

ASSOCIATION OF BATHING HABITS ON MENSTRUATION IN ADOLESCENCE WITH THE SUBSEQUENT DEVELOPMENT OF ENDOMETRIOSIS: A PRELIMINARY SURVEY

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ABSTRACT

Endometriosis is the abnormal growth of endometrial cells outside the uterus. The subject endometriosis mentioned in modern science is not directly mentioned in ayurvedic texts. But considering symptoms and the pathogenesis, it can be coincided with the *Vatala yonivyapat* in Ayurveda. *Mithyacara* (wrong behavior) is one of the etiological factors for the *yonivyapat*. Knowing the modern etiological factors of endometriosis is more important as the prevention is better than the cure. As a traditional custom, normally Sri Lankan mother advices to her daughter that not to bath in her menstrual period. So this survey study was conducted to find out the relationship between bathing habits on menstrual period in adolescence and endometriosis. 200 numbers of patients, between the ages of 25 to 200 with confirmed endometriosis by laparoscopy who reported to GWAH were included to the study. At the initial visit a complete medical history with all the data including bathing habits with the special reference to adolescence were obtained through a questioner which was confirmed by an interview. According to the data it was observed that 146 (73%) patients were bathing whole the duration of menstruation, 40 (20%) patients were not bathing on the duration of menstruation. Considering all the data, it can be concluded that bathing habits on menstruation in adolescence is associated with the subsequent development of endometriosis.

Index Terms – *Bathing habits, Endometriosis*

INTRODUCTION

Endometriosis is a disorder in which abnormal growth of tissues, histologically resembling the endometrium, are present in the locations other than the uterine lining. Endometriosis is a common and important health

problem of women. Its exact prevalence is unknown, but it is estimated to be present in 10% - 15% of women during the reproductive years¹. Endometriosis is the commonest single gynecological diagnosis responsible for hospitalization of women aged 15 to 44,

being found in 6.3% of patient in one study. It is seen in 10% - 25% of laparotomies in gynecologic practice². Definitive risk factors for endometriosis remain unknown due to lack of knowledge concerning the pathogenesis of the condition, and little research has evaluated endometriosis within the adolescent population. Various theories have been proposed over the years to explain its pathogenesis and newer hypothesis continue to be formulated. The most popular theory remains the ‘ Sampson’s Retrograde Menstruation Theory which suggests that endometriotic lesions result from reflux of viable endometrial tissue through the fallopian tubes which subsequently implants on peritoneal surface or pelvic organs. The peritoneal lesions, thus, would be attributed to the survival, adhesion, proliferation, invasion and vascularization of then regurgitated endometriotic tissue, an idea referred to as the ‘Implantation Theory’³.

The subject endometriosis mentioned in modern science is not directly mentioned in ayurvedic texts. But considering symptoms and the pathogenesis, it can be coincided with the *Vatala yonivyapat* in Ayurveda⁴. Acharya Charaka states that women of *vataprakrti*, when consumes diet and indulges in other activities capable of aggravating *vayu*, thus provoked *vayu* reaching reproductive system and generates *vatala yoni vyapat*⁵.

Both Ayurveda and Allopathic medicine medical streams states that prevention is better than cure. As a traditional custom, normally Sri Lankan mother advices to her daughter that not to bath in her menstrual period. So this survey study was conducted

to find out the relationship between bathing habits on menstrual period in adolescence and endometriosis.

JUSTIFICATION

Prevalence data in the general population related to endometriosis is less readily available due to the ethical constraint of performing laparoscopy to diagnose the disease in healthy women related to endometriosis. Medical literature reports prevalence rates varying from 1.8% to 3.3% in the general population for surgically or histologically confirmed endometriosis. Prevalence of endometriosis is 25%-40% among infertile women. Endometriosis is associated with twentyfold odds of infertility with about 40% of endometriotic patients suffering from primary or secondary infertility. Endometriosis prevalence for women admitted to hospital for pelvic pain is 5 %-21%. So Endometriosis is a common health problem commonly seen on gynecology clinics.⁶

Ayurveda always tried to treat the base of the disease rather than treating the symptoms. Here the concept of *Nidana Parivarjana* (preventing of causative factors) is very important. When treating patients with endometriosis, it was identified that most of them are bathing in menstrual period. Habits and behaviors in Sri Lankan traditional custom are always designed to prevent form diseases and to promote health. Normally Sri Lankan mother advices to her daughter that not to bath in her menstrual period. So conducting this survey will be important to enhance the health behaviors of adolescence to get prevention from Endometriosis future.

METHODS

Study Sample: The survey sample consisted of 200 randomly patients, between the ages of 25 to 40 with confirmed endometriosis by laparoscopy who reported to gynecology clinic of Gampaha Wickramarachchi Teaching Hospital.

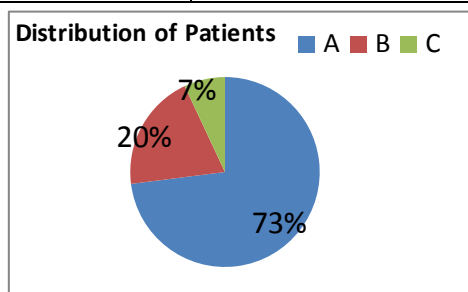
Data collecting: At the initial visit a complete medical history with all the data including bathing habits with the special reference to adolescence were obtained through a questioner which was confirmed by an interview.

Data Analyzing: Data were manually analyzed and illustrated by using by pie charts

RESULTS

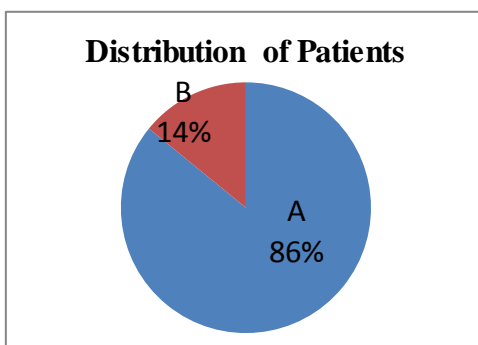
According to the data it was observed that 146 (73%) patients were bathing whole the duration of menstruation, 40 (20%) patients were bathing except the first day of the menstruation period and 14 (7%) were not bathing the on the duration of the menstruation.

Group	Habit	Number of Patients	Percentage
A	Bathing whole duration of menstruation	146	73%
B	Bathing except the first day of the menstruation	40	20%
C	Not bathing on the duration of menstruation	14	7%



Out of 184 patients who are bathing during menstrual period, 158 patients (86%) are not bathing due to an advice of elder or someone else and 26 patients (14%) are not bathing without any specific reason.

Group	Description	Number of patients	Percentage
A	Not bathing due to an advice	158	86%
B	Not bathing without any specific reason	26	14%



DISCUSSION AND CONCLUSION

Considering all the data, it can be concluded that bathing habits on menstruation in adolescence is associated with the subsequent development of endometriosis. Endometriosis is generally correlated with the *vatala yoni vyapat* in Ayurveda. Here it is mentioned that the diet and behaviors which

increases *vata dosha* are causative factors for *vatala yoni vyapat*. Normally bathing increases *sheeta guna* (property of cold) and it is aggravated *vata dosa*. This process can be a causative factor for *vatala yoni vyapat* in future ages.

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