

**AYURVEDIC MANAGEMENT OF GARBHASHYAGATA ARBUDA W.S.R. TO  
UTERINE FIBROID - A CASE STUDY**Ekta<sup>1</sup>, Diksha Khathuria<sup>2</sup>, Khushwant Joshi<sup>3</sup>, Mahesh Dixit<sup>4</sup><sup>1</sup>PG Scholar, *Prasuti Tantra & Stri*<sup>2</sup>Lecturer, *Prasuti Tantra & Stri Roga Vibhag*,<sup>3</sup>Associate Professor, Dept. of Kaya Chikitsa PAMCH, Morjhandkhari SGNR<sup>4</sup>Principal

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**ABSTRACT**

Uterine Fibroids (*Garbhashyagata Arbuda*) is the most common benign tumour in females which affects mostly pre-menopausal women. It creates a negative effect on women's physical and social activities. These are more common in 35 to 45 years of Age group, Nulliparous, unmarried and low parity females. Management of uterine fibroids in modern medicine system is symptomatic medications and surgical interventions like myomectomy, hysterectomy etc. and other invasive interventions. Ayurveda treatment regime can be a good alternative with safe, non-invasive and non-hormonal therapy. **Case Description** - A 45-year-old female patient came in MMM Govt. Ayurvedic hospital OPD of Striroga and Prasuti Tantra with complaining of excessive bleeding in menses and pain in the lower abdomen. The patient was diagnosed with myometrial uterine fibroids by USG and as per symptoms. Ayurvedic formulations *Kanchnaar Guggulu*, *Shigrupatra Churna*, *Varunadi Kashaya* and *Raktrodhak churna* (Hypothetical yoga) are found to be effective treatment modalities in the uterine fibroid. **outcome**-After 4 months of ayurvedic treatment patient get relief in all symptoms and the USG scan shows an empty and clear endometrial cavity. This article presents a successfully managed case of uterine fibroid in the form of a case report by Ayurvedic shaman Chikitsa.

**Keywords:** *Garbhashyagata Arbuda, Uterine Fibroids, Kanchnar Guggulu, Shigru Patra Churna*

## INTRODUCTION

Uterine fibroid is a leiomyoma (benign tumour form from smooth muscle tissue) that originates from the smooth muscle layer (Myometrium) of the uterus. It is the Commonest benign solid tumour in females. Incidence of fibroid is 40% by 35 years of age, 70% by 50 years of age and 50% of fibroids are asymptomatic. This evaluation reveals the important risk factors to be age, premenopausal state, hypertension, family history, time since last birth, food additive and soybean milk consumption, pesticides rich food, hormone-based fruits and vegetables, stress, over-ambition all are the major causes in women. Fibroids are dependent on oestrogen and progesterone to grow and therefore relevant only during the reproductive years, they are expected to shrink after menopause.<sup>1</sup>

In Ayurveda classics, fibroids can be compared to *mamsaj arbuda*. *Vata* and *kapha* are the key *doshas* involved. Late reproductive age is a critical time in a woman's life. because *Vata* is fluctuating throughout this time, and when eating an unhealthy diet, it tends to hamper their physiological actions. Increased *Vata* causes impaired ovarian hormone secretion which in turn causes the creation of *Kha-vaigunya* in *Garbhashaya* means makes *Garbhashaya* susceptible for *Garbhashaya Arbuda*. Increased *Vata* causes vitiation of *Kapha* and vitiated *kapha* leads to *Srotorodha* and the formation of *Granthi*. Again, vitiated *Vata* enhances the rate of cell division resulting in the formation of *Garbhashaya Arbuda*. Again, vitiated *Vata* speeds up cell division, resulting in the creation of tumours (*Arbuda*).

According to classical text, Aggravated *Vata* and *Kapha* doshas affect the tissues resulting in the development of a round, firm, large, deep-rooted, slow-growing fleshy growth associated with mild pain.

For *arbuda*, *chedana* and *lekhana* can be considered as the mainline of treatment. Hence in the present study *lekhaniya* and *chedniya* drugs like *kanchnar guggulu*, *varunadi Kashaya* and *shigru patra churna* are adopted for treatment. On other hand to get symptomatic relief *raktrodhak yoga* was used.

## CASE REPORT-

45 years old female Hindu patient, housewife by occupation visited the OPD Of MMM Ayurveda hospital department of Prasooti Tantra and Stree Roga on 10 august,2021 with complaints of excessive bleeding per vaginum, lower abdomen pain during menstruation for one year. The patient was normal before 1 year, after that she is getting excessive bleeding per vaginum during menstruation along with that interval between cycles also decreased and she also experienced lower abdomen pain, lethargy and weakness. So, she visited the nearby hospital and she was advised USG Abdomen and Pelvis. USG shows two small fibroids on the anterior and posterior wall of the uterus for that she was advised to undergo surgery.

**History:** Known history of hypothyroidism since 10 yrs.

**Family History:** No history of the same illness in any of the family members.

### Menstrual & Obstetric History

Menarche - 12 yrs.

Menstrual cycle- 5-10 days / 22- 24 days – since 1 yr

D1-D5 - 7-8Pads/day

D6-D7 - 4-5 Pads/days

D8-D10 - 1-2 pads/day

Bleeding- bright red, without foul smell, with clots.

Associated complaints - spasmodic and intermittent pain in the lower abdomen.

LMP – 25/07/21

O/H – G2 P2 A0 L2

Mode of delivery- FTND

Last delivery- 15 yrs. back female child

**Contraceptive History-** use of condom

### General Examination-

- Built: Moderate
- Nourishment: Moderate
- Pulse: 78 b / min
- BP:120/80mmofHg
- Temperature: 98.6 F
- Respiratory Rate: 18 cycles / minute
- Height: 5'4'' inch

- Weight: 60 kg
- Tongue: Uncoated
- Pallor/Icterus/Cyanosis/Clubbing/Oedema/Lymphadenopathy: Absent

**Examinations-**

Per Abdominal examination- Soft, no tenderness, no organomegaly

Per speculum examination- vagina normal, cervix healthy and normal size, no white discharge

**Personal history-**

Sleep- decreased

Appetite – normal

Bowel- mild constipated

Bladder – clear

**Lab Investigations-**

Hb – 10.8gm%

TLC – 7600 cells/ mm<sup>3</sup>

**Transabdominal scan–**

USG done on 05-08-21

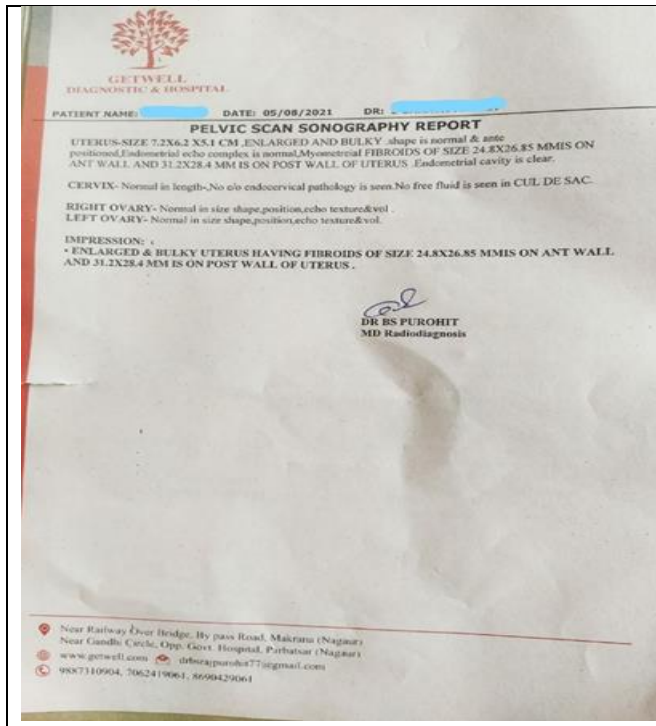
IMP: Enlarged & bulky uterus having fibroids of size 24.8,26.85 mm is on anti. wall and 31.2, 28.4 mm are on the posterior wall of the uterus.

**Intervention-**

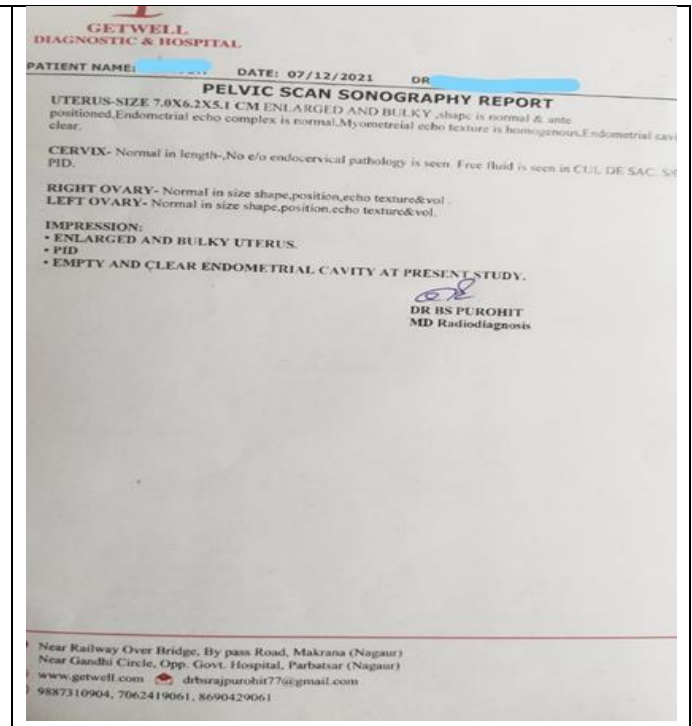
- *Kanchnar Guggulu* 2 tab. BD after food with *Varunadi Kashaya* 15 ml
- *Shigru patra churna* 3 gm with lukewarm water
- *Raktrodhak churna-Pushyanug churna*-5 gm, *Shonitargal rasa*- 250 mg, *Sphatik bhasam*-250 mg, *bolbaddha rasa*- 250 mg, 1 tsf BD with honey -in bleeding phase

Follow up was done every month for 4 months.

**Figure 1: Before treatment**



**Figure 2: After treatment**



**DISCUSSION**

**Kanchanara Guggulu** is a classical Ayurvedic formulation mentioned in sharangdhar Samhita madhyam khand. kanchnar guggulu have powerful decongestants like kanchnar, triphala, trikatu mixed with

guggulu to interrupt down and remove hardened Kapha. This detoxifying formulation helps the proper function of the lymphatic drainage and digestive systems, helping withinside the prevention of similarly Kapha accumulation.

*Guggulu* possesses *Laghu* (light), *Ruksha* (dry), *Tikshna* (sharp), *Vishad* (clear), *Sara* (mobile), *Dipana* (stomachic enkindle the digestive fire), *Anuloman* (agents removing *Dosha* in a downward direction), *Lekhana* (scraping) properties.

**Varanadi kashyam** is used in vata kaphaj disorder. It has an anti-inflammatory effect too.

**Shigru** is a well-known plant of India it has *deepana*, *pachana*, *kaphvatahara* properties. It is recommended in *Galaganda*, *Kandu*, *Sotha*, *Apachi*, *Vrana*, *Medoroga*, *Vidradhi*, *Gulma*, etc.<sup>2</sup>

**Raktrodhak yoga**-Pushyanug churna is indicated in *Asrigdara* by Acharya Charaka. Most of the ingredients are having *Tikta* and *Kashaya Rasa* *Sheeta virya*. Due to *Rakta Upashoshana* guna of *Tikta rasa* and *Sangrahi*, *stambana* guna of *Sheeta rasa*, *Shoshana* guna of *Kashaya rasa* it acts on *Asrigdara*.<sup>3</sup>

**Bolbaddha rasa-pittashamak**, **vatanulomaka**, **raktsthapak** and **deepan pachan** properties.

**Sphatik Bhasma**-Due to *kashaya rasa* properties *sphatik* act as a hemostatic agent.<sup>4</sup>

**Shonitargal rasa** almost all possess *sheeta virya*, *pittahara* properties. which helps in *stambhana* (ceases) of the *srava* (secretion) and reduce excessive bleeding. *balya*, *rasayana*, *varnya* helps to give strength to the body. *Laksha*, *Swarna garika*, *raktchandan* helps to cease the excess flow of blood and these are an ingredient of the *shonitargal rasa*.<sup>5</sup>

## CONCLUSION

All the drugs present in this study have *Kashaya Rasa*, *Madhura*, *Katu Vipaka*, *Ruksha*, *Tikshana*, *Vata-Kaphahara*, *Deepana*, *Pachana*, *Rasayana*, *Raktapitta* *Nashaka*, *Shothaghna*, *Lekhana* properties helped in regressing the fibroid along with relieving other symptoms also. So as a result, when the size of the fibroid is small, we can use this type of treatment to avoid surgical intervention.

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