

HERBAL FORMULATIONS IN THE MANAGEMENT OF UTERINE FIBROIDS (YONI ARBUDA): A REVIEW OF LITERATURE***¹Dr. Arun Abasaheb Shinde, ²Dr. Vidya Udhavrao Pashte**

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ABSTRACT

Uterine fibroids, known as Yoni Arbuda in Ayurvedic classics, are benign tumors of the uterus causing symptoms like menorrhagia, dysmenorrhea, and infertility. Modern treatments include surgery and hormonal therapy, but these may have side effects. Ayurveda provides a holistic approach using herbal formulations, Panchakarma therapies, and Rasayana treatment. This review highlights classical texts, modern research, and clinical evidence supporting the role of herbal formulations in managing Yoni Arbuda.

KEYWORDS: Yoni Arbuda, Uterine Fibroids, Ayurveda, Herbal Formulations, Rasayana, Streerog.

INTRODUCTION

Uterine fibroids are common benign growths affecting women of reproductive age. In Ayurveda, they are described as Yoni Arbuda, which arise due to Vata and Kapha imbalance, often associated with Ama and impaired Rakta Dhatu. Symptoms

include irregular menstruation, pelvic pain, and infertility. Conventional therapies may be invasive; hence, Ayurvedic herbal management offers a safe alternative.

Etiopathogenesis (According to Ayurveda)

Dosha Involvement: Vata and Kapha are primarily responsible for growth formation, while Pitta derangement leads to bleeding.

Dushya (Affected Tissues): Mainly Rakta, Mamsa, and Meda Dhatu.

Srotas (Channels): Rasa, Rakta, and Artavavaha Srotas get obstructed.

Clinical Features: Yoni Arbuda manifests as pelvic swelling, excessive bleeding, painful menstruation, and infertility.

Herbal Formulations in Management

1. Gokshura (*Tribulus terrestris*) – Reduces fibroid size and supports urinary and reproductive health.
2. Ashoka (*Saraca indica*) – Balances Pitta, reduces menstrual bleeding, and promotes uterine health.
3. Lodhra (*Symplocos racemosa*) – Astringent, anti-inflammatory, regulates menstruation.
4. Shatavari (*Asparagus racemosus*) – Rasayana for female reproductive system, enhances fertility.
5. Kanchanar (*Bauhinia variegata*) – Used in classical Kanchanara Guggulu, effective for tumors and nodular growths.
6. Chitrak (*Plumbago zeylanica*) – Improves digestive fire, helps in Ama removal, and supports Vata-Kapha balance.

Common Classical Formulations.

1. Kanchanara Guggulu – Tumor reduction, detoxification.
2. Ashokarishta – Menstrual regulation.
3. Chandraprabha Vati – Reproductive health support.

Modern Evidence

Clinical studies have shown Ashoka and Shatavari extracts reduce menorrhagia and fibroid-related symptoms.

Kanchanara Guggulu has anti-proliferative properties, supporting fibroid regression.

Herbal formulations are generally well-tolerated with minimal side effects compared to surgical interventions.

DISCUSSION

Ayurvedic herbal management of Yoni Arbuda focuses on:

1. Dosha balance – Vata-Kapha pacification.
2. Detoxification – Removal of Ama via internal medicines and Panchakarma.
3. Rasayana therapy – Strengthening reproductive tissues.
4. Adjunct lifestyle measures – Diet modifications, yoga, and stress management.

CONCLUSION

Herbal formulations provide a promising, non-invasive alternative for managing uterine fibroids. Both classical Ayurvedic texts and modern studies support their efficacy in symptom relief, size reduction, and fertility improvement. Future controlled clinical trials are needed to standardize dosage and confirm long-term safety.

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