

**REVIEW ARTICLE ON GARBHASHAYA ARBUDA- AYURVEDIC  
PERESPECTIVE OF GARBHASHAYA ARBUDA (UTERINE FIBROID)****Dr. Akanksha Pathak<sup>1\*</sup> and Dr. Anjana Saxena<sup>2</sup>**<sup>1</sup>Jr (Ptsr) At Govt. Ayurvedic Pg College & Hospital Varanasi.<sup>2</sup>Reader (Ptsr) At Govt. Ayurvedic Pg College and Hospital Varanasi.Article Received on  
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Woman is one of the most beautiful creations of God and is bestowed with the precious blessing of achieving motherhood, which is most wonderful period in her life. Uterine fibroid is not only the commonest benign tumor of uterus but also the commonest solid tumor in females that usually found in women of reproductive age group. One in every five women of child bearing age suffers from uterine fibroid. Uterine fibroids represent the principal cause for hysterectomy. They generally lead to some specific symptoms including heavy menstrual bleeding, pelvic pressure, bladder irritability, infertility and pregnancy loss etc. and also interfere in women's normal day to day life due to tiredness, weakness etc. they mostly cause symptoms between age of 35-45 years but probably exist in microscopic form before the age of 30 years. On exploration Samhita, though the disease Arbuda has been described

widely but no special reference of Arbuda in female genital tract is available. But on the basis of clinical feature arbuda and granthi may relate with uterine fibroid. On the basis of specific clinical features of Mamsaja Arbuda as well as description of Granthi in general, it can be said that all relatively big neoplasms developing from muscular and fibrous tissues (myoma and fibromas) come under Mamsaja Arbuda and granthi at all.

**KEYWORD:** Fibroid, Arbuda, Granthi, Mayoma, Fibroma.**INTRODUCTION**

Every woman is beautiful because she is brilliant creation of millions of years of evolution. It is evolved with amazing adjustment and subtle refinements that makes if the most remarkable species of planet. Since evolution she has been worshiped as the creator of new life [the

janani], so proper care & respect must be given to the women for welfare of society. Since the evolution of the life in universe, women have been placed on extreme worship place due to her power of janani. ACHARYA MANU has quoted that for happiness of human society proper care & respect of women is needed. The GOD has blessed the female with most valuable gift of motherhood. In the Atharvaveda, women have been considered as Prathivi swaroopa & man as Akasha swaroopa signifying the importance of women the mother. THE WOMEN IS THE ORIGIN OF PROGENY. [ACHARYA CHARAK] Uterine fibroid is not only the commonest benign tumor of uterus but also the commonest solid tumor in females that usually found in women of reproductive age group. One in every five women of child bearing age suffers from uterine fibroid. Uterine fibroids represent the principal cause for hysterectomy. They generally lead to some specific symptoms including heavy menstrual bleeding, pelvic pressure, bladder irritability, infertility and pregnancy loss etc. and also interfere in women's normal day to day life due to tiredness, weakness etc. they mostly cause symptoms between age of 35-45 years but probably exist in microscopic form before the age of 30 years. Fast foods, lack of exercise, stress, addiction to various things etc. are some of the factors which contribute greatly to such disease. These factors generally act by impairing the metabolism of an individual making her prone for such type of diseases. In INDIA prevalence of uterine fibroids among women is 30-50 percent. Modern medical science treats a patient of uterine fibroid mainly with hormonal therapy, Hysterectomy, Myomectomy, Endometrial ablation and uterine artery embolization etc. unfortunately none of these methods is considered a complete cure to the this disease but to leave with various unwanted side effects and families laden with economic burden due to fibroid has been seen increasingly, so these benign tumors have become a significant health concern in women. Due to the limitations of modern science Ayurveda has great scope in this field and it becomes the necessity of the time to find out an efficacious, broad spectrum approach and harmless therapy to manage this condition.

Ayurveda is the science that impacts all the knowledge of life. The study of Ayurveda classics has revealed that the symptomatology of this disease entity "ARBUDA" can be correlated to that of benign tumors. In classical description besides general description of ARBUDA, its clinical features and treatment for different body parts are clearly described, however it also correlate with MANSAJ GRANTHI.

## MATERIALS AND METHOD

Ayurvedic classical textbooks, modern medical textbooks, online articles and journals were reviewed to gain all the possible information regarding this.

## OBSERVATIONS

In Ayurveda, gynaecological diseases are mentioned under the title yoni-rogas. Fibroids being muscular in origin, may be better compared to *mamsa granthi* occurring in *garbhashaya*. Charaka explains that *granthi*, *arbuda* takes the name after the site where it develops. So uterine fibroids can be named as '*Garbhashayagata mamsa granthi*' or *garbhasaya gata mamsaj arbuda*.

According to *acharya Sushruta*, vitiated doshas like Vata, Pitta, Kapha is vitiating dhatus like *mamsa*, *rakta* and *medas* mixed with Kapha produce rounded, protuberant, knotty and hard swelling and this type of glandular swelling is called *granthi*. Commentator *Acharya Dalhana* had divided this etiopathogenesis into two parts i.e. aggravated Vata etc doshas involving *mamsa* and *rakta dhatu* produce *Vataja*, *pittaja* and *kaphaja granthis*, whereas aggravated Vata along with *medas* mixed with Kapha produces *medojagranthi*. *Acharya Bhoja* had also accepted Vata dosha as a causative factor for *medoja granthi*. Commentator *acharya Gayadasa* had also accepted that etiopathogenesis of *medoja granthi* is much different. Both *Vagbhata*s accept the views of *Sushruta* and *Dalhana* and have held Vata etc. doshas dominated by Kapha as responsible for this disease. It is also included among disorders of increased *mamsa* and *medas*.

The word *Arbuda* is derived from root word, "*arb himse*" that means a condition which is harmful or kills the affected person. while *Amarakosha* explains *arbuda* as "*aram bundati*", where *Aram* means fast/speedy and *bundati* means 'to perceive' that's why according to *Amarakosha*, *arbuda* is a type of growth which is 'perceived very fast', which indicates its fast growing nature. Considering all the definitions of *arbuda*, it is clear that the disease is fast growing in nature and is harmful or kills person affected by it. So *arbuda* can better be compared to malignant growths. Malignant transformations occur in uterine fibroids, but the rate is as low. so fibroids are better compared to *granthi* rather than *arbuda*.

According to basic principles of Ayurveda, there is no disease without the vitiation of doshas and hence *nidana* of *garbhashaya mamsa granthi* also includes all the factors responsible for vitiating Vata, Pitta, Kapha and the *nidana* that are especially mentioned for *mamsa granthi*.

Charaka while explaining about Granthi, had included the same along with Svayathu and had mentioned that granthi is also characterised by sopha/swelling. So all the factors responsible for Svayathu can also be considered as etiological factors for Granthi. Fibroids occur exclusively in uterine myometrium, so the factors responsible for Yoni Roga can also be considered here. Signs and symptoms include dushti lekshana of all the doshas, dhātu and the srotas involved. Since Charaka considers these diseases under the group of diseases characterised by swelling/sopha, so signs and symptoms of sopha can also be considered as the Purvarupa of granthi. Manifestation of symptoms depend on the extent of vitiation of doshas. Samprapthi denotes the process of pathogenesis of a disease and according to Vagbhata, in the pathogenesis of all diseases, vitiated Doshas are the main factor which produce the pathology. They first get vitiated locally and then travel through the circulatory system and get to the organ and system which has already latent weakness, inherent or acquired, settle down there and start the peculiar morbid changes there, according to their peculiar nature, and the result is a specific disease bearing signs and symptoms relevant to the responsible Doshas, Dhatus, srotas and organs, denoting organic and functional changes. The same process takes place in the manifestation of uterine leiomyoma also. Doshas get vitiated due to the above mentioned samanya nidanas and the latent weakness in the garbhashaya may be the result of yoni roga nidana sevana like mithyachara, Vishamanga shayana, Brisha maithuna, Dustarthava, Introduction of apadravya into yoni, beeja dusti or daiva. Prognosis of Granthi Vagbhata states that vataja, pittaja, kaphaja, raktaja and medoja granthis are curable. While mamsa, Sira, and Vrana granthis are yapyā, those situated in vital parts, throat, abdomen and those which are thick, rough etc and Asthi granthi are incurable. Sushruta states that tender and mobile Sira granthi is krichra sadhya while, painless, broad based, non-mobile granthis present in vital parts are incurable. According to Charaka 20 the granthi located in kukshi (flanks), udara (abdomen), gala (neck), marma (vital parts), those granthis which are sthoola and khara (thick and rough), and of children, debilitated and aged ones are incurable. The term kukshi can be approximated to uterus, since while referring to formation of Garbha, Charaka had made a statement that 'sukrasonitha jeevasamyoge khalu kukshi gate Garbha'. In the commentary Chakrapani Dutta had described kukshi as garbhasaya. Uterine fibroids are better compared to mamsa granthi in garbhashaya and hence management protocol of mamsa granthi can be applied generally. Clinical manifestation of uterine fibroids varies from patient to patient with various signs and symptoms and hence management principles of these symptoms can be adopted appropriately after analysing the condition of the patient and the disease. Samprapthi vighattana can be effectively made possible by

adopting measures that will help to remove the vitiation of involved doshas, dhatus, srotas etc. Hence to concise management principles of Mamsa dhatu Vridhi, Sopha, Gulma, Vidradhi, Asrugdara etc can be adopted according to condition of the patient and manifestation of disease. In the Ama stage of granthi, the physician should adopt the treatments indicated for sophia. The strength of the patient should be protected constantly because in turn it controls the strength of the disease. In granthi, sodhana, poultices and application of other beneficial drug is recommended. That which is not become ripe, should be cut (excised) and when bleeding stops it should be burnt by fire (thermal cautery) leaving no residue or remnant, because such a remnant is sure to develop again into tumour.

## DISCUSSION

Although there is no direct description about fibroids in Ayurveda, two disease entities namely, arbuda and granthi simulate the description of such growths. The terms arbuda and granthi, together seems to represent the entire tumour forming pathologies that have been described in the earliest books of Ayurveda. Granthi can be better compared to benign neoplasm and arbuda to malignant ones as they are harmful to life and fast growing in nature. Vagbhatta differentiates both by saying that only big granthi can be considered as arbuda. Charaka includes both these conditions under the group of diseases characterized by sophia. Fibroids being mostly muscular in origin, can be correlated to Garbhashayagata Mamsa granthi.

- Granthi is a mamsa vridhijanya vikara, similarly fibroid is also muscular in origin.
- Diet capable of increasing mamsa dhatu, mentioned as major cause for Mamsa granthi by Vagbhatta. Studies now confirm that the incidence of fibroid is more in women accustomed to consume red meat.
- Mamsa granthi is 'avivarnam' in appearance similarly fibroids are also pale in colour.
- According to Sushruta's definition for granthi, it is vritta or round, similar to structure of uterine fibroids explained by modern science.
- Charaka while explaining about the surgical management of granthi, has mentioned the removal of 'sakosha granthi' which means granthi should be removed along with the capsule around it and then the wound should be treated like vrana. Fibroids are also covered with a thin layer of connective tissue on its outer surface and this forms the plane of cleavage during surgery.
- Mamsa granthi is painless or having slight pain similar to fibroids.
- Mamsa granthi is big in size similar to fibroids which may also attain larger size.

- Mamsa granthi is slow growing similar to fibroids.

## CONCLUSION

Leiomyomas are benign uterine tumours of unknown etiology believed to arise from myometrial cellular transformation. While majority of fibroids remain asymptomatic, symptomatic ones present with bleeding, pain, pressure, or infertility. Though there are no direct correlations for uterine fibroid available in ayurvedic classics. Can be better correlated to Garbhashaya mamsa granthi based on the symptoms and etiopathogenesis. Management protocol of Mamsa granthi can be adopted with modifications according to clinical manifestation seen in the patient.

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