MANAGEMENT OF HEMORRAGIC CYST THROUGH AYURVEDA – A CASE STUDY

Bharat Ramavat¹, Dhara Lakkad², Matangee Pandya³ Shilpa Donga⁴, Bhupesh Patel⁵

¹Assistant Professor, Department of Dravyaguna, Ananya Ayurvedic College, Kalol, Gujarat
²Assistant Professor, Department of Prasootitantra and Streeroga, Shree Swaminarayan Ayurvedic College, Kalol, Gujarat, India
³Ph.D. Scholar, Department of Prasootitantra and Streeroga, Institute for Postgraduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar, Gujarat – 361 008. India
⁴Professor, Department of Prasootitantra and Streeroga, Institute for Postgraduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar, Gujarat – 361 008. India
⁵Associate Professor, Dept. of Dravyaguna, Institute for Postgraduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar, Gujarat – 361 008. India.

Email: dblakkad@gmail.com

ABSTRACT

An ovarian cyst is a larger fluid-filled sac (more than 3 cm in diameter) that develops on or in an ovary. A 24 year old Female patient with hemorrhagic cyst came for Ayurvedic management. She has Irregular menstrual cycle. The patient has Pitta pradhan Kapha prakriti. She has suffered with pitta jariavushti. Her sonography finding was Left ovarian hemorrhagic cyst of size 44×44×39 mm. In modern science, there is only Hormonal treatment is available. This is more expensive and lots of side effect. In Ayurveda Acharyas explained about Granthi and its detail description of type and its treatment. Acharya Shusrut has also mentioned about Artav dushti. Here, patient was treated with Gorakhmundikwatha, Kanchnargugglu, Haritaki Churna and Shatapushpa Churna. After completion of treatment, Sonography was performed. Hemorrhagic cyst is completely removed. Her menstrual cycle is not completely normal, but duration and interval of menstrual cycle was decreased. Shatapushpa Churna with goghrit is continued for restoration of normal menstrual cycle and other medicine is stopped.

Keywords: Hemorrhagic cyst, Kanchnargugglu, Artav dushti, Granthi, Shatapushpachurna

INTRODUCTION

About 7% of women have an ovarian cyst at some point in their lives and out of all ovarian cysts, 13.7% are said to be hemorrhagic ovarian cysts¹. About 7% of women have an ovarian cyst at some point in their lives and out of all ovarian cysts, 13.7% are said to be hemorrhagic ovarian cysts². Hemorrhagic Ovarian cysts are the most common type of ovarian cysts in India. Painful or large ovarian cysts may need to be removed with surgery. Hemorrhagic ovarian cysts are generally formed by expanding hemorrhage within a corpus luteum or other functional cyst. Ruptured hemorrhagic ovarian cysts are the worst emergency
condition. The cyst can be diagnosed by pelvic examination and ultrasound. An ovarian cyst happens when fluid accumulates within a thin membrane inside the ovary. The size can range from as small as a pea to larger than an orange. An ovarian cyst is a fluid-filled sac within the ovary. Often they cause no symptoms. Occasionally they may produce bloating, lower abdominal pain, or lower back pain. The majority of cysts are harmless. If the cyst either breaks open or causes twisting of the ovary, it may cause severe pain. This may result in vomiting or feeling faint. Ovarian cysts increase the risk for ovarian torsion; cysts which are larger than 4 cm are associated with approximately 17% risk. The torsion can cause obstruction of blood flow and lead to infarction. A hemorrhagic cyst is a functional cyst that occurs when bleeding occurs within a cyst. Symptoms of this type of cyst are abdominal pain on one side of the body. In Ayurvedic samhita, a detail description about Granthi is available. Aacharya Sushruta has given elaborate description of Granthi from its etiopathogenesis classification and its management, but not mentioned about neoplastic swelling of female genital organs, though a reference related to Granthi of male genital tract is available. Though the disease Granthi, simulating the description of Cyst (the disease arising due to excessive, uncomon or peculiar and improper growth of cells) has been mentioned in Ayurveda, but it can be called as Beejakosha Granthi on the basis of its origin from Beejakosha and its surroundings. The Nidana of Granthi is mentioned that when the de-ranged Vata etc. vitiate the Mansa, Shonita and Meda mixed up with Kapha, they produce circular, raised and knotted inflammatory swellings called Granthi. The line of treatment for Granthi is Shodhana, Shamana, Chhedana Karma. There is no such effective treatment in modern science except hormonal therapy, laparoscopy, and hormonal therapy has its own harms. Ayurveda has a very satisfactory line of treatment for ovarian cyst.

Case Report: A female Patient age 24 year old came to our OPD of Prasutitantra and Streeroga department, I.P.G.T. & R.A. Jamnagar on 15 March 2019, with the complaints of Irregular menstrual cycle, Painful menstruation and Left Ovarian Hemorrhagic Cyst of size 44×44×39 mm. She had Irregular menstrual cycle since 3 years. She diagnosed with Left Ovarian Hemorrhagic Cyst in March 2019. She was advised laparoscopic surgery at Allopathic hospitals. She came to our hospital for Ayurvedic Management. Her Duration of menstrual cycle was 10-15 days with irregular interval of 2-3 month and associated with Lower abdominal pain which is Moderate and not able to her day activity and often she had taken Allopathic medicine for painful menstruation.


Treatment:
1. Gorakhmundi Kwatha: 150 ml kwatha 2 time (morning and evening time) before meal taken orally for 1 month.
2. Shatapushpa Churna: 5 gm Churna with anupana of Goghrita 2 time (morning and evening time) before meal taken orally
3. Haritaki Churna :5 gm churna with warm water at night.
4. Kanchnar Gugglu: 2 tab 2 time with warm water

DISCUSSION
Ovarian cyst is one of the prevalent reasons for ovarian dysfunction, which directly affects the fertility potential. The present finding based on sonography and the effective management of ovarian cyst with Ayurvedic formulations with no adverse effect highlights the promising scope of traditional medicine in the ovarian and infertility disorders. Hemorrhagic Ovarian cysts are the most common type of ovarian cysts in India and it may leads to emergency condition. Therefore this study was planned to evaluate the treatment outcome of Ayurveda regimen in Hemorrhagic Ovari-
an cyst. Kanchanaraguggulu corrects hormonal imbalance and offers relief from menstrual disorders like amenorrhoea and anovulation. Kanchanaraguggulu have the evidences to cure poly cystic ovarian diseases. This treatment not only cures Hemorrhagic Ovarian cysts but also correct menstrual abnormalities and improve ovarian function. Kanchanaaraguggulu having properties of Gulmahara, Apachihara, Galagandahara, Grandhiihara. By all virtues it acts as Lekhana, Bhedana, Grandhiihara and Sthothahara. It helps in reducing the size of cyst and will hamper the further growth of cyst. Shatapushpa Churna has katurasa, ușhnaveerya and katuvipaka. According to Rasapanchaka of Shatapuspha, it is Kapha-Vatashamaka, Apanamulomaka, and Rasadhatu Vridhikara. Due to these Properties, Shatapushpa digest the Mala (Ama) & help in its proper functioning. By the UshnaVeerya and Laghu Tikshna Guna it clears the Srotosanga and stimulates the Srotas thus making the proper function of Artavagni by which menstrual cycle regulated. Gorakhmundi has Tikta, Madhura rasa, Katu Vipaka and ushna Verrya. By all this virtues, Gorakhmundi digests Meda, Kleda and Dushit Kapha which are responsible for Ovarian cyst. Gorakhmundi acts mainly on diseases which emergence from Kaphaj and Medoj Rogaj. Gorakhmundi also digests Kleda of Rasa and Rakta Dhatu. These qualities of Gorakhmundi have been taken into consideration and selected. Haritaki has Pancha Rasa, Ushna Veerya and Madhura Vipaka. By Katu, Tikta, Kashaya rasa, Haritaki mitigates Kapha. Haritaki enhances Development of Dhatu in our body especially Masa Dhatu by absorption of Kleda. Haritaki Improved Masagni by digest dosha within Masha Dhatu. Artavudushi is mainly by dushti of Apana Vayu. Haritaki normalizes the action of Apana Vata and regulate artavaparchit. Shatapushpa Churna and Haritaki Churna is still continue for regulation of Menstrual Cycle.

CONCLUSION

Hemorrhagic Ovarian cysts are the most common type of ovarian cysts in India and it may leads to emergency condition. Therefore this study was planned to evaluate the treatment outcome of Ayurveda regimen in Hemorrhagic Ovarian cyst. This treatment is not only cures Hemorrhagic Ovarian cysts but also corrects menstrual abnormalities.

REFERENCES


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