



Case Study

EFFICACY OF VAMANA KARMA IN THE MANAGEMENT OF KSHETRA DUSHTI JANYA BANDHYATVA (UTERINE FIBROID)

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Article info
Article History:
Received: 19-05-2024
Accepted: 15-06-2024
Published: 10-07-2024

KEYWORDS:
Bandhyatva, Garbhashayagata arbuda, Kshetra, Uterine Fibroid, Vamana.

ABSTRACT

Fibroids, one of the major reasons for infertility are present in 5-10% of infertile patient. Depending on the location in the uterus, fibroid prevent conception by causing difficulty in sperm ascent, impaired sperm transport and hindering the nidation of fertilized ovum. Thus, fibroids have been implicated in infertility as well as pregnancy loss. Hereby, we are reporting a case of a 31year-old married female who visited the OPD of the National Institute of Ayurveda, Jaipur. She came with complaints of being unable to conceive for 1 year. Ultrasonography dated July 13, 2022, suggested a bulky uterus with intramural fibroid (85 × 65 mm). On the basis of these clinical presentations and USG findings, the patient was diagnosed with infertility due to a uterine fibroid correlated with *Kshetra dushti janya Bandhyatva*. *Vamana karma* was conducted for the elimination of *Kapha Dosha*. After *Vamana karma*, she missed her period. Her UPT was performed on March 22, 2023, which was found positive. Uneventfully, the patient had delivered a live female child weighing 2.5kg on 1/11/2023 by LSCS under SA. *Vamana karma* is beneficial in the management of *Kshetra dushti janya Bandhyatva* (infertility due to a uterine fibroid).


INTRODUCTION

Infertility is defined as failure to conceive despite having a regular, unprotected coitus for more than a year^[1]. In Ayurveda, infertility is correlated with *Bandhyatva*. According to *Acharya Sushruta Ritu, Kshetra, Ambu, and Beeja* are the four factors that assemble for the achievement of healthy conception^[2]. According to *Acharya Charaka, Aashaya* should be anatomically and functionally perfect and free from all impurities for a successful pregnancy^[3]. *Garbhashaya* can be taken as *Kshetra*. *Aacharya Charak* also mentioned *Kukhsi*-dependent *Arbuda* or *Granthi* while describing the *Sadhya-Asadhyata* of *Granthi* or *Arbuda*^[4]. *Kukshi* can be taken in sense of uterus in the context of *Garbha*^[5]. So, based on the location, it can be taken as *Garbhashayagata arbuda* (uterine fibroid).

Fibroids may be the sole cause of infertility in 2–3% of cases. Uterine fibroids are noncancerous growths of smooth muscle cells in the uterus, commonly appearing during a female's childbearing years. Fibroid may be influenced by factors such as family history, genetic mutations, hormone imbalances, and exposure to certain chemical agents. Fibroid can lead to infertility, recurrent pregnancy loss, and adverse obstetric outcomes^[6].

Patient Information

A 31-year-old married female visited Prasutitantra and Striroga OPD at the National Institute of Ayurveda, Jaipur, with complaints of being unable to conceive for a year. She also gave the history of one spontaneous abortion in the past year of active married life. She also had an associated complaint of pain during menstruation along with nausea, 2-3 episodes of vomiting in a day, and heaviness in the abdomen for 2 years.

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Quick Response Code	
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Menstrual History

She attained her menarche at 13 years of age. The date of her last menstrual period (LMP) was 18th February 2023. Her menstrual flow was 4 days in duration and at 27-30 days of intervals with spasmodic Pain in abdomen, back and thighs occurring 4-5 days before onset of menses with moderate severity (Visual Analog Score - 6). The colour of blood was Reddish black with passing of clots associated with foul smell and stickiness.

Obstetric history: G₁P₀A₁L₀D₀

G1- Incomplete abortion of 2 months of gestational age 10 months ago followed by taking MTP Pills in 2022.

Past medical history: She had no history of DM/ HTN/ thyroid dysfunction or any systemic disorder.

Past surgical history: Patient had no significant past surgical history.

Family history: Patient had no relevant family history.

Allergy history: Patient had history of allergy to dust, cheese, chocolates, *Amla dravya* (sour).

Personal history

Appetite- Good

Treatment given

Sleep- Sound

Bowel- Constipated

Bladder- Clear, 4-5 times/day

General Examination

Built- Moderate

Nourishment – Moderate

Weight – 64 kg

Height- 5'0"

BMI- 27.3kg/m²

Temperature – 97.8°F

Pulse – 78/min

Blood Pressure – 110/70 mmHg

Gynecological examination

Per Abdomen – Soft, non-tender.

P/V- Bulky uterus, anteverted and ante flexion

Investigations: (Before treatment)

Ultrasonography Impression- (13th July 2022)- Bulky uterus with anterior myometrial fibroid (85×65mm) with endometrium thickness- 6.2mm

Table 1: Vamana Karma Protocol

Procedure	Scheduled Days	Details
Purva karma	Day 1 to day 5	<i>Deepan - Pachana</i> <i>Panchkola churna</i> 5gm <i>Shankh bhasma</i> 500mg twice a day 10 min before food with lukewarm water. <i>Chitrakadi vati</i> 2 tab twice a day after food. <i>Panchsakar churna</i> 5gm at night.
	Day 6 to day 12	<i>Snehapana</i> - With <i>Murchchit go-ghrita</i> empty stomach for 7 days
	Day 13	<i>Sarvanga abhyanga</i> and <i>Swedana</i> Patient was asked to take <i>Kaphotklesha Ahara</i> in evening.
Pradhana Karma	Day 14	<i>Vamana karma</i> after <i>Sarvanga Abhyanga</i> and <i>Swedana</i> : <i>Yavaygu</i> with <i>Goghrit</i> and <i>Akantha dugdha paan</i> After chanting <i>Swasthivachan</i> , <i>Vamaka Yoga</i> administered <i>Madana pippli churna</i> (4 part), <i>Vacha churna</i> (2 part) and <i>Saindhava lavana</i> (1 part) mixed along with <i>Madhu</i> .
Paschata Karma	Thereafter	<i>Dhoompana</i> 5 days of <i>Samsarjana karma</i> was advised as per <i>Vegiki shuddhi</i>

OBSERVATION

Vaigiki Pariksha- 6 Vega (*Madhyam shuddhi*)

Laingiki Pariksha – Lightness of body, *Indriyaprasannata*, feeling happy. These are the *Vamana samyak siddhi lakshna* observed.

After *Samyak Vamana*, the patient was advised to take complete rest.

The patient was advised to avoid loud speaking, overeating, too much walking, sitting, anger, and sexual intercourse.

RESULTS: After the completion of *Vamana Karma*, she missed her period. Her UPT was performed on 22/03/2023 which was found positive.

Table 2: After Treatment Investigation

Date	Investigation	Reports
07/04/2023	USG	Single live intrauterine pregnancy of 6 weeks and 1 day heart rate: 114/min; anterior myometrial fibroid (85×63mm)
15/05/2023	NT NB Scan	Single live intrauterine pregnancy of 11 weeks and 6 days with NT-1.1mm
01/07/2023	Level II	A single live intrauterine pregnancy of 18 weeks and 5 days, normal fetoplacental blood flow pattern. No congenital anomaly was seen.
17/10/2023	USG	Single live intrauterine pregnancy of 34 weeks 0 day, Placenta: Grade 3, fundal, upper segment, AFI:13.8, EFW: 2378gm, EDD:28/11/2023

ANC events

She visited the NIA in Jaipur, for a regular ANC check-up. She gave a history of vaginal bleeding with severe lower abdominal pain at the first trimester. She took Ayurvedic remedies for 7 days

1. *Yapna basti* as *Ksheerbasti* with *Prajasthapan mahakashya, Jivaniya Gana Dravya* once a day, empty stomach.
2. *Matra basti* with *Phala ghrith* in the evening.
3. *Shatdhaut ghrith lepa* on the lower abdomen three times a day. After that, she found no bleeding p/v and relief in associated complaints. She also followed *Garbhini Paricharya*.

Delivery events: Uneventfully, the patient was delivered a female child as a vertex presentation of 2.5 kg at 11.34 a.m. on November 1, 2023, by LSCS under SA.

Adverse effects: No adverse effects of *Vamana karma* were observed in the patient.

DISCUSSION

Depending on the location in the uterus, fibroids prevent conception by causing difficulty in sperm ascent, impaired sperm transport, and hindering the nidation of fertilized ovum. Thus, fibroids have been implicated in infertility as well as pregnancy loss.

Samprapti of Garbhashayagata Arbhuda

Nidan: Improper dietary habits and sedentary lifestyle

Dosha: Predominance of *Kapha* with *Tridoshas*

Dushya: *Rasadhatu, Mamsadhatu, Medodhatu, and*

Artava Updhatu

Srotodushti: *Sanga, Shiragranthi*

Adhistana: *Garbhashaya*

Rogamarga: *Abhyantra*

Svabhava: *Chirikari*

Sadhyasadata: *Yapya*

Importance of Shodhana chikitsa in Garbhashayagata arbuda

According to Acharya *Kashyapa*, *Shodhan chikitsa* mentioned in context of *Bandhyatva chikitsa*,

Shodhana Chikitsa (cleansing procedures) open the occluded channels in the body; this helps to regulate hormones, maintain homeostasis in the body, and also facilitate conception. *Vamana karma* is mentioned as one of the treatment protocols for *Arbudha* in *Sushrut samhitta chikitsa sthan*.^[7] *Vamana Karma* means the induction of emesis and helps to remove toxins from the body, especially through the *Aamashaya* So, *Vamana karma* was done for the elimination of *Kapha Dosha*. Her complete *Nidana Parivarjana* and *Prakriti Vighata* were done.

Firstly *Deepana, Pachana* was done to correct the *Amavastha* in the body then *Snehana* with *Murcchita Go Ghrita (Triphala yavakuta, Haridra, Maricha)* was given. It attains the properties of *Amadosha -Hara*, increased potency, and the capability to receive more active principles from the drug due to the *Sanskarasya-anuvartana* quality of *Go-Ghrita*^[8]. After *Snehana*, *Swedana* was done to liquify *Dosha* and toxins. After *Vamana karma Dhoompana* was done to removes the coating of *Kapha* and sliminess from the throat. *Samsarjana karma* was followed to activate the *Agni* and restore strength to the weakened body. After *Vaman karma*, she also found relief in itching and associated complaints of skin allergies. As *Kapha dosh* got pacified, it arrested further growth of uterine fibroid, for which abnormal movement of *Kapha* was the root cause and also gave symptomatic relief to the patient.

CONCLUSION

This case report shows how to manage *Kshetra dushti janya Bandhyatva* (infertility due to uterine fibroid) through Ayurvedic treatment (*Vamana karma*). The result obtained in this single case study is helpful in large sample also.

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Cite this article as:

Lavina, Sonu, Hetal H Dave, Vipin, Rozina Sheikh. Efficacy of Vamana Karma in the Management of Kshetra Dushti Janya Bandhyatva (Uterine Fibroid). AYUSHDHARA, 2024;11(3):139-142.

<https://doi.org/10.47070/ayushdhara.v11i3.1569>

Source of support: Nil, Conflict of interest: None Declared

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