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ISSN 2321 - 6328

Case Study

AYURVEDIC TREATMENT OF OVARIAN CYSTIC MASS: A CASE STUDY

Kamini Dhiman*

PG Department of RGGPG, Ayurvedic College, Paprola, Kangra, H.P., India

*Corresponding Author Email: kd44ayu@yahoo.co.in

Article Received on: 07/07/14 Accepted on: 27/08/14

DOI: 10.7897/2321-6328.02460

ABSTRACT

Ovarian masses are a common finding in general gynaecology. Most women with ovarian cysts/cystic mass are asymptomatic. The diagnosis of ovarian cysts/cystic mass has increased with the extensive use of ultrasound technology. The finding of an ovarian cyst causes considerable anxiety to women because of the fear of malignancy. Some ovarian cysts cause problems, such as per-vaginal bleeding and pain pelvis. Ovarian cyst frequently requires surgical treatment but immense challenges persist to manage with medicines. According to Ayurvedic classics such type of cysts can be managed on the line of KaphajaGranthi disease. This article presents a successfully managed case of Ovarian Cystic mass by Ayurvedic treatment in the form of a case study.

Keywords: Ovarian masses, Ovarian cyst, per vaginal bleeding, Ayurvedic treatment.

INTRODUCTION

Ovarian masses are a common finding in general gynaecology. Most benign and malignant ovarian masses are predominantly cystic. An ovarian cyst is a sac filled with liquid or semi-liquid material arising in an ovary. The diagnosis of ovarian cysts, cystic mass, tubo ovarian masses has increased with the widespread use of regular physical examinations and ultrasound technology. The finding of an ovarian cyst/cystic mass causes considerable anxiety to women because of the fear of malignancy, but the vast majority are benign with few cases being malignant. Most women with ovarian cysts, cystic masses are asymptomatic. Some cysts, however, may be associated with a range of symptoms, sometimes severe. Some ovarian cysts/cystic masses cause problems, such as per-vaginal bleeding and pain pelvis. Ovarian cyst/cystic mass frequently require surgical treatment; when ovarian mass is more than 5 cm in diameter surgery is indicated if persistent or symptomatic.^{1, 2, 3, 4, 5.} According to Ayurvedic classics such type of cysts can be managed on the line of KaphajaGranthi disease.

CASE REPORT

A 23 years old married woman reported in OPD of Prasuti-tantra & Stree-roga department of Rajiv Gandhi Govt. Post Graduate Ayurvedic College, Paprola-Himachal Pradesh, with complaints of decreased interval of menstruation since one year; which was of 8-10 days and abdominal pain localized in the right lower quadrant. She stated that localized pain had started few months back. On inquiry she stated that pain had no relation with intercourse and was not that much severe to restrict her day to day activities.

There was no history of sudden onset of pain. Patient had no associated complaint of nausea and vomiting, though she specified that she had tendency of increasing weight.

The patient and her family had no specific history related to reproductive system. Her pelvic examination revealed that uterus was of normal shape, size, consistency and position; a mass was felt in right fornix and tenderness was also present on palpation.

Her Urine pregnancy test was negative. On the basis of complaints and findings of bimanual examination she was advised to go for pelvic ultra sonography (USG) for confirmation. USG report revealed right ovarian cystic mass of the size of 6.4 x 6.2 x 4.9 cm and of volume of 103 cc. (The scanned copies of Ultra sound pre and post therapy are attached).

TREATMENT

As per the references available in the Ayurveda classics, following classical formulations were prescribed for the period of 8 weeks and USG was advised after the due course of therapy.

1. Trayodashangaguggulu- 3 grams in a day in divided doses with lukewarm water twice in a day before meal.
2. Ashokarishta in the dose of 40 ml. with equal quantity of water twice in a day after meal.

Duration of Treatment: The total treatment duration was 8 weeks.

Diet & Behavioural Changes advised

- Patient was advised to consume lukewarm water as and when feel thirsty.
- She was advised not to hold urges of urine and defecation.

RESULT

Patient recovered completely from pain abdomen, Menstrual cycle was regular and at normal intervals without any complications.

Eight weeks later repeat/After Treatment USG revealed normal study. (Copy Attached).

Probable mode of action of the drugs:^{7-24.}

Trayodashangguggulu – as name suggests contains 13 ingredients wherein *Commiphora wightii*(Guggulu) is 12 parts & clarified butter from cow's milk 6 parts and rest twelve ingredients are one part each. Trayodashanga Guggulu has anti-inflammatory, analgesic properties. It is indicated in low back ache and disorders of female genital tract. It is indicated when pain is associated with stiffness. It is mainly indicated in the disorders of vata and kapha imbalance/vitiation.⁶

Ashokarishta is indicated in Gynaecological problems viz. menstrual pain, ovarian pain and uterine inflammation, menorrhagia, metrorrhagia, uterine bleeding disorders and cystitis. Ashokarishta has a specific action on the mucosa of the uterus and GIT; reduce their catarrhal and superlative inflammation caused by pitta and thus also regularise VATA. It has Blood purifier, haemostatic anti-inflammatory and anti- secretory effects. In such a way both drugs regularise Apana Vata functions, reduces accumulation of Kapha and further inhibit the secretory

activity by normalising Pitta. Reduced kapha leads to opening of micro channels of the body which further help to regularize vata. Thus the imbalance of Vata Pitta and Kapha dosha is maintained and pathology is reversed.

Pelvic region cystic pathology indicate ApanaVata derangement not performing the normal function of excretion (anulomana); henceforth the tissue metabolic end product/ excrements are not drained away and get accumulated in the body giving rise to cyst. *Withania somnifera* (Ashwagandha), *Asparagus racemosus* (Shatavari), *Ipomoea petaloidea* (Vridhdharu), *Pluchea lanceolata* (Rasna), *Satva Anethum sowa*, *Trachyspermum amni* (Ajwain) & clarified butter from cow's milk help in pacification and anulomana of vata. The sac of the ovarian cyst is filled with fluid which is kaphadosha in Ayurvedic perspective. *Commiphora wightii* the chief ingredient is a potent kapha & meda (lipid) lowering drug, *Acacia catechu* (BabbulTwak) and *Hedychium spicatum*(Shati) also enhance this activity. Two Rasayana (anabolic) drugs; *Tinospora cordifolia*(Guduchi) avata-shleshma-shonita pacifier and *Tribulus terrestris* (Gokshura), Vata pacifier also boost the immunity of the patient against the disease. Flowers of *Woodfordia fruticosa* Linn, fruits of *Terminalia bellerica*, *Embilica officinalis*, seed kernel of *Mangifera indica* (Amrasthi) and *Santalum album* are useful in Menorrhagia, metrorrhagia, Anaemia etc.

Table 1: Pharmacological Actions of the contents of TrayodashangGuggulu

Name of the Drug	Latin Name	Pharmacological Action
Ajmoda	<i>Trachyspermum amni</i> Linn.	Analgesic, Anti-inflammatory, carminative, anti-spasmodic.
Ashwagandha	<i>Withania somnifera</i>	Immuno modulatory, antitumor, anti-inflammatory, antispasmodic
BabbulaTwaka	<i>Acacia nilotica</i>	Anti-inflammatory, Anti tussive, Astringent, Haemostatic
Guduchi	<i>Tinospora cordifolia</i> Willd.	Immune booster, Anti-oxidant, Anti-tumour, Hepato protective, Anti inflammatory
Guggulu	<i>Commiphora wightii</i>	Anti-inflammatory, Hypolipidemic, Hypocholesteremic.
Hapusha	<i>Juniperus communis</i>	Anti-inflammatory.
Gokshura	<i>Tribulus terrestris</i>	Appetizer, Digestive, Anti-inflammatory, Useful in Uterine disorders, Analgesic
Rasna	<i>Pluchea lanceolata</i>	Anti-inflammatory
Shatavari	<i>Asparagus racemosus</i>	Anti-cancer
Shunthi	<i>Zingiber officinale</i>	Anti-inflammatory, Anti-tumour
Sowa	<i>Satva Anethumsowa</i> Roxb.	Anti-inflammatory, Analgesic, anti-oxidant, Progesterone enhancing.
Shati	<i>Hedychium spicatum</i>	Analgesic, anti-inflammatory, anti-oxidant,
Vridhdharu	<i>Argyreia speciosa</i>	Anti-inflammatory

Table 2: Pharmacological Actions of the contents of Ashokarishta

Name of the Drug	Latin Name	Pharmacological Action
Amrasthi	Kernel seed of <i>Mangifera indica</i>	Anti-tumour
Ashoka	<i>Saraca ashoka</i>	Anti-tumour, anti-carcinogenic action;
Amalaki	<i>Embilica officinalis</i>	Anti-inflammatory, Anti-tumour, anti-oxidant, immuno modulatory
Bibhitaki	<i>Terminalia bellerica</i>	Anti-inflammatory
Dhataki	<i>Woodfordia fruticosa</i>	Anti-tumour
Daruharidra	<i>Berberis aristata</i>	Anti-inflammatory, Anti-tumour, anti-carcinogenic action;
Chandana	<i>Santalum album</i>	Anti-oxidant, Anti gonorrhoeal
Haritaki	<i>Terminalia chebula</i> Retz.	anti-carcinogenic action; anti-oxidant
ShwetaJeeraka	<i>Cuminum cyminum</i>	anti-carcinogenic action; anti-spasmodic
Krishna Jeeraka	<i>Carum carvi</i>	anti-spasmodic
Mustaka	<i>Cyperus rotundus</i>	Anti-inflammatory
Nilotpala	<i>Nymphaea stellata</i>	Anti-inflammatory, Anti-tumour, Analgesic.
Vasa	<i>Adhatoda vasica</i>	anti-spasmodic

CONCLUSION

Ovarian cystic mass is managed on Ayurvedic line of management and surgical intervention can be avoided.

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Cite this article as:

Kamini Dhiman. Ayurvedic treatment of ovarian cystic mass: A case study. *J Biol Sci Opin* 2014;2(4):269-271 <http://dx.doi.org/10.7897/2321-6328.02460>