

**CONCEPT OF GARBHASHAYA ARBUDA WITH SPECIAL
REFERENCE TO UTERINE FIBROID****Anuradha Gupta^{1*}, Anjana Saxena² and Shashi Singh³**

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ABSTRACT

Uterine fibroid is benign outgrowth and most common benign tumour in reproductive aged women, affecting millions of women worldwide.

In Ayurveda the term “garbhashaya arbuda” describes a tumors that develop in the female reproductive system, particularly uterine fibroids. This phrase, where “Garbhashaya” indicates the uterine cavity and “Arbuda” refers to the tumors or masses, describes the proliferation of aberrant tissues in the uterus. It is defined by its connection to the fibrous and muscular tissues that encircle the uterus.

A major contributing factor to the increasing incidence of gynecological disorders in women are late marriages, delaying conception, nulliparity, sedentary lifestyles, bad eating habits, chemically contaminated food, and polluted environments. Modern treatments for fibroids are mainly based on hormonal therapy and procedures like myomectomy or hysterectomy which has side effects

and unwanted complication like weight gain, mood changes, abnormal uterine bleeding, and with hysterectomy- loss of fertility. However, many women are searching for alternative systems of medicine due to a treatment lag in conventional medicine. Though Arbuda is not explicitly mentioned in the female genital tract in Ayurveda, its features align with ****Mamsaja Arbuda****. Based on location, ****Garbhashayagata Arbuda**** can be considered a ****Kapha Pradhan Tridoshaj Vyadhi****. With the rising incidence of uterine fibroids and

limited medical management in modern gynecology apart from surgery, there is a growing need for safe and effective Ayurvedic treatment to avoid surgical intervention. This article explores the effectiveness of Ayurvedic treatment for uterine fibroids and compares it with various modes of Ayurvedic interventions.

INTRODUCTION

The incidence of uterine fibroid is markedly increasing nowadays due to fragmentary life style irregular and inappropriate diet (Apathya Ahara & vihara) and psychological disturbance.

Many are being accidentally diagnosed during ultrasound screening.

Uterine fibroid is a benign tumor of smooth muscles and fibrous tissue with in the uterine myometrium. It is also known as a leiomyoma, myoma, fibromyoma It has been estimated that at least 20% of women at the age of 30 have got fibroid in their womb.

Fortunately most of them (75%) remain asymptomatic.

The prevalence is highest between 35-45years.

The location of fibroid is an important determination in clinical presentation. The common sites involved are outer layer (Sub serosal fibroid) myometrium (Intramural), inner cavity (Submucous fibroid). They are mostly multiple & vary in size and shape.

Uterine fibroid is estrogen and progesteron dependent tumor because fibroid create hyper estrogenic environment due to contain cytochrome p450 aeromatase enzyme which help in conversion of androgen to estrogen. And fibroid have more estrogen receptor for estradiol binding.

Increased risk

- Nulliparity
- Obesity, increase BMI
- Hyperestrogenic state
- High fat diet (increase LDL)
- Family history

Reduced risk

- Multiparity

- Menopause

Types of uterine fibroid

1. Submucous fibroid

Sub mucous fibroid presenting with menstrual irregularities [menorrhagia, dysmenorrhoea, metrorrhagia, dyspareunia, infertility are vata pitta anubhandh avastha affecting endometrial vasculature.

According to modern “menorrhagia” due to increase uterine size, vascularity and endometrial surface area.

According to Ayurveda Such symptoms is due to pitta dysfunction at garbhashaya gata sira (Endometrial vasculature). Pitta dysfunction in raktadhatu.

Pitta has four guna (Specially)

- Ushna (Factor which promote the bleeding)
- Teekshna (Factor which cause secretion)
- Drava (Factor which increases fluidity)
- Sara (Factor which cause retraction) Which cause abnormal uterine bleeding.

A In “Metrorrhagia” midcycle spotting are also seen in some case of fibroid following surface ulceration over the sub mucous fibroid.

Due to presence of Submucous fibroid, pain during menses this is called Dysmenorrhea.

Note- The site is more important than the size a small sub mucous fibroid may produce more symptoms than a big sub serous fibroid.

2. Subserous fibroid

Subserous fibroid presenting pressure symptoms are vata pradhan kapha anubhandha (pressure to visceral structure may be urine retention, constipation, urinary frequency, edema, dyspepsia (abdominal discomfort)).

3. Intramural fibroid

Mostly asymptomatic fibroid. they are kapha pradhan vata and affecting the myometrium. Kapha has three guna (Specially).

- Snigdha (Provide nourishment)
- Guru (Promote the growth)

- Manda (Slow action)

These guna causes growth of mamsa and formed the fibroid.

Types of arbuda in ayurveda

- According to Susruta, Vagbhat, Madhav, Bhavmishra, Yogratanagar, Sharandhar -6 types (Vata, Pitta, kapha, Rakta, Mamsa, Meda)
- According to Bhel – 5 types (Vata, Pitta, Kapha, Mamsa, Meda)
- According to Harit- 4 types(Vata, Pitta, Kapha, sannipataja)

Ayurvedic perspective on fibroid

According to principle of Ayurveda, there is no vyadhi without the vitiation of Doshas.

- **Acharya Charak** and **Acharya Vagbhat** has considered Arbuda Mamsapradeshajavyadhi. Thus uterine fibroid can be considered as a Mansaja type of Garbhashayagatha Arbuda.
- **Acharya Vagbhat** also told Arbuda to be bigger than the Granthi.
- **Acharya Yogratanagar**, Granthi and Arbuda are same because of similarity in their Dosha. Dushya, Sthan, Hetu and Aakruti.
- **Acharya Bhav Prakash**, Arbuda is produced by Vata, Pitta, Kapha, Dosha Rakta, Mamsa, Meda Dushya and its symptoms are similar to those of respective Granthi.

Clinical features

Clinical features of fibroid are closely related with the clinical presentation of Arbuda, with the description given in Susruta Samhita. It is said that Arbuda can occurs anywhere in the body or any tissue of the whole body may be damaged. Considering the whole body, fibroids develop as a localized myometrium tumour in the uterus. They can also be considered under Arbuda. According to Susruta Arbuda can occurs by aggravated Tridosha (Vata, Pitta, Kapha) and Dosha dusya samurchana. According of the Susruta Samhita, these vitiated Mamsa dhatu produces the features of Arbuda which can be correlated with uterine fibroids as follows.

- **Vruttam:** Fibroid growth in characterized by hard and round tumours.
- **Sthiram:** Means stony hard and immobile said that the Leiomyomas are rigid masses.
- **Mandarujam:** Pain is very mild and not a significant feature of Arbuda These show that 50% of fibroid cases are asymptomatic.
- **Mahantam:** Can grow till a large size.

- **Analpa-mulam:** Ayurveda says that Arbuda develops with a deep route or growth and it spreads locally related to whole body parts, deep into the tissue, recurrences occur at the same site after myomectomy, and these could be due to this deep-seated route.
- **ChiraVrudhi:** It is chronic in nature. Growth of the uterine fibroid as benign tumours is characterized as slow proliferation with concurrent deposition of extracellular matrix.
- **Apakvam:** It is non-suppurated. Acharya Susruta had that Arbuda formed mainly due vitiation of states the the Tridosha, but predominance of Kapha as and Meda (Fatty tissue) as dosha dushya. Tendency of doshas for getting stabilised or fixed. Specific nature of disease in Arbuda do not suppurate. Suppuration is also not a feature of uterine fibroid pathogenesis.
- **Mamsopachhayam:** Fibroids are Monoclonal tumours of the uterine smooth muscle cells, and they are formed by unnecessary and uncontrolled abnormal proliferation of tissue.

In Susruta Samhita about Mamsaja Arbuda are clinically correlate with the uterine fibroids the following Manner.

- **Avedana (painless):** Uterine leiomyoma painless tumour unless it causes pain due the irritation due neighbouring of nerves pressure symptom.
- **Snigdha:** The humour in glossy in its outer appearance.
- **Ananya-varna:** The tumour is same in colour of the tissue that grows.
- **Apakam** Non- suppurating
- **Ashmopaham:** Stony like Consistency or hard in nature of tumour. Aprachalyam: Immovable.

Samprapti

Adhyasan vishamasan, samshan, kapha prakopak aahar vihar ke sevan se

Jadharagni manda

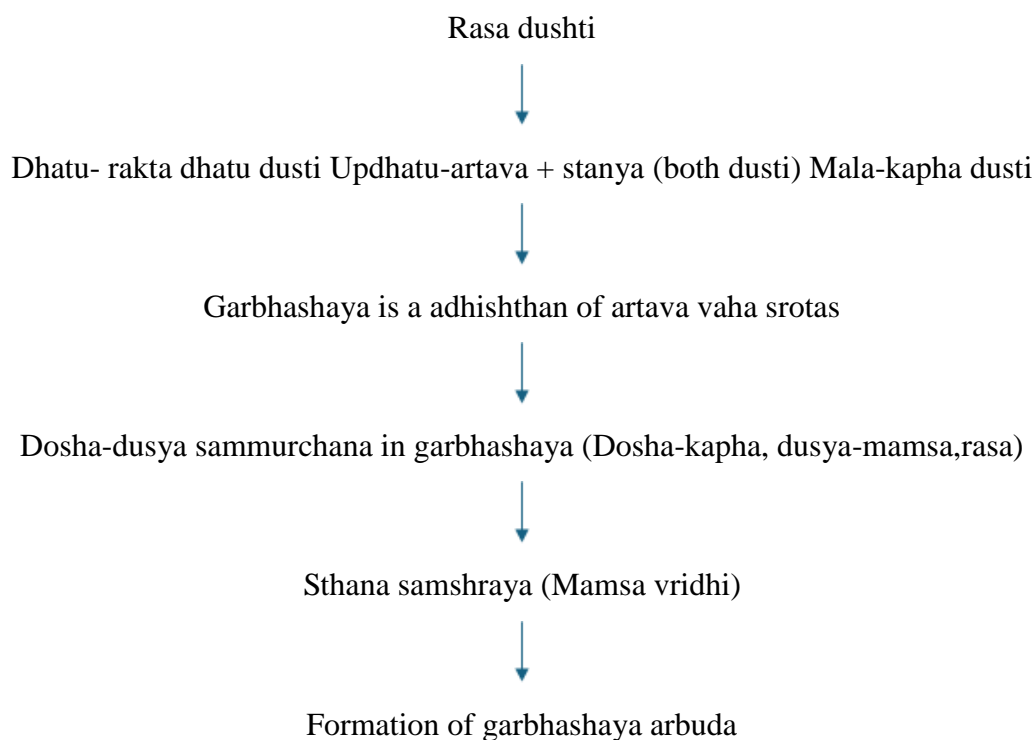


Formation of Apakva aahar rasa



Formation of Aama





Samprapti ghatak

Dosha-kapha pradhan tridoshaj

Dushya-Mamsa, Rasa

Srotas-Mamsavah, Rasavah, Aartavah srotas

Srotodusti-Sang, Vimarggaman

MATERIALS AND METHOD

Ayurvedic classical textbooks, modern medical textbooks, online articles and journals were reviewed to gain all the possible information regarding this topic and the information was critically reviewed to arrive at the following conclusion. Literary review in Brihatrayas and Laghutrayi were identified as major authentic texts of Ayurveda medicine. Their findings were discussed in a systematic manner to justify uterine fibroids correlated with Garbhashayagata Arbuda.

DISCUSSION

Charaka mentioned that Granthi, Arbuda or Sopha takes the name after the site where it develops, so uterine fibroids can be named as “Garbhashayagata Arbuda”. Similarities between Arbuda and Uterine fibroids: The pathogenesis, signs & symptoms of Arbuda can be closely correlated with uterine fibroid is followed. The most appropriate description about Arbuda is given in ancient Susruta Samhita. Acharya Susruta has described the detailed

pathogenesis of Arbuda as being common to any type of tumour arising inside the body. By using that reference, similarities between Arbuda and uterine fibroids can be presented.

CONCLUSION

Uterine fibroid or Leiomyomas are benign uterine tumours of unknown aetiology believed to arise from myometrial cellular transformation. While majority of fibroids remain asymptomatic, symptomatic ones present with bleeding, pain, infertility or many other symptoms. However, there are no direct correlations for uterine fibroid available in ayurvedic classics. Uterine fibroid can be better correlate with description given in Susruta Samhita of Arbuda based on the symptoms and etiopathogenesis. Uterine fibroids could be placed as Tridosha, Mamsaja, and Yappa disease according to various classifications of Arbuda by that uterine fibroid is more correlate with the Garbhashayagata Mamsaja Arbuda.

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