

**CLINICAL EFFICACY OF AYURVEDIC MANAGEMENT IN  
HAEMORRHAGIC CYST – A CASE STUDY****\*<sup>1</sup>Dr. Gundeti Anjali, <sup>2</sup>Dr. P. Sravani and <sup>3</sup>Dr. Sunitha Joshi**

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**ABSTRACT**

In this present case study, a 26 year old unmarried woman patient consulted the Ayurvedic OPD of Dr BRKR Govt. Ayurveda College & Hospital, Hyderabad with the complain of pain in lower abdomen, regular menses, Deep dyspareunia and generalized weakness . She was advised for ultrasonography (USG) and the findings suggested a bilateral ovarian haemorrhagic cyst measuring right side (32 × 28 mm), left side (60x45mm), she was advised surgery by allopathic hospital but the case was treated for two months with a combination of different traditional Ayurvedic drugs, with the goal of relieving symptoms and dissolving the ovarian cyst. This patient was treated with the Ayurvedic formulations like shankavati, Kanchnara guggulu, Chandraprabhavati, varunadi kashaya and Arogyavardini vati were used during the course of the treatment. Patient's condition was assessed through USG after two months of treatment for ovarian cyst which was completely

relieved. Therefore this study was conducted to evaluate one of the treatment regimens for ovarian cyst.

**KEYWORDS:** Ovarian cyst; Haemorrhagic, Treatment regime, Ayurveda.

## INTRODUCTION

In the field of gynecology, ovarian masses are frequently observed. An ovarian cyst is a sac that forms in the ovary that is filled with fluid or semi fluid material. Most benign and malignant ovarian tumors are cystic in nature. The diagnosis of ovarian cysts, cystic masses, and tubo-ovarian masses have increased with the introduction of routine physical examinations and ultrasound technology. When a woman finds an ovarian cyst or cystic mass, she may worry a lot because she thinks the condition might be cancerous. However, most of these cases are benign, and very few are malignant. The majority of women with ovarian cysts or cystic tumors are asymptomatic. Nonetheless, a range of symptoms, some of which can be rather significant, can be brought on by some cysts: Pelvic pain and vaginal bleeding are among the consequences caused by ovarian cysts or cystic masses. A type of functional cyst known as a hemorrhagic cyst develops when a cyst bursts out inside the ovary during ovulation. Rather than disintegrating, a Graafian follicle continues to expand with fluid or blood instead of releasing an ovum. The majority of hemorrhagic ovarian cysts are corpus luteal cysts, which develop when blood leaks into a cyst, frequently causing pain and prompting a visit to the doctor. Despite a blood-filled cyst, the corpus luteum experiences excessive bleeding. As a result, progesterone and estrogen secretion persist, potentially causing a normal or absent or delayed menstrual cycle, which is typically followed by severe and/or extended bleeding. While most of them are benign, a small percentage can be malignant. Granthi is the term for a nodule-like swelling that has cemented and consolidated. When rakta is vitiated by vatadi Dosha, which has pittaja Granthi-like characteristics, raktaja Granthi develops. Pathogenesis of granthi roga is vata kapha dominating tridosha for which Vata Kapha.

**KEYWORDS:** Andashayagataraktaja Granthi, Granthi, Hemorrhagic Ovarian Cyst.

## CASE REPORT

In this present case study, a 26 year old unmarried woman patient consulted the Ayurvedic OPD of Dr BRKR Govt. Ayurveda College & Hospital, Hyderabad with the complaint of pain in lower abdomen, regular menses, deep dyspareunia and generalized weakness. Her USG findings reveals bilateral hemorrhagic cyst, measuring Right side 32 × 28 mm, left side 60x45mm.

**FAMILY HISTORY:** Nothing specific

**PAST HISTORY:** Nothing specific

**MENSTRUAL HISTORY**

Age of Menarche	13
Cycle	Regular
Interval	28-30 Days
No.of bleeding days	4
No.of pads/day	2-3
Pain	+
Clots	+

**PERSONAL HISTORY**

Diet	Mixed
Appetite	Reduced
Bowel habits	Constipated
Bladder	Normal micturition
Sleep	Good
Allergy	NIL

**MARITAL LIFE:** Unmarried.

**CLINICAL FINDINGS**

**General examinations:** Built – Normal, Weight – 45kg, height – 155 cm, pulse rate- 70/min, B.P. - 110 /70 mm of hg, respiration rate- 18/min, and temp. -98.6 F.

**Per abdomen-**it was soft, bilateral-tender and no organomegaly was detected.

**USG Findings:** Uterus anteverted, normal size, right ovarian hemorrhagic cyst (32x28mm), Left ovarian hemorrhagic cyst- 60x45mm, bilateral hemorrhagic ovarian cysts.

**Blood Investigations:** Hb- 13g/dl, T3-113.9ng/dl, T4-7.70n/dl. TSH-1.70IU/dl.

**Treatment advised**

Kanchanara guggulu	2 bd After food
Shankavati	2bd after food
Chandraprabha vati	2bd with water
Varunadi kashaya	15ml bd after food
Arogyavardinivati	1bd after food

**Advice**

Green leafy vegetables

Fiber rich foods

Regular Yoga and Exercise

Avoid high calorie and processed food.

## DISCUSSION

Ovarian cyst is one of the pervasive reasons for ovarian dysfunction, which directly affects the fertility potential. The present finding based on USG and effective management of ovarian cyst with Ayurvedic formulations with no adverse effect highlights the promising scope of traditional medicine in the ovarian and infertility disorders.

The patient has been suffering from this condition since 30 days, she was not relieved from the symptoms even though she was treated by contemporary medicine. As in contemporary science most of cysts are to be treated by surgical means. Here we looked into elaborative view of management of haemorrhagic ovarian cyst through Ayurveda. There is evidence of use of Chandraprabha vati, Kanchanara Guggulu in ovarian cystic diseases.

In this study along with these two medicines Varunadi Kashaya was used because of its Lekhana action to reduce the size of cyst and relieve from the symptoms, Shankavati Vati was used for its Shoolahara nature.

The patient was relieved from symptoms in her 4<sup>th</sup> visit within 2 months of treatment.

Granthihara and Bhedana properties of Kanchanara Guggulu and Varunadi Kashaya act on reproductive system and improve the functions of ovary and artava.

Chandraprabha vati acts on Agni by its Deepan Pachan properties. This helps to minimize the symptom of abdominal discomfort. Arogyavardhini vati acts as Lekhana, Dipana and Medahara properties.

Along with this Lekhaniya property of Kanchanara Guggulu, helps in reducing the size and arrest the further growth of cyst and Varunadi Kashaya helps in complete resolution of cyst and even acts on Yakrit. After the treatment, the USG report revealed no cyst in the right ovary.

## CONCLUSION

The principles of Ayurveda are important in the treatment of diseases. A treatment plan can be determined after a detailed analysis of the etiopathogenesis, or Samprapti, of the disease based on Prakriti, Lakshan and Upashay-anupashaya. Based on this case study, we may conclude that Ayurvedic medicines are Kanchanara guggulu, Varunadi Kashaya, Arogyavardhini vati, Chandraprabha vati and Shankavati formulations have been used as they

all are katu, tiktha, sheetha, lekhana, rukshana, shophahara, granthihara and arbudahara in nature. Thus, prescribed for samprapthi vighatana of the disease. Yet more research work is needed in this field by which we can minimize or avoid surgical interventions by practising ayurvedic treatment methods.

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