



Case Study

RELATION OF MANOVAHA SROTAS WITH UTERINE FIBROID - UNIQUE CASE REPORT MANAGED THROUGH AYURVEDA

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Article info

Article History:

Received: 27-05-2025

Accepted: 26-06-2025

Published: 25-07-2025

KEYWORDS:

Uterine Fibroids,
*Granthi, Manovaha
Srotas.*

ABSTRACT

In women, fibroids are often occurring benign uterine tumors, smooth muscle fibers and fibrous connective tissue make up histologically these tissues, which are also referred to as uterine leiomyomas, myomas, or fibromyomas. The development of uterine fibroids may be impacted by psychological factors. Prolonged stress possibly will encourage the development of uterine leiomyomas by influencing HPA axis, changing levels of progesterone and estrogen, triggering sympathetic nervous system, and impairing immunological function. By lowering stress and re-establishing hormonal balance, psychological treatments incidence can be lowered or may be managed. **Case Description-** A 27-year-old married female patient in Dept. of Stri-roga and Prasuti Tantra with complaints of heavy flow during menses, increased duration of menses, and painful menses. Patient was diagnosed with uterine fibroids through evaluation by ultrasound scan. Oral Formulations were prescribed based on Ayurvedic principles for correction of imbalances of dosha specifically *Apana vata*, and to ignite digestive fire (*Agni*) as well as the correction of *Manovaha srotas dushti* if any. **Outcome-** Significant relief was observed in symptoms like heavy menses and painful periods as well as improvement was seen in ultrasound scan. **Conclusion-** This case study illustrates how Ayurveda can effectively treat uterine fibroids.

INTRODUCTION

Uterine fibroids, fibromyomas, leiomyomas, myomas sometimes occasionally diagnosed may result into menorrhagia (excessive uterine bleeding), infertility, strain on surrounding organs, and repeated pregnancy loss as symptoms. Around one-third of all occurrences i.e. about 200,000 annually major cause of hysterectomy are leiomyomas. According to Ayurveda, fibroids are associated with *Granthi*, a nodular swelling that affects *Rakta*, *Mamsa*, and *Meda Dhatus* and is brought on by vitiated *Tridoshas*. Its presence in yoni i.e. reproductive system of a female or *Garbhashaya* (uterus) causes irregular menstruation and infertility. Due to financial or societal limitations, thread of surgery, or worries about preserving their uterus, many women seek Ayurvedic therapy as an

alternative to surgery. Ayurveda offers a comprehensive and non-invasive method for managing fibroids through *Samprapti Vighatana*, or "breaking the pathogenesis." In Ayurvedic physiology, the *Manovaha Srotas* and *Rasavaha Srotas* are channels originating from mental and emotional energy and nutrient-rich fluids that are transported via the heart (*Hridaya*) and its major arteries (*Dasha Dhamanis*), respectively. Vitiation (*Dushti*) of these channels leads to dosha imbalances, causing blockages that may form structures resembling *Granthi* (nodules). These disturbances can disrupt the hypothalamic-pituitary-ovarian (HPO) axis, resulting in hormonal imbalances and associated physiological disorders. Also, age may be a factor (hormonal fluctuations affect several uterine fibroids, which usually enlarge throughout the reproductive years. Younger women's fertility may be impacted.

Case Description

A 27 year old married female patient visited in Ayurvedic Hospital OPD of Stri-roga and Prasuti tantra with complaining of heavy flow during menses with increased duration of menses and painful menses. In

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<https://doi.org/10.47070/ayushdhara.v12i3.2039>

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ultrasound the patient was found to have an intramural-fibroids. The patient received a three-month recommendation for Ayurvedic treatment. Significant relief in symptoms like heavy menses and painful menses was observed. Systemic examination

reveals a soft, non-tender abdomen with a vertical CS scar, clear lung fields, normal heart sounds, and intact neurological status. When examined bimanually, the uterus was large, non-tender, and the adnexa was painless.

Treatment

Intervention with Dose

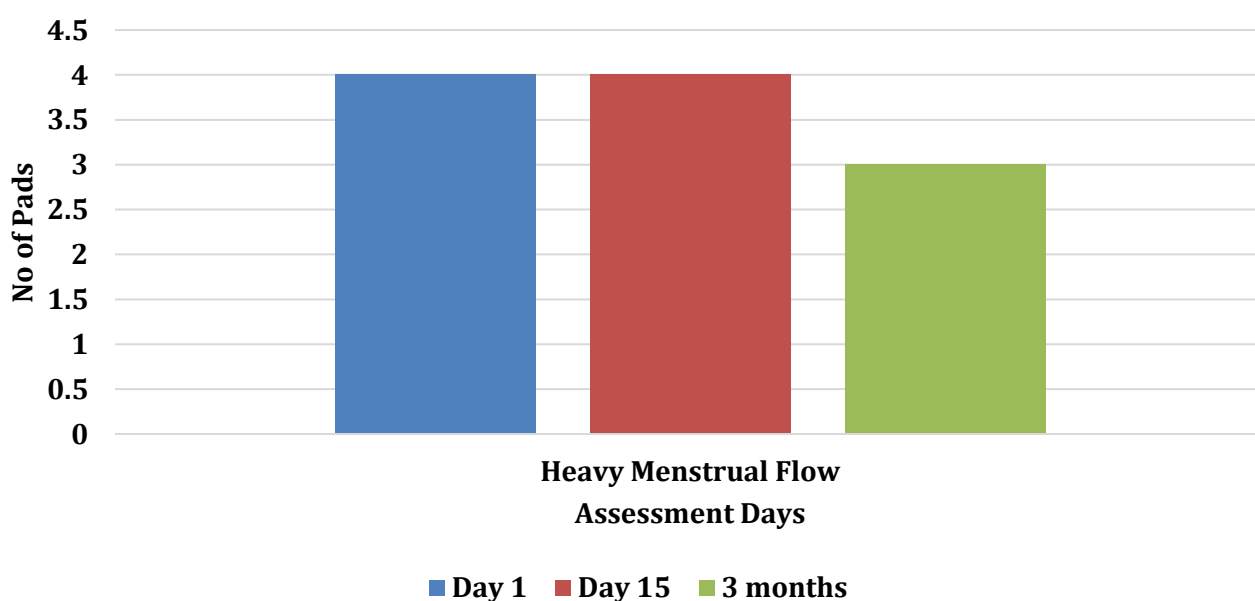
Table 1: In First cycle

Intervention	Dose
<i>Ashokarishta</i>	20ml twice a day with equal water after food
<i>Chandanadi lauh</i>	2 tab twice a day with water after food
<i>Chandraprabhavati</i>	2 tab twice a day with water after food
<i>Kanchnar guggulu</i>	2 tab twice a day with water after food
<i>Syp shankhpushpi</i>	2 teaspoons twice daily after food

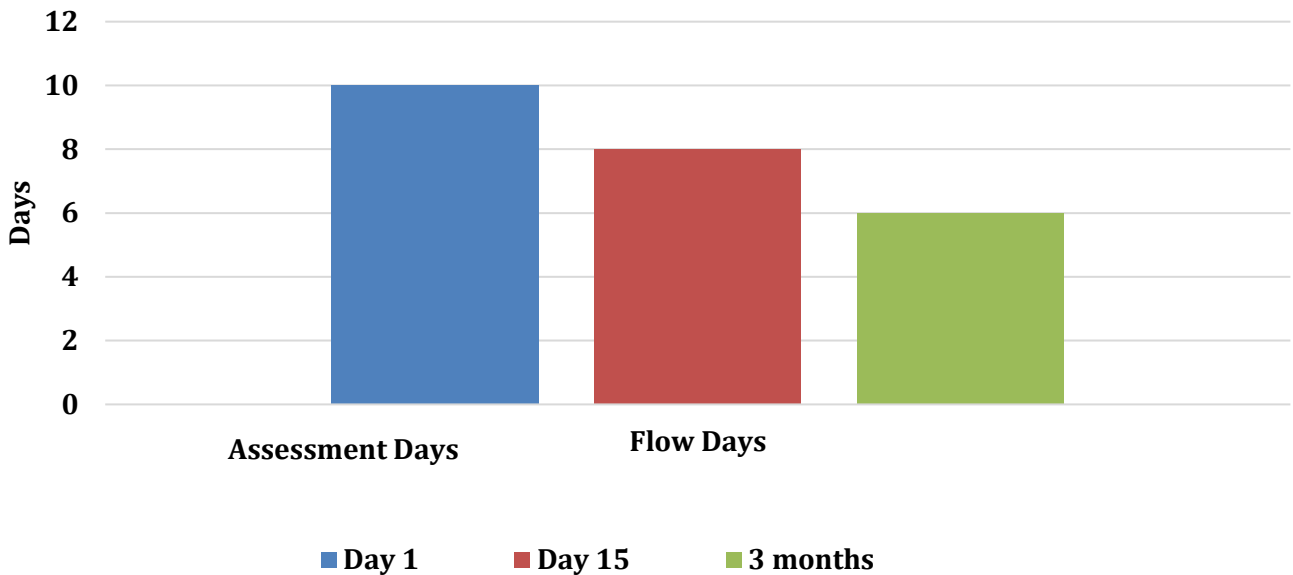
Table 2: Second and third cycle

Intervention	Dose
<i>Chandraprabha vati</i>	2 tab twice a day with water after food
<i>Kanchnar guggulu</i>	2 tab twice a day with water after food
<i>Arogyavardhini vati</i>	1 tab thrice a day with water before food
<i>Syp shankhpushpi</i>	2 teaspoons twice daily with water after food

Heavy Menstrual Flow



Duration of Menstrual Cycle



DISCUSSION

Patient has diagnosed with Uterine fibroid by scan done on 21 February 2024 showing heterogenously hypoechoic lesion sized 3.2x2.8cm posterior myometrium and E.T. 5.9mm. and RT Renal non-obstructed calculus. The patient took treatment for the same for 3 months and scan repeated on 31 May 2024 showing a fibroid in posterior wall measuring 1.08x0.95cm in size with left renal calculus. The following treatment was given:

Kanchnar Guggulu- *Lekhana* (scraping), *Shothahara* (anti-inflammatory), and *Raktashodhana* (blood-purifying) qualities help balance *Kapha* and aid in the reduction of *Granthi* (fibroid). *Kanchanara*, *Varuna*, *Triphala*, *Trikatu*, and *Guggulu* are essential ingredients. Decongestant and Detoxifier: Promotes lymphatic drainage and eliminates *Kapha* buildup. *Lekhana* and *Deepana*: Improves metabolism and decreases fibroids. *Kanchnar* has demonstrated cytotoxic and antitumor properties.

Chandraprabha Vati- For genitourinary disorders like *Artava Ruja* and *Striroga*, *Chandraprabha vati* is advised. *Guggulu* and *Shilajatu* (bitumen), its main components, have a scraping action that helps get rid of fibroids. *Shilajatu* - *Bhavaprakash Nighantu* छेदि योगवहं हन्ति कफमेदोश्मशर्करा: The utilization of *Makshika Bhasma* (copper pyrite) and *Lohabhasma* (ferrous complex) balances the hematopoietic component. These *Bhasmas* also exhibit Activity of *Pittashamaka* and *Stambhan*.

Ashokarishta- Is effective for both menorrhagia and dysmenorrhea. Reduces inflammation in the uterus by balancing *Pitta* and *Vata*. Anti-inflammatory and hemostatic: regulates excessive bleeding. Anti-

secretory and blood purifier: controls hormone imbalances. One phytochemical component found in *Ashok* is ketosterol, which possesses 1. Antitumor action by inhibiting cell growth 2. Endometrial stimulation impact.

Syp. Shankhpushpi- Possesses laxative qualities, helps to encourage restful sleep, and balances *Pitta* and *Kapha*. It is a component of *Medhya Rasayana*, which is believed to promote life and aid in the treatment of a number of neurological conditions.

Chandanadi Lauh- Its *Tikta katu rasa* and *Laghu ruksha tikshna guna* lead it to behave as *Kapha-pittahar*. Due to its *Sheeta virya*, *Lauhabhasma-Shothahar*, *Tridoshaghna*, and hematopoietic component, *Amahar* reduce bleeding.

Arogyvardhini Vati- The development of uterine fibroids is believed to be caused by the imbalance of the aggravated *Vata* and *Kapha doshas*. It enhances liver function by helping to break down overproduction of the hormone estrogen, which is connected to the formation of fibroids. Its blood-purifying (*Raktashodhak*) and tissue-scraping (*Lekhana*) properties also help in fibroid bulk reduction and blood detoxification. Enhancing digestion and metabolism (*Deepana* and *Pachana*) helps reduce fibroid growth and associated symptoms while preventing toxicity accumulation.

According to Ayurveda, *Granthi* refers to mental blockages or knots that hinder the free flow of consciousness and emotional energy. These blockages can manifest as persistent negative emotions, unresolved traumas, or deep-seated fears, leading to mental disturbances. In Ayurveda, *Granthi* is often

associated with the obstruction of the channels through which mental energy flows, resulting in various psychological disorders chronic stress: persistent stress can vitiate the *Vata dosha*, which promotes the development of fibroids and causes disruptions in the menstrual channels (*Artavavaha Srotas*). Through a comprehensive approach, this case study demonstrates the effectiveness of Ayurvedic treatment for uterine fibroids. Significant symptom alleviation was obtained by purifying the blood, lowering the size of the fibroid, and balancing the exacerbated *Vata* and *Kapha* doshas. The treatment included *Ashokarishta*, *Shankhpushpi*, *Kanchnar Guggulu*, and *Arogyavardhini Vati*. These treatments not only reduced symptoms like pelvic discomfort and heavy menstrual flow, but they also significantly reduced the size of the fibroid, as shown by ultrasonography. And also reduces stress conditions. This case illustrates the potential of Ayurveda as a non-surgical treatment for fibroid illness. However, more investigation and long-term clinical trials are necessary to confirm these results and provide uniform treatment methods.

CONCLUSION

This study suggests that the relationship between these two forms of psychological discomfort and uterine fibroids may be influenced by confounding factors. Another plausible explanation is that the associations between mental problems and Uterine Fibroids may vary depending on the severity of the condition. This case study demonstrates the effectiveness of Ayurveda in managing uterine fibroids through holistic treatment Dosha balancing, blood purification, and fibroid reduction led to significant symptom relief, offering a promising non-surgical alternative and effect of ayurvedic treatment in management of uterine fibroid.

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Cite this article as:

Monali Panjankar, Payal Bichave, Riya Tyagi, Charu Arya, Kamini Dhiman. Relation of Manovaha Srotas with Uterine Fibroid - Unique Case Report Managed Through Ayurveda. AYUSHDHARA, 2025;12(3):324-328.

<https://doi.org/10.47070/ayushdhara.v12i3.2039>

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

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