

AYURVEDIC MANAGEMENT OF OVARIAN HAEMORRHAGIC CYST – A CASE STUDY

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ABSTRACT

Introduction: Ovarian cyst is closed sac like structure on or within the ovary that is filled with liquid or semi-solid substance. In women's life hormones play an important role from menarche to menopause. Abnormality in the ovarian hormones in coordination with HPO axis influences her physical, psychological and reproductive health. The ovaries are suspended laterally to the uterus via the utero-ovarian ligament, covered by meso-ovarium. The non-neoplastic enlargement of the ovary is usually due to accumulation of fluid inside the functional unit of the ovary.^[1]

CASE REPORT

A 20yrs female patient unmarried student by occupation came with complaint of pain in lower abdomen and USG scan reports showing hemorrhagic cyst in the right ovary measuring 3.4x2.9cm. Then she approached to OPD of SKAMCH AND RC Vijayanagar Bangalore.

Past history: Not a K/C/O DM, HTN, Thyroid dysfunction, asthma, epilepsy

Occupational history: Student

Family history: No specific history found.

Menstrual History

Nature: Regular

Number of days Bleeding: 5-6 days

Interval between two cycles: 28 – 30 days

LMP: 07/09/2024

Colour: Bright red colour

Amount of Bleeding: Normal

Clots: Absent

Dysmenorrhoea: Present.

EXAMINATION

General Examination

Built: Moderate

Nourishment: Moderate

Pulse: 84/min.

BP: 120/70mmhg

Temperature: 98.6F

Respiratory Rate: 16 Cycles/min

Height: 144 cm

Weight: 37 kgs

BMI: 17.8 Kg/m

Tongue: Uncoated

Pallor/Icterus/Cyanosis/Clubbing/Edema/Lymphadenopathy: Absent.

Ashtasthana Pareeksha

Nadi: 76/min

Mootra: 4-5 times/day

Mala: regular, 1/day

Jihwa: *Alipta*

Shabdha: *Prakrutha*

Sparsha: *Prakrutha*

Drik: *Prakrutha*

Akruthi: *Madyama*.

Dashavidha Pareeksha

Prakruti: *Vata Pitta*

Vikruti: *Kapha vata*

Dosha: *Vata Pradhana Tridoshas*

Dushya: Rakta Mamsa

Desha: Sadharana

Bala: Madyama

Sara: Madyama

Samhanana: Madyama

Pramana: Madyama

Satmya: Madyama

Satva: Madyama

Ahara shakti: Madyama

Jarana shakti: Madyama

Vyayama shakti: Madyama

Vaya: Madyama

Systemic Examination

1. Central Nervous System

Patient is conscious

Well oriented to time, place and person

2. Cardio Vascular System

Inspection: No distended vessels over neck or chest

Palpation: Apex beat palpable at 5th intercostal space

Percussion: Cardiac dullness present on left side

Auscultation: S1 S2 heard no added sounds

3. Respiratory system

Inspection

Shape of chest: Bilaterally Symmetrical

Movement symmetrical

RR 18 cycles/min

Palpation

Trachea: Centrally placed.

Percussion

Resonant over the lung field except cardiac dullness

Auscultation: Bilateral NVBS heard

GYANECOLOGICAL EXAMINATION

PELVIC EXAMINATION

Clitoris: Normal

Labia majora

Swelling: Absent

Pain: Absent

Redness: Absent

Discharge: Absent

Palpation: Soft, non - tender

PER SPECULUM EXAMINATION AND PER VAGINAL EXAMINATION – NOT DONE

(Since the patient is unmarried)

Breast Examination

Tenderness: Absent

Lump: Absent

Colour of Areola: Normal

Nipple discharge: Absent

Investigations

1. Hb – 10.8gm/dl
2. T3, T4, TSH – Normal values
3. RBS – 88 mg/dl
4. USG – Abdomen and Pelvis – Right Ovaries – Haemorrhagic cyst measuring 3.4x2.9cm

INTERVENTION

Varunadi Kashaya 2tsp-2-2tsp with 4-6tsp water B/F

Kanchanara Gugguliu 2-2-2 A/F

Shiva Gutika 1-1-1 (A/F)

Agnitundi vati 2-2-2 (A/F)

X 20 days

Mahadhanwantharam vati 2-2-2 A/F

Cap Coligo 1-1-1 A/F

X 5 Days

RESULTS

All medicines advised for a period of 3 months After 3 months, Repeat USG Scan reports showed no evidence of cyst in the ovaries.

DISCUSSION

The reproductive age group of women suffers greatly from ovarian cysts. Ovarian cyst is one of the pervasive reasons for ovarian dysfunction, which directly affects the reproductive life of a women. The present finding based on USG and effective management of ovarian cyst with Ayurvedic formulations with no adverse effect expands the scope of ayurveda. Ovarian cysts can lead to abdominal pain and congestion. Hemorrhagic ovarian cyst can be correlated to Raktaja Granthi^[2], Dosha vitiation in Granthi is Vata Kapha pradhana Tridosha, for that Vata - Kapha Hara line of treatment should be adopted. Whereas Dushyas are Rakta, Mamsa, Meda hence the selected drugs should possess Vatahara and Lekhana properties.

Kanchanara Guggulu is Kaphavata hara and it is mainly indicated for Granthi and arbuda chikitsa.^[3] It also has an action on normalising hormonal imbalances. It also has the functions of antioxidant, anti-inflammatory, anti- tumour, and analgesic. Granthihara and Bhedana properties of Kanchanara Guggulu and Varunadi Kashaya^[4] act on reproductive system and improve the functions of ovary and Artava. Along with this Lekhaniya property of Kanchanara Guggulu, helps in reducing the size and arrest the further growth of cyst and Shiva Gutika⁵ helps in complete resolution of the cyst.

CONCLUSION

Haemorrhagic cyst based on its shape, consistency and nature is interpreted as Raktaja Granthi in ayurvedic classics. There is no direct classical reference for few of the medicines selected in Granthi & Arbuda Roga. Kanchanara Guggulu, Varunadi Kashaya and Shiva Gutika formulations have been used as they all are Katu, Tiktha, Ushna, Lekhana, Rukshana, Shophahara, Granthihara and Arbudahara in nature. These drugs cause resolution of the cyst restore health and balance in the body.

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