Hold for 1-2 minutes on each side.

These poses help relieve pelvic tension, improve circulation, and reduce inflammation, which can alleviate endometriosis symptoms.

## **DISCUSSION**

Endometriosis can be viewed as a chronic disease and requires effective pain management. Through diagnosis and treatment at the proper time, Ayurveda can successfully manage the condition. The treatment principles can be effectively formulated in such a way as to enable the regression of endometriotic implants and the restoration of routine pathology. Hence, endometriosis is the primary disease; therefore, mainly *Vata Anulomana* drugs were prescribed due to Prathiloma gathi of *Vata*. A separate line of treatment for *kapha pacifying properties* was planned for the condition of *kaphaja Granthi (endometrioma)* as a secondary disease. Endometriosis involves the Vitiating of the *Vyana avruta apana vata*, which results in a retrograde flow of menstruation and endometrial tissue's lymphatic and vascular spread. The ectopic implants of the endometrium may get enlarged with subsequent menstrual cycles. Adhesions develop with the association of *Kapha Dosha*. Therefore, treatment focused on *Agni Deepana Aama Pachana* with *Shodhana* to remove the *Aama* and get the *Doshas* back into their original locations and *Vatasamana* with due consideration to associated *Kapha Dosha* by *Lekhaniya Dravyas*. This shows that if the treatment plan is selected according to the principles of *Ayurveda*.

## **CONCLUSION**

Endometriosis is diagnosed as *Vyana avruta apana Vata*. Ayurveda blesses the feminine world with numerous drugs that help maintain their health naturally. Hence, Ayurveda plays a significant role in treating endometriosis and preventing complications. Vitiating of *Vata Dosha*, especially the *Apana* and *Vyana Vata*, results in retrograde menstruation flow and vascular spread of endometrial tissues. The ectopic implants of the endometrium may get enlarged with subsequent menstrual cycles. Treatment ap-

proaches with Aampachana & correction of Agni, Vaatanulomana, Mridu Virechana, Vatashamaka, Raktasravarodhaka, Granthihar and Lekhana Chikitsa, etc., with lifestyle and diet modifications endometriosis can be treated.

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