ABSTRACT
Endometriosis is most upcoming diseases that affects the quality of life of millions of women and their families worldwide. It is one of the obscure and captivating benign gynaecological disorder defined by implantation of functioning endometrial tissue outside the uterine cavity. Endometriosis is associated with broad range of symptoms including Dysmenorrhoea, Dyspareunia, Chronic intermenstrual pelvic pain, and Infertility. The prevalence of Endometriosis in between women of Reproductive age is 6-10%. It can be compared as a syndrome complex of Paripluta Yonivyapada in Ayurveda. Thus, Vata Evum Pitta Shaman treatment along with regimen is given in it. Aim and Objective: To understand endometriosis in both allopathic and Ayurvedic perspectives. Methodology: Reviewing the modern science literature regarding Endometriosis and Ayurvedic classics, commentaries also recently published books and Research journals, the collection done and attempt to get co-relation between Ayurveda and Modern Endometriosis. Conclusion: Its timely management prevents upcoming Infertility thus bringing favourable outcome. Treatment must be individualized and taken into consideration the impact of the condition on the quality of life.

Keywords: Endometriosis, Paripluta Yonivyapada, Vataja Yonivyapada

INTRODUCTION
Endometriosis is most one common problem encountered in gynaecology. It affects women in their reproductive years which is associated with pelvic pain, Infertility, Dysmenorrhoea etc. Prevalence of Endometriosis is 10% but highest in infertile women about 30-40%. Its incidence appears to be increase partly due to improvements in diagnostic technique and partly due to changing social pattern like late marriages and limitation of family size. Evidence of 20 % women undergoing laparoscopic investigation for infertility. Also 24 % of women complains about Pelvic pain are commonly found to have endometriosis [1]. It is the most common benign gynaecological problem which oestrogen dependent thus resolves after menopause or treatment having pseudo menopause. Paripluta Yonivyapada is one of the twenty Yoni Vyapada mentioned in Ayurvedic classics. Pitta and Vata Dushti states inflammation of Yoni, Painful micturition, Tenderness, yellowish or bluish colour of menstrual blood, Lumbosacral and groin pain, Low backache and fever. Acharya Sushruta states that condition is said with severe Dyspareunia along with pain etc caused by Vatadushhti. Acharya Vagbhata and Charaka states Heaviness in the region of Bladder and Lower abdomen, Diarrhoea, Anorexia etc. Madhava Nidana, Bhavaprakasha and
Yogratnakara also has followed Sushruta. In Madhukosha it is the condition of features having Vata symptoms like Pain with extreme level in periphery means Paripluta in entire internal and external reproductive organs hence termed as “Paripluta” [2]

**Endometriosis**

The presence of functioning endometrium like glands and mucosa in sites other than uterine mucosa is called as Endometriosis [3]. It is said to be Endometriosis internal or Adenomyosis when ectopic endometrial tissue is found in myometrium. If are found outside are Endometriosis externa. It is benign but locally invasive. It triggers a chronic inflammatory reaction resulting in pain and adhesions. Adhesions develop when scar tissue attaches separate structures or organs together.

**Etiology**

There are 3 most accepted theories are:

1) **Sampson’s Theory:**
   - This theory explains that the flow of menstrual blood gets backed up causing some of the blood to flow in reverse direction. This process causes blood containing endometrial tissue to attach to surfaces outside of the uterus.

2) **Meyer’s Theory:**
   - This theory proposes that specific cells called Metaplastic cells change into endometrial cells and present at birth.

3) **Vascular Theory:**
   - This theory suggests that the endometrial tissue travels through the body via blood vessels. It then reaches various tissues, implants and then grows causes pain.

**Symptoms** [4]

<table>
<thead>
<tr>
<th>Site</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female reproductive tract</td>
<td>Dysmenorrhea</td>
</tr>
<tr>
<td></td>
<td>Non menstrual pelvic pain</td>
</tr>
<tr>
<td></td>
<td>Dyspareunia</td>
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<tr>
<td></td>
<td>Infertility</td>
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<td></td>
<td>Rupture/torsion endometrium</td>
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<tr>
<td></td>
<td>Low back pain</td>
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<tr>
<td>Urinary tract</td>
<td>Cyclical Hematuria</td>
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<tr>
<td></td>
<td>Cyclical Dysuria</td>
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<td></td>
<td>Ureteric obstruction</td>
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<tr>
<td>Gastrointestinal tract</td>
<td>Cyclical Dyschezia</td>
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<tr>
<td></td>
<td>Cyclical Rectal bleeding</td>
</tr>
<tr>
<td></td>
<td>Obstruction</td>
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<td></td>
<td>Cyclical intestinal complaints –</td>
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<tr>
<td></td>
<td>Periodic bloating, diarrhoea, Constipation.</td>
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<tr>
<td>Surgical scars/Umbilicus</td>
<td>Cyclical pain and bleeding</td>
</tr>
<tr>
<td>Lungs</td>
<td>Cyclical haemoptysis</td>
</tr>
<tr>
<td></td>
<td>Haemopneumothorax</td>
</tr>
<tr>
<td>Others</td>
<td>Fatigue</td>
</tr>
<tr>
<td></td>
<td>Cyclical Shoulder pain</td>
</tr>
</tbody>
</table>

**Sites of Endometriosis**

Endometriosis is reported in Ovaries, Uterine ligaments, Recto vaginal septum, Pelvic peritoneum, Laparotomy scars, Vagina, Umbilicus, Hernia sacs, Urinary tract, Large and small intestine, Appendix and rarely even in the pleura, diaphragm, arms, legs, kidneys etc.
Differential Diagnosis – Endometriosis is differentially diagnosed from PID, Malignant diseases of the ovary, Myomas, malignancy of cervix and vagina etc.

Investigations

1) IOC = laparoscopy. Gold standard: Histopathological examination
2) Others = CA-125-CA-125 levels are raised in endometriosis.
3) Monocyte chemoattractant protein (MCP–1) levels are raised in peritoneal fluid of women with endometriosis

Treatment

The treatment is as follows –

<table>
<thead>
<tr>
<th>Management of Endometriosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asymptomatic minimal endo.</td>
</tr>
<tr>
<td>Observe 6-8 months investigate infertility</td>
</tr>
<tr>
<td>OC pills</td>
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<tr>
<td>Mirena IUCD</td>
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<tr>
<td>Progesterogens</td>
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<tr>
<td>Androgens</td>
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<tr>
<td>GnRH analogues</td>
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<tr>
<td>Letrozole</td>
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<td>RU – 486</td>
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</tbody>
</table>

In painful endometriosis Hormonal and Surgical treatment is given. Medical management of pain includes Oestrogen Progesterone combine therapy (OC pills), isolated progestins, GnRH analogues, Danazole and Gestrinone and aromatase inhibitors. Surgery is indicated for those patients which does not respond to medical management.

Paripluta Yonivyapada

Pitālayanruvanavasekshavathudvardharnat | Piūasamurchhitovayuyonimdushhayatistriyaha ||
Shunasparshakshamasartimilapatamruksravet | Shronivakshanapristhartijwarartayaha ||
(Ch.Chi.30/23)

Dosha – Vata, Pitta, Kapha
Dushya – Rasa, Rakta
Srotasa – Artavavahasrotasa
Srotodushti – Vimargagamana
When who having Pitta predominance because of her Pittapraakruti or consumption of diet which aggravates pitta withholds her sneezing urge and eradication at the time of coitus then vitiated pitta along with vata reaches yoni thus forming its abnormalities. Yoni becomes inflamed, tender and causes painful menstruation with yellowish or bluish colour of menstrual blood. Also causes Pain in Lumbosacral and groin region, backache and fever.[7] Paripalutavaminishchvatapatimikemate

(Acharya Charaka)

Acharya Charaka states that Paripluta, Vamini are caused by Vata and Pitta. [8]

Vataja Yonivyapada

Vatalahara Cheshhta Vatalayaha Sameeranaha
Vivridhho Yonimahiri Yonestodam Savedanam
Stambhampipilikasuptimivakarkashatam Tatha
Karoti Suptimayasa Vatajanchhaparayan Gadan
Sasyata Sashabdarukaphenarukshartavaanilat

(Ch.Chi.30/11)

Dosha – Vata
Dushya – Rasa
Srotasa – Artavavahasrotasa
Srotodushti – Vimargagamana

Acharya Charaka states that woman with Vata Prakruti is consumes diet and activities which aggravates Vayu which results in pinching pain, Stiffness, Creeping of Ants like sensation, Roughness, Numbness, Lethargy, Fatigue, Dryness etc.

Treatment: General Treatment –

Shodhana – After Snahana and Swedana
Poovakarma Panchakarma like Yamana, Virechana, Asthapan, Anuvasana, Uttarbasti are to be used.

Shamana –

Raktasaravrodhaka Drugs –
Chandarakala Rasa; Pradarantaka Rasa; Pradarari
Rasa; Pushyangan Choorna; Ashokarishtha; Pushkaraleha; Lodhrasava; Patrangasava etc

Rktavardhaka Drugs –
Suvarnamaliniwasanta Rasa; Pravalpisshti; Gitantdibhasama; Vangabhasma etc

Granthihara –
Purnarna Mandura; Shilajatu; Arogyavardhini; Gandhaka Rasayana; Dashmularishta; Abhyarishta etc

Others – Phalaghrita; Phalakalyanaka Ghrita etc. 

Paripluta Yonivyapada Treatment

Vaminyaplatayoschavaswedayitvaprayojoyet
Tarpanamsnehapichhubhrojanamaanpahama
Shallakijjinginijambhavatvakapanchavalkalaih
Kashayaihi Sadhitatsnehatparuplayato Pichum

(A.U.39/49)

After sudation the satiation followed by Tampon, diet capable of suppressing the vata and tampon of uncting oil treated with bark of sallaki, jingini, jambu, dhawa and panchavalka should be used. Endometriosis is also explained under subheading of Vataja Yonivyapada where Acharya Sushruta stated to use meat of marshy and aquatic animals after pitcher soudation. Vesavara mixed with sweet drugs and oily tampon in vagina. Tampon soaked with Balatalia etc. Treatment principles of Yoniroga, Gula, Granthi, Artavadushti, Pradara according to symptoms can be used.

Vataja Yonivyapada Treatment –

Snehasedabastayadi Vatakashchanihampaham
Vatavyadhiharam Karman Vatartneram Sada Hitim
Vatarantan Cha Yoninam Sekabhyangapichukryam
(Usnaha Snigdhaha Prakartavastailani Snehani Cha)

(Ch.Chi.30)

As diseases of yoni cannot occur without vitiation vata hence Vatahama treatment is used. Snahana, Swedana and Mridu Panchakarma used in it. Local treatment like Seka, Abhyanga, Pichudharana, Uttarbasti, Basti are effective.[11]

As due to Kaphadosha included Vatanulomana, Lekhana, Srotoshodhana, Shulahara treatment is given. Thus, drugs with same qualities are used for Rasayanachikitsa. Drugs like Shatpushpa, Shatavari, Lashuna etc are effective.

DISCUSSION

Endometriosis is an upcoming problem in gynaecology now. The first step done in general practice in OPD’s when a patient of Endometriosis comes is to advise Pain relief. Endometriosis not explained vis-a-vis in Samhita but Acharya have made their point regarding treatment. Unnamed disease should be understood by their Dosha and Dushya thus treatment should be planned accordingly. Out of all Yonivyapada, Paripluta and Vataja Yonivyapada shows maximum congruence with Endometriosis. Expanded meanings of Aartava i.e. menstrual blood,
Tridosha, ovum and hormones help to elaborate Endometriosis symptomatology in Ayurveda context and plan its line of treatment. The treatment modalities aim at providing comprehensive care by correcting the Ama Dosha, achieving Koshta Shuddhi and regulating Tridoshas, by this the menstruation is regularized and health is restored. It is good idea to wind up this article with such understanding of Endometriosis in Ayurveda pretext. Better understanding of any disease enables physician to treat it more efficiently.

CONCLUSION

Endometriosis is presence of endometrial tissue outside of the uterine cavity. As per Ayurveda genetic view can be gain by Beejadosha and Daiva. Vitiated Vata and Pitta obstruction results in retrograde flow of menstruation, vascular and lymphatic spread of endometrial tissues which leads to accumulation or movement of endometrial tissue to settle in extra uterine surfaces like fallopian tubes and pelvic cavity. This blockage causes severe pain and scanty menstruation during menstruation. More inflammation (Pitta) can cause more pain and Scar and so forming Adhesions (Kapha). Thus, Virechana which means medicated purgation for removing Ama i.e. toxins from body by providing medicines. Also, Basti Chikitsa which means medicated enema as per Dosha for balancing Vata Dosha. Adhesions develop with association of Kaphadosha. So is treated with by Lekhaiyadravya.

REFERENCES


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