



## Ayurvedic Treatment Regime of Ovarian Hemorrhagic Cyst: A Case Report.

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### ABSTRACT:

**Introduction:** Women's life hormones play an important role from menarche to menopause. Abnormality in the ovarian hormones in co-ordination with HPO axis influences her physical, psychological and reproductive health. Abnormal food habits and altered life have influence on secretion of female hormones and there by lead to manifestation of ovarian cyst. Hemorrhagic ovarian cyst is commonly encountered in day-to-day gynaecological practice.

**Methodology:** In this present case study, a 36 years old woman patient consulted to the OPD with the complaint of pain in lower abdomen, Irregular menses and generalized weakness. She had also brought her ultrasonography (USG) and finding suggested a left ovarian haemorrhagic cyst measuring 44mm × 36 mm. She was supposed to be treated with traditional ayurvedic formulations; the case was treated for three months with a combination of different traditional Ayurvedic drugs, with the goal of relieving symptoms and dissolving the ovarian cyst. This patient was treated with traditional Ayurvedic formulations like *Sukumara Kashyam*, *Kanchnar guggulu*, *Dashmoola kwatha*, *Yavkshara*, *Ajmoodadi choorna*.

**Result:** Only traditional Ayurvedic medicines were used during the course of the treatment. Follow-up USG showed complete disappearance of cyst and symptoms also subsided to a great extent.

**Discussion:** The present study emphasizes the role of Ayurveda in bringing a positive result in the management of ovarian cyst.

**Keywords:** *Granthi*, Hemorrhagic cyst, Ovaries, *Prakriti*, *Ayurveda*.

### INTRODUCTION

An Ovarian cyst is a health condition that is becoming increasingly common these days, and it has a direct impact on fertility. An ovarian cyst is defined as any ovarian follicle that is larger than two centimeters in diameter. Ovarian cysts are closed; sac structures within the ovary

that contain a liquid or semisolid substance. Ovarian cysts affect women of all ages, but they are most common in young and child-bearing women. Hemorrhagic cysts can cause similar symptoms and concerns as other types of ovarian cysts<sup>1</sup>, such as abdominal pain, pelvic discomfort,



and menstrual irregularities. The presence of blood within the cyst can also lead to a larger cyst size and increased pressure, potentially causing more pronounced symptoms<sup>2</sup>. In *Ayurvedic samhita*, a detail description about *Granthi*<sup>3</sup> is available. Hemorrhagic ovarian cyst can be correlated to *Raktaja Granthi roga*<sup>4</sup>, Pathogenesis of *Granthi Roga* is *Vata Kapha* Dominating *Tridosha*, for which *Vata Kapha hara* medication are required, whereas involved *Dushya* are *Rakta, Mamsa, Meda*, hence the medication should possess *vathara* and *Lekhana* properties<sup>5</sup>.

There is no such effective treatment in modern science except hormonal therapy, laparoscopy, and hormonal therapy has its own harms. *Ayurveda* has a very satisfactory line of ovarian cyst<sup>6</sup>.

## CASE REPORT

A 42 year old female patient came to O.P.D dated 1-11-12, after seeing no sign of improvement with Allopathic treatment. She complained of dull aching pain and discomfort in the lower abdomen, pain radiating to lower back and thighs; heaviness and bloating. A 36 years old female patient was came to *Prasuti tantra and Striroga* OPD with chief complaint of pain in lower abdomen since 2 months. Her abdominal pain was also associated with irregular menses, generalized weakness. She had also brought her USG report and some other blood investigations along with her. She was diagnosed as Left Ovarian Haemorrhagic Cyst (44mm×36mm). She took advice from allopathic hospital for surgery but she was not ready for surgery. So she came to our hospital for further advice and ayurvedic management.

Menstrual History –Patient told that her duration of menstrual cycle was of 5-7 days with irregular interval of 30 days to 45 days, amount of bleeding was increased with lots of clots and associated with lower abdominal pain and radiated to lower back.

Obstetric history -G<sub>2</sub>P<sub>2</sub>A<sub>0</sub>L<sub>2</sub>

Family history- No relevant family history

Past surgical history – There was not significant history found.

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

### Clinical findings:

General examinations: Built – Normal, Weight – 52kg, height – 155 cm, pulse rate- 70/min, B.P. - 110 /70 mm of hg, respiration rate- 18/min, temp. -98.6 F

Per abdomen-it was soft, 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 – Krisha*

### *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) - avara (least capability)*

*Aharashakti- (food intake and digestive power)*

*Abhyavarana shakti & Jarana shakti – Madhyam*

### Systemic Examination:

CVS: Heart sounds (S1S2): normal

Respiratory system: normal bilateral air entry, no added sounds. No abnormality found on other system

*Samprapti Ghataka (Pathogenic factor): Dosha - Vata, Kapha*

*Dushya - Mamsa (muscles), Rakta (blood)*

*Agni (digestive fire) - Mandagni, Jatharagnimandya.*

*Srotas (channel) - Artavahasrotas (channels carrying menstrual blood)*

*Srotodushti-Siragranthi, Sanga*

### Treatment Schedule-

The treatment was carried out with the following medicines for three months. (Table 1)

## RESULT

In the last patient was satisfied with the result. Her ultrasound reports revealed no evidence of Haemorrhagic ovarian cyst along with symptoms. Her pain was also reduced, and she was completely cured with Ayurvedic treatment. There is no recurrence of any Symptoms and sign until now.

## DISCUSSION

In *Ayurveda* the treatment is designed on specific set of principles. It includes *Nidan parivarjan* – avoiding use of causative factors which are responsible for formation of disease. In the following case use of spices in food and untimely food habits which were responsible for aggravation of *Pitta* as well as *Vata dosha* were avoided. From *Hetu sevana* to formation of a disease, the pathological sequence – *Samprapti* was observed and treatment accordingly was designed.

*Sukumar Kashyam*-It is a popular formulation mentioned in *Vidradhi Vridhi Chikitsa*. It is *Vatapitha hara* in nature, possess properties like *raktashodhaka* and *sophahara*. These properties help in regulation of cycle and dysmenorrhea.<sup>7</sup>

*Kanchnar guggulu - Kanchanara Guggulu* was prescribed due to its *Vata-Kaphahara* properties i.e., which alleviates the aggravated *Vata* and *Kapha Doshas* and due to its *Raktashodhana* (purification of blood), *Lekhana* (bio-scraping) and *Shothahara* (anti-inflammatory) properties it shows significant effect in *Granthi.Bhedaneeya* and *Lekhaneeya* properties of *Kanchnar guggulu* also helps in reducing the size and arrests further growth of cyst<sup>8</sup>

*Dashmool kwatha* – Collective properties of *dashmool kwath* are *katu rasa, katu vipaka, laghu- ruksha guna,* and *ushna veerya*. By virtue of this properties dashmool act as *aamapachana* and remove the *avarana* of *kaphadi doshas*. As *dashmool* is *ushna veerya* and other properties associating to that are acting on *vata dosha* also.it has potent anti-inflammatory and uterine tonic action<sup>9</sup>.

*Yavkshara*- Because of *sukshma, laghu, sara, vyavayi, vikasi, pramathi* properties of *yavkshara* it helps in scraping of obstructing substance. Its properties show its potency to enter in minute channels and spread easily. *Yavkshara* had *vata-kapha shamaka* and *aampachaka action*. it also has *gulmanashana* and *kaphanissaraka karma*.<sup>10</sup>

## CONCLUSION

In the modern medical system, hormonal and surgical interventions are the only available treatments for ovarian cysts. Even if this is the only treatment in modern science, as many people are afraid of hormonal intervention, the recurrence of ovarian cysts is so likely that it cannot be guaranteed to recurrence of disease. There are several treatment options available, but ultimately the treatment depends on the patient's age, the size of the cyst, and whether the cyst has malignant characteristics. In *Ayurvedic* science, drug availability is an opportunity for a patient to be completely cured without a recurrence of the disease. This *Ayurvedic* treatment helps treat patients with ovarian cysts. From this case study, we can conclude that *Ayurvedic* drugs

are effective in treating hemorrhagic ovarian cysts and require further studies for longer periods and larger sample sizes.

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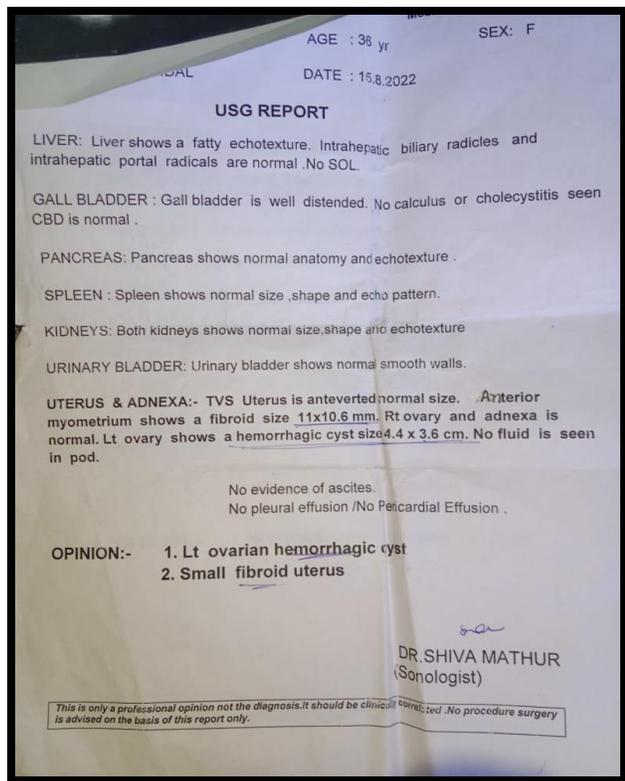
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**Table 1 The treatment was carried out with the following medicines for three months.**

Sr.	Medicine	Dose
1	<i>Sukumarkashyam</i> -30 ml	Bid with double amount of water ( half hr before food)
2	<i>Kachnar Guggulu</i>	2 tab -Bid After meal
3	<i>Yava Kshara</i> -250 mg	Bid
4	<i>Dashmoola Kwath</i> -20 ml	Bid( one hour after meal)
5	<i>Ajmodaadi Churna</i> - Half tsp	HS ( with warm water)

**Before Treatment (USG Findings)**



**After Treatment(USG Findings)**

