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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

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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 to the circulatory estrogen by growing in size. It commonly occurs in women > 40years. 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. In this case study, 42 year female was diagnosed as having uterine polyp. In *Ayurveda* it resembles with *Yonyarsha* which occurs due to *vitiated rakta* and *mansa* of *yoni*, producing umbrella shaped muscular sprouts. This patient was treated with *Kanchanar guggulu* as *aabhyantar Chikitsa* which has property to destroy tumor growth (*granthi- arbuda nashaka*) and considerable improvement was observed in the symptoms after completion of the treatment. *Kanchanar guggulu* can help uterine polyp conditions a great deal and can focus light on clinical aspect of uterine polyp.

Keywords: Ayurved, Uterine polyps, Kanchanar guggulu, irregular menstrual bleeding

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 to the circulatory estrogen by growing in size. It commonly occurs in women > 40years².

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.³ 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 *shastra*.⁴ So considering the *rakta* and *mansa dushti* in *yoni*, *Kanchanar guggulu* was used to treat the patient.⁵

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 *Strirog* and *Prasutitantra* OPD Government Ayurved College, Osmanabad with the Chief Complaints - prolong heavy menstrual bleeding and vaginal white discharge since 2 year. 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-18year, FTND
Female-15 year, 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, *Shwetabh*
Eyes- *Shwetabh*
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/IU
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 dushti* 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. polyp⁶.

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)*⁷
- *Triphala* (Combination of *Embelika officinale*, *Terminalia chebuka*, *Terminalia belerika*)⁸
- *Trikatu* (Combination of *Zinziber officinale*, *Piper nigrum*, *Piper longum*)⁹
- *Varun (Cretieva nurvula)*¹⁰
- *Aela (Elletaria cardamomum)*¹¹
- *Dalchini (Cinnamum zeylanicum)*¹²
- *Tejpatra (Cinnamomum tamala)*¹³
- *Guggulu (Commifera mukul)*¹⁴

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. Vaginal white discharge subsides after 15 days. Patient feels better i.e. General weakness subsides after one month of starting treatment. Her hemoglobin percentage becomes 9 gm% and USG shows decreased polyp size from 2.4x2.1 to 2.2x1.7 cm

DISCUSSION

This is a case study of 44 year old female patient with history of prolong heavy menstrual bleeding and vaginal white discharge since 2 year. Her other complaints were mild lower abdominal pain on and off and General weakness.

The USG performed on Nov 2013 revealed the presence of 2.4cm x 2.1cm long polyp. Regular approach of surgery was suggested but patient denied surgery and came to our hospital for an *Ayurvedic* treatment. Patient came to our hospital with diagnosis Uterocervical polyp and microcytic, hypochromic anemia. In *Ayurveda* it resembles with *yonyarsha* which is due to aggravated *doshas* reaching yoni or reproductive organs, getting localized in *Rakta* and *mansa* of *yoni* produce umbrella shaped muscular sprouts.

According to the principles of *Ayurveda*, the balance of three vital energies namely *Vata*, *Pitta* and *Kapha* in the body is very important for maintaining the health of a body. As per this alternative therapy system, the imbalance of these three elements is the main reason for any ailment in the body. Although the exact cause of uterine polyp is unknown, hormonal factors appear to play a big role. Uterine polyps are estrogen sensitive i.e. they respond to the estrogen in the same way that the lining of uterus does. It responds the circulatory estrogen by growing in size. *Ayurved* uses the inherent power of natural herbs to bring about wonderful results on the human body. The herbs for uterine polyps or *yonyarsha* help improve the gonads functioning in an herbal and natural way. These herbs balance the hormones in the body, thereby improving the ovarian functioning. The ovaries work in co-ordination and thereby maintain the health of uterus. The uterus works in co-ordinate manner and polyps formations are prevented. *Ayurvedic* medication like *Kanchanar guggulu* has found to be very effective in the tumors, cysts and polyps of various kinds. It destroys "*Ama*" – a toxine that is produced by imbalanced *jatharagni*. *Ayurvedic* texts have also elaborated its property like ability to destroy tumor growths i.e. *granthi* – *arbuda nashaka*.

The *Kanchanar* is *ruksha*, *laghu* and *kashaya* having *lekhana* property which reduces the polyps¹⁵. *Triphala* 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 in nature and very good blood cleansing herb. As it is astringent, it is good to shrink. It has styptic property and hence useful in arresting bleeding¹⁶. *Guggulu* is *katu*, *tikta rasatmaka* and *ushna viryatmaka*¹⁷. 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.

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