

ENDOMETRIOSIS – A CONCEPTUAL STUDY

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ABSTRACT

Endometriosis is most upcoming diseases that affects the quality of life of millions of women and their families worldwide. It is one of the obscure and captivating benign gynaecological disorder defined by implantation of functioning endometrial tissue outside the uterine cavity. Endometriosis is associated with broad range of symptoms including Dysmenorrhoea, Dyspareunia, Chronic intermenstrual pelvic pain, and Infertility. The prevalence of Endometriosis in between women of Reproductive age is 6-10%. It can be compared as a syndrome complex of *Paripluta Yonivyapada* in Ayurveda. Thus, *Vata Evum Pitta Shaman* treatment along with regimen is given in it. **Aim and Objective:** To understand endometriosis in both allopathic and *Ayurvedic* perspectives. **Methodology:** Reviewing the modern science literature regarding Endometriosis and *Ayurvedic* classics, commentaries also recently published books and Research journals, the collection done and attempt to get co-relation between *Ayurveda* and Modern Endometriosis. **Conclusion:** Its timely management prevents upcoming Infertility thus bringing favourable outcome. Treatment must be individualized and taken into consideration the impact of the condition on the quality of life.

Keywords: Endometriosis, *Paripluta Yonivyapada*, *Vataja Yonivyapada*

INTRODUCTION

Endometriosis is most one common problem encountered in gynaecology. It affects women in their reproductive years which is associated with pelvic pain, Infertility, Dysmenorrhoea etc. Prevalence of Endometriosis is 10% but highest in infertile women about 30-40%. Its incidence appears to be increase partly due to improvements in diagnostic technique and partly due to changing social pattern like late marriages and limitation of family size. Evidence of 20 % women undergoing laparoscopic investigation for infertility. Also 24 % of women complains about Pelvic pain are commonly found to have endometriosis ^[1].

It is the most common benign gynaecological problem which oestrogen dependent thus resolves after menopause or treatment having pseudo menopause. *Paripluta Yonivyapada* is one of the twenty *Yoni Vyapada* mentioned in *Ayurvedic* classics. *Pitta* and *Vata Dushti* states inflammation of *Yoni*, Painful micturition, Tenderness, yellowish or bluish colour of menstrual blood, Lumbosacral and groin pain, Low backache and fever. *Acharya Sushruta* states that condition is said with severe Dyspareunia along with pain etc caused by *Vatadushti*. *Acharya Vagbhata* and *Charaka* states Heaviness in the region of Bladder and Lower abdomen, Diarrhoea, Anorexia etc. *Madhava Nidana*, *Bhavaprakasha* and

Yogratnakara also has followed *Sushruta*. In *Madhukosha* it is the condition of features having Vata symptoms like Pain with extreme level in periphery means *Paripluta* in entire internal and external reproductive organs hence termed as “*Paripluta*” [2]

Endometriosis –

The presence of functioning endometrium like glands and mucosa in sites other than uterine mucosa is called as Endometriosis [3]. It is said to be Endometriosis internal or Adenomyosis when ectopic endometrial tissue is found in myometrium. If are found outside are Endometriosis externa. It is benign but locally invasive. It triggers a chronic inflammatory reaction resulting in pain and adhesions. Adhesions develop when scar tissue attaches separate structures or organs together.

Etiology

There are 3 most accepted theories are:

1) Sampson’s Theory:

This theory explains that the flow of menstrual blood gets backed up causing some of the blood to flow in reverse direction. This process causes blood containing endometrial tissue to attach to surfaces outside of the uterus.

2) Meyer’s Theory:

This theory proposes that specific cells called Metaplastic cells change into endometrial cells and present at birth.

3) Vascular Theory:

This theory suggests that the endometrial tissue travels through the body via blood vessels. It then reaches various tissues, implants and then grows causes pain.

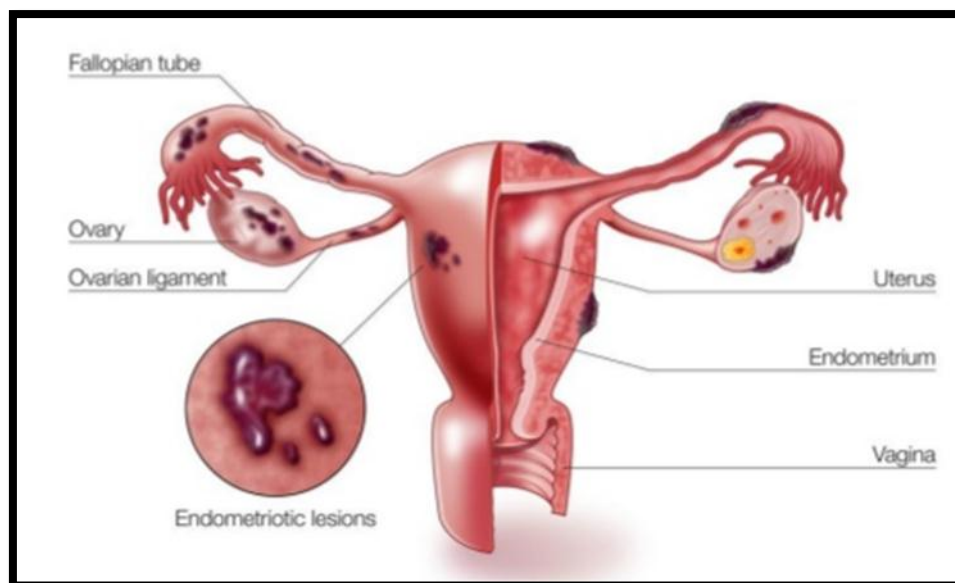
Symptoms [4]

Site	Symptoms
Female reproductive tract	Dysmenorrhoea Non menstrual pelvic pain Dyspareunia Infertility Rupture/torsion endometrium Low back pain
Urinary tract	Cyclical Hematuria Cyclical Dysuria Ureteric obstruction
Gastrointestinal tract	Cyclical Dyschezia Cyclical Rectal bleeding Obstruction Cyclical intestinal complaints – Periodic bloating, diarrhoea, Constipation.
Surgical scars/Umbilicus	Cyclical pain and bleeding
Lungs	Cyclical haemoptysis Haemopneumothorax
Others	Fatigue Cyclical Shoulder pain

Sites of Endometriosis –

Endometriosis is reported in Ovaries, Uterine ligaments, Recto vaginal septum, Pelvic peritoneum, Laparotomy scars, Vagina, Umbilicus, Hernia sacs,

Urinary tract, Large and small intestine, Appendix and rarely even in the pleura, diaphragm, arms, legs, kidneys etc.



Differential Diagnosis – Endometriosis is differentially diagnosed from PID, Malignant diseases of the ovary, Myomas, malignancy of cervix and vagina etc.

Investigations [5]

- 1) IOC = laparoscopy. Gold standard: Histopathological examination
- 2) Others = CA-125-CA-125 levels are raised in endometriosis.
- 3) Monocyte chemoattractant protein (MCP-1) levels are raised in peritoneal fluid of women with endometriosis

Treatment [6]

The treatment is as follows –

Management of Endometriosis			
Asymptomatic minimal endo.	Symptomatic endo.		
Observe 6-8 months investigate infertility	Drug	Minimal invasive surgery	Surgery
	OC pills Mirena IUCD Progesterogens Androgens GnRH analogues Letrozole RU – 486	Laparoscopy Destruction by it Excision of cyst Adhesiolysis Presacral neurectomy LUNA (Lap uterosacral nerve ablation)	Laparotomy Incision of chocolate cyst Hysterectomy with BSO (Bilateral salphingo -opherectomy) BSO Excision of scar endometriosis

In painful endometriosis Hormonal and Surgical treatment is given. Medical management of pain includes Oestrogen Progesterone combine therapy (OC pills), isolated progestins, GnRH analogues, Danazole and Gestrinone and aromatase inhibitors. Surgery is indicated for those patients which does not respond to medical management.

Paripluta Yonivyapada

*Pittalayanrusanvasekshavathudvardharnat /
Piiasamurchhitovayuyonimdushayatistriyaha //
Shunasparshakshamasartinilapitamsruksravet /
Shronivankshanapristhartijwarartayaha //
(Ch.Chi.30/23)*

*Dosha – Vata, Pitta, Kapha
Dushya – Rasa, Rakta
Srotasa – Artavavahasrotasa
Srotodushti – Vimargagamana*

When who having *Pitta* predominance because of her *Pittaprakruti* or consumption of diet which aggravates *pitta* withholds her sneezing urge and eructation at the time of coitus then vitiated *pitta* along with *vata* reaches yoni thus forming its abnormalities. *Yoni* becomes inflamed, tender and causes painful menstruation with yellowish or bluish colour of menstrual blood. Also causes Pain in Lumbosacral and groin region, backache and fever [7]

Paripluutavaminichvatapitatmikemate /
(Ch.Chi.30/39)

Acharya Charaka states that *Paripluta*, *Vamini* are caused by *Vata* and *Pitta*. [8]

Vataja Yonivyapada [9] –

Vatalahara Cheshtaya Vatalayaha Sameeranaha /
Vivridhho Yonimahritya Yonestodam Savedanam //
Stambhampipilikasuptimivakarkashatam Tatha /
Karoti Suptimayasa Vatajanshchapanan Gadan //
Sasyata Sashabdarukaphenarukshartavaanilat /
(Ch.Chi30/11)

Dosha – Vata

Dushya – Rasa

Srotasa – Artavavahasrotasa

Srotodushti – Vimargagamana

Acharya Charaka states that woman with *Vata Prakrita* is consumes diet and activities which aggravates *Vayu* which results in Pricking pain, Stiffness, Creeping of Ants like sensation, Roughness, Numbness, Lethargy, Fatigue, Dryness etc.

Treatment: General Treatment –

Shodhana – After *Snehana* and *Swedana* *Poorvakarma Panchakarma* like *Vamana*, *Virechana*, *Asthapana*, *Anuvasana*, *Uttarbasti* are to be used.

Shamana –

Raktasravarodhaka Drugs –

Chandrakala Rasa; Pradarantaka Rasa; Pradarari Rasa; Pushyanuga Choorna; Ashokarishta; Pushkaraleha; Lodhrasava; Patrangasava etc

Rktavardhaka Drugs –

Suvarnamalinivasanta Rasa; Pravalpishti; Godantibhasma; Vangabhasma etc

Granthihara –

Punarnava Mandura; Shilajatu; Arogyavardhini; Gandhaka Rasayana; Dashmularishta; Abhyarishta etc

Others – Phalaghrita; Phalakalyanaka Ghrita etc.

Paripluta Yonivyapada Treatment [10]

Vaminyaplutayoshchaivaswedayitvapravrajayet |
Tarpanamsnehapichubhirbhajanamchaanilapahama //
Shallakijinginijambudhavatvakapanchavalkalaihi /
Kashayaihi Sadhitatsnehatparuplutayo Pichum //
(A.U.39/49)

After sudation the satiation followed by Tampon, diet capable of suppressing the *vata* and tampon of uncting oil treated with bark of *sallaki*, *jingini*, *jambu*, *dhawa* and *panchavalkala* should be used.

Endometriosis is also explained under subheading of *Vataja Yonivyapada* where Acharya Sushruta stated to use meat of marshy and aquatic animals after pitcher sudation. *Vesavara* mixed with sweet drugs and oily tampon in vagina. Tampon soaked with *Balataila* etc. Treatment principles of *Yoniroga*, *Gulma*, *Granthi*, *Artavadushti*, *Pradara* according to symptoms can be used.

Vataja Yonivyapada Treatment–

Snehaswedabastyadi Vatajashchanilapaham |
Vatavyadhiharam Karmam Vatartanam Sada Hitam //
Vatartanam Cha Yoninam Sekabhyangapichukriyam |
(Ushnaha Snigdhaaha Prakartavyastailani Snehnani Cha)

(Ch.Chi.30)

As diseases of yoni cannot occur without vitiation *vata* hence *Vatashamana* treatment is used. *Snehana*, *Swedana* and *Mridu Panchakarma* used in it. Local treatment like *Seka*, *Abhyanga*, *Pichudharana*, *Uttarbasti*, *Basti* are effective [11].

As due to *Kaphadosha* included *Vatanulomana*, *Lekhana*, *Srotoshodhana*, *Shulahara* treatment is given. Thus, drugs with same qualities are used for *Rasayanachikitsa*. Drugs like *Shatapushpa*, *Shatavari*, *Lashuna* etc are effective.

DISCUSSION

Endometriosis is an upcoming problem in gynaecology now. The first step done in general practice in OPD's when a patient of Endometriosis comes is to advise Pain relief. Endometriosis not explained vis-a-vis in *Samhita* but Acharya have made their point regarding treatment. Unnamed disease should be understood by their *Dosha* and *Dushya* thus treatment should be planned accordingly. Out of all *Yonivyapada*, *Paripluta* and *Vataja Yonivyapada* shows maximum congruence with Endometriosis. Expanded meanings of *Aartava* i.e. menstrual blood,

Tridosha, ovum and hormones help to elaborate Endometriosis symptomatology in *Ayurveda* context and plan its line of treatment.

The treatment modalities aim at providing comprehensive care by correcting the *Ama Dosha*, achieving *Koshta Shuddhi* and regulating *Tridoshas*, by this the menstruation is regularized and health is restored. It is good idea to wind up this article with such understanding of Endometriosis in *Ayurveda* pretext. Better understanding of any disease enables physician to treat it more efficiently.

CONCLUSION

Endometriosis is presence of endometrial tissue outside of the uterine cavity. As per *Ayurveda* genetic view can be gain by *Beejadosha* and *Daiva*. Vitiated *Vata* and *Pitta* obstruction results in retrograde flow of menstruation, vascular and lymphatic spread of endometrial tissues which leads to accumulation or movement of endometrial tissue to settle in extra uterine surfaces like fallopian tubes and pelvic cavity. This blockage causes severe pain and scanty menstruation during menstruation. More inflammation (*Pitta*) can cause more pain and Scar and so forming Adhesions (*Kapha*). Thus, *Virechana* which means medicated purgation for removing *Ama* i.e. toxins from body by providing medicines. Also, *Basti Chikitsa* which means medicated enema as per *Dosha* for balancing *Vata Dosha*. Adhesions develop with association of *Kaphadosha*. So is treated with by *Lekhaiyadravya*.

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