



Review Article

AYURVEDIC APPROACH IN THE MANAGEMENT OF ADENOMYOSIS

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ABSTRACT

Adenomyosis is commonly diagnosed benign condition, major symptoms of these are causes the uterus to thicken and enlarge sometimes up to double or triple its usual size. Adenomyosis may lead to menstrual pain, excessive or extended bleeding with clots, and abdominal or pelvic discomfort. Treating adenomyosis is a challenge hormonal treatment at last hysterectomy has been the only way to treat the condition. But in that scenario Ayurveda can provide a better treatment. Adenomyosis is a prevalent gynecological disorder marked by endometrial tissue being embedded within the myometrium, often resulting in severe symptoms like painful menstruation, heavy bleeding, and infertility. In Ayurveda, adenomyosis is comparable to *Udavartini yonivyapada*. In the Ayurvedic text, 20 *Yoni Vyapads* are explained, among them, *Vipluta* is one of them characterized by constant pain associated with other pains of *Vata Prakopa*. So this disease can be considered as *Vipluta Yonivyapad* and treat it with the same line of treatment, which has promising results. This review study intends to review adenomyosis and its Ayurvedic perspective preventive and curative aspects.

INTRODUCTION

Adenomyosis is a condition where there is ingrowth of the endometrium, both the glandular and stromal components, directly into the myometrium^[1]. Adenomyosis, which is pronounced "add-en-o-my-OH-sis," is the process by which tissue that resembles the endometrium, the lining of the uterus, begins to develop into the myometrium, the muscle wall of the uterus. It is a condition characterized by a benign invasion where there is in-growth of the endometrium directly into the myometrium of the uterus. An adenomyosis is described as a circum-scribed nodular aggregate of smooth muscle and endometrial glands with compensatory hypertrophy of the myometrium surrounding the ectopic endometrium. Unlike endometriosis, it tends to occur in multiparous women^[2].

The prevalence of adenomyosis in hysterectomy specimens for benign causes of AUB in India varies from 6-55%. In our study, 55% it is the highest reported in India^[3].

Some patients experience painful menstrual cramps (dysmenorrhea), heavy menstrual bleeding (menorrhagia), and abnormal menstruation, pelvic pain with or without severe cramping, Painful intercourse (dyspareunia), and infertility, enlarged uterus, bloating or fullness in belly (adenomyosis belly).

AIM

This article's critical review aims to synthesize the qualitative research that was present in Ayurveda classics better. The various facts of adenomyosis and its correlation in Ayurveda.

OBJECTIVE

- To understand the Ayurvedic management of adenomyosis by a review of Ayurvedic literature.
- To learn more about the role of *Dosha* in adenomyosis.
- To comprehend the role of *Nidana* chikitsa in developing adenomyosis.

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METHODOLOGY

Research Articles and publications books from both the modern and the Ayurvedic were used to review various aspects of adenomyosis in connection to *Dosha*.

With a biopsy, your doctor may be able to rule out more serious problems. Your doctor takes tissue during a biopsy and examines it for indications of more serious conditions.

Prognosis Adenomyosis Affect Pregnancy

Adenomyosis can affect pregnancy in various ways, though many women with the condition are able to conceive and have healthy pregnancies. The prognosis depends on the severity of the adenomyosis and the individual's overall reproductive health. Here are some of the potential effects on pregnancy:

Fertility Challenges

- **Conception difficulties:** Adenomyosis may affect fertility by altering the uterine environment, leading to issues like disrupted embryo implantation or poor uterine receptivity.
- **Impact on IVF:** Women undergoing In-Vitro Fertilization (IVF) may have a lower success rate with adenomyosis. However, with proper treatment, many women can still conceive.

Pregnancy Complications

- **Miscarriage risk:** Some studies suggest that women with adenomyosis may have a higher risk of miscarriage, particularly in the first trimester.
- **Preterm birth:** There is also an increased risk of preterm labor and delivery.
- **Pre-eclampsia:** Some research has found a possible association between adenomyosis and hypertensive disorders of pregnancy, like pre-eclampsia.
- **Placental abnormalities:** Adenomyosis has been linked to placental complications such as placenta previa or placenta accreta.

Symptoms during Pregnancy

Women with adenomyosis may experience more intense symptoms during pregnancy, such as pelvic pain, uterine cramps, and bleeding, although some women find relief from symptoms during pregnancy due to hormonal changes.

Prognosis

- **Mild to moderate Adenomyosis:** Women with less severe Adenomyosis often have better fertility outcomes and may experience fewer pregnancy complications.
- **Severe Adenomyosis:** In cases of severe Adenomyosis, fertility can be significantly impacted, and there may be a higher risk of

complications like preterm birth and miscarriage. However, with careful medical management and monitoring, many women still have successful pregnancies.

Management and Treatment

- **Hormonal treatments** (such as GnRH agonists or hormonal IUDs) are often used to manage adenomyosis before pregnancy to reduce symptoms and potentially improve fertility.
- In some cases, surgical interventions like adenomyomectomy (removal of Adenomyosis-affected areas) may be recommended to improve the chances of conception and reduce complications during pregnancy.

Modern Management of Adenomyosis

Modern management of adenomyosis focuses on symptom relief, fertility preservation (if desired), and improving quality of life. Treatment options range from conservative approaches to more invasive procedures, depending on the severity of symptoms, patient age, reproductive plans, and overall health. The most up-to-date management strategies include both medical and surgical interventions.

Medical Management

Medical treatments are often the first line of therapy, especially for women who wish to preserve fertility or avoid surgery.

Hormonal Therapies

Hormonal treatments aim to reduce estrogen levels, which can alleviate symptoms like heavy menstrual bleeding and pelvic pain.

- Oral contraceptive pills (OCPs):
- Gonadotropin-releasing hormone (GnRH) agonists:
- Progestins
- Aromatase inhibitors
- Selective estrogen receptor modulators (SERMs)

Non-Hormonal Therapies

- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Tranexamic acid

Minimally Invasive Procedures

For women who do not respond to medical management or have more severe symptoms, minimally invasive procedures are available.

- Uterine Artery Embolization (UAE)
- High-Intensity Focused Ultrasound (HIFU)

Surgical Management

Surgery is often considered for women with severe adenomyosis who do not respond to medical or minimally invasive treatments, particularly those who are not concerned with preserving fertility.

- Adenomyomectomy
- Endometrial Ablation
- Hysterectomy

Emerging and Experimental Therapies

Research into Adenomyosis continues, and new therapies are being developed. Some promising areas of investigation include:

- Stem cell therapy
- Immune-modulating therapies
- New pharmacological treatments.

Lifestyle and Supportive Management

- **Diet and exercise:** A healthy lifestyle, with a diet low in inflammatory foods and regular exercise, can help manage symptoms.
- **Acupuncture and alternative therapies:** Some women find symptom relief through acupuncture, herbal supplements, and other complementary therapies, though the evidence is limited.

Modern drug for Adenomyosis^[3]

The modern drug management of adenomyosis focuses on controlling symptoms like heavy menstrual bleeding, pelvic pain, and infertility by regulating hormonal imbalances and reducing inflammation. Below are some of the most effective and commonly used drugs in recent clinical practice for treating adenomyosis.

Gonadotropin-Releasing Hormone (GnRH) Agonists

Leuprorelin (lupron), goserelin (zoladex), triptorelin: GnRH agonists work by suppressing the production of estrogen. This results in the shrinkage of adenomyosis tissue and symptom relief. It often used as a short-term treatment (3-6 months) before surgery or for severe cases of adenomyosis.

Side effects: Hot flashes, bone density loss (long-term use), mood changes.

Gonadotropin-Releasing Hormone (GnRH) Antagonists

Elagolix (Orilissa): GnRH antagonists immediately suppress estrogen production without the initial hormone flare-up. It shown promise for managing pain associated with endometriosis and adenomyosis. It has faster action compared to GnRH agonist.

Side effects: Similar to GnRH hot flashes, headache, and reduced bone density with prolonged use.

Selective Progesterone Receptor Modulators (SPRMs)

Ulipristal acetate (Esmya): SPRMs act on progesterone receptors, reducing the effects of progesterone on the uterine lining, thereby controlling heavy menstrual bleeding & pain.

Side effects: Occasional liver toxicity, hot flashes, fatigue

Levonorgestrel-Releasing Intrauterine Device (LNG-IUD)

Mirena IUD: This hormonal IUD releases a small amount of progestin (levonorgestrel) directly into the uterus, which helps reduce the growth of Adenomyosis tissue and controls bleeding. Long-term (up to 5 years) relief from heavy bleeding and pain.

Side effects: Irregular spotting, mild pelvic discomfort after insertion.

Combined Oral Contraceptives (COCs)

Pills containing ethinylestradiol and progestin (various brands), It Combined oral contraceptives regulate menstrual cycles and reduce menstrual flow, which can help manage Adenomyosis symptoms. In milder cases of Adenomyosis, this method effectively controls bleeding and reduces pain, Continuous or extended-cycle COCs can be used to suppress menstruation entirely.

Side effects: Nausea, breast tenderness, increased risk of blood clots in some women.

Progestins: Norethindrone acetate (Aygestin), Medroxyprogesterone acetate (Provera)

Progestins help to counterbalance estrogen's effects on the uterine lining, thus reducing abnormal bleeding and suppressing Adenomyosis tissue growth.

Oral or injectable forms are used to manage bleeding and pain. Depo-Provera injections can be administered every 3 months.

Side effects: Weight gain, mood changes, bloating, irregular bleeding.

Aromatase Inhibitors: Letrozole, Anastrozole

These drugs inhibit aromatase, an enzyme responsible for converting androgens to estrogens in the body, thus reducing overall estrogen levels, shrinking Adenomyosis tissue. It often used in combination with other hormonal treatments, like GnRH agonists, to manage severe cases of Adenomyosis.

Side effects: Joint pain, hot flashes, and potential bone loss with long-term use.

Nonsteroidal Anti-Inflammatory Drugs (NSAIDs): Ibuprofen, Naproxen

NSAIDs reduce inflammation and help control pain, particularly during menstruation, by inhibiting prostaglandins. These recommended as a first-line treatment for mild pain and cramping associated with Adenomyosis. They are typically used in combination with hormonal treatments.

Side effects: Gastrointestinal discomfort, nausea, or stomach ulcers with prolonged use.

Adjunct Therapies

- **Tranexamic Acid:** Used to reduce heavy menstrual bleeding without affecting hormones. It is taken only during menstruation and is useful for women who prefer to avoid hormonal therapy.
- **Low-dose Aspirin:** Some studies have explored the use of low-dose aspirin to improve fertility outcomes in adenomyosis by reducing inflammation and improving blood flow.

The choice of drug therapy depends on the severity of the condition, the woman's age, fertility plans, and the presence of other health conditions. Hormonal therapies (like GnRH agonists/antagonists, progestins, and SPRMs) are the mainstay for managing adenomyosis symptoms, while non-hormonal options like NSAIDs and tranexamic acid are helpful for pain relief and bleeding control. Ongoing research may continue to provide newer options

Pathophysiology according to Ayurveda

In Ayurveda, the pathophysiology of Adenomyosis can be understood in terms of the imbalance of the *Doshas* (*Vata*, *Pitta*, and *Kapha*), along with disturbed *Dhatu*s (bodily tissues) and *Agni* (digestive/ metabolic fire). While modern medical science provides a detailed structural understanding of adenomyosis, Ayurveda explains it holistically by focusing on the root causes, including lifestyle, diet, and mental/emotional factors that affect the balance of the body.

Ayurvedic Pathophysiology of Adenomyosis

Adenomyosis, characterized by endometrial tissue growing into the uterine muscles, would be seen as a disorder involving abnormalities in *Vata*, *Pitta*, and *Kapha doshas*, specifically in the context of the *Artava Vaha Srotas*.

Imbalance in *Vata Dosha*

- ***Vata*** governs all movements in the body, including the flow of menstruation. In adenomyosis, the vitiation of *Vata* causes improper flow and movement of *Artava* (menstrual blood), leading to *Rajodushti* (disordered menstruation).
- ***Apana Vata***, a sub-type of *Vata* located in the pelvic region, is responsible for the expulsion of menstrual blood and regulation of reproductive functions. If *Apana Vata* is disturbed, it can lead to dysmenorrhea (painful periods), abnormal menstrual flow, and improper elimination of blood, causing the endometrial tissue to invade the uterine muscles. Factors like stress, excessive physical activity, irregular eating habits, or poor lifestyle may aggravate *Vata dosha*, contributing to the development of adenomyosis.

Imbalance in *Pitta Dosha*

- ***Pitta*** controls transformation, heat, and metabolism in the body, including hormonal balance. When *Pitta* becomes aggravated, it leads to excess heat and inflammation in the body, particularly in the reproductive organs.
- This *Pitta Prakopa* (aggravation) can manifest as *Rakta Dhatu Dushti* (vitiation of blood tissue) and result in heavy, painful, and excessive menstrual bleeding, which is one of the hallmark symptoms of Adenomyosis.
- Emotional stress, a diet high in spicy, oily, and heat-producing foods, and a hot climate can contribute to *Pitta* vitiation and inflammation in the uterus.

Imbalance in *Kapha Dosha*

- ***Kapha*** governs structure, stability, and nourishment in the body. In Adenomyosis, *Kapha Dushti* (*Kapha* imbalance) may lead to the overgrowth or thickening of tissues, contributing to the abnormal infiltration of endometrial tissue into the myometrium (uterine muscles).
- *Kapha* can also cause *Srotorodha* (blockage in bodily channels), disrupting the normal function of the *Artava Vaha Srotas*, which leads to swelling, heaviness, and stagnation in the reproductive organs, causing painful and irregular menstruation.
- A sedentary lifestyle, overeating, or a diet rich in heavy, sweet, and oily foods can worsen *Kapha* and contribute to the formation of adenomyosis tissues.

Involvement of *Dhatu*s (Tissues)

- ***Rakta Dhatu* (Blood tissue):** A primary factor in Adenomyosis is the vitiation of *Rakta Dhatu*, leading to disorders of blood flow, excessive bleeding, and improper distribution of blood within the uterus.
- ***Mamsa Dhatu* (Muscle tissue):** As the endometrial tissue grows into the uterine muscle (myometrium), *Mamsa Dhatu Dushti* occurs. This leads to the structural changes seen in Adenomyosis.
- ***Shukra Dhatu* (Reproductive tissue):** Disturbance in *Shukra Dhatu* can affect reproductive health, fertility, and cause abnormalities in menstrual cycles.

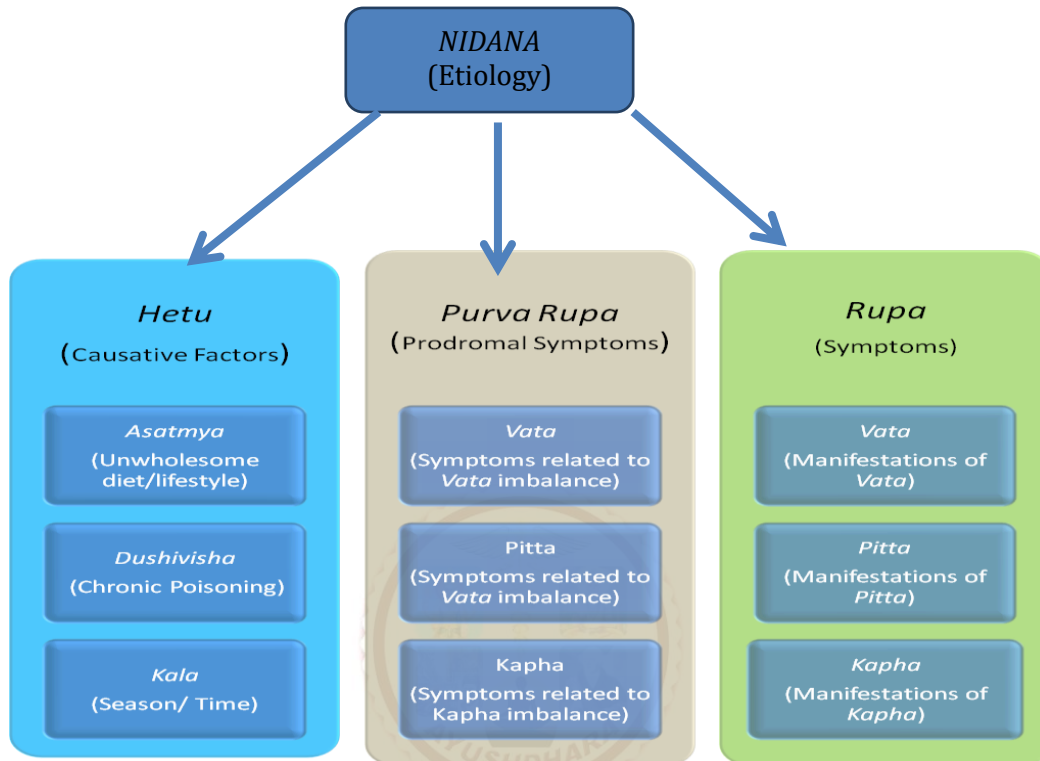
Role of *Agni* (Digestive/metabolic fire)

- ***Jatharagni*** (digestive fire) is central to the transformation and digestion of food and nutrients. Weak ***Agni*** leads to improper digestion and the formation of ***Ama*** (toxins), which accumulate in the body and can cause blockages in the channels.
- When ***Dhatu Agni*** is weakened, the ***Artava Dhatu*** is improperly formed, contributing to diseases like Adenomyosis.

Summary of Ayurvedic Pathophysiology of Adenomyosis

- **Vata dosha** imbalance → Disrupted movement of menstrual flow, dysmenorrhea (painful menstruation), and abnormal uterine tissue displacement.
- **Pitta dosha** imbalance → Excessive heat, inflammation, and abnormal bleeding.

- **Kapha dosha** imbalance → Stagnation, tissue overgrowth, and heaviness in the reproductive organs.
- **Rakta and Mamsa Dhatus** are affected by improper formation and proliferation of endometrial tissues within the uterine muscles.
- **Agni** dysfunction leads to the accumulation of **Ama** (toxins), which disrupts normal reproductive function and contributes to Adenomyosis.



Samprapti Ghataka [4]

Dosha – Vata Pradhana Pitta

Dushya- Rasa and Rakta

Srotas - Aartava Vaha Srotas

Srotodushthi- Atipravriti vimarg gamana

Ayurvedic management of Adenomyosis

The Ayurvedic management of adenomyosis focuses on balancing the *Doshas* (primarily *Vata*, *Pitta*, and *Kapha*), detoxifying the body, improving digestion (*Agni*), reducing inflammation, and enhancing the health of the reproductive system (*Artava Vaha Srotas*). Adenomyosis is seen as a disorder involving imbalances of *Vata* and *Pitta doshas*, with an element of *Kapha* leading to overgrowth and stagnation. Here's a detailed Ayurvedic approach to managing Adenomyosis:

Dosha Balancing

- **Vata Dosha**: The primary *Dosha* involved in Adenomyosis is *Vata*, as it governs movement, including menstrual flow. Aggravation of *Apana Vata* (the subdosha of *Vata* governing the pelvic

region) leads to pain, irregular flow, and tissue displacement.

- **Pitta Dosha**: *Pitta* is associated with inflammation, heat, and excessive bleeding, contributing to painful and heavy menstruation.
- **Kapha Dosha**: *Kapha* involvement leads to tissue overgrowth, heaviness, and swelling (bulky uterus), contributing to the structural changes in the uterus.

Herbal Management

Key Herbs for Adenomyosis

- **Ashoka (Saraca asoca)**: Known as a uterine tonic, *Ashoka* helps regulate menstrual cycles, reduce excessive bleeding, and support uterine health.
- **Shatavari (Asparagus racemosus)**: A rejuvenative herb for women's reproductive health, *Shatavari* balances *Pitta*, reduces inflammation, nourishes the reproductive tissues, and helps in hormonal regulation.

- **Lodhra (*Symplocos racemosa*):** Helps in reducing inflammation, excessive bleeding, and uterine enlargement. *Lodhra* is also effective in toning the uterus.
- **Dashamoola:** A combination of ten roots used to pacify *Vata*, relieve pain, and reduce inflammation.
- **Aloe vera (*Kumari*):** Known for its cooling properties, *Aloe vera* helps soothe inflammation and manage heavy menstrual bleeding.
- **Guggulu:** Useful in clearing *Kapha*-induced stagnation and promoting tissue metabolism.
- **Manjistha (*Rubia cordifolia*):** A blood purifier and anti-inflammatory herb, *Manjistha* helps in managing *Pitta*-related symptoms like excessive bleeding and inflammation.

Detoxification (*Panchakarma* Therapy)

Panchakarma therapies are used to eliminate toxins (*Ama*) and balance the *Doshas*, especially *Vata* and *Pitta*.

Panchakarma Procedures

- **Virechana (Therapeutic Purgation):** Helps to eliminate excess *Pitta* from the body, reducing inflammation and excessive bleeding.
- **Basti (Medicated Enemas):** *Basti* is the most effective therapy for balancing *Vata dosha*. *Uttara Basti* (medicated enema through the vaginal route) specifically targets the reproductive organs, reducing inflammation, controlling bleeding, and improving uterine health.
- **Abhyanga (Oil Massage):** Full-body massage with warm, medicated oils helps pacify *Vata dosha*, improve circulation, and relieve pelvic pain.
- **Swedana (Herbal Steam Therapy):** This therapy helps in reducing *Kapha*, relieving muscle stiffness, and enhancing circulation to the pelvic area.
- **Nasya (Nasal Therapy):** It helps in balancing *Vata* and improving the function of the nervous system, reducing stress and anxiety associated with adenomyosis.

Diet and Lifestyle Modifications

Dietary Recommendations

- **Vata-pacifying diet:** Warm, cooked, and nourishing foods like soups, stews, and grains should be consumed to pacify *Vata*. Avoid cold, raw, and dry foods.
- **Pitta-pacifying diet:** Cooling and anti-inflammatory foods such as cucumbers, melons, coconut water, and leafy greens help reduce *Pitta*. Spicy, acidic, and oily foods should be avoided to prevent aggravation.

- **Kapha-reducing foods:** Light and easily digestible foods help prevent stagnation and tissue overgrowth. Minimize heavy, sweet, and oily foods.
- **Hydration:** Drink plenty of warm water and herbal teas, such as fennel or cumin tea, to improve digestion and prevent the accumulation of *Ama* (toxins).

Lifestyle Recommendations

- **Regular Exercise:** Moderate, low-impact exercises like *yoga* and walking help maintain healthy circulation in the pelvic region and prevent *Kapha* stagnation.
- **Stress Management:** Practices like *Pranayama* (breathing exercises), meditation, and *Shirodhara* (oil therapy for the head) can help manage stress and balance *Vata dosha*.
- **Rest and Sleep:** Adequate sleep is essential for balancing *Vata* and supporting hormonal balance.

Yoga and *Pranayama* for Adenomyosis

Yoga and *Pranayama* can help improve circulation to the pelvic region, reduce pain, and relieve stress. Certain poses are particularly beneficial:

- **Supta Baddha Konasana (Reclining Bound Angle Pose):** Helps open the pelvic region and relieve menstrual discomfort.
- **Setu Bandhasana (Bridge Pose):** Improves circulation to the uterus and strengthens the pelvic muscles.
- **Baddha Konasana (Butterfly Pose):** Relaxes the pelvic muscles and promotes healthy uterine function.
- **Nadi Shodhana (Alternate Nostril Breathing):** Balances *Vata* and *Pitta doshas*, calms the mind, and reduces stress.

Rasayana Therapy (Rejuvenation Therapy)

Rasayana therapy focuses on rejuvenating the tissues and promoting overall vitality. This is particularly important for restoring the health of the reproductive tissues and enhancing immunity:

- **Chyawanprash:** A *Rasayana* that supports reproductive health, boosts immunity, and improves overall energy levels.
- **Ashwagandha:** Known for its adaptogenic properties, *Ashwagandha* helps the body cope with stress, improves energy, and balances *Vata dosha*.

Emotional and Mental Well-being

In Ayurveda, mental and emotional health is closely linked to physical health. Chronic stress, anxiety, and emotional disturbances can aggravate *Vata dosha*, worsening symptoms of adenomyosis. Techniques such as:

- Meditation
- *Pranayama*
- Herbs like *Brahmi (Bacopa monnieri)* and *Jatamansi (Nardostachys jatamansi)*

Meditation and Mindfulness

Chronic pain and stress can exacerbate the symptoms of adenomyosis. Meditation and mindfulness techniques can help manage stress, reduce anxiety, and improve overall well-being.

Yoga for adenomyosis focuses on relaxing the body, improving circulation in the pelvic region, and managing stress and pain. The combination of *Yoga* poses, *Pranayama*, and mindfulness can help relieve symptoms such as cramping, heavy bleeding, and pelvic discomfort, promoting overall reproductive health.

Acharya Charaka and *Acharya Vagbhata* provide guidelines for managing *Udavarta Yonivyapad*, focusing on rebalancing *Vata* and ensuring proper downward flow (*Apana Vata*).

Acharya Charaka's Approach to Udavarta Yonivyapad

Acharya Charaka, in *Charaka Samhita*, describes various *Yonivyapads* (gynaecological disorders) and their treatments under the chapter "*Chikitsa Sthana*" (Chapter 30).

Principles of Treatment

- *Vata* pacification
- *Snehana* (oleation) and *Swedana* (sudation)
- *Virechana* (purgation therapy)
- *Basti* (medicated Enema)

Specific Therapies Mentioned by Charaka

Snehana (Oleation therapy):

Internal and external oleation using medicated oils like *Tila Taila* (Sesame oil) or *Dashamoola* oil helps pacify aggravated *Vata* and restore proper flow in the reproductive system.

Swedana (Fomentation therapy)

Pinda Sweda (Bolus fomentation) or other forms of fomentation using herbal steam or bolus applications with *Vata*-pacifying herbs are recommended to reduce pain, stiffness, and spasms.

Virechana (Purgation therapy)

This involves the administration of purgative herbs to clear excess *Vata* and *Pitta* from the body, thereby restoring normal flow and relieving menstrual pain.

Anuvasana Basti (Oil Enema)

Regular use of *Anuvasana Basti* (oil-based enema) helps balance *Vata* and improve the function of *Apana Vata*, which is directly responsible for menstruation and childbirth. Medicated oils like *Dashamoola Taila* or *Saindhavadi Taila* are used.

Diet and Lifestyle

- Warm, moist, and nourishing foods are encouraged to pacify *Vata*. Avoidance of cold, dry, and light foods is advised.
- Regularity in meals, sleep, and lifestyle practices to prevent further *Vata* aggravation.

Acharya Vagbhata's Approach to Udavarta Yonivyapad

Acharya Vagbhata, in the *Ashtanga Hridayam*, also provides detailed explanations for the treatment of *Udavarta Yonivyapad*, aligning with many of the principles outlined by *Acharya Charaka*.

Key Concepts in Vagbhata's Approach

- *Udvardana* of *Apana Vata*
- *Basti* (enema therapy)
- *Shamana* (palliative treatment) along with *Shodhana* (purification therapy)

Specific Therapies Mentioned by Vagbhata

Basti Karma (Medicated Enema)

- *Asthapana Basti* (Decoction-based enema) and *Anuvasana Basti* (Oil-based enema) are prescribed for the treatment of *Udavarta*. These bastis help normalize the function of *Apana Vata* and reduce pain, bloating, and menstrual irregularities.
- *Vagbhata* emphasizes the use of *Sahasrayoga Basti*, a combination of herbs in medicated decoctions or oils, for uterine disorders.

Snehana and *Swedana*

Similar to *Charaka*, *Vagbhata* recommends internal and external oleation and sudation for removing *Vata* blockages in the reproductive system. This prepares the body for purgation and enema therapies.

Virechana (Purgation therapy)

Vagbhata underscores the importance of gentle purgation to remove excess *Vata* from the system. Herbs like *Trivrit* (*Operculina turpethum*) or *Eranda Taila* (castor oil) are used to clear the intestines and regulate *Apana Vata*.

Oral Medications

- *Vagbhata* mentions *Guggulu* preparations like *Yogaraja Guggulu* or *Mahavata Vidwamsana Rasa* for managing chronic *Vata* disorders, especially when associated with menstrual problems and pain.
- Herbal decoctions such as *Dashamoola Kwatha* and *Baladi Kwatha* are also advised to reduce pain and inflammation in the pelvic region.

Diet and Lifestyle

- Similar to *Charaka*, *Vagbhata* stresses the importance of following a *Vata*-pacifying diet and

lifestyle, emphasizing warm, cooked, and oily foods while avoiding cold, raw, and dry foods.

- Regularity in sleep, exercise, and stress management is crucial for maintaining *Apana Vata* balance.

Both *Acharya Charaka* and *Acharya Vagbhata* emphasize the critical role of *Vata dosha*, particularly *Apana Vata*, in the pathogenesis of *Udavarta Yonivyapad*.

If the patient comes in the bleeding phase *Rakta Sthambaka chikitsa* can be done first for 1 week with *Ashoka Ghrita*^[6], *Usheera asava*^[7], etc. Then we can do *Lekhana Chikitsa* by using *Sukumara kasayam*^[8], *Cheriyamadhusnuhi Rasayan*^[9] and *Trayodashanga Guggulu*^[10].

Sukumara kasayam: *Sukumar Kashaya* has been given orally which is having the ingredients like *Dashamoola*, *Satavari*, *Tranapanchamoola* etc are of *Vatashamaka*, *Granthihara*, and cures *Artava Vikara*^[11]. It has multiple properties like *Srotoshodhaka*, *Vatapitta shamaka*, *Shoolahara*, *Rasayana*.

Cheriyamadhusnuhi Rasayana has some properties like *Deepana*, *Lekhana*, *Rasayana*, *Shoolahara*, and *Dathu bala vardhaka*, and its *Lekhana* property removes the ectopic tissue from abnormal sites.

Trayodashanga Guggulu having *Vedana hara* property is indicated in *Vata kaphajanya rogas* and *Yonidosha*, *Vedana hara* and *Vatashamana* properties help in relieving the pain. The drugs help in normalizing *Doshas* and *Vatavaigunya*, reduce *Ama* formation, excess *Meda* remove *Srotorodha/Sanga*, and create normal functioning of *Dosha*.

DISCUSSION

Diagnosis of adenomyosis can be challenging as it requires a combination of clinical evaluation, imaging, and histopathological examination. Several classification systems have been proposed to categorize adenomyosis based on different features such as the depth of invasion, the extent of involvement, and the location of lesions, none of which have been adopted clinically. Our review summarizes different Ayurvedic medicine those effective in treat the adenomyosis with several strengths and areas of future work.

Adenomyosis patients when come into the bleeding phase *Rakta sthambaka chikitsa* can be done first, for 1 week. Later *Lekhana chikitsa* can be done and *Srotoshodhaka*, *Vatapitta shamaka*, *Shoolahara*, and *Rasayana* properties having drugs can be used. *Vedana hara* drug is indicated in *Vata kaphajanya rogas* and *Yonidosha*. *Vedana hara* and *Vatashamana* properties help in relieving the pain. The drugs can be used to help normalize *Doshas* and *Vatavaigunya*, reduce *Ama* formation, excess *Meda*, and remove

Srotorodha/Sanga and create normal functioning of *Doshas* and helpful in reduction of symptoms.

Adenomyosis is a clinical condition where endometrial glands are found in the myometrium of the uterus. One in three patients with adenomyosis is asymptomatic, but the rest may present with heavy menstrual bleeding, pelvic pain, or infertility. Diagnosis of adenomyosis begins with clinical suspicion and is confirmed with transvaginal ultrasonography and pelvic magnetic resonance imaging. Treatment of adenomyosis typically starts with hormonal menstrual suppression. Levonorgestrel-releasing intrauterine systems have shown some effectiveness. Patients with adenomyosis may ultimately have a hysterectomy if symptoms are not controlled with medical therapy. Adenomyosis patients having menstrual problems and also infertility problems are cured successfully by the Ayurvedic treatment. Ayurveda based on *Doshas* and *Dhatu* involved in *Roga* manage each disease.¹² Ayurveda treatment offers a natural holistic approach to a complex health condition such as uterine adenomyosis. Ayurvedic treatment for adenomyosis helps in treating the condition of the bulky uterus, pain, and heavy bleeding by strengthening the reproductive system and improving the local cellular immunity.¹³

CONCLUSION

Adenomyosis, from an Ayurvedic perspective, is a multifaceted condition that requires a holistic approach to restore *Doshic* balance and promote healing of the uterine tissue. By integrating dietary adjustments, herbal remedies, lifestyle modifications, and specialized therapies like *Panchakarma*, individuals can find relief from symptoms and improve their overall wellbeing. Importantly, this approach emphasizes the significance of treating the individual as a whole, considering not just the physical symptoms but also emotional and spiritual health. As with any health condition, it's essential to consult with healthcare professionals, including Ayurvedic practitioners, tailor treatments to individual needs and ensure a comprehensive, balanced approach to managing adenomyosis.

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