

MANAGEMENT OF UTERINE POLYP WITH AYURVEDA – A CASE STUDY

Shivani Karnwal

Ayurveda Consultant (B.A.M.S), Department of Kayachikitsa, Patanjali Ayurved Hospital, Haridwar, Uttarakhand, India

Email: shivani Karnwal91@gmail.com

ABSTRACT

Uterine polyps are growths attached to the inner wall of the uterus that extend into the uterine cavity. Overgrowth of cells in the lining of the uterus (endometrium) leads to the formation of uterine polyps, also known as endometrial polyps. These polyps are usually noncancerous (benign), although some can be cancerous or can eventually turn into cancer (precancerous polyps). In this article, I report a case of a 31-year-old patient with previous history of irregular menstrual bleeding and feeling of mass per vagina. For which she has undergone a transvaginal ultrasound (TVS) study, which showed an endometrial polyp arising from the endometrial cavity coming out through the internal cervical OS. This structure was successfully removed with Ayurvedic drugs within a period of 4 months.

Keywords: Case study, Ayurveda, Uterine Polyp, *ArshKalpa*, Mass Per Vaginum

INTRODUCTION

An endometrial polyp or uterine polyp is a mass in the inner lining of the uterus. They may have a large flat base (sessile) or be attached to the uterus by an elongated pedicle (pedunculated). Pedunculated polyps are more common than sessile ones. They range in size from a few millimeters to several centimeters. If pedunculated, they can protrude through the cervix into the vagina. Small blood vessels may be present, particularly in large polyps. They often cause no symptoms. Where they occur, symptoms include irregular menstrual bleeding, bleeding between menstrual periods, excessively heavy menstrual bleeding (menorrhagia), and vaginal bleeding after menopause. Bleeding from the blood vessels of the polyp contributes to an increase of blood loss during menstruation and blood "spotting" between menstrual periods, or after

menopause. If the polyp protrudes through the cervix into the vagina, pain (dysmenorrhea) may result.

No definitive cause of endometrial polyps is known, but they appear to be affected by hormone levels and grow in response to circulating estrogen. Risk factors include obesity, high blood pressure and a history of cervical polyps. Taking hormone replacement therapy can also increase the risk of uterine polyps. Endometrial polyps can be detected by vaginal ultrasound (sonohysterography), hysteroscopy and dilation and curettage. Detection by ultrasonography can be difficult, particularly when there is endometrial hyperplasia (excessive thickening of the endometrium) larger polyps may be missed by curettage. (1)

In Ayurveda it resembles with *Yoniarsha* which occurs due to vitiated *rakta* and *mamsa* of *yonis*, produc-

ing umbrella shaped muscular sprouts. Acharya Sushrut has not given any specific treatment for the *arsha* of reproductive organ. But while prescribing the general principals of treatment of *arshas*, he says that the treatment for them is by use of *aushadha*, *kshara*, *Agni* and *shashtra*.⁽²⁾ So considering the *rakta* and *mamsadushti* in *yoni*, *ArshkalpaVati* and *Kanchnarguggulu* was used to treat the ailment.⁽³⁾

Case Study:

A 31-year-old female patient reported in O.P.D in July 2019 with complaints of profuse bleeding during menstruation and feeling of mass coming out of vagina for 4 months.

History of Present Illness: The patient was well oriented 3 months before. Then gradually she elicited irregularity in her menstruation with profuse bleeding and feeling of mass coming out of her vagina. For which, she has undergone a TVS which suggested presentation of an Endometrial Polyp attached through a peduncle to the endometrial cavity coming out through the internal OS into the cervical canal. It showed an approximate size of 3.4*1.4cm. Then patient has taken conservative treatment of modern science under various city gynecologists for 3 months but got no relief and been suggested for surgical removal by them. Then she approached for Ayurvedic treatment and further management of her condition.

History of Past Illness:

The history is not otherwise contributory.

No History of Diabetes Mellitus, Hypertension, Asthma and any surgery.

Menstrual History: 5-6/30, profuse, mildly painful
P M/H - 3-4/30, regular, painless
LMP – 3/07/19

Obstetric History:

Patient is having one male child 3yrs old (LSCS).

Treatment History:

Patient has taken hormonal medication for 3 months.

Personal History:

Patient is vegetarian.

No history of smoking, Alcoholism, Tobacco.

Appetite: Good

Micturition: Normal

Sleep: Sound

Family History:

Not specific regarding the issue.

General Examination:

General Condition: Fair (*Vata-Pitta*), A febrile

B.P: 110/70 mm of Hg

Pulse: 74b/min. (*Mandukagati*)

Height: 160cm

Weight: 54kg

Pallor: Absent

Icterus: Absent

Koilonychia: Absent

Lymphadenopathy: Absent

Edema: Absent

AshtavidhaPariksha:

Nadi: Vata pittaj (MandookaGati)

Mutra: Samyaka

Mala: Samyaka

Jihwa: Alipta

Shabda: Samanya

Sparsha: Samyaka

Drika: Samyaka

Akriti: Samyaka.

Systemic Examination:

R.S: NAD.

CVS: S1S2 –N

CNS: Conscious, oriented.

P/A-Soft, mild tenderness at lower abdomen

P/S: Cervix healthy/cervical polyp present.

VyadhiGhataka:

Dosha: KaphaVata

Dushya: Rakta Mansa

Srotasa: Artavvaha

Srotodushti: Sanga

Adhithana: Garbhashya

Investigation: TVS suggestive of Endometrial polyp attached through a peduncle to the endometrial cavity coming out through the internal os to the cervical canal. The structure measures about 3.4*1.4 cm.

Diagnosis:

Endometrial Polyp

ChikitsaUpakrama: The patient was treated with *Arshakalpa Vati* (Divya Pharmacy), 2 tabs (500mg each) 2 times a day on empty stomach with lukewarm water,

and *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 4 months.

Composition of ArshkalpaVati and Kanchnar Guggulu:

ArshkalpaVati (Ref: Aushad darshan pg 135)

Rasont Shuddha (Berberis Aristata) 150 mg

Choti Harad (Terminalia Chebula) 100 mg

Bakayan (fruits berry Melia Azedarach) 100 mg

Neem (Azadirachta Indica) 100 mg

Reetha (SapindusMukorossi) 5 mg

Kapoor Desi (Cinnamomum Camphora) 5 mg

Khuna Kharaba (Dragon's Blood) (Daemonorops Draco) 2.5 mg

Makoy (Solanum Nigrum) 12.5 mg

Ghritha Kumari (Aloe Barbadensis) 12.5 mg

Nagadaun (Artemisia Vulgaris) 12.5 mg

Excipients Gum Acacia Q.S. Talcum Q.S.⁽⁴⁾

Kanchnarguggulu: (Ref: Bhaisajya Ratnavali, Chapter 44)

Kanchanar (Bauhinia variegata)

Triphala (Combination of Emblica officinalis, Terminalia Chebula, Terminalia belerica)

Trikatu (Combination of Zinziber officinale, Piper nigrum and Piper longum)

Varun (Carataeva nurvala)

Tejpatra (Cinnamomum tamala)

Ela (Elettaria cardamomum)

Dalchini (Cinnamomum zeylanicum)

Guggulu (commiphoramukul)⁽⁵⁾

Post Treatment Findings:

- TVS done on **07/10/19**
- Suggestive of Endometrial polyp of size measuring approx **1.9*2.1cm**.
- TVS done on **23/11/19**
- Suggestive of no sonological abnormality (normal study).

Results: Chief complaints of the patient viz irregular and profuse menstrual bleeding and feeling of mass coming out of vagina were gradually decreased and improved after starting the treatment. The complaint of profuse bleeding subsides from the very first cycle post treatment. Other associated complaints like gen-

eral weakness and dizziness also improved. And finally, her TVS shows decreased polyp size from 3.4*1.4 to 1.9*2.1 and then to normal study.

DISCUSSION

This is a case study of 31-year-old female patient with history of profuse menstrual bleeding and feeling of mass coming out of vagina for 3 months. Her other complaints were mild lower abdominal pain during menses on and off and General weakness. The TVS performed on APR 2019 revealed the presence of 3.2cm x 1.5cm long polyp. Regular approach of surgery was suggested but patient denied surgery and came to my clinic for an Ayurvedic treatment. Patient came to my clinic with confirmed diagnosis of Uterocervical polyp. 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* and 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. 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^[6]. The ovaries work in coordination and thereby maintain the health of uterus. The uterus works in a co-ordinate manner and polyps' formations are prevented. Ayurvedic medication like *Arshakalpavati (Divya Pharmacy)* and *Kanchanarguggulu* has found to be very effective in the tumors, cysts and polyps of various kinds. It destroys "Ama"—a toxin that is produced by imbalanced *jatharagni*. Ayurvedic texts have also elaborated their

property like ability to destroy tumor growths i.e. *granthi –arbuda nashaka*. The Ingredients present in both the drugs possess *ruksha, laghu* and *kashaya* properties having *lekhana* (scrapping) as the basic *karma* which reduces the polyps and destroys any kind of tumor growth. The combinations include those herbs that balance all the three *doshas* and other elements which are the cause of the disease. Therefore, this combination is useful in almost all the diseases of same origin. Some ingredients like *Triphala* present in it is astringent in nature and are very good blood cleansing agents used for *raktadushti*. And due to their astringent property, they are useful in arresting bleeding. Patient responded well to this treatment. Two follow up sessions was done. After 4 months of treatment, patient states that she no longer has any complaints and once during micturition the mass falls off her vagina completely. A repeat TVS is done on NOVEMBER 2019 shows completely normal sonography. She has regular menstrual period of 5/30days.Amount of menstrual bleeding is average. Patient feels better and overall improvement within 4 months of treatment.

CONCLUSION

Uterine polyps can be managed successfully with *Ayurvedic* treatment and need to be studied and applied in a greater number of cases.

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