



Case Study

CLINICAL EFFICACY OF AYURVED TREATMENT ON SIMPLE OVARIAN CYST- A CASE STUDY

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ABSTRACT

Ovarian cysts are fairly common, fluid filled sacs that form in or on women's ovaries. Symptoms of ovarian cyst depend to a large extent on the size of the cysts. Allopathic treatment includes combined oral contraceptive pills and if cyst appears to be growing after 3 months of usage of pills, therapy surgery like laparoscopy/laparotomy may be recommended. There are various adverse effects of contraceptive pills. Cyst in Ayurveda can be correlated with *Granthi*. Besides specific disease, the word *Granthi* has also been used in *Sushrut Samhita, Madhavidan, Bhavprakash* and *Yogratnakar*. Chakrapani says that the disease has been named *Granthi* to denote the specific character i.e., glandular or nodular swelling. The disease *Granthi* can be equated with all types of small glandular or nodular swelling developing mostly due to benign tumours i.e. neoplasm and cysts. As the treatment for suppurated and inflamed *Vataja, Pittaja* and *Medoja granthis* as well as gentle massage to make *Kaphaj Granthi* soft is advised, thus these can be equated with cysts specially subcutaneous cysts.

Here an effort was made to treat simple ovarian cyst of size 3.4 x 2.2cm using Ayurvedic treatment modalities, at the end of 74 days of treatment, *Panchakarma* procedure along with internal medication resulted in 100% improvement, and alleviated all associated symptoms.

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INTRODUCTION

In Ayurveda ovarian cyst may be correlated with *Kaphajgranthi*. The *Lakshan* of *Kaphajgranthi* is *Vedanarahita, Ghana, Sheeta, Savarna* and *Kanduukta* (itching) *Acharyasushrut* has given elaborate description of *Granthi* from its etiopathogenesis classification and its management, but not mentioned about neoplastic swelling of female genital organ. Ayurveda has a very satisfactory line of treatment for ovarian cyst.^[1,2] In various Ayurvedic classics the line of treatment of *Granthi* is available like *Mansaja* and *Kaphaj granthi chikitsa, Medapradoshaja vyadhi chikitsa, Panchakarma* e.g., *Snehan, Sweadan, Vaman, Virechan* and *Basti* etc. *Chikitsa* of *Kaphaj granthi* includes *Shodhan, Shaman* and *Chedan karma*.^[1,2,4]

The non-neoplastic enlargement of the ovary is usually due to accumulation of fluids inside the function unit of ovary. Any ovarian follicle that is larger than about two centimetres is termed an

ovarian cyst. Ovarian cyst is closed sac like structures within the ovary that are filled with a liquid or semisolid substance. Ovarian cyst affects women of all ages; however most often they occur during child bearing years. Most ovarian cyst are functional in nature and harmless. The common symptoms of ovarian cyst are irregular periods, abnormal uterine bleeding, pain in abdomen or pelvis, fatigue, headache and nausea. During a bimanual examination of the pelvis sometimes ovarian cyst may be noticed. Ovarian cyst is diagnosed by ultrasound. The treatment of an ovarian cyst is mainly done by hormonal treatment i.e., combined oral contraceptive pills and by surgical treatment such as laparotomy and pelvic laparoscopy, which are having their own side effects. In present study *Shaman yog - Kanchar guggul, Kubera ksha ghanwati* is used for the management of ovarian cyst. *Kanchar guggul*

having *Galganda, Gandamala, Arbuda, Granthihara* and *Lekhaniya* properties. Also *Shodhan chikitsa* used *Matrabasti*.^{[5][6]}

Case Study: A female aged about 27years, having complaints of pain in lower abdomen, heaviness in pelvis, increased in abdominal girth, peritoneal irritation and irregular menses, heavy bleeding during menses, painful menses along with nausea

General Data

Age	Marital status	Occupation	Social class	Address	Registration
27 Years	Married	Housewife	Working	CBD	2 nd April 2019

Menstrual History: (Present) For 1 Year, 4-5 days/40-60 days. Amount of 3-4 fully soaked pad with associated symptoms like painful menses, nausea, vomiting, and heavy bleeding on and off. Menstrual Cycle was regular while taking hormonal pills.

Per Abdomen Examination: confirmed the tenderness in left iliac fossa.

Obstetrics History - G3 P2 A1 L2 D0

G1- Male child 6 years FTND at Hospital.

G2- MTP by D & E (GA- 8 Weeks) in 2015.

G3- 2 Years LSCS Due to Breech Presentation

Investigation

USG Pelvis: 16/02//2019- Suggestive of left ovarian simple cyst of size 3.4 x 2.2cm.

Physical Examination: General Examination: Build- average, Nutritional status- satisfactory

Materials and Methods

Prior to *Panchakarma* dietary and digestive issues solved.

and vomiting since 1 year. Patient took allopathic treatment for same on enquiry she told she has taken, Tab Ovral-L 0-0-1 for 4 months during this period after two month she was having complaints of nausea, vomiting, mastalgia, leucorrhoea, depression. With these complaints, patient came to PTSR-OPD for proper consultation and Ayurvedic treatment.

Pallor- absent. No evidence of thyroid enlargement, BP- 124/80mmHg, Pulse- 78/min, Height: 160 cm, Weight: 66kg, Temperature: Afebrile, Respiration rate: 20/min. Romberg's Test- Positive

Systemic Examination: CVS: Heart sounds (S1S2): Normal, RS: Chest - B/L clear, air entry adequate, no added sounds.

Per Abdomen: Pain and mild tenderness at left iliac region.

Genitourinary Examination: Inspection- Vulva-normal, healthy.

Per Speculum- Cervix- healthy, altered blood seen, menstrual blood.

Palpation (per vagina): Uterus- Anteverted, size- 6-7weeks, Right fornices tenderness, left fornices free, non-tenderness.

Visits	Complaints	Dietary regimen	Treatment	Investigation
2/4/19	Pain in lower abdomen, heaviness in pelvis, increased in abdominal girth, peritoneal irritation and irregular menses, heavy bleeding during menses, painful menses along with nausea and vomiting since 1 year. LMP- 1/4/2019 LLMP-28/1/2019	fibrous foods, such as fruits, vegetables, legumes & whole grains. iron rich foods, such as dark leafy greens, broccoli, beans, fortified grains, nuts, and seeds.	<i>Panchakarma- Sahachar Taila Matra Basti</i> . 100ml for 8 Days Orally 1. <i>Kanchanar Guguul</i> 2. <i>Kuberaksha Ghanwati</i> 3. Cap. Ugyaetone Forte 250 Mg Tabs 2bd Before Food With Luke Warm Water.	-
10/5/19	Pain during menses decrease, with mild decreases of associated symptoms. LMP- 5/5/2019	Same as above	Oral Medications Same As Above	-
18/6/19	No any fresh complaints	Same as above	Oral Medications same as above. Adv- USG- Pelvis	USG Pelvis- No Significant Abnormality Detected

Result And Discussion

The patient had followed the *Aahar* and drugs restriction strictly. After the treatment including oral medication and *Panchakarma*

treatment all the signs and symptoms decreased gradually. The sonography scan was made after 74 days of treatment. The findings of sonography

report show remarkable changes in the form of absence of cyst.

DISCUSSION

- **Probable mode of action:** *Basti* procedure eliminates the *Doshas* from rectum. It balances the *Vatdoshas*. *Apanavayu* is the type of *Vatadosha* which controls on ovum in female, reproductive system.
- **Sahachar Tail Matra Basti:** *Sahachar* oil usually used for obstructive pathology which regulates the *Apanavayu*.
- **Kanchanar Guggul:** It is a classical Ayurvedic formulation used to *Kapha* accumulation in tissues. As a *Kapha* moves deeper within the system. It may manifest as swollen lymph nodes, cysts, growth. *Kanchanar* is very useful in extra growth or tumours and helps in reducing bleeding. It supports a proper function of the lymphatic system, balance *Kaphadosha*, promotes elimination of inflammatory toxins; it is alternative anti-inflammatory.
- **Kuberaksha Ghanwati-** For the regularization of menstrual cycle *Kuberaksha ghanwati* was given in amount of 2BD dose with luke warm water. The content of *Kuberaksha ghanwati* is *Vatshamak*. They are having *Rochan*, *Deepan*, *Pachan*, *Anuloman* properties. Some of them are with *Ushna*, *Tikshna*, *Sara guna*. These together act to normalize *Vata dosha* specially the *apana vayu* and once the *Apana vayu* regulates the functions of organs in the *Apana kshetra* are also normalized. *Artavjanan*, *Uttejak* and *Vrushya* properties of the content work on *Artava vaha strotas* and help the regulation of menses.^[7]
- **Cap U-Gynaetone Forte-** Contains, *Kuberaksha*, *Shatavha*, fenugreek, *Sharpunkha*, *Haridra*, *Trikatu*, *Shudha tankan* which helps to regulate the menstrual cycle.
- Drugs acts on reproductive system and improves the function of ovary and *Aartav*. Along with *Lekhaniya* property *Kanchanar guggulu* also helps in reducing size and arrests further growth of cyst.

CONCLUSION

Ayurveda is branch of natural science, in various female disorders Ayurvedic herbal formulation having very good result with minimal adverse effects. The treatment may need some variation according *Prakruti* of patient. But the way of treatment pillar might be same. The study shows remarkable change, at the end of 74 days of treatment, *Panchakarma* procedure along with internal medication resulted in 100% improvement.

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