

AYURVEDIC MANAGEMENT OF ENDOMETRIAL POLYP - A SINGLE CASE STUDY

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ABSTRACT

Abnormal uterine bleeding (AUB) is common, and aetiologies include anatomic changes, hormonal dysfunction, infection, systemic disease, medications, and pregnancy complications. Endometrial polyp is soft, fleshy intrauterine growths that are composed of endometrial glands, fibrous stroma, and surface epithelium. In this case report 34 years of age, nulliparous women presented with complaints of intermenstrual cycle bleeding for the past 2 years and were previously diagnosed as Endometrial polyp thus advised for polypectomy. In Ayurveda can be correlated as *Yoni Arsas*. So, the patient was treated with internal medicines *Kanchanara Guggulu*, *Chiruvilwadi Kashayam* along with *Panchakola Churna* and *Utharavasthi* with *Kshara Taila*. After 3 months of treatment, the patient got cured completely.

Keywords: Endometrial polyp, *Kanchanara Guggulu*, *Chiruvilwadi Kashayam*, *Kshara Taila*

INTRODUCTION

Endometrial polyps mostly arise from hyperplasia of the endometrium. Some of the endometrial linings

protrude into the uterine cavity as polyps. They appear as pink swellings, 1-2 cm in diameter, with pedicle.

The polyp is composed of endometrial glands and stroma covered with a single layer of columnar epithelium¹. AUB in the reproductive age group is a common clinical scenario we encounter in Gynaecology OPDs. In the Ayurvedic perspective, there is no homologous terminology for it, even though we can correlate with *Yoni arsas*² as an umbrella term and here in this patient, it is *Pitta kapha pradhana tridosha vikara* with *Rakta, Mamsa* and *Medas* are involved which could be perceived through *Dosha Dooshya* analysis. So, treatment modalities were concentrated on *Pitta-Kapha samana* and *Vatanulomana* medicines selected accordingly.

CASE REPORT

A married female patient of 34 years old came to OPD of Dr. B R K R Govt Ayurvedic college Hyderabad on 16/07/2021 with chief complaints of intermenstrual spotting for 5 to 7 days, associated with watery discharge for 2 years and the complete investigation which was done earlier revealed endometrial polyp on USG. There is no h/o DM, Hypertension, Thyroid

disorder, TB. Her menstrual cycle was regular with a duration of 5 days and an interval of 30-35 days with normal flow. Her family history does not elicit any abnormality. Even using OC Pills did not get a significant result, later advised for polypectomy and she was reluctant for that, thus she came for Ayurvedic management.

Menstrual History: The patient attained menarche at 12 years

LMP: 04/07/2021

M/H: Regular, 5 Days/30-35days, normal flow, 2-3 pads per day, no pain, no clots

Obstetrics history: No issues

Contraceptive History: Nil

Past Medical History: Nil

Past Surgical History: Nil

Family History: Not significant

Personal History:

Diet: Non-Vegetarian, **Appetite:** Normal, **Sleep:** sound, **Bowel habits:** Clear, **Micturition:** Clear, **Allergy history:** Nil, **Addiction:** None

Examinations:

Table 1: Physical examination

G.C	Fair
Built	Moderate
Weight	45 Kg
Height	153 cm
BMI	19.2
BP	110/70 mm Hg
Pulse rate	78 bpm
RR	14/Min
Pallor	Absent

Table 2: Systemic examinations

Respiratory system Inspection:	B/L symmetrical chest, vesicular breath
Central Nervous System:	The patient was conscious and well oriented
Cardiovascular system Auscultation:	S ₁ S ₂ heard, no added murmurs

iii. Gynaecological examination:

P/S: Cervix: Healthy, No erosions, No Ulcerations, watery discharge present, Vaginal walls: Healthy

P/V: Uterus: Anteverted anteflexed, Normal in size, Cervix: Downward, Firm, freely mobile, No Cervical Motion tenderness, All Fornices: Clear and non-tender

Ashta vidha pareeksha: -

- *Nadi:* 72/min
- *Mala:* Nirama, once a day
- *Mutra:* 4-6 times/ day and 1 times/night
- *Jivha:* Aliptha (uncoated)
- *Sparsha:* Anushna sheeta

- Druk: Avisheha
- Sabda: pravara
- Akrti: Kruva

Dashavidha pareeksha bhava: -

- Prakuti: kapha-pittaja
- Vikruti: Vishmasamveta
- Sara: Madhyama
- Samhana: Madhyama
- Pramana: Madhyama
- Satmya: Madhyama
- Satwa: Madhyama
- Ahara Shakti: 1. Abhyavahrana Shakti: Madhyama, 2. Jarana Shakti: Madhyama
- Vyayama Shakti: Madhyama
- Vaya: Madhyama

Laboratory Investigations:

CBC: Hb 12.8 gm% WNL

Thyroid profile: WNL

USG-TVS: 66x42x35mm, ET -4.6 mm

Heterogenous hyperechoic focus measuring 10x3 mm noted in endometrium and suggestive of the endometrial polyp.

Right ovary: 18cc

Left ovary: 13cc

Diagnosis: Yoni arsas

Modern correlation: AUB-P (Endometrial polyp)

TREATMENT GIVEN: On evaluating the disease by *Dosha vaishamyā* and *amsamsa vidhi*, it is *Pitta Kapha pradhana Tridoshaja Vyadi* and *Sthana viseshane*, *Vata* also considered along with *Rakta-Mamsa-Medas Dhatus* are involved. So, the drug selection should be according to that, and the treatment plan was divided into two. In menstrual phase to reduce the heavy menstrual bleeding; *Pitta samana* and *Stambana*, *Seeta*, *Veerya guna* medicines were used. In the proliferative and secretory phase, *Kapha-Vata hara dravyas* and those having *Ushna*, *Teekshana*, *Chedana*, *Lekhana gunas* were selected.

Dosha pradhanya - Pitta +++, *Kapha ++*, *Vata +*

Internal medicines:

1. *Kanchanara Guggulu*³- 2 bid
1. *Chiruvilwadi kashayam*⁴ with *panchakola churna*⁵ 15ml with 45ml lukewarm water twice daily (before food)

Procedures

1. *Utharavasthi* with *Kshara Taila*⁵ for 3 cycles

RESULTS:

The patient got symptomatic relief from intermenstrual bleeding and endometrial polyp with *Kshara taila Utharavasthi* along with 3 months of internal medications. On USG there was no endometrial polyp, and it was a normal uterine study

DISCUSSION

Endometrial polyp is considered as *Pitta Kapha pradhana Tridosha vyadhi* which affects the *Rakta*, *Mamsa* and *Meda*. So, the drugs were selected mainly *Pitta-Kapha samana*, *Vatanulomana* and *Rakta Shudhikara* so the probable mode of actions of drugs is as follows.

Kanchanara guggulu: It is a classical Ayurvedic formulation, *Kapha Pitta Samana*, having *Chedana*, *Lekhana*, *Deepana*, *Pachana gunas* and *Vrana sodhana ropana karma* also used for *Kapha* accumulations in the tissues results in swollen lymph nodes, cysts or growths. *Guggulu* breaks down and eliminates *Kaphamedas*, thus preventing further *Kapha meda* accumulation, promotes the elimination of inflammatory toxins, anti-inflammatory and is administered in uterine fibroid, fibroadenoma, fibrocystic disease, *Kanchanara* is very useful in extra growth or tumours and helps in reducing bleeding by its *Lekhana Chedana gunas*.

Chiruvilwadi kashaya and panchakola churna:

Chiruvilwadi Kashaya is *katu rasa*, *ushna veerya pradhana yoga* and which increases *jataragni* and *dhatu agni* in turn alleviating the *mamsa medo* and *kapha vata pradhana tridosha vikaras*. It possesses great *Srotoshodhaka* property as well as *sophahara*, *vatanulomana*, *deepana*, *raktasodhana*. By its *Teekshana*, *laghu*, *rooksha*, *chedana guna* which acts on *mamsa*, *medo dhatu* and *kapha dosha* leads to reduction and cure of the polypoidal growth. *Panchakola* has *laghu*,

ruksha and *sookshama* gunas, *ushna veerya*, *katu rasa*, *katu vipaka* and *pachana*, *kaphahara* properties. it is *deepana* drug and correct *jataragni*; *amshas* of it located in *dhatwasayas* also ignited by *jataragni* and helps to remove *ama* and *kapha medo doshas*. it is work as add on benefit to *Chiruvilwadi Kashaya* as *Prakshepa dravya* and increase the efficacy.

Kshara taila:

It is a *vata kapha samaka* drug by its virtue of *Teekshana*, *Lekhana*, *Chedana*, *Sookshma guna* so it removes chronic inflammation, fibrosis, polypoidal growth. *Kshara* has well established corrosive, ulcer healing properties along with *tila taila* have *Garbhaya sodhana*, *ushna*, *vikasi*, *Vyavayi gunas*. So, it will remove fibrous stroma of the endometrium (*Rakta-Mamsa-Medo Adhishtana*) and help in its rejuvenation by *Vrana ropana* properties thus restoring normal endometrial lining and function.

CONCLUSION

Patient is completely cured by ayurvedic treatment with internal medications *Kanchanara guggulu* and *Chiruvilwadi kashayam* with *panchakola churna* along with *Kshara taila utharavasthi* are found to be highly effective in the management of Endometrial polyp. Moreover, it has no side effects and is found to be a better alternative to hormonal therapy. Result obtained from this case depicts the effectiveness of *Ayurveda* in Endometrial polyp. But to establish this fact, further studies on a large sample for a longer duration is required

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