

ENDOMETRIOSIS - AN AYURVEDIC APPROACH**Dr. Kavita C. Mule¹ and Dr. Amruta S. Bhakare*²**

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ABSTRACT

God created women with the ability to bear and bring new generations into the world. As a result, women's health has long been a top priority. Women are susceptible to a variety of disorders, the majority of which affect their reproductive systems. Some of these disorders may interfere with her womanhood, while others may result in life-threatening conditions if not addressed properly. One of these is endometriosis. Endometriosis is a perplexing and fascinating benign gynecological condition characterized by the implantation of functional endometrial tissue outside of the uterine cavity. The prevalence is approximately 10%. It is an estrogen-dependent syndrome, therefore it worsens with high estrogen levels in the body, and it reverses during pregnancy and after menopause. The patient is experiencing acute discomfort, which may be steadily intensifying. This ectopic endometrial tissue behaves like normal endometrial tissue,

bleeding every month. This blood may engorge and produce a chocolate cyst, which may rupture as well. Endometriosis, according to Ayurveda, is similar to "Vyana Avruta Apana Vata" and must be treated as such. Amachikitsa, Vyana Avruta Apana Vata Chikitsa, and Samana treatments are some of the management ideas. Lifestyle and food changes should also be urged, as their influence in the development of any disease cannot be overlooked.

KEYWORDS: Amachikitsa, Vyana Avruta Apana Vata Chikitsa, and Samana treatments are some of the management ideas.

INTRODUCTION

Ayurveda eloquently discusses the lifestyle and nutrition that a woman must follow after menarche in order to maintain her health and have healthy children. Modernization has changed women's lifestyles and diets, and as a result, they suffer from a variety of gynecological disorders that require rapid medical attention. One such condition is endometriosis.

Endometriosis is a gynecologic disorder that affects one in every ten women of reproductive age. This disorder has historically been characterized as the growth of endometrial glands and stroma outside of the uterine cavity; however, this description has been expanded to include the development of any endometrial cell type (glands or stroma) outside of the uterus.^[1] The prevalence is approximately 10%. Endometriosis can arise in any location. The most common locations are the ovaries, the cul-de-sac, including the uterosacral ligaments, the peritoneum above the bladder, the sigmoid colon, the rear of the uterus, the intestinal coils, and the appendix.^[2]

AIM AND OBJECTIVES

1. To study the disease & to understand the pathology of endometriosis in Ayurveda
2. To evolve the management principles.

MATERIALS AND METHODS

Ayurvedic Samhita, Modern text, article, website.

Etiology of Endometriosis

Although the actual cause remains unknown, various theories have been proposed.

1) Retrograde Menstruation (Sampson's Theory).

Sampson's Theory, which suggests retrograde menstruation. This idea holds that during menstruation, blood travels retrogradely from the fallopian tubes into the pelvic cavity.^[3]

2) Coelomic Metaplasia Theory

According to the Coelomic metaplasia theory, endometriosis is caused by the metaplasia of mesothelial lining cells in the visceral and abdominal peritoneums.^[4]

3) Hormone Theory

According to this theory, ectopic endometrial tissue responds to ovarian steroid hormones. Oestrogens promote endometrial development, and ectopic endometrial tissue responds to them. This intensifies the endometriosis.^[5]

4) Immune Dysfunction

The development of ectopic endometrium in the peritoneum causes inflammation. This helps to activate macrophages and leukocytes locally.^[6] This results in a faulty immune system that hinders the removal of monthly waste and encourages the implantation and proliferation of endometrial cells in ectopic places.^[7]

5) Genetics

Genetic predisposition raises the possibility of cellular harm. Genetic abnormalities that induce cell damage contribute to the progression of endometriosis.^[8]

Sites of endometriosis

Endometriosis has been documented in the ovaries, uterine ligaments, recto vaginal septum, pelvic peritoneum, laparotomy scars, vagina, umbilicus, hernia sacs, urinary tract, big and small intestine, appendix, umbilicus, and, in rare cases, the pleura, diaphragm, arms, legs, kidneys, and so on.

Clinical symptoms

1) Dysmenorrhoea

The pain begins 5 - 7 days before menstruation and peaks at the height of bleeding, which lasts throughout menstruation and beyond.

2) Pelvic pain

Most patients report persistent pelvic pain beginning 2 - 3 days before menstruation and lasting 3 - 4 days after it occurs.

3) Dyspareunia, Back ache, Rectal Pain and Bleeding during menstruation, Dysurea, haemeturia, menorrhagea, infertility etc.

Diagnosis^[9]

1) Classical clinical signs include secondary dysmenorrhea, dyspareunia, and infertility.

2) A speculum examination may reveal bluish powder burns on the cervix or the posterior fornix of the vagina.

3) Laparoscopy

4) Biopsy

Differential diagnosis

Endometriosis has to be differentially diagnosed from PID, Myomas, malignant diseases of the ovary, malignancy of cervix and vagina etc.

Management of Endometriosis

Medical

In young women with minor pelvic endometriosis detected by laparoscopy, as well as for the treatment of residual and recurring disease following conservative surgery.

Surgical

Preferred for women with chronic severe pelvic pain or moderate to severe endometriosis linked with infertility.

The Ayurvedic perspective

According to Ayurveda, it is not always possible to name a condition in a definitive manner. Ayurveda is a medical science that emphasizes the Nidana, Doshas, Dushyas, and Udbhavastana in clinical disease care. As a result, Ayurveda Acharyas plainly indicates that even if a physician is unable to diagnose an illness, he can successfully manage it by taking into account all of the elements listed above.

Endometriosis symptoms are undoubtedly related to the numerous Yoni Vyapads described in traditional sources.

However, because the symptoms are numerous and cannot be classified into a single Yoni Vyapad, a precise diagnosis is required. This enables the development of successful management strategies, as well as the efficient treatment and prevention of condition-related problems.

Samprapti

1. Mithya ahar vihar

2. vitiation of Tridosha mainly vata
3. vyana vayu vitiation
4. Sthansamshtaya at apana vayu sthana
5. Stambha to the gati of Apana
6. disturbed function of Apana I e. Artava, mutra, purisha, shukra, garbha nishkramana.^[10]
7. due to stambha of Apana it gets pratiloma gati (retrograde flow).
8. since Vyana is sarvadehachari it along with apana gets vitiated all over body.
9. So there is Artava, murta, purisha Vikaras also seen in association with endometriosis.

Midhyahara vihar

Tridoshic vitiation mainly vata Vyana Vayu

Obstruction of Apana Vayu

Disturbed function of Apana Vayu

Vilomagati of Artava

Artava and Mutra Purisha Vikaras

Comparison

Endometriosis.	Vyana avrita Apana vata
1. Nausea /vomiting.	Vami
2. Bloating.	Adhmana
3. Retrograde movement of the menstrual blood.	Udavarta
4. Chocolate Cyst.	Gulma
5. Dyschezia.	Parikartika

Ayurveda Diagnosis

Depending on the above pathology and symptoms endometriosis in Ayurveda can be diagnosed as “Vyana Avruta Apana Vata”.

Vyana avruta apana vata symptoms^[11] Adhmana, Vami, Parikartika, Gulma, Udavarta, and Aarti. Udavarta and Arti are the prevailing traits when Vata is the main Dosha. In this case, the patient reports more pain in addition to retrograde menstrual fluid flow, such as dysmenorrhea, dyspareunia, dysuria, low back pain, or abdominal pain. Gulma (Artava) and Asrugdhara are experienced by the patient if Vyana avruta apana vata is linked to Pitta. Since Artava Gulma is the accumulation of regular Artava, Gulma here refers to Artava Gulma.^[12] Menorrhagia and chocolate cysts may be present in this patient's condition. Chocolate cysts

are referred to as Artava Gulmas because they are caused by the accumulation of menstrual waste. When linked to Kapha, vyana avruta apana vata causes adhesions.

Management Principles

1. Amapachana chikitsa
2. Vyanaavruta apanavayu chikitsa
3. Lakshana chikitsa

Amapachana chikitsa

One of the main contributing factors to the development of this illness is ama. Therefore, medications having Deepana and Pachana qualities as well as a beneficial influence on the female reproductive system produce favorable therapeutic outcomes. Therefore, medications with Deepana, Pachana, and Garbhasaya Visuddhakara qualities, such as Jeeraka and Krishna Jeeraka^[13], are significantly more beneficial than Amahara medications in the treatment of endometriosis.

Vyanaavruta Apanavaya chikitsa

“lingam vyanaavruta apane snigdhairanulomayet^[14]”

Our classics recommend Snigdha anulomana as a therapy for Vyana Avruta Apana Vata. In this case, pippali, having the characteristics of Snigdha, Deepana, and Anulomana, is very useful.^[15] Tam When any of these symptoms occur, endometriosis patients typically seek medical attention. infertility, dyspareunia, dysmenorrhea, dysuria, low back pain, or menorrhagia. A scan may indicate a chocolate cyst. In addition to Vyana Avruta Apana Vata Chikitsa, a few more drugs will aid in the symptoms' prompt alleviation.

Lakshanika chikitsa

1) Dysmenorrhoea

One of the greatest medications for Udavarta listed in ayurveda classics is Pippalyadi Kwatha.^[16]

Therefore, when used in a therapeutic setting, it not only monitors the menstrual fluid's retrograde flow but also helps patients with their menstrual pain. Additionally, its Gulmahara characteristic prevents the chocolate cyst from forming.

2) Dysuria

Vaiswanara Choornam^[17] is producing excellent clinical outcomes while treating endometriosis-related dysuria. Its Vata anulomana characteristic aids in reversing the menstrual fluid's retrograde flow. Additionally, Vasti gata rogas clearly indicates its use, which further supports its clinical efficacy in treating dysuria.

3) Dyspareunia

Sukumara Ghritam's clinical indication.^[18] has many advantageous effects. It is best in Yonisula and is located in Murtakrichra, Katisula, and Gulmahara. Sukumara ghrita thus assesses dyspareunia in addition to the other Vyana avruta apana vata symptoms.

4) Menorrhagia

Menorrhagia is among the most bothersome symptoms that individuals encounter. The patient seeks prompt management as a result. Asoka ghrita^[19] improves dyspareunia, dysmenorrhea, and low back pain, making it one of the finest medications for endometriosis linked to menorrhagia.

5) Infertility

This is a significant clinical characteristic that severely depresses the patient. We have access to many medications from Ayurveda that have been shown to be effective in treating infertility. In endometriosis-related infertility, Panchajeeraka Guda is showing to be quite helpful. For all gynecological disorders as mentioned in Ayurveda, Panchajeeraka Guda²⁰ is recommended. Many gynecological symptoms, including infertility, are caused by endometriosis. It is a blessing for infertile patients as it tests for all gynecological disorders.

CONCLUSION

One of the most difficult clinical conditions for Ayurvedic practitioners to treat is endometriosis. To avoid surgical intervention, the intricate clinical picture necessitates precise diagnosis and management. As a result, endometriosis is diagnosed as Vyana avruta apana vata, and when treatment concepts are used in a clinical setting, excellent clinical outcomes are achieved that satisfy patients. Ayurveda has bestowed upon women a plethora of medications that support their natural health maintenance. As a result, Ayurveda is very important in treating endometriosis and avoiding its complications.

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