

**EFFICACY OF ABHYANTAR CHIKITSA WITH STHANIK CHIKITSA
IN THE MANAGEMENT OF UTERINE FIBROID: A CASE STUDY**

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Article Received on
02 April 2015,

Revised on 24 April 2015,
Accepted on 18 May 2015

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ABSTRACT

Over the few decades man has literally conquered the "Everest" of advanced Technology. However still the indicator of prosperity and happiness of any community is judged by its health index and not merely by its materialistic advancement. Furthermore the overall health index of any community is governed by the health of the women in that community, Thus special attention should be provided to maintain a healthy womanhood. But in daily medical practice varied problems are seen in woman like...

- Irregular menstrual cycle.
- PCOS.
- PID.
- Uterine Fibroid.

Among these varied problems Uterine Fibroid is not only the commonest benign tumour but also is the commonest benign solid tumour in female. Now a days due to life style modification the prevalence of fibroid is getting more. It has been estimated that at least 20% of women at the age of 30 have got fibroid in their wombs. Fortunately most of them remain asymptomatic. But those are symptomatic they need special attention because they hamper daily activity of the woman. The prevalence is highest between 35-45years. According to *Ayurveda* Uterine Fibroid is considered as *Garbhashayasthit Arbud* and due to an imbalance of *Dosha*. This disorder involving *Kapha*, *Meda*, *Mamsa*, *Ambuvasotas* etc. is due to *Kapha*, *Meda* blocking *Vata* and *Pitta* hence movement is obstructed and transforming process suppress. *Ayurveda* suggests it as *apangat* disorder that is involving *vata dosha* because gynecological disorder are mainly due to *vata dosha*. In *Ayurveda Acharya Sushrut* mentioned *Arbuda* having some resemblance with symptoms of Fibroid in *Nidansthan 11*

Adhyay. To overcome this problem *ayurveda* suggests the very effective treatment. A 48 years old patient came in OPD of *Streerog Prastutitantra* Department on 13-8-2014 having complaint continuous heavy menstrual bleeding from 2 months. USG dated showed INTRAMURAL FIBROID of size 30*27*25mm. she was treated by ayurvedic line of treatment i.e. *Deepan – Pachan – Matrabasti* and *Utter basti* and got result. Hence presented a case.

KEYWORDS: Fibroid, *Arbuda*, *Deepan*, *Pachan*, *Matra Basti*, *Utter Basti*.

INTRODUCTION

Over the few decades man has literally conquered the "Everest" of advanced Technology. However still the indicator of prosperity and happiness of any community is judged by its health index and not merely by its materialistic advancement. Furthermore the overall health index of any community is governed by the health of the women in that community, Thus special attention should be provided to maintain a healthy womanhood.

But in daily medical practice varied problems are seen in woman like...

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Among these varied problems ¹Uterine Fibroid is not only the commonest benign tumour but also is the commonest benign solid tumour in female.

Now a days due to life style modification the prevalence of fibroid is getting more. It has been estimated that at least 20% of women at the age of 30 have got fibroid in their wombs. Fortunately most of them remain asymptomatic. But those are symptomatic they need special attention because they hamper daily activity of the woman. The prevalence is highest between 35-45years.

According to *Ayurveda* Uterine Fibroid is considered as ²*Garbhashayasthit Arbud* and due to an imbalance of *Dosha*. This disorder involving *Kapha*, *Meda*., *Mamsa*, *Ambuvasotas* etc. is due to *Kapha*, *Meda* blocking *Vata* and *Pitta* hence movement is obstructed and transforming process suppress.

Ayurveda suggests it as *apangat* disorder that is involving *vatadosha* because gynecological disorder are mainly due to *vatadosha*.

In *Ayurveda Acharya Sushrut* mentioned ³*Arbuda* having some resemblance with symptoms of Fibroid in *Nidansthan 11 Adhyay*.

To overcome this problem *Ayurveda* suggests the very effective treatment.

AIMS AND OBJECTIVES OF CASE STUDY

To evaluate role of *Abhyantar chikitsa* with *Sthanik Chikitsa* in the management of Uterine Fibroid.

TYPE OF STUDY: Observational single case design without control group.

MATERIALS AND METHODOLOGY

Study Center: C.S.M.S.S. Ayurved Hospital, Aurangabad.

Study Details

Name of pt : xxx
Reg. No O.P.D. No. – 1913
Date of First visit: 13/8/2014
Age : 48 years
Gender : Female
Religion : Hindu
Occupation : Housewife
Diet : Veg & Nonveg

Chief Complaint

- 1.Continuous Heavy bleeding 2 months.
- 2.Pain in abdomen.1 month
- 3.Lower backache during menstruation 1 month
4. Aruchi , Agnimandya 1 month

Marriage Life : 29 years

Menstrual History $\frac{15-20 \text{ days}}{30-45 \text{ days}}$ Regular, Heavy, 5 – 6pad per day, clots

Obstetric History: G₅P₃L₃A₂D₀

Brief History

48 years old patient having married life 29 years having 2 male and 1 female child complaining of Continuous Heavy bleeding 2 months, Pain in abdomen.1 month, Lower backache during menstruation 1 month. Aruchi, Agnimandya 1 month. She had taken treatment for the same at private Hospital but had not got result so she came to C.S.M.S.S. Ayurvedic Hospital Aurangabad for management & she had following reports with her.

- 1) USG Uterus : Antiverted measuring Intramural Fibroid of size 30*27*25mm
- 2) T3-0.92 ng/dl, T4-7.15 µg/dl
TSH- 3.74 UI/ml

General Examination

- 1) Obesity ++

Ashtavidha Parikshan

1. Nadi = 90/min, madhyama bala, niyameet.
2. Mala = Grathit Malapravrutti.
3. Mutra = Samyaka
4. Jivha = Saam
5. Shabdha = Avishesha
6. Sparsha = Anusha
7. Druka = Alpashwetata
8. Akriti = Sthul

Udar parikshan - Udarasthambha, Aanaha, & other lakshanas
Agnimandya, Aruchi, Udar shool

Local Examination

PS = Cx healthy.

No any abnormal discharge

PV= ut. AVAF / Bulky / Mobile fornices clear

Srotas Parikshan Dushita Srotas Are

- Rasa Vaha - Aruchi, Sarvang Gaurav
Annavana - Agnimandya
Aartavvaha - Irregular menses, Heavy menses

Diagnosis: *Garbhashayasthit Arbud* / Uterine Fibroid

Treatment On 13/08/2014 : 1) As the patient was complaining of *Agnimandya* She was advised to take ⁴*Hingvashatak Choorna* 2gm twice a day with *Ghruta* before meal for *Deepan* karma for 3 days.

2) For ⁵*Aamapachan Ampachakuati* 500 mg twice a day after meal for 3 days. Meanwhile her menstruation was stopped which was continuous for 15 days. Then she visited on 18/08/2014 and further was advised for ⁶*Sarvang Snehana*, ⁷*Swedan*, ⁸*Matra basti* with *Til tail* & ⁹*Utter basti* with ¹⁰*Kshar tail* for 3 alternate days from so she visited on 20/08/2014, 22/08/2014, 24/08/2014 and performed *Sarvang Snehana Swedan, Matra Basti, Utter Basti*.

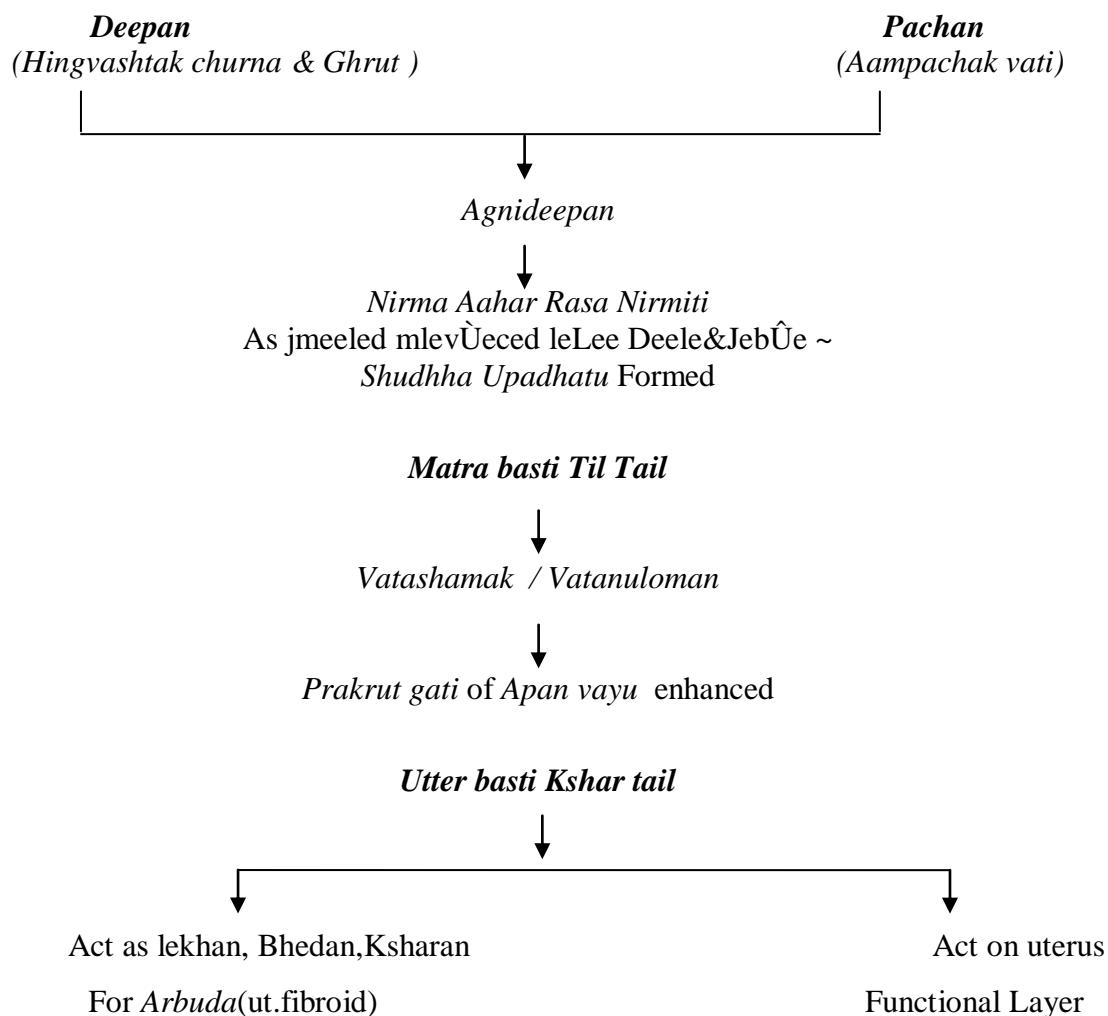
Then again her menses was came on 30/8/2014 and flow was for 10 days here menstrual flow became reduced. Then again she had taken *Sarvang Snehana, Swedan, Matra basti* with *Til tail* & *Utter basti* with *Kshar tail* for 3 alternate days from 20/09/2014, 22/09/2014, 24/09/2014.

After taking this therapy in 2nd cycle her menstrual blood flow was for 9 days and she got relief from other symptoms.

Then again in next cycle she was advised for the same.i.e. on 22/10/2014, 24/10/2014, 26/10/2014

Total Duration Of Therapy: This line of treatment i.e. *Deepan Pachan Sarvang Snehana Swedan Matrabati & Utter Basti* was performed for 3 consecutive cycle.

OBSERVATION/RESULT: When on next month she came for follow up then all symptoms get reduced.USG was done on 16/12/2014 then it showed that small intramural fibroid measuring 13*21*15mm.



So by *Deepan (Hingvashtak Choorna & Ghrut)* & *Pachan (Ampachak vati)* *Shudhha Raja updhatu* formed, by *Matrabasti (Til tail)* *Prakrut gati* of *Apan vayu* enhanced and by *Utter basti (Kshar tail)*. *Lekhan & bhedan&Ksharan* done of *Garbhashayasthit Arbud (Uterine Fibroid)*.

TREATMENT PLAN.

Sr.No.	Karma	Drug	Dose	Duration
1	Deepan	Hingavashtak Choorna with Ghrut	2gm BD	3 days
2	Pachan	Ampachak Vati	500 mg BD	3 days
3	Abhyag	Til tail	As required	on day of Matra basti
4	Swedan	Bashpa sweda	As required	on day of Matra basti
5	Matrabasti	Til tail	60 ml	3 day (Alternate day)
6	Utter basti	Kshartail	5ml	3 day (Alternate day)

DISCUSSION: In this patient this uterine fibroid can be correlate with *Garbhashayasthit Vataj Arbud* Probable. mechanism of action.

CONCLUSION

Thus we can conclude that as compare to modern view the holistic approach of *Ayurvedic* system of medicine & *Sthanik Chikitsa* plays an important role and gives relief to patient from Uterine Fibroid/Garbhashayastha Arbud and ultimately from menorrhagia.

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