AYURVEDIC MANAGEMENT OF ENDOMETRIAL HYPERPLASIA WITH BULKY UTERUS- A CASE REPORT

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ABSTRACT

Ayurveda is a health care system sensitive to women’s special health needs. Women are far more sensitive to the rhythms & cycles of nature & Ayurveda is founded on the principle of keeping the body toned in time with nature & naturally women find Ayurveda very suitable. In Ayurveda, endometrial hyperplasia of uterus can be correlated with Lohitakshara Yonivyapada. The present case revealed the Raktaastambhaka, Shothhara evum Tridoshahar properties of some Ayurvedic medicines viz. Patrangasava & Dashmula Kashaya in a known case of endometrial hyperplasia with bulky uterus. The trial drugs were procured from the local market. These Raktaastambhaka, Shothhara drugs found to be improved remarkably the functions of uterus. After three months of treatment, the sonography report showed no hyperplasia of uterus.

Keywords: Ayurveda, Lohitakshara, Yonivyapada, Endometrial Hyperplasia, Raktaastambhaka Drugs

INTRODUCTION

Endometrial hyperplasia is an excessive or abnormal thickening of the lining of the uterus. In most of the cases it is benign in nature. Main cause of endometrial hyperplasia of uterus is high levels of estrogens, combined with insufficient levels of the progesterone like hormones which ordinarily counteract estrogens’ proliferative effects on this tissue. It may also occur because of chronic disorders, such as diabetes, obesity or polycystic ovarian syndrome. This disorder most often affects young women who are just beginning to menstruate & older women approaching menopause. Common symptoms of endometrial hyperplasia of uterus are abnormal vaginal bleeding, including bleeding or spotting between menstrual periods, dramatic changes in the duration of menstrual periods, postmenopausal bleeding, dyspareunia & anemia. During a bimanual examination of the pelvis, hyperplasia of uterus may be noticed. Endometrial hyperplasia of uterus is diagnosed by ultrasound (TVS), endometrial biopsy, dilatation & curettage & Hysteroscopy. The treatment of endometrial hyperplasia of uterus is mainly done by hormonal treatment (especially by progesterone) and by surgical treatment such as hysterectomy, which are having their own side effects.

In Ayurveda endometrial hyperplasia of uterus can be correlated with Lohitakshara Yonivyapada. The Lakshanas of Lohitakshara Yonivyapada is Artava Atipravrutti (excessive bleeding), Akala Artava Darshana (irregular menstruation), Ausha, Chosha evum Daha. Chikitsa of Lohitakshara Yonivyapada include Stambhana, Shothahara and Tridosha-shamaka Karma. In present case study Shamana Yoga (Patrangasava and Dashmula Kashya) is
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used for the management of Hyperplasia of uterus. Patrangasava is having Stambhana, Mandagnivardhaka, Shotha, Pandu and Aruchihi property, along with this Dashmula Kashya is also having Tridoshashamaka, Vatavyadhihara and Basthiushulahar property.

Case presentation: A female subject aged 50 years, married 27 years back, housewife; multi-gravida (G6, P6, A0, L5, D1) was examined in the hospital (OPD) on 29-11-2014 (OPD No.39437/13-14) for endometrial hyperplasia of uterus. She had no previous history of mumps, syphilis, gonorrhoea, metrorrhagia, and exposure to radiation or any toxin or chemical agent. She had suffered from typhoid in childhood & from depression in 2012. She had done 4 month conventional therapy for hyperplasia of uterus but was unsuccessful. On examination, the body proportion was found to be thin & lean with normal secondary sexual characters, were belonging to Vatapittaprakrti and Asthisara. There was no any abnormal findings seen in the physical examination and in pelvic examination (per speculum examination cervix is congested, white discharge present (watery) & on per vaginal examination uterus is AV/AF, Bulky, no tenderness in fornices.)

Treatment: The treatment was carried out with the following medicines (Table 1) for three months. During this period the patient was advised to take Santarpana (nutritive diet like milk etc.) evum Rakavardhaka Ahara (like green vegetables etc.) and avoid Snigdha (oily), Vidahi, Amla & Lavana Ahara. After the treatment, the sonography report on 21-02-2015 showed no hyperplasia of uterus.

Observation & result: The patient had followed the Ahara & drug restriction strictly. The sonography was made after three month of treatment. The findings of sonography report before and after treatment are:

USG (Before treatment):
- Uterus: AV/AF, Bulky in size (9.5*5.7*6.6)
- Endometrial Canal: Is normally seen
- Endometrium: Endometrial thickness is 11.8mm, no mass seen
- Left ovary: Normal in size
- Right ovary: Normal in size
- Cul de sac: No free fluid is seen

USG (After treatment):
- Uterus: Normal in size, shape & echotexture
- Endometrial Canal: Is normally seen
- Endometrium: Endometrial thickness is 7mm, no mass seen
- Left ovary: Normal in size
- Right ovary: Normal in size
- Cul de sac: No free fluid is seen

DISCUSSION

Endometrial hyperplasia of uterus is one of the prevalent reasons for uterine dysfunction, which directly affects the health status of women. The present finding based on sonography and the effective management of hyperplasia of uterus with Ayurvedic formulations with no adverse effect highlights the promising scope of traditional medicine in the various uterine disorders. Stambhana, Vedanahara and Tridoshashamka properties of Patrangasava and Dashmula Kashya act on reproductive system & improve the functions of uterus and Artava. (Especially Bahipushpa (menstrual blood). Along with this Shothahara property of Patrangasava also helps in reducing the size and arrests further growth of endometrium.

After the treatment, the sonography report showed no hyperplasia of uterus (Table 2).

CONCLUSION
Ayurveda is the oldest form of healthcare in the world. Ayurveda has best natural health supplements & products to manage the changes in the body right from puberty to menopause. Various effective Ayurvedic herbal formulations are available for the management of female disorders which are having very good results and with no any adverse effect. The present study reveals the effective management of endometrial hyperplasia of uterus by Ayurvedic treatment, especially by herbal medicines.

**Consent:** Before staring treatment consent of the patient is taken along with proper advice and counselling.

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**Table 1: Medicines used for the treatment**

<table>
<thead>
<tr>
<th>Name of the drugs</th>
<th>Dose</th>
<th>Anupana</th>
</tr>
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<tbody>
<tr>
<td>Patranga Sava</td>
<td>15ml</td>
<td>Sambhaga Jala</td>
</tr>
<tr>
<td>Dashmula Kashya</td>
<td>15ml</td>
<td>Jala</td>
</tr>
</tbody>
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- Twice daily

**Table 2: Results of Sonography (Pelvis)**

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Uterus</td>
<td>AV/AF, Bulky in size (9.5 x 5.7 x 6.6)</td>
<td>Normal in size</td>
</tr>
<tr>
<td>Endometrial canal</td>
<td>Is normal</td>
<td>Is normal</td>
</tr>
<tr>
<td>Endometrium</td>
<td>Endometrial thickness is 11.8mm, no mass seen</td>
<td>Endometrial thickness is 7mm, no mass seen</td>
</tr>
<tr>
<td>Left ovary</td>
<td>Normal in size</td>
<td>Normal in size</td>
</tr>
<tr>
<td>Right ovary</td>
<td>Normal in size</td>
<td>Normal in size</td>
</tr>
<tr>
<td>Cul de sac</td>
<td>No free fluid is seen</td>
<td>No free fluid is seen</td>
</tr>
</tbody>
</table>

**USG Report:**
Scanned copies of USG (before & after treatment)

**REFERENCES**


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