

Review Article

THERAPEUTIC MANAGEMENT OF UTERINE FIBROID/*GARBHASHAYAGATA GRANTHI* WITH AYURVEDA

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ABSTRACT

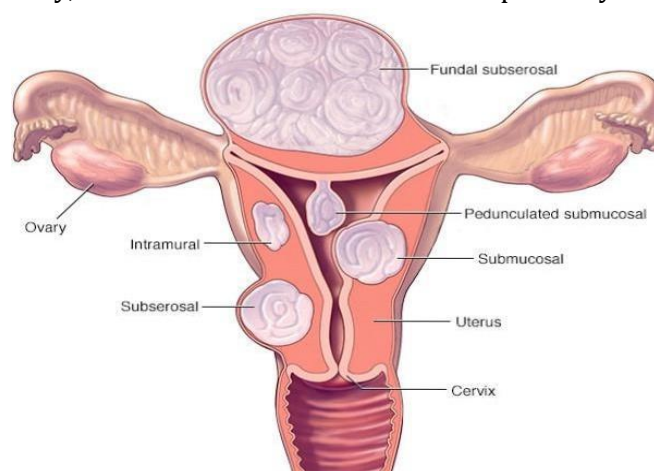
Uterine fibroids are fibrous growth in myometrium of the uterus also known as leiomyomas are increasing, prevalence in reproductive age is 20 to 50% and 30% in perimenopausal age. Leiomyomas, are benign smooth muscle neoplasms most of the time are asymptomatic and are found out during routine examination, some show complaints like pain, pressure sensations, dysmenorrhea or abnormal uterine bleeding. Conventional Management of uterine fibroid includes oral contraceptives, hormonal injections or IUD and surgery to meet urgent need of the patient, but challenges remain to establish a satisfactory conservatory medical treatment till date. As standard treatment gives Symptomatic relief and has recurrence if medicine discontinued, Whereas Ayurveda has a holistic approach in treatment and restores balance naturally. The following case report proffers the management of a female diagnosed with uterine fibroids. In this case a 45-year-old woman visited clinic with complaints of bleeding p/ v for two months and lower back ache. The case report illustrates the before and after reports, after taking 2 months treatment at Jeena Sikho life care limited Hospital, Kanpur, Uttar Pradesh.

INTRODUCTION

Uterine fibroid, a benign growth in the uterus that often appear during childbearing age of female and in perimenopausal age also known as fibromyomas, leiomyomas or myomas affecting the fertility, quality of life and work productivity. Fibroids exert excessive pressure on the adjacent organs causing frequent urination, the fibroid mass in uterus is cause of infertility and recurrent abortions, dysfunctional uterine bleeding which often leads to anemia is the major cause of hysterectomy.^[2]

Fibroids are the inappropriate growth of the muscles tissue of the uterus there are three major types of uterine fibroids^[1]. The muscular uterine wall contains the intramural, submucosal, and subserosal

fibroid, which grow inside it, bulge into the uterine cavity, and extend outside the uterus respectively.^[3]



Uterine fibroids are referred as *Granthi* in Ayurveda. The nodular mass that develops due to localization of morbid body humors in body tissue, and is relatively hard and tough, glandular or nodular swelling; knotty, hard and rough appearance. Uterus is *Garbhashaya* and fibroids are *Granthi* so uterine fibroids can relate to *Garbhashaya granthi*^[4].

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The *Granthi* shows the *Samprapti* as vitiated *Tridoshas*, vitiate *Rakta* (blood), *Mamsa* (fleshy/muscles), and *Meda* (fat/adipose tissue) that are admixed with *Kapha* produce glandular and hard swelling called *Granthi* [5].

Case Report

45-year female reported to Jeena Sikho Life Care Limited Hospital, Kanpur, Uttar Pradesh, with symptoms of bleeding p/v within 16 days of interval and back ache.

USG report shows bulky uterus with uterine fibroid of size 3 × 3.8 cm.

Table 1

Parameter	Findings	Parameter	Findings
Blood Pressure	110/70 mmHg	Pulse	105 / min
Weight	60.90 kg	Spo2	98%
Nadi	Vataj Pittaj	Jivha	Saam
Agni	Mandya	Urine	Ishat-peat varna
Mala	Baddha	Sleep	Prakrit
Eyes	Avikrita	Nails	Prakrit

OBSERVATIONS

Table 2

Date	27/09/2024	09/12/2024
Treatment	Before treatment	After treatment
Bleeding	Excess	normal
Interval between 2 menstrual cycles	16 days	27 days
Pain during menstruation	Present	Significant relief

Objective Criteria

Table 3

Date	27/09/2024	09/12/2024
Treatment	Before treatment	After treatment
Size of uterus	10.2* 3.5 * 4.6 cm	7.52 * 3.56 * 3.84 cm
Size of fibroid	3.0 * 3.8 cm	No focal mass lesion

Treatment Plan

Ayurvedic Diet

पथ्यं पथोनपेतं यद्यच्चोक्तं मनसः प्रियम्।

यच्चाप्रियमपथ्यं च नियतं तन्न लक्षयेत्॥४५॥

मात्राकालक्रियाभूमिदेहदोषगुणान्तरम् [१]।

प्राप्य तत्तद्धि दृश्यन्ते ते ते भावास्तथा तथा॥४६॥

तस्मात् स्वभावो निर्दिष्टस्तथा मात्रादिराश्रयः।

तदपेक्ष्योभयं कर्म प्रयोज्यं सिद्धिमिच्छता॥४७॥[12]

- Avoid wheat, refined foods, dairy, coffee, tea, and packaged foods.
- Do not eat after 8 PM.
- When eating solid foods, take small bites and chew each bite 32 times.
- Alcohol to be avoided.

Hydration

- Sip 2 litres of hot water throughout the day and consume Herbal tea twice daily. To prepare 600ml of Herbal tea, combine 2 cloves, 5 cardamom pods,

20 black pepper seeds, 2 cinnamon sticks, and a spoon of fennel seeds with hot water.

- Drink alkaline water (750ml/day), made with ½ cucumber, ½ lemon, ginger, turmeric, tomato, 3 green chilies, coriander, mint leaves, and *Tulsi*.
- Drink red juice made up beetroot, pomegranate and carrot
- Green juice made up of curry Leaves, *Neem* leaves by adding water in them.
- Intake of 10 to 15ml of cow urine early in the morning empty stomach.

क्षीरमूत्रं पिबेत् पक्षं गव्यं माहिषमेव वा॥६४॥ पाण्डुर्गोमूत्रयुक्तं वा सप्ताहं त्रिफलारसम् [13]

Meal Timing and Structure

- Early morning (5:45 AM): Chew 2 cloves, crushed garlic, and curry leaves.
- Breakfast (9:00 AM): Seasonal fruits like pomegranate, cucumber, tomato, or guava (weight × 10kg).

- Morning snacks (11:00 AM): *Mugda yusha*, red juice, and 4-5 soaked almonds.
- Lunch (12:30 PM - 2:00 PM): Plate 1: salad (weight × 5kg) and Plate 2: millet recipes with proper hydration.

स्वादुरम्लविपाकोऽन्यो ब्रीहिः पित्तकरो गुरुः॥१०॥
बहुमूत्रपुरीषोष्मा, त्रिदोषस्त्वेव पाटलः॥११॥
भग्नसन्धानकृत्तत्र प्रियङ्गुर्बृहणी गुरुः॥१२॥^[14]

Evening snacks: Green juice (100-150ml).

- Dinner (6:00 PM): Salad and fermented millets with chutney.

Fasting

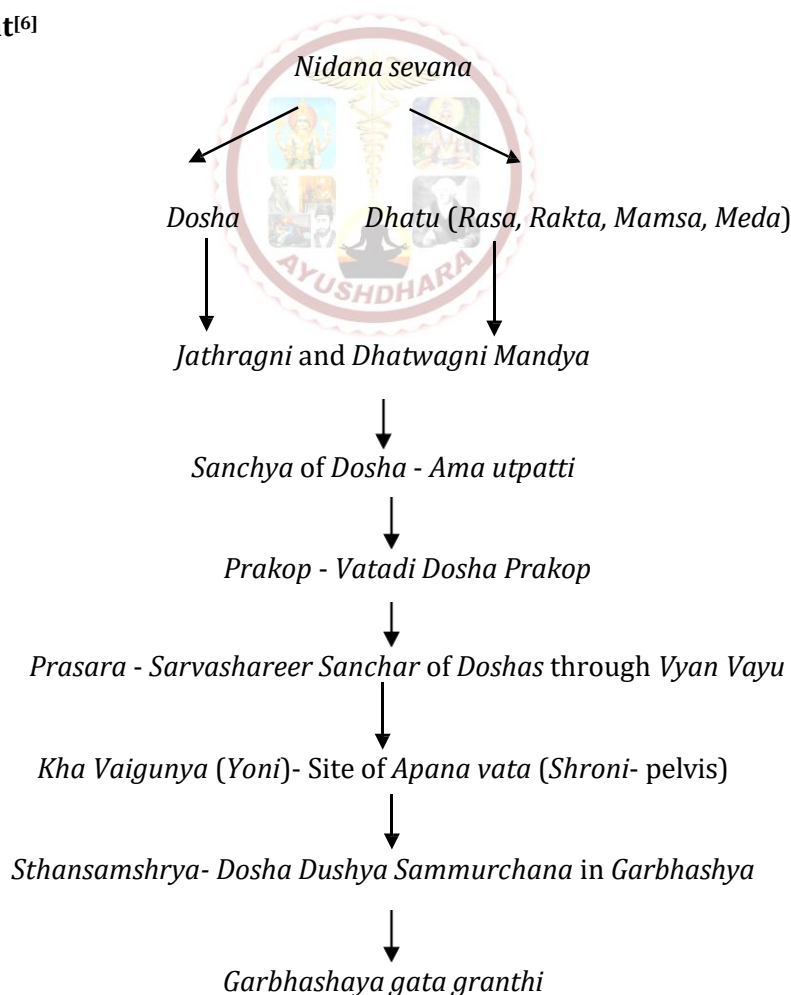
Fast once a week with fruits, coconut water, plain water.

Special Instructions

- Sit in sunlight for 1 hour, morning and evening, with feet soaked in lukewarm water while chanting LUM, VUM, RUM, YUM, HUM, OM, and AUM in *Gyan Mudra* position.
- Offer thanks to the divine before eating or drinking.

DISCUSSION

Samprapti and Treatment^[6]



Lifestyle Recommendations

1. ब्राह्मे मुहूर्त उत्तिष्ठेत्स्वस्थो रक्षार्थमायुषः^[15]
Wake up early in the morning time.
2. इदानीं येनासौ न कार्यस्तं दर्शयति
वातपित्तामयी बालो वृद्धोऽजीर्णो च तं त्यजेत्॥११^[16]
Practice meditation for stress relief. Perform Yoga (*Sukshma Pranayama* and *Sukhasana*) for 40 minutes daily.
3. Do oil pulling every day.
4. Ensure 6-8 hours of restful sleep each night.
5. Follow a structured daily routine for balance and organization.

RESULTS

In this case study ultrasonography used as the sole diagnostic tool to confirm the diagnosis of uterine fibroid and evaluate the management results. The patient reported the normal study on ultrasonography after the duration of 8 weeks. Clinically patient got improvement in all the gynaecological complaints, which the particular patient had.

In the *Samprati* (pathogenesis) of *Garbhashaya Gata granthi*, it is mentioned that *Vata*, *Kapha* dominating *Tridoshas* and *Mamsa* (muscle fibres), *Rakta* and *Medo Dhatu* are vitiated.

ग्रन्थिर्बुदानां च यतोऽविशेषः प्रदेशहेत्वाकृतदोषद्वयः।

ततविवक्तस्यैषगर्भदावन विधानविद्वद्विचवकद्रत्सतेन॥८७॥

There is no much difference in nodules and tumors with regards to site, causative factors, shape, *dosha* morbidity and *Dushya* (susceptible tissues). Therefore, tumor specialist should treat the tumor on the line of nodules described above [7].

According to Sushruta, an *Arbud* is a circular, immobile growth that is caused by vitiated *Dosha*. It produces little pain to the *Mamsa* but has deep roots, is spread out over a large area at the expense of tissue, and causes widespread swelling. This tumor, or *Arbud*, does not suppurate and grows slowly [7]. However, as a physician, Charak does not think that there are many differences in the treatment of *Arbud* and *Granthi* because their sites, shapes, causative factors, *Dosha* morbidity, and *Dushya* (sensitive tissues) are similar [7].

Acharaya Sushruta says the *Nidan* of *Shoph* like intake of *Gramya Mamsa*, *Ajeerna Ahara*, *Diwaswapna* etc are also causative factors for formation of *Granthi*. *Acharya Vaghatt* says disease pertaining to female genitalia is not possible without the involvement of *Vata* and further describes *Dushta Bhojana*, *Dushta Artav*, *Beej Dosha* and *Daivta* as causative factors [10]. *Dushta bhojan* include factors that vitiate *Mamsa* and *Medho Dhatu* like *Guru Abhishyandhi Bhojan* along with *Mithya Viharas* like *Divaswapna*, *Avyayama* etc lead to *Agni Vaishamya* and *Sroto Vaigunya*. Varying types of chromosomal abnormalities like translocation, deletion, trisomy associated with fibroids signifies to *Beej Dushti*. *Dhatu*s takes nutrients required from circulating fluid through *Srotas* (pores) by the action of *Dhatwagni*.

Kha Vaigunya and more *Ama* creation result from abnormalities in *Agni's* functions. In vulnerable people, the *Saam rasa* causes *Dhatwagnimandya*, which further vitiates *Dushyas* like *Rakta* and *Mamsa*. Among the *Vridhhi* and *Dusthi Lakshanas* of *Mamsa*,

Dhatu, *Granthi* is listed. *Granthi* forms in *Garbhasaya* as a result of the vitiation and aggregation of *Mamsa Dhatu* caused by *Kha Vaigunya* [8].

Raj Kaal can be understood as the *Poorvaroop* (prodromal stage) where signs of *Srotodusti* such as *Atipravriti* (excessive flow) and *Sanga* (obstruction) are observed. The pathological process involves the *Rasa*, *Rakta*, *Mamsa*, *Meda*, and *Artavavaha Srotas*, which contribute to the development of *Garbhashaya Vikriti* (uterine pathology) [9]. During the *Vyakta* stage of *Shadkriyakala*, when the disease becomes fully manifest and intensified, symptoms begin to appear [8].

When these pathological changes occur in the *Garbhashaya* (uterus), there is an increase in its surface area, leading to pressure on nearby organs. This results in symptoms such as lower back pain and pelvic discomfort, particularly when the expanding uterus compresses adjacent structures like the urinary bladder and rectum, causing urinary or fecal incontinence or retention. These changes can also distort the shape of the uterus, leading to *Apana Vaigunya* (vitiation of *Apana Vayu*) [8].

The process of *Artava Nishkramana* (menstrual expulsion) is governed by *Apana Vayu*. Contributing factors such as consumption of *Rooksha* (dry), *Guru* (heavy) food, suppression of natural urges (*Vegadharana*), and excessive physical activity (*Chakramana*) aggravate *Apana Vayu*, leading to increased uterine contractions and resulting in *Artava Ruja* (painful menstruation or dysmenorrhea) [8].

Furthermore, in susceptible individuals, intake of *Vidahi* (pungent), excessively salty (*Ati-Lavana*), sour (*Amla*), and spicy (*Katu*) foods, as well as consumption of *Anoopa* and *Audaka Mamsa* (meat from marshy and aquatic animals), vitiate *Pitta* and *Rakta* along with *Vata*. This causes an abnormal increase in *Rakta Pramana* (volume of blood) within the *Rajovaha Siras*, leading to *Artava Atipravriti* or *Asrigdara* (excessive menstrual bleeding). The expanded surface area within the uterine cavity further contributes to irregular menstrual patterns, manifesting as menorrhagia or metrorrhagia [8].

Table 4 ^[11]

Aushadhi	Dravya Pradhan (Active principle)	Dose	Karmukatva (action)
Amlapittahar Powder	Shunthi (<i>Zingiber officinale</i> Rosc.), Marich (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Amalaki (<i>Emblica officinalis</i> Linn.), Vibhitak (<i>Terminalia bellirica</i> Roxb.), Haritaki (<i>Terminalia chebula</i> Retz.), Musta (<i>Cyprus rotundus</i>), Sukshm Ela (<i>Elettaria cardamomum</i> Maton), Tvak Patra (<i>Cinnamomum zeylanicum</i>), Vidang (<i>Embelia ribes</i>), Beed Lavana, Lavang (<i>Syzygium aromaticum</i> Linn), Trivridd (<i>Operculina turpenthum</i>), Sharkara	Half a teaspoon BD (Adhobhakta with Koshna jala)	Pittashamak, Shothaghna, Tridoshghna, Pachana
Raktstambhan Vati	Shuddh Parad, Shuddh Gandhak, Giloy (<i>Tinospora cordifolia</i>), Heeradokhi (<i>Daemenorops draco</i>), Semal (<i>Bombax ceiba</i>)	1 Tab BD (Adhobhakta with Koshna jala)	Rakta sthambhan
Granthihar Tab -	Kachnar (<i>Bauhinia variegata</i>), Guggulu (<i>Commiphora mukul</i>), Amalaki (<i>Emblica officinalis</i> Linn.) Vibhitak (<i>Terminalia bellirica</i> Roxb.), Haritaki (<i>Terminalia chebula</i> Retz.), Shunthi (<i>Zingiber officinale</i>), Marich (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Varun (<i>Creteva religiosa</i>), Sukshm Ela (<i>Elettaria cardamomum</i> Maton), Dalchini (<i>Cinnamomum zeylanicum</i>), Tamal Patra (<i>Cinnamomum tamala</i>)	1 Tab BD (Adhobhakta with Koshna jala)	Lekhan, Vata-Kaphaghna, reduce size of Granthi/ Arbuda.
GE-LIV Forte	Bhringraj (<i>Eclipta alba</i>), Kuchri (<i>Curcuma zedoaria</i>), Kalmegh (<i>Andrographis paniculata</i>), Kutki (<i>Picrorhiza kuro</i>), Vidang (<i>Embelia ribes</i>), Nishoth (<i>Operculina turpenthum</i>), Daruharidra (<i>Berberis aristata</i> Dc), Chitrak mool (<i>Plumbago zeylanica</i>), Bhumiamla (<i>Phyllanthus niruri</i>)	10ml BD (Adhobhakta with Samamatra Koshna jala)	Deepan, Pachan, Yakruttojeka, Shodhan
Garbha Shuddhi	Gandamala marak, Pradarantak loh, Ashwagandha (<i>Withania somnifera</i>), Shatpushpa (<i>Anethum graveolens</i>), Gudmar (<i>Gymnema sylvestre</i>), Guduchi (<i>Tinospora cordifolia</i>), Haridra (<i>Curcuma longa</i>)	1 Tablet BD (Adhobhakta with koshna jala)	Lekhan, Vata-kaphagna, Artav shodhak
Divya Shakti Powder	Shunthi (<i>Zingiber officinale</i> Rosc.), Marich (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Amalaki (<i>Emblica officinalis</i> Linn.), Vibhitak (<i>Terminalia bellirica</i> Roxb.), Haritaki (<i>Terminalia chebula</i> Retz.), Musta (<i>Cyprus rotundus</i>), Vidang (<i>Embelia ribes</i>), Chhoti elaichi (<i>Elettaria cardamomum</i>), Tej patta (<i>Cinnamomum tamala</i>), Laung (<i>Syzygium aromaticum</i>), Nishoth (<i>Operculina turpenthum</i>), Sendha namak, Dhaniya (<i>Coriandrum sativum</i>), Nagkesar (<i>Meseua ferrea</i>), Anardana (<i>Punica granatum</i>), Badi elaichi (<i>Amomum sabulatum</i>), Hing (<i>Ferula asafoetida</i>), Kachnar (<i>Bauhinia variegata</i>), Ajmod (<i>Apium graveolens</i> Sazzikhar), Pushkarmool (<i>Inula recemosa</i>), Mishri (<i>Polygonatum cirrhifolium</i>)	Half a teaspoon HS (Nishikal with Koshna jala)	Aam Pachana, Virechana
Renal Stone Removing	Gokshur (<i>Tribulus terrestris</i>), Pashan bheda (<i>Bergenia ligulata</i> Wall.) Shilajeet (<i>Asphaltum</i>)	Half a teaspoon BD (Adhobhakta)	Lekhan, Mootral

Powder	<i>punjabianum</i>), Hazrul Yahuda bhasma (<i>Lapis judaicus</i>)	with Koshna jala)	
Sandhi Arogya	Sounth (<i>Zingiber officinale</i> Rosc), SyahJeera (<i>Cuminum cyminum</i> Linn), Shilajeet (<i>Asphaltum punjabianum</i>), Abhrak Bhasm, Ashvagandha (<i>Withania somnifera</i>), Shallaki (<i>Boswellia serrata</i>), Guggul (<i>Commiphora wightii</i>), Yavani (<i>Trachyspermum ammi</i>), Chandrasoor (<i>Lepidium sativum</i>), Rason (<i>Allium sativum</i>), Nirgundi (<i>Vitex nigundo</i>), Hemvati (<i>Leptadenia reticulata</i> (Retz.), Suranjan (<i>Colchicum luteum</i> Baker), Parijata (<i>Nyctanthes arborescens</i> L), Vaya Vidang (<i>Embelia ribes</i>)	1 Tablet BD (Adhobhakta with Koshna jala)	Deepan, Pachan, relieves pain
Ladies Tonic	Aloevera (<i>Aloe barbadensis</i>), Sounth- (<i>Zingiber officinale</i>), Kali Mirch (<i>Piper nigrum</i> L), Dalchini (<i>Cinnamomum zeylanicum</i>), Tej patra (<i>Cinnamomum tamala</i>), Badi Elachi (<i>Amomum subulatum</i>), Nag kesar (<i>Mesua ferrea</i>), Chitrak (<i>Plumbago zelanica</i>), Daruhaldi (<i>Berberis aristata</i>), Chavya (<i>Piper retrofractum</i>), Hauber (<i>Pavonia odorata</i> Wild), Dhania (<i>Coriandrum Sativum</i>), Nagarmotha (<i>Cyperus rotundus</i>), Harad (<i>Terminalia chebula</i> Retz.), Baheda (<i>Terminalia chebula</i> , Amla (<i>Embelica officinale</i>), Rasna (<i>Pluchea lanceolata</i>), Devdar (<i>Cedrus deodara</i>), Haldi (<i>Curcuma longa</i>), Daru Haldi (<i>Berberis aristata</i>), Danti Mool (<i>Baliospermum montanum</i> (Willd.) Muell.), Bala (<i>Sida cordifolia</i>), Atibala (<i>Abutilon indicum</i> (Linn.), Kounchbeej (<i>Mucuna pruriens</i>), Gokhru (<i>Tribulus terrestris</i>), Sounth (<i>Zingiber officinale</i> Rosc), Akarkara (<i>Anacyclus pyrethrum</i>), Punarnava (<i>Boerhavia diffusa</i>), Shalparni (<i>Desmodium Gangeticum</i>), Gambhari (<i>Gmelina arborea</i>), Ashok Chhaal (<i>Saraca indica</i> L), Kakad Singhi (<i>Pistacia integerrima</i>), Meda (<i>Polygonatum verticillatum</i>), Gambhari (<i>Gmelina arborea</i>), Patha (<i>Cissampelos pareria</i>), Patla (<i>Stereospermum suaveolens</i>), Chitrak (<i>Plumbago zeylanica</i>), Sariva (<i>Hemidesmus indicus</i>), Kalajeera (<i>Nigella sativa</i>), Nishot (<i>Operculina turpethum</i>), Priyangu (<i>Callicarpa macrophyll</i>), Khair Chhaal (<i>Acacia catachu</i> (L.)	10ml BD (Adhobhakta with Samamatra Koshna jala)	Garbhashya balya, Artav shodhak
Kidney Shuddhi Arka	Kakmachi (<i>Solanum nigrum</i> Linn), Shwet punarnava (<i>Boerhaavia diffusa</i>), Kasni (<i>Dolomiaea costus</i>), Varun (<i>Crataeva nurvalla</i>)	10ml BD (Adhobhakta with Samamatra Koshna jala)	Kapha shamak, Mootral

The contents of the drugs in Table no. 4 have analgesic and anti-inflammatory scraping properties. Combination of above formulations possesses *Laghu* (light), *Ruksh* (dry), *Tikshna* (sharp), *Vishad* (clear), *Sar* (mobile), *Dipan* (stomachic enkindle the digestive fire), *Anuloman* (agents removing *Dosha* in downward direction), *Lekhan* (scraping), *Medohar*, *Kapha-Daurgandhya-Har*, *Hridya* (cardio protective), and

Raktaprasadan (blood purifying agents) properties and is useful in *Medo dushtijanya Granthi Vikar*. After 2-month of regular medications abdominal sonography repeated, in this report no focal mass lesion found. A *Rasayana* formulation like ladies tonic was utilized for avoid recurrence after this report.

Need for Further Research

Studying uterine fibroids is crucial because they are a very common noncancerous uterine tumor affecting many women, often causing significant symptoms like heavy menstrual bleeding, pelvic pain, and fertility issues, highlighting the need to understand their development, diagnosis, and effective treatment options, especially as current knowledge gaps exist regarding their exact causes and optimal management strategies across different patient populations.

CONCLUSION

The presence of uterine fibroid during reproductive life in a female, regardless of age, can lead to various menstrual problems like dysmenorrhea, menorrhagia, and irregular periods by disrupting anatomical and physiological integrity. The patient reported the normal study on ultrasonography after the duration of 8 weeks. Medical management of this problem is possible on the basis of *Ayurvedic* fundamental principles like *Agni Deepan*, *Pachan*, *Vatanuloman*, *Lekhan* and *Rasayana*^[7]. To prevent recurrence, it is important to use medicated ghee, *Panchakarma* therapies like *Vaman* (emesis) and *Virechan* (purgation) on regular intervals. After the elimination therapies, it is important to maintain a healthy diet.

This study showed that the bleeding had normalized after the above medications and the interval between consecutive cycles had improved. After treatment, no focal mass lesion was seen on sonography.

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