Case Study

AYURVEDIC MANAGEMENT OF UTERINE POLYP: A CASE STUDY
Veena Ajay Patil*
Professor, Streerog and Prasuti tantra Department, Government Ayurved College, Osmanabad, Maharashtra, India
*Corresponding Author Email: drveenapatil810@gmail.com

ABSTRACT

Uterine polyps are growths attached to the inner walls of uterus that extend into the cavity. Although the exact cause of the overgrowth of the endometrial mucosa i.e. uterine polyp is unknown but hormonal factors appear to play a major role. Uterine polyps are estrogen sensitive. They respond the circulatory estrogen by growing in size. It commonly occurs in women > 40 years. The sign and symptoms include irregular menstrual bleeding like having frequent, unpredictable periods of variable length and heaviness, bleeding between menstrual periods and excessively heavy menstrual periods and also vaginal white discharge. All these symptoms and signs related to uterine polyps have a vast opportunity to study them treatment wise. The treatment offered by Modern science is variable according to severity of the disease and age of the patient. Polypectomy and Hysterectomy are the choice of the treatment of most of the gynecologists. Whichever method is used, polyps are usually treated under general anesthesia in Modern science.

INTRODUCTION

Uterine polyps occur due to overgrowth of the endometrial mucosa. This overgrowth, also known as endometrial polyps. This may be benign or malignant which can eventually turn into cancer.1 Although the exact cause of endometrial polyp is unknown but hormonal factors appear to play a main role. Uterine polyps are estrogen sensitive. They respond the circulatory estrogen by growing in size. It commonly occurs in women > 40 years.

The treatment offered by Modern science is different according to severity of the disease and age of the patient. Polypectomy and Hysterectomy are the treatment choice of most of the gynecologists,2 whichever method is used, polyps are usually treated under general anesthesia in Modern science.

In Ayurveda it resembles with Yonyarsha which occurs due to vitiated rakta and mansa of yoni, producing umbrella shaped muscular sprouts. Acharya Sushruta has not given any specific treatment for the arsha of reproductive organ. In prescribing general principals of treatment of arshas, he says that these are cured by use of aushadha, kshara, agni and shasra.3 So considering the rakta and mansa dushti in yoni, Kanchanar guggulu was used to treat the patient.

Case Report

The patient was 44 year old female. She was librarian in Govt. Polytechnic College in Osmanabad.

Chief Complaints

The 44 year old female presented in Strivog and Prasutitantra OPD Government Ayurved College, Osmanabad with the Chief Complaints - prolong heavy menstrual bleeding and vaginal white discharge since 2 years. Her other complaints were mild lower abdominal pain on and off and General weakness.

History of present illness-

Patient was asymptomatic and well until approximately age 42, when she began developing vaginal white discharge and prolong menstrual flow, over the next year. These symptoms become more severe then she had mild lower abdominal pain on and off and General weakness.

Patient has taken conservative treatment of modern science in various private gynecologists. She got no relief. She was advised hysterectomy by them. Then she came to Govt. Ayurved Hospital, Osmanabad for treatment.

Menstrual History

15-16/30, profuse, painful
P M/H -2-3/30, regular, painless

Obstetric History-

She is having two children.
Male-18 years, FTND
Female-15 years, FTND
Past History
Past history is otherwise non contributory.
No history of Diabetes mellitus, Asthma, Hypertension and any surgery except tubectomy 12 year back.

Drug History/Treatment History
Patient has taken hormonal medication for 1 year.
No history of any drug allergy.

Personal History
Patient is vegetarian.
No history of Smoking, Alcoholism, Tobacco.
Sleep- Normal.

Family History
Mother- NAD
Father-NAD
Self-NAD
Offspring-NAD

Examination

General
G.C.-Fair (Vata-Pitta), A febrile
B.P -130/80 mm of Hg
P-78/min.(Manduka gati)
Nail-Ruksha, Shvetabh
Eyes- Shvetabh
Tongue- NAD
Height-5’3”
Weight- 57Kg
Stool-NAD
Urine-NAD
Built-Thin

Systemic
R.S. – AEBE, Clear
CVS - S1, S2 – N
CNS – Conscious, oriented.
P/A- Soft, mild tenderness at lower abdomen.
P/V – Bulky uterus.

Investigation

Haemogram- On 9/12/2012
Hb% -7.9 gm%
RBC-3.91/lu
Hematocrit-28.4%
MCV-72.63 fl
MCH-20.20pg
MCHC-27.82 gm/dl
WBC-7800/cu mm
Differential count-
Neutrophils-66%
Lymphocytes-26%
Eosinophils-4%
Monocytes- 4%
Basophils- 0%
Platelet count - 427000/cu mm

Blood picture-
RBCs, Microcytes+, Poikilocytes+, Mild Hypochromia
WBCs. Within normal limits
Immature cells- No e/o immature cells
Platelets-Adequate on smear
Parasite- smear negative for malaria parasite

Impression-
Microcytic Hypochromic Anaemia

USG on 12/11/2013
Bulky uterus with endocervical polyp.

DIAGNOSIS
Uterocervical polyp

Ayurvedic Concept
In Ayurveda it resembles with Yonyarsha which occurs due to vitiated Rakta and mansa of yoni, producing umbrella shaped muscular sprouts. Therefore considering Rakta and mansa dushhti in yoni, Kanchanar guggulu was preferred, which has astringent and styptic property. Hence useful in arresting bleeding. Also it has antitumor property which is useful in treating overgrowth of mucosa i. e. polyp.

Chikitsa Upakrama
The patient was treated with Kanchanar guggulu 2 tablets (500mg each) 2 times a day with lukewarm water after meal. Two follow up sessions was done after 30 days. The treatment was continued for 3 months.

Ingredients of Kanchanar Guggulu

- Kanchanar (Bauhinia verigata)
- Triphla (Combination of Embelika officinale, Terminalia chebuka, Terminalia belerika)
- Trikatu (Combination of Zinziber officinale, Piper nigrum, Piper longum)
- Varun (Cretieva nurvula)
- Aela (Elletaria cardamomum)
- Dalchini (Cinnamomum zeylanicum)
- Tejpatra (Cinnamomum tamala)
- Guggulu (Commifera mukul)

Post treatment finding

Blood examination- done on 12/1/2014
Hb% -9 gm%
Differential count-
Neutrophils-61%
Lymphocytes-36%
Eosinophils-3%
Monocytes- 00%
Basophils- 00%

Blood picture-
RBCs, Normocytic, Mild Hypochromia
WBCs. Within normal limits
Immature cells- No e/o immature cells
Platelets-Adequate in number
Parasite- Not seen.

USG - On 12/2/2014-
E/o 2.2 x 1.7 cm mass lesion mostly polyp.
RESULTS

Chief complaints of the patient viz - prolong heavy menstrual bleeding, vaginal white discharge, mild lower abdominal pain on and off and General weakness were gradually decreased after starting the treatment. Abdominal pain subsides within 4 days of initiation of treatment. She has regular menstrual period of 2-3/30days. Amount of menstrual bleeding is average. After three months of treatment, patient states that she no longer need to its treatment.

Guggulu has wonderful herb to balance all the three doshas and other elements which are causes of disease. Therefore it is useful in almost all the diseases. It is an astringent and very good blood cleansing herb. As it is astringent, it is good to shrink. It has styptic property and hence useful in arresting bleeding8. Guggulu is katu, titka rasayamaka and ushna viryatmaka17. Due to its lekhana property, it destroys tumor growths and useful in treating polyps. Patient responded well to this treatment. Two follow up sessions was done in every 30 days.

After three months of treatment, patient states that she no longer has any complaints. A repeat USG is done on February 2014 showed uterocervical polyp of 2.2 x 1.7 cm. It means the polyp size is decreased. She has regular menstrual period of 2-3/30 days. Amount of menstrual bleeding is average. Vaginal white discharge subsides. Patient feels better i.e. General weakness subsides.

CONCLUSION

Uterine polyps can be managed successfully with Ayurvedic treatment and need to be studied in more number of cases.

REFERENCES

9. Dravyaguna vidyan vol 1. Author name :- Acharya Priyavat Sharma Publication Chaukhambha bharati academy, Varanasi.- Ref- page no.62and103
10. Dravyaguna vidyan vol II Author name :- Acharya Priyavat Sharma Publication Chaukhambha bharati academy, Varanasi Ref- page no.652.
11. Dravyaguna vidyan vol II Author name :- Acharya Priyavat Sharma Publication Chaukhambha bharati academy, Varanasi Ref- page no.716.
12. Dravyaguna vidyan vol II Author name :- Acharya Priyavat Sharma Publication Chaukhambha bharati academy, Varanasi Ref- page no.250.
17. Dravyaguna vidnyan vol .II Author name :- Acharya Priyavat Sharma Publication ;Chaukambha bharati academy, Varanasi.- Ref- page no.54.

Cite this article as:

Source of support: Nil; Conflict of interest: None Declared

Disclaimer: JBSO is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the contents published in our Journal. JBSO cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of JBSO editor or editorial board members.