

## MANAGEMENT OF OVARIAN CYST BY AYURVEDIC TREATMENT: A CASE STUDY

Tejal D. Khokhar<sup>1</sup>, Shilpa Donga<sup>2</sup>, L. P. Dei<sup>3</sup>

<sup>1</sup>MS 2nd PG Scholar, <sup>2</sup>Associate Professor, <sup>3</sup>H.O.D

Dept. of PTSR Dept, Institute for Post-Graduation Teaching & Research Ayurveda, Jamnagar, Gujarat, India

Email: [dr.tejal1294@gmail.com](mailto:dr.tejal1294@gmail.com)

Published online: November 2019

© International Ayurvedic Medical Journal, India 2019

### ABSTRACT

In past some years, there is a domestic rise in female related illness which was rarely seen before in history. She should be in the perfect healthy condition particularly in terms of reproductive healthiness. Owing to complicated structure of female body, women are subject to a large no of complains connected with reproductive system and surrounded with various kinds of diseases. Women's health is concerned with family, society and culture. Ovarian cyst thought mostly benign pose a diagnostic dilemma to the gynecologist as well as to the pathologist. Ovarian cyst is an emerging problem among the women of reproductive age group. Ovarian cysts are seen in all age groups and are subdivided in physiological and pathological cysts. When the follicles (sacs) in the ovaries do not rupture, they form small cysts called 'simple cysts'. These forms whenever ovary produces too much of estrogen hormone. 'Dermoid cysts' & 'chocolate cysts' are other types of cysts. 'Large' or 'pathological cysts' can occur in about 5% of women during their reproductive years. Management of Ovarian cyst through surgery is available to meet urgent medical need, but huge challenges remain to treat by medicines. *Ayurveda*, (the Science of Life) which is the oldest well documented ancient Indian System of medicine is giving new ray of hope in the management of ovarian cyst (*Kaphaj Granthi vikaar*). This article presents a successfully managed case of ovarian cyst in the form of a case report by *Ayurvedic* treatment.

**Keywords:** Ovarian cysts, *Kaphaja Granthi*, *Ayurvedic* treatment.

### INTRODUCTION

Today we see the age of menarche has dropped to as 10 years of age. In fast growing world, over workload, pesticides rich food, hormone-based fruits and vegetables, stress, over ambition, avoiding pregnancy all are the major causes of these new diseases in modern woman. Premenstrual syndrome, irregular menses,

ovarian cyst, uterine fibroids are commonly seen now a days. Due to defective lifestyle of women in modern era, ovarian cyst has become a burning problem in current scenario affecting all age group of women. Ovarian cancer is 2<sup>nd</sup> most common of genital cancers and accounts for 10-15% of all gynecological cancers in

developing countries including India. There is no such effective treatment in modern science rather hormonal therapy and laparoscopy and hormonal therapy has its own harms, regardless of the presence of this disease laparoscopy or surgical management is certainly a treatment option; it is not necessarily the only option. Hormonal therapy is not a 'cure'. Due to limitation of Modern science, *Ayurveda* has a great scope in this filed. This is the high time to develop an effective Ayurvedic treatment protocol for its prevention & cure.

### Case Report

A female patient aged A 37 years old women came to OPD of PTSR Dept. I.P.G.T &R. A Jamnagar On 25/04/2019 OPD no. 24837 GAU Jamnagar Gujarat, with the following complaints for the past 4 month:- Dull aching pain and discomfort in the lower abdomen, lower back and thighs, fullness, heaviness, bloating in the abdomen, excessive bleeding during periods, sharp Pain during menstrual period, intermenstrual bleeding.

### Menstrual History;

Menarche at the age of 14years

Past menstrual history 4-5days/30days- normal flow, 2-3 pads/day

Present menstrual history – 5-6 days/15-20 days- moderate flow ,4-5pads/day

**Obstetric history** – G3P3A0L3

3 FTND- 2 Male & 1 female Child alive

Last delivery 13year ago

Contraceptive history – Condom for 13 years

Coital history -1-2 times/week

**On Examination** patient was found good.

### Personal History

Diet-mixed (veg-nonveg)

Appetite-poor

Bowel-Micturition- normal

Sleep- normal

Medication – Allopathic

Habits' &addictions- tea

### Medical & Surgical History:

H/o Asthma

H/o appendectomy

### Family history;

Father K/C/O- Asthma

### Physical Examination

general examination -

height – 158cm

weight -58kg

pallor- present

TPR- normal

Bp- 110\70mmhg

No evidence of thyroid enlargement

No significant lymphadenopathy

No pedal edema

**Blood Investigation** (26/4/19)- Hb-11.8gm%, TLC-6000/mm<sup>3</sup>, ESR-32/hr, Neutrophil-40%, Lymphocyte-57%, Eosinophile-3%, Monocytes-2%, basophilies-0%, HIV-VDRAL-HBsAG were negative. **CA-125 - 8.1 U/ML**

**Ultra Sonography For Uterus and Adnexa**-a pelvic ultrasound was performed which revealed a bulky uterus with thickness of 7mm and left ovarian cyst measuring 35 x 32x 32 mm of size. Left ovary volume was 13cc and right ovary was found normal.

### Systemic Examination

No abnormality detected

### Gynecological Examination

No tenderness or guarding

No masses palpable

### P/V Examination

Cu- parous, hypertrophied, mobile and no tender on palpation

Ut- AV -Bulky, no adnexal masses palpated and no tenderness present

### P/s examination

Cu- mild white discharged

hypertrophied

No erosion

**Treatment Protocol:** The medicines (second stage) was carried out following *Vachana Karma* (first stage) for two months. During this period the patient was advised to take *pathya ahara* (nutritive diet like milk, *moog daal* etc...) and avoid *Apathya ahara*

**(First Stage)**- patient was treated with *Deepana Pachana* and *Koshthsodhana*. For the *Deepana Pachana* and *Kosthasodhana Trikatu Choorna* 3gms bds after meal for 3 days with lukewarm water. *Abhyantara Snehapana* was carried out by simple *Go-Ghrita* in

increasing dose starting from 30 ml for 5 to 7 days till *Samyaka Snigdha lakshna* obtained. **Abhyanga & Swedana:** - by *Bala Taila*, once time for 3 days, *Bashpa Sweda* once a day for 3 days. With help of *Swedana* the morbid *Dosha* are motivated from *Shakha* to enter the *Koshtha*. **Pradhana Karma:** Under *Pradhana Karma*, the *Trivritadi Yoga* (as per *Kostha*) *Virechana* was given to the patients. **Pashchat Karma:** After the successful completion of *Virechana*, the patients were asked to have complete physical and mental rest and to follow all the precautions related to *Virechana*. **Samsarjana Krama:** Then *Samsarjana Karma* was decided based on *Shuddhi* grade.

**(Second Stage) Internal Medicine-**after *virechana karma* – patient was treated with *Kanchanara guggulu* 3 gram (vati form) and *Kantkaryadi Kashaya* 50ml bds before meal for two months.

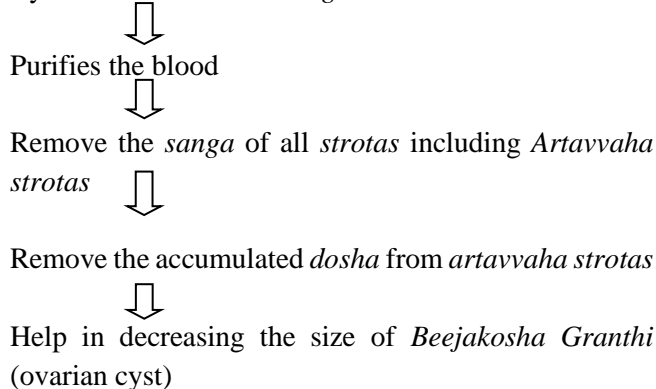
**Pathya-Apathya-**during this period patient was advised to take nutritive diet containing *Godhuma, Shali, Mudga, Tila, Amala Dadima, Shigru*, Green Leafy vegetables. Spicy, Oily, Overeating, Fried food, Bakery items, Fermented items, Carbonated drinks, Milk, Dairy products, Curd, buttermilk. she was also advised to do early sleep in night and early wake-up in morning, *yoga*, exercise.

#### Followup – 1 month

**Observation & Result:** The patient had followed the *ahara* and drug restriction strictly. Patient got relief of associated symptoms like dysmenorrhea, backache, intermenstrual bleeding and her ultrasonography was done after this treatment that revealed the complete resolution of cyst with normal uterus.

#### Probable Mode of Action of *Virechanana Karma*

By *sodhana* of *Raktaantargata Piita*



#### Samana Yoga:

**Kanchanara Guggulu-** *Kanchanara Guggulu* mentioned in *Sharandhara Sahmita* in the treatment of *Granthi*. Most of ingredients of *Kanchanara Guggulu* is having *Kaphamedohara, Lekhana, Granthihara, Mootrakruchhrahara, Shothahara*. In addition to that it contains kaempferol flavanoids as chemical ingredient. Kaempferol inhibited PSA secretion and activation of estrogenic receptor. *Kanchanara Guggulu* is a classical Ayurvedic formulation, used for *Kapha* accumulations in the tissues. As *Kapha* moves deeper within the system, it may manifest as swollen lymph nodes, cysts or growths. Powerful decongestants such as *Kanchanara, Triphala* (a combination of fruits of *Terminalia chebula* Retz., *Terminalia beleri ca* Roxb., and *E. officinalis*) and *Trikatu* (*Zingiber officinale* Rosc., *Piper nigrum* L. and *Piper longum* L.) are mixed with *Guggulu* to break down and eliminate hardened *Kapha*. This detoxifying blend supports the proper function of the lymphatic drainage and digestive systems, aiding in the prevention of further *Kapha* accumulation. *Kanchanara Guggulu* supports proper function of the lymphatic system, balances *Kapha Dosha*, promotes elimination of inflammatory toxins; it is alterative, anti-inflammatory and tonic which is administered in cysts, malignant ulcers, syphilis, fistula, scrofula, sinus, etc. *Kanchanara* is very useful in extra growth or cyst or tumors and helps in reducing bleeding.

**Kantakaryadi Kashaya:** *Kantakaryadi Kashaya* having a combination of six drugs including *Kantakari, Agnimantha, Varuna, Shigru, Sunthi, Punarnava*. *Sahasra Yoga* has clearly mentioned *Kantakari, Varuna, Agnimantha, Shigru, Shunthi, Punarnava Siddha Kashaya* in context of *Antarvidradhi*. Combination of this drug is having a property of *Ushana, Tikshna, lekhanasothahara, kaphamedohara, vatamnuloman*. *Granthi* and *Vidradhi* having similar *Dushya* like *Mamsa, Asruk, and Meda*. So, *Kantakaryadi Kashaya* is effective in *beejakosha granthi*. it helps to clear *strotas avarodh* and normalize the *Artavavahastrotas* and reducing the size of *Beejakosha Granthi*.

## CONCLUSION

In Ayurveda; however, special reference of *Granthi* of female reproductive system is not available in any classics, but it can be called as *Beejakosha Granthi* based on its origin from *Beejakosha* and its surroundings. After *Virechana*, effect of *Shamana* drug has become more potent. This may be due to *Ushna*, *Tikshna*, *Lekhana*, *Shothahara*, *Granthihara*, *Kaphamedohara* and *Vatanulomana* properties of *Shamana Yoga*. *Anupana* of *Kantkaryadi Kashaya* also play a key role in decreasing the symptoms by its *Tridosahshamaka* and *Lekhana* property, hence it alleviates *Kapha Prakopa* and remove *Srotorodha*. *Virechana* by its *Shodhana* action eliminates extra *Pitta* from the body hence there is relief in the symptoms. All the Ingredients have *Deepana Pachana* property, which enhance *Agni*, remove *Ama* and alleviate *Kapha-Vata* and *Anulomana* property. Thus, reduction in these reasons significantly by *Deepana*, *Pachana*, *Medohara* properties of the trial drugs has contributed to the reduction in symptoms.

## REFERENCES

1. Sushrut Samhita Ambikadatta Shastri, Ayurveda Tattva Sandipani, Nidana Sthana 11/4. Chaukhamba Sanskrit Sansthan, Varanasi, Editionreprint-2007.
2. Sarandharasamhita by Brahmananda Triphathimadh-yamkhandaadhyaya 2:3 to 6
3. Sharangadharasamhita, shrimati shaileja shrivastva, chaukhamba, 2011 addition, Madhyamakhandadhyaya 7/95-100.

4. Sahastrayogby Dr. Ramnivasha Sharma, page no, 21–vidrdhchikitsa
5. Charaksamhita-by BrahmanandaTripathichikistasthan 7:44
6. Anonymous, The Ayurvedic Formulation of India, 1<sup>st</sup> edition, New Delhi: Government of India, Ministry of Health and Family Welfare Dept. Of Indian system of medicine & Homeopathy, part 1, vol 1,5:1-page no.206
7. Clinicalcasesinobstetrics & gynaecology by H. U. Doshi (Arihant Publication), chapter-24, page no.202, 5thedition2014.
8. Charaka Samhita, Chakrapanidatta, Chaukhamba Sanskrit Sansthan, Reprint 2009, Sutra Sthan 16/06, page no.96
9. Charaka Samhita, Chakrapanidatta, Chaukhamba Sanskrit Sansthan, Reprint 2004, Sutra Sthan 16/20, Page No.97
10. Charaka Samhita, Chakrapanidatta, Chaukhamba Sanskrit Sansthan, Reprint 2004, Siddhi Sthan 1/11, Page No.678
11. Sushruta Samhita, Dalhana Commentator, Chaukhamba Krishnadas Academy, Varanasi, Reprint 2004, Chikitsa Sthana, Adhyay 33/28

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Tejal D. Khokhar et al: Management Of Ovarian Cyst By Ayurvedic Treatment: A Case Report. International Ayurvedic Medical Journal {online} 2019 {cited November 2019} Available from: [http://www.iamj.in/posts/images/upload/2086\\_2089.pdf](http://www.iamj.in/posts/images/upload/2086_2089.pdf)