

AYURVEDIC MANAGEMENT OF COMPLEX OVARIAN CYST- A CASE REPORTMegha Mittal¹, Monika Sharma², Natasha Yadav³

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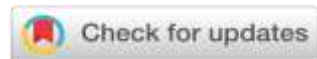
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**ABSTRACT**

Cysts in the ovaries can be simple or complex. Ovarian cysts classified as complexes include either blood or a solid material. In routine gynaecological practice, ovarian cystic masses are a prevalent concern. The prevalence of ovarian cysts varies greatly, according to data. According to reports, ovarian cysts affect 8–18% of women who are postmenopausal and premenopausal. The majority of the cysts are asymptomatic and are only found via standard ultrasonography. Some of them are very symptomatic, making it difficult for women to go about their daily lives. The size of the cysts has a significant impact on the symptoms. In modern times, therapy options include combined oral contraceptive pills and surgery to address cysts that don't go away after three months. Due to the numerous adverse effects of oral contraceptives, there is a growing need for other forms of management, particularly among patients who prefer not to undergo surgery. Ayurveda treats ovarian cysts under the general category of *Granthi*, where they are associated explicitly with *Kaphaja Granthi*. Treatment for an 18-year-old female patient who had a complicated left ovarian cyst with cystitis, dyspareunia, burning micturition, and significant lower abdominal pain was based on Ayurvedic principles. The patient was administered Srotosanghar Churn, Granthihar Kwath, Capsule Liv Fit, Search Cordial capsule, and Search Cordial syrup for one month. A follow-up USG revealed that the cyst had disappeared entirely, and the symptoms had decreased significantly. The current study highlights how Ayurveda can help control ovarian cysts beneficially.

Keywords: Ovarian Cyst, *Kaphaja Granthi*, Cystitis

INTRODUCTION

In general gynaecology, ovarian masses are a common finding. Most benign and malignant ovarian masses are cystic, meaning an ovarian cyst is a sac filled with liquid or semi-liquid material that arises in an ovary.¹ With the increasing use of routine physical examinations and ultrasound technology, the diagnosis of ovarian cysts, cystic masses, and tubo-ovarian masses has increased. Women may experience significant worry after discovering an ovarian cyst or cystic mass, as they believe the condition may be malignant; nevertheless, the majority of these cases are benign, with very few being malignant.² Most women who have cystic masses or ovarian cysts don't have any symptoms. However, some cysts can cause a variety of symptoms, some of which can be quite serious. Certain ovarian cysts or cystic masses result in complications like pelvic pain and vaginal bleeding.³ Treatment for ovarian cysts depends on various factors, including the size, type, and symptoms associated with the cyst. In modern system of medicine options may include Medications (Hormonal contraceptives, such as birth control pills) and Surgery. In some cases, they may also remove the ovary or perform a hysterectomy, if necessary; in Ayurvedic Samhita, a detailed description of Granthi is available.⁴ Ovarian cyst can be correlated to *Kaphaja Granthi Roga*. Pathogenesis of Granthi Roga is Vata Kapha dominating Tridosha, for which Vata Kapha Hara medication are required, whereas involved Dushya are Rakta, Mamsa, and Meda hence the medication should possess Vatahara and Lekhana properties.⁵

CASE PRESENTATION

A female patient, 18 years old, came to Prasuti Tantra and Stri roga OPD of Government Ayurveda College, Jaipur, on 18 July 2023 with a chief complaint of pain in the lower abdomen in the last five months. Her abdominal pain was also associated with irregular menses and generalised weakness. She was diagnosed with a Complex Left Ovarian Cyst (63.2x57.8 mm) and cystitis. She was advised for surgery by al-

lopathic doctors, but she was not ready for surgery. So, she came to our hospital for further advice and ayurvedic management.

Menstrual History –The patient said that her duration of menstrual cycle was off-days with irregular intervals of - days to - days, and the amount of bleeding was reduced and associated with lower abdominal pain and radiated to the lower back.

Family history- No relevant family history

Past surgical history – There was no significant history found.

Personal history–Her appetite, sleep, micturition, and bowel habits were normal.

Clinical findings:

- General examinations:
 - ✓ Built – Normal
 - ✓ Weight – 55kg
 - ✓ height – 152 cm
 - ✓ pulse rate- 70/min.
 - ✓ B.P. - 130 /70 mm of hg
 - ✓ respiration rate- 19/min
 - ✓ temp. -98.6 F
 - ✓ Per abdomen-it was soft, non-tender and no organomegaly was detected.

- **Physical examination**

Ashtavidha pariksha

- ✓ *Nadi*– VP
- ✓ *Mutra* – *Samyak mutra pravriti*
- ✓ *Mala*– *Sama*
- ✓ *Jihwa*- *Sama*
- ✓ *Shabda*– *Samyak*
- ✓ *Sparsha*- *Ushna*
- ✓ *Drika*– *Samanya*
- ✓ *Aakriti*– *Madhyama*

- ***Dashvidha pariksha***

- ✓ *Prakriti*(nature)-*Vatapittaja*
- ✓ *Sara* (Purest body tissue) - *Madhyama*(medium)
- ✓ *Samhanana*(Body compact) - *Avara*(minimum)
- ✓ *Pramana*(Body proportion)- *Madhyam*(medium)
- ✓ *Satmya*(homologation) -*Madhyam*(medium)
- ✓ *Satva*(mental strength) - *Madhyam*(medium)

- ✓ Vaya(age)-Yuvati
- ✓ Vyayamshakti (to carry on physical activities) - Madhyam(medium)
- ✓ Aharashakti (food intake and digestive power) - Madhyam(medium)
- ✓ Abhyavaranashakti & Jaranashakti – Madhyam(medium)
- **Systemic Examination:**
- ✓ CVS: Heart sounds (S1S2): normal Respiratory system: normal bilateral air entry, no added sounds.
- ✓ Per Abdomen-Tenderness present in left inguinal region.
- ✓ No abnormality was found on the other system.
- **USG REPORT**
- ✓ Complex left Ovarian cyst measuring 63.2x57.8mm containing echos and septa giving reticular appearance (lightly haemorrhagic), Cystitis and thickened endometrium.
- **Samprapti Ghataka (Pathogenic factor):**
- ✓ Dosh - Vata, Kapha
- ✓ Dushya - Mamsa (muscles), Rakta (blood)
- ✓ Agni (digestive fire) - Mandagni, Jatharag-nimandya.
- ✓ Srotas (channel) Artavahasrotas (channels carrying menstrual blood)
- ✓ Srotodushti- Siragranthi (cyst), Sanga (obstruction)
- ✓ Vyaktisthana- Artava, Beejashaya Granthi

TREATMENT SCHEDULE

The treatment was carried out for one month with the following medicines.

- Srotosanghar Churn-3gm with honey
- Granthihar Kwath-40 ml after food
- Syrup Livfit-10 ml before food.
- Search Cordial capsule-2-2 after food.
- Search Cordial syrup.
- 15 ml before food with equal quantity of water

Content of Srotosanghar Churn

- Zingiber Officinale Roscoea-2 gm
- Terminalia Chebula-2gm
- Gomutra ghan-1 gm
- Sodii Chloridum-500 mg

- Caryophyllus Aromaticus-500gm
- Oil of Ricinus Communis-3 gm

Content of Granthihar Kwath

- Haritki-Terminalia chebula-335 mg
- Vibhitaki-Terminalia belerica-335 mg
- Amlaki-Embilica officinalis-335 mg
- Sonth- Zingiber officinalis-150 mg
- Pipali - Piper longum-35 mg
- Manjistha- Rubia Cordifolia-335 mg
- Gokharu- Tribulus terrestris-335 mg
- Yasthimadhu- Glycyrrhiza glabra root-500mg
- Sobhaanjan-Morniga oleifera-400 mg
- Giloy- Tinospora cordifolia-335 mg
- Varun-Crataeva nurvala buch-Ham-335 mg
- Kachnaar- Bauhinia variegata-400 mg.
- Daru haridra-Berberis aristata-335 mg
- Nagarmotha -Cyperus rotundus-335 mg
- Choti Kateri-Solanum surrattense-150 mg
- Badi Kateri-Solanum indicum-150 mg

Content of Search Cordial capsule

- Kachnaar Gugal-125 mg Bauhinia variegata.
- Sudh Gandhak-50mg
- Chitrak-25 mg Plumbago zeylanica
- Vang bhasm-50 mg
- Mandur bhasm-50 mg Ferri peroxidum
- Giloy-50mg Tinospora cordifolia
- Jaiphal-50 mg Myristica fragrans
- Sudh Kuchla-25 m Strychnos nux vomica
- Kachnaar extract-25 mg

Content of Search Cordial syrup

- Ashok -800 mg-Saraca Indica
- Dashmool-800mg -combination of 10 herb roots
- Lodhra-800 mg Symplocos racemosa
- Ashwagandha -100mg Withania sominifera
- Kamal-100mg Nelumbium speciosum
- Kasni-100mg Chichorium intyus
- Katari-100mg Solanum xanthocarpum
- Gokhru-100mg Tribulus terrestris
- Red Chandan-100 mg Pteocarpus santalum
- Chitrak-100 mg Plumbago zeylanica
- Jatamansi-100mg Spike nard
- Daruharidra-100mg Berberis aristata

- *Triphala* -200mg
- *Naagkeshar*-100mg *Mesua ferrea*
- *Bhringraj* -100 mg *Eclipta prostata*
- *Vidarikandh*-100 mg *Pueraria tuberosa*
- *Mulethi* -100 mg *Glycyrrhiza glabra*
- *Manjistha*-100 mg *Rubia cordifolia*
- *Shatavari* -100 mg *Asparagus racemosus*
- *Sounth* -100 mg *Zingiber officinalis*

RESULT

The patient was happy with the outcome at the end of the treatment. Her ultrasound scans did not show any signs of an ovarian cyst in addition to her symptoms. With Ayurvedic treatment, she was entirely cured, and her discomfort was much decreased. As of right moment, none of the symptoms or indicators have returned.

Patient consent – We got the patient's written approval before publishing this case study in your journal.

Pathya-Apathya:⁶

- To avoid psychological stress.
- To stay away from foods that are overly spicy, heavy, baked items, fermented foods, fast food (pasta, peaches, pizza), and cold beverages.
- To consume more green leafy vegetables (spinach, cabbage, capsicum, broccoli), sesame seeds, flax seeds, fruits (orange, apple, papaya), and jiggery in diet.

DISCUSSION

Ovarian cysts cause an awful lot of suffering for women in the reproductive age group.⁷ Ovarian cysts cause congestion and discomfort in the abdomen. Pelvic pathology related to cysts may cause pain.⁸ An ovarian cyst can interfere with the menstrual cycle, leading to anovulation—the main factor in infertility.⁹ The only treatments for ovarian cysts in the current medical system are hormonal and surgical procedures. Since many people are terrified of hormonal intervention, even if this is the only treatment available in modern science, there is no guarantee that the condition won't reoccur because ovarian cysts recur so frequently. Although there are several therapeutic

possibilities, the course of action ultimately depends on the patient's age, the size of the cyst, and the presence or absence of malignant features in the cyst. According to Ayurvedic research, the availability of drugs presents a chance for a patient to receive a full recovery with no chance of the illness returning. Ovarian cyst patients are treated with this Ayurvedic remedy.

CONCLUSION

This case study suggests that Ayurvedic medications work well to treat ovarian cysts; however, larger sample sizes and longer study durations are needed.

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