

ENDOMETRIOSIS: AN AYURVEDIC VIEW**¹Dr. Prashant Patil, ²*Dr. Vama Sanghvi**¹HOD and Professor, SMBT Ayurved College, Dhamangaon, Nashik.²3 Year PG Student, SMBT Ayurved College, Dhamangaon, Nashik.Article Received on
16 August 2025,Revised on 05 Sept. 2025,
Accepted on 25 Sept. 2025<https://doi.org/10.5281/zenodo.17276865>***Corresponding Author****Dr. Vama Sanghvi**3 Year PG Student, SMBT
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Endometriosis is one of the benign gynaecological disorders defined by implantation of functioning endometrial tissue outside the uterine cavity. The prevalence is about 10 percent. However, prevalence is high amongst the infertile women (30-40%) as based on diagnostic laparoscopy and laparotomy.^[1] Endometriosis can occur at any site. The most common sites are the ovaries, the cul-de-sac including the Uterosacral ligaments, peritoneum overlying the bladder, sigmoid colon, back of the uterus, intestinal coils and appendix.^[2] The exact cause is still not clear; however, several theories are explained like the implantation theory, metaplasia theory, lymphatic theory, and blood born spread theory, immune deficiency theory, and genetic theory and so on. The endometrium stroma and glands in the ectopic site has got the potentiality to undergo cyclical change. Proliferative changes are constantly evidenced, secretive changes are absent in ectopic endometrium.

The periodical shed blood may remain encysted, the cyst becomes tense and ruptures. As the blood is irritant, there is dense tissue reaction surrounding the lesion with fibrosis. It produces adhesions and puckering of the peritoneum. There may be the formation of Chocolate Cyst. In spite of dense adhesion amongst the pelvic structure, fallopian tubes remain patent.^[3] Endometriosis is reported in the ovaries, uterine ligaments, recto vaginal septum, pelvic Peritoneum, laparotomy scars, vagina, umbilicus, hernia sacs, urinary tract, large and small intestine, appendix, umbilicus and rarely even in the pleura, diaphragm, arms, legs, kidneys etc. The clinical symptoms include nausea or vomiting and bloating, dysmenorrhea, dyspareunia, dysuria, lower abdominal pain, menorrhagia, irregular bleeding and chocolate cyst in later stages.^[4] Although it is predominantly concluded that endometriosis has no cure or treatment. Ayurveda has detailed about the causes, factors that trigger endometriosis and therapies to recover from this condition.

Endometriosis affects approximately 10% (190 million) of women and girls of reproductive age worldwide. Despite its prevalence, it is often misdiagnosed or undiagnosed for years, leading to unnecessary suffering. Early diagnosis and a holistic approach such as Ayurveda can help manage the condition effectively.

Symptoms of Endometriosis^[1]

Endometriosis manifests with varying intensity in different individuals. Common symptoms include:

- Severe pelvic pain, especially during menstruation (dysmenorrhea)
 - Painful intercourse (dyspareunia)
 - Heavy or irregular menstrual bleeding
 - Chronic lower back and abdominal pain
 - Painful bowel movements or urination during menstruation
 - Infertility
 - Fatigue, bloating, nausea, and digestive issues like constipation or diarrhoea
- Some women with endometriosis may be asymptomatic, making diagnosis challenging. **Causes of Endometriosis.**^[1]

While the exact cause remains unknown, several contributing factors include:

- **Retrograde Menstruation:** Menstrual blood flows backward into the pelvic cavity instead of exiting the body.
- **Hormonal Imbalance:** Elevated estrogen levels promote abnormal endometrial tissue growth.
- **Immune System Dysfunction:** The body fails to eliminate misplaced endometrial cells.
- **Genetic Predisposition:** A family history increases the likelihood of developing endometriosis.
- **Inflammation:** Chronic inflammation contributes to adhesion formation.
- **Environmental Toxins:** Endocrine-disrupting chemicals may trigger hormonal imbalances leading to endometriosis.

Diagnosis^[1]

- 1) Classical clinical symptoms as secondary dysmenorrhoea, dyspareunia and infertility
- 2) Speculum examination may reveal bluish powder burn lesions on cervix or the posterior fornix of vagina.

- 3) Moderate elevation of serum CA 125 in patients with severe endometriosis
- 4) Increased level of Monocyte Chemotactic Protein in the peritoneal fluid
- 5) MRI Scan
- 6) Laparoscopy
- 7) Biopsy

Complications^[1]

- 1) Rupture of the chocolate cyst
- 2) Infection of the chocolate cyst
- 3) Intestinal or ureteral obstruction
- 4) Malignancy

Ayurvedic View of Endometriosis

Ayurveda is a holistic science which gives importance to the Nidan, Doshas, Dushyas and Udbhavastana for the successful management of any disease clinically. Hence in Ayurveda Acharyas clearly state that even a disease is not mentioned directly or if a physician is unable to name a disease yet he can manage it successfully by considering all of the above factors. The symptoms of endometriosis can be correlated to many of the Yoni Vyapads described in our classics. All the symptoms of endometriosis cannot be brought under any single Yoni Vyapad. Hence an accurate diagnosis is the essential need of the hour. This helps to evolve the management principles and treat the disease efficiently and thereby prevent the complications.^[5]

- Ayurveda attributes endometriosis to an imbalance in Vata Dosha, which governs movement and circulation. When Vata is aggravated, it disrupts Apana Vata, responsible for menstrual health, leading to the displacement of endometrial tissue.
- Pitta Dosha imbalance causes inflammation.
- Kapha Dosha imbalance contributes to abnormal tissue accumulation.
- Endometriosis is linked to Rakta Dushti (impure blood) and Mamsa Dhatu Kshaya (muscle tissue depletion), requiring detoxification and hormonal balance.

Role of Ama

According to Ayurveda, the food that is not digested properly due to vitiated Agni is called Ama and it is responsible for all the diseases. The Ama thus formed vitiates the Rasa dhatu. As Artava is the Upadhatu of Rasa dhatu, the Artava also gets vitiated.

This leads to Artava Vikaras as kastartava and Asrigdara. Hence management of Ama is the first principle in the management of endometriosis.^[5]

Dioxins – Ama Dioxins are a group of highly toxic chemical compounds that are harmful to health. They are persistent organic compounds and are the major environmental pollutants. High-fat foods such as milk products, eggs, meat, and some fish are the major sources of these dioxins. Excess consumption of these foods leads to liver problems and elevated blood lipids (fats). Laboratory animal studies have shown various effects, including cancer and reproductive problems. Hence dioxins can be compared to Ama according to Ayurveda.^[5]

Samprapti: Mithya ahara and Vihara vitiates the Tridoshas mainly the Vata dosha in endometriosis. Among the Pancha vidha vatas, the Vyana vata gets more vitiated. This vitiated Vyana vata reaches the Sthana of Apana vata and causes Sanga to Apana vata. This results in the disturbed function of Apana vata. The main function of Apana vata includes Artava, Mutra, Pureesha, Sukra and Garbha Nishkramana.^[6] Hence Artava, Mutra and Pureesha Vikaras are encountered in endometriosis. Vyana vata is responsible for the movement in the body.^[7] Vyana vata after reaching the Sthana of Apana vata obstructs the normal movement of Apana vata (Vatadosha Vimarggaman) and directs it in the opposite direction. Hence there is retrograde flow of Artava/menstrual spill (reversed flow of menstrual blood) leads to these endometrial growths to implant in the other areas outside of the uterus.

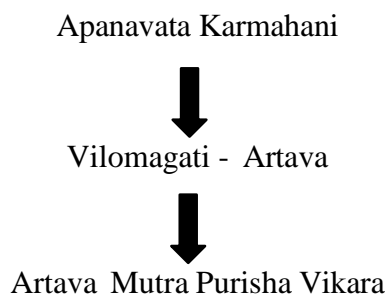
↓
Mithya ahara vihar

Tridosha vrudhi specially vayu

↓
Vyanavayu

↓
Apanavata avrodha





- Vikaras as Udavarta, Kastartava, Arti, Asrigdara, Gulma, Maithuna Asaheeshnuta, Vandhya, Mutrakriccha, Parikartika can arise due to the disturbed function of Apana vata. As it is a Pakwashaya Gata Sthana Vyadhi Adhmana can also be encountered.

Ayurveda Diagnosis Depending on the above pathology and symptoms endometriosis in Ayurveda can be diagnosed as “Vyana Avruta Apana Vata”.^[5]

- **Symptoms of Vyana avruta apana vata**^[8] - Vami, Adhmana, Udavarta, Gulma, Aarti, Parikartika. When Vata is the predominant Dosha adhmana, Udavarta, Arti are the predominant features. Here the patient complaints more of pain i.e. either dysmenorrhea, dyspareunia, dysuria, lowback ache or abdominal pain. If Vyana avruta apana vata is associated with Pitta patient experiences Gulma (Artava), and Asrugdhara. Here Gulma refers to Artava Gulma as it is the accumulation of regular Artava.^[9] In this condition patient may have menorrhagia and chocolate cyst. As chocolate cyst is due to the collection of the menstrual debris it is considered as Artava Gulma. Vyana avruta apana vata if associated with Kapha leads to adhesions.

- **Management Principles**

1. Amahara chikitsa
2. Vyanavruta apanavata chikitsa
3. Lakshana chikitsa

Amahara chikitsa- Ama is one of the most important causative factors in the establishment of this disease. Hence drugs possessing Deepana, Pachana properties along with a positive effect on the female reproductive system yields good clinical results. Hence drugs like Jeeraka and Krishna Jeeraka^[10] which possess Deepana, Pachana and Garbhasaya Visuddhakara properties are much helpful as Amahara drugs in the management of endometriosis.

Vyanavruta Apanavata chikitsa

“lingam vyanaavruta apane tam snigdhairanulomayet”^[11] Snigdha anulomana is the treatment advocated for Vyana Avruta Apana Vata in our classics. Pippali with Snigdha, Deepana, Anulomana properties is highly beneficial in this condition.^[12] Patients of endometriosis normally seek medical attention when they suffer with any of the following symptoms.

Dyspareunia, dysmenorrhea, dysuria, low back ache, menorrhagia or infertility. Chocolate cyst may be revealed on scan. Along with Vyana Avruta Apana Vata Chikitsa a few other medications will be helpful in the quick relief of the symptoms.

| Mode Of treatment ^[3] | Description |
|----------------------------------|---|
| Amapachana & correction of Agni | Deepan-Pachan drug like Panchakol Churna, Aampachakvati, Chitrakadi Vati Agnitundi Vati, Sankh Vati, Vaishwanara Churna, Jirakadyarishta etc. can be used to promote Agni and for eliminating Ama from Artavahastrotas i.e., removal of obstruction in the Strotas. ^[3] |
| Vaatanulomana | Vatanulomak drug like Hingvastak Vati, Hingvadi Churna, Avipattikara Churna, Abhayarishta, Triphala Churna, Haritaki Churna, Trivrut Churna, etc. drugs which helps in decreasing Pratiloma Gati of vitiated Vata. ^[3] |
| Mrudu Virechana | Mrudu Virechana can be given to correct the Vatadosha Vimarggaman and to balance Pitta Dosha if there is any liver pathology involvement. ^[3] |
| Vatashamaka | External oil massage with Vata pacifying oil like Bala Taila, Dhanwantara Taila, Sesame oil, etc. Yoga Basti procedure eliminate the Ama Doshas from body and balances the Vata Dosha. Drug formulation for Niruha Basti - (Dashmula Kwatha, Erandmuladi Kwatha etc.) and Anuvasana Basti - (Sahachar Taila Dashmula Taila etc.) can be given. ^[3] |
| Raktasravarodhaka | Pradarantaka Rasa, Bolabaddha Rasa, Pradarari Rasa, Pushyanuga Churna, Puskaraleha, Ashokarishta, Lodhrasava, Patrangasava etc. which helps in stopping bleeding and prevent formations of cyst. ^[3] |
| Granthihar and Lekhan Chikitsa | Kanchnar Guggulu having Antitumor activity. Varunadi Kashaya - Collection of Kapha removed by Bhedana Shigru leaf powder. Kumari - Bhedan, Kaphshamak and act on Liver. Manjishtha - Antitumor activity (Pitta Dosha) Gokshurdi Guggul - Anti tumour activity (if Kanchanar doesnt work) Other drugs having antitumor activity like Sariva, Methika can be used. ^[3] |
| Vednasthapan Drugs | Dashmularishta, Dashmula Kwatha, Ashokarishta, Maharashnadi Kashaya, Kumariasav, etc. can be used for pain relief. ^[3] |

- **Dyspareunia** - The clinical indication of Sukumara Ghritam^[13] is multi beneficial. It is Murtakricha hara, Katisulahara, Gulmahara and it is best in yonisula. Hence Sukumara ghrita not only relieves dyspareunia but also the other symptoms of Vyana avruta apana vata.

- **Dysmenorrhea** - Pippalyadi kwath^[14] is one of the best drugs mentioned in ayurvedic classics for Udavarta. Hence its clinical application not only relieves the retrograde flow of the menstrual fluid but also relieves the patient from menstrual pain. Moreover its Gulmahara property checks the formation of the chocolate cyst.
- **Dysuria** - Vaiswanara choornam^[15] is yielding very good clinical results in dysuria associated with endometriosis. Its Vata anulomana property helps in correcting the retrograde flow of the menstrual fluid. It is also clearly indicated in Vasti gata rogas thereby supporting its clinical efficacy in dysuria.
- **Menorrhagia** - Menorrhagia is one of the most irritating symptoms experienced by the patients. Asoka ghrita^[16] is one of the best drugs of choice in endometriosis associated with menorrhagia as it also relieves dyspareunia, dysmenorrhea and low back ache.^[5]
- **Infertility** - This is a major clinical feature which depresses the patient to an extreme extent. Ayurveda gives us enormous drugs which prove their efficacy in the management of infertility. In infertility associated with endometriosis Panchajeeraka Guda is proving to be highly beneficial. Panchajeeraka Guda^[17] is indicated in all gynaecological diseases that are described in Ayurveda. Endometriosis constitutes many gynaecological symptoms including infertility.^[5]
- **Chocolate Cyst**- This is compared to Rakta gulma. Hence Rakta gulma along with the management of Vyana avruta apana vata can prevent the rupture of the cyst. Kankayana gutika^[18] is proving to be beneficial to some extent in this condition. If adhesions are formed then patient can be referred for surgery.

Ayurvedic Treatment for Endometriosis

1. **Panchakarma Therapies** : This detoxification and rejuvenation program can help remove toxins from the body and promote healing
 - **Virechana (Therapeutic Purgation)**: Detoxifies excess Pitta and toxins.
 - **Basti (Medicated Enema)**: Vata-pacifying enemas like Dashamoola Basti and Shatavari Basti help regulate menstruation and reduce pain.
 - **Uttar Basti**: A specialized enema administered through the vaginal route to cleanse and nourish the reproductive system.
2. **Herbal Remedies**
 1. Ashoka (Saraca asoca): Ashoka is known for its uterine health benefits. It's believed to reduce inflammation and pain associated with endometriosis by regulating menstrual

cycles and promoting hormonal balance.

2. **Lodhra** (*Symplocos racemosa*): Lodhra is used to treat menstrual disorders and is thought to have anti-inflammatory and antioxidant properties, which can help reduce pain and inflammation.
3. **Guduchi** (*Tinospora cordifolia*): Guduchi is an immune modulator that can help reduce inflammation and pain by boosting the immune system and promoting overall health.
4. **Turmeric** (*Curcuma longa*): Turmeric contains curcumin, which has potent anti-inflammatory and antioxidant properties, helping to reduce pain and inflammation.
5. **Ginger** (*Zingiber officinale*): Ginger has anti-inflammatory properties that can help alleviate pain and reduce inflammation.
6. **Kumari** (*Aloe vera*): Kumari is used to balance hormones and reduce inflammation.
7. **Dashmoola**: A combination of ten herbs, Dashmool is used to reduce pain and inflammation.
8. **Chandraprabha Vati**: This formulation is used to treat menstrual disorders and is believed to have anti-inflammatory and antioxidant properties.
9. **Ashwagandha**: Balances hormones, reduces stress, and strengthens immunity.
10. **Shatavari**: Enhances fertility and regulates menstrual cycles.
11. **Guggulu**: Eliminates toxins and reduces cysts.
12. **Triphala**: Enhances digestion and detoxification.
13. **Kanchanar Guggulu**: Manages endometrial cysts and fibroids.
14. **Manjistha**: Detoxifies blood and improves circulation.

Ayurvedic Formulations for Endometriosis

- **Sukumaram Kashayam**: Hormonal balance and pain relief.
 - **Ashokarishta**: Regulates menstrual cycles and prevents excessive bleeding.
 - **Dashamoolarishta**: Strengthens the reproductive system and reduces inflammation.
3. **Lifestyle modifications**: Stress management techniques like yoga and meditation can help reduce stress and promote overall well-being.
 4. **Diet**: A balanced diet that includes foods rich in omega-3 fatty acids, antioxidants, and fiber can help alleviate symptoms.
 - Follow a Vata-Pitta pacifying diet with warm, easily digestible foods.
 - Avoid processed foods, caffeine, dairy, and red meat.

- Include healthy fats like ghee, flaxseeds, and sesame seeds for hormonal balance.
- Practice Yoga & Pranayama: Beneficial poses include Baddha Konasana (Butterfly Pose), Supta Baddha Konasana (Reclining Bound Angle Pose), and Bhujangasana (Cobra Pose).
- Manage stress through meditation and self-massage (Abhyanga) with warm sesame oil.

Endometriosis relation to Infertility

Endometriosis contributes to infertility due to:

- **Pelvic Adhesions & Scarring:** Distorted pelvic anatomy hinders conception.
- **Blocked Fallopian Tubes:** Prevents egg fertilization.
- **Inflammation & Hormonal Imbalance:** Affects egg quality and implantation.
- **Impaired Ovulation:** Disrupts menstrual cycles.

DISCUSSION

Ayurvedic methods of diagnosis are not based on histological examinations rather on the clinical presentations. We can deduce that endometriosis is not a single entity from an Ayurvedic point of view. It can be compared with the following:^[3]

| Endometriosis symptoms | Ayurvedic Corelation |
|--------------------------------------|---|
| Chronic Pelvic pain | Vatika Yonivyapada |
| Menorrhagia | Rakta Yoni |
| Dysmenorrhea | Vatiki Yonivyapada or Udavarta Yonivyapada. |
| Dyspareunia | Paripluta Yonivyapada. |
| Infertility | Vandhya Yonivyapada, |
| Adhesions and Retroversion of uterus | Antarmukhi Yonivyapada. |

Endometriosis - Imbalance of three Dosha's.

According to Ayurvedic classification, it is categorized under Tridosha imbalances under different circumstances. Overgrowth of cells is a Kapha imbalance. Since the location of the uterus and involvement of hormones as well as blood, it also indicates a Pitta imbalance.

| Dosha | Pathogenesis |
|--------------|---|
| Vata | The role of Vata is the displacement of endometrial cells from their original location in the uterus to places outside. |
| Pitta | Pitta problem because of the involvement of blood, hormones, and menstruation as well as the inflammatory nature of the disease |
| Kapha | Kapha problem due to the increasing buildup of cells and overgrowing much like a tumor |

Since menstrual cycle involves movement it is also a Vata disorder. Imbalance of all three Doshas leads to endometriosis, more or less which indicates vitiation or lack of balance in Tridoshas. Tridosha role in endometriosis pathogenesis given in table below.

Pathya

Laghu aahar, kosha annapana, fresh home-cooked meals.

Apathya

Ruksha anna, sheeta annapana, madya, ativyayam, paryushita anna.

Yoga

- Supta Matsyendrasana
- Ananda Balasana
- Balasana
- Supta Baddha Konasana
- Malasana
- Yoga Nidra

CONCLUSION

The presence of endometrial-like tissue outside of the uterine cavity is referred to as endometriosis. It is a disease of theories.

Vitiation of Vata Dosha especially the Apana and Vyana Vata results in retrograde flow of menstruation and vascular spread of endometrial tissues. The ectopic implants of endometrium may get enlarged with subsequent menstrual cycles. Endometriosis cannot be correlated to any single disease in Ayurveda. As discussed earlier the diagnosis, hence has to be based on the Ayurvedic pathogenesis and balancing of Tridosha's and symptomatic. Treatment approach with Amapachana & correction of Agni, Vaatanulomana, Mrudu Virechana, Vatashamak, Raktasravarodhaka, Granthihar and Lekhan Chikitsa, etc. with some life style changes and diet modifications endometriosis can be treated.

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