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### RESEARCH ARTICLE

#### MANAGEMENT OF OVARIAN ENDOMETRIOMA (KAPHAJA GRANTHI) BY PRINCIPLE OF AYURVEDA: CASE STUDY.

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#### Manuscript Info

##### Manuscript History

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##### Key words:-

Granthi, Endometrioma, Tridosa.

#### Abstract

Ovarian endometrioma is a benign estrogen dependent cystic mass arising from ectopic endometrial tissue within the ovary. It contains thick, brown, tar-like fluid, which may be referred to as a chocolate cyst. This can be correlated as kaphajagranti in ovary. It can be a cause of infertility in women.

Ayurvedic literature defines three body control systems (dosas) viz vata, pitta, kapha, which mutually coordinate to perform the normal functions of the body. Granthi (cyst) formation is a condition of tridosa (vata, pitta, kapha) vitiation origin. Ovarian endometrioma resembles kaphajagranti due to its characteristics. This case is an ideal example of ovarian endometrioma, and is successfully treated with Ayurvedic drugs. Patient was suffering with whole abdominal pain, burning micturition, whitish discharge, loss of appetite, mild itching in lower abdomen, constipation and weakness. Patient had advised for whole abdomen USG. USG finding was left ovarian endometrioma. Considering clinical features and USG finding, patient treated with TAB CystolibNutra 1 OD (Charakpharma), SYP. Amyron 2tsf BD, Panchsakar powder 5gm at night, Lavanbhaskar powder 3gm with Sankhhasma 250 mg BD and TAB Himcospaz 1 BD (Himalyapharma). The above treatment continued for 3 months with 3 follow-ups in every month. In every follow-up patient clinically improved. In last visit patient had advised lower abdomen USG. USG finding showed complete cure of left ovarian endometrioma (kaphaja cyst).

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#### Introduction:-

Endometriosis is a benign estrogen dependent gynecological disease characterized by endometrial tissue located outside the uterus. The disease affects approximately 5-10% of women of reproductive age in India. Approximately 17% of subfertile women have endometrioma, and it is estimated that 20-40% have endometriosis. Ovarian endometrioma, a subtype of endometriosis, affects 17-44% of women with endometriosis. Ovarian endometrioma is also known as chocolate cyst, containing thick brown fluid. In 1957, Hughesdon suggested that endometrial implants, located on the surface of the ovary, are the cause of endometrioma. According to Hughesdon's theory, menstrual shedding and the endometrial implant bleeding are trapped and cause a gradual invagination of the ovarian cortex. Ovarian endometrioma is found to have similarity with the disease kaphajagranti. Granthi is nothing but a pathological condition of doshas in muscular tissue, blood, fat, and structure of vessels, which results into

gland like abnormal growth or cyst or neoplasm. Patient had tried out allopathic treatment as suggested by allopathic gynecologist, but had no relief. So she was given Ayurveda management. Patient was successfully managed with this without any side effect.

### Material and method:-

#### Place of study:-

PrasutiTantraEvamStreeRog OPD, Gurukul Campus Hospital Uttarakhand Ayurveda University Haridwar.

#### Case report:-

The present case study is successful management of a case of left ovarian endometrioma (kaphajagranth). A 20 years old patient with registration number 1348/19340 came to PrasutiTantraEvamStreeRoga OPD, Gurukul Campus U. A. U. with chief complaints of moderate pain in whole abdomen, short cycle menses with prolonged duration of bleeding, burning micturation, with whitish discharge p/v and mild itching in lower abdomen. Associated symptom was constipation.

#### History of present illness:-

The patient was asymptomatic one and half year back. But since then patient has been suffering from whole abdomen pain, short cycle with prolonged duration of bleeding, burning micturation, with whitish discharge and mild itching in lower abdomen. Patient was psychologically upset since last six months. She had taken allopathic treatment, but did not get relief. Hence the patient came to PrasutiTantraEvamStreeRoga OPD Gurukul Campus U.A.U. Hospital.

#### Personal history:-

**Table 1:-**Personal history.

**Menstrual history-** Regular without pain, normal color and consistency, 9-10 days bleeding after interval of 20-25 days.

|                                 |                                  |                              |
|---------------------------------|----------------------------------|------------------------------|
| <b>Name-xyz</b>                 | <b>Bala-madhyam</b>              | <b>Prakriti –vatta pitta</b> |
| <b>Age-20 years</b>             | <b>Sleep- normal</b>             | <b>b.p.- 120/80</b>          |
| <b>Sex-female</b>               | <b>Addiction- none</b>           | <b>Weight-50 kg</b>          |
| <b>Marital status-unmarried</b> | <b>Bowel habit- constipation</b> | <b>Height -5 fit</b>         |
| <b>Occupation- student</b>      | <b>Appetite- normal</b>          |                              |

#### Table:2Ashtavidhpariksha

|                                       |                               |
|---------------------------------------|-------------------------------|
| <b>Nadi ( pulse rate)-80 per min.</b> | <b>Mutra (urine)-burning</b>  |
| <b>Mala (stool)- constipation</b>     | <b>Jivha (tounge)- niram</b>  |
| <b>Shabda (speech)-clear</b>          | <b>Sparsha (touch)-normal</b> |
| <b>Druka (eyes)-normal</b>            | <b>Akruti (built)-madhyam</b> |

**Treatment plan-** Patient was treated on OPD basis.

#### A) Selected Ayurvedic drugs:

#### Table3:- Dose, Route, Kala (drug administration time), Anupana

| <b>Name of medicine</b>                | <b>Dose</b>        | <b>route</b> | <b>kala</b>                   | <b>anupana</b>  |
|--|--------------------|--------------|-------------------------------|-----------------|
| <b>1.Tab.Cystolib Nutra(charak)</b>    | 1 tab o.d.         | oral         | After meal                    | Luke warm water |
| <b>2.Tab Posex fort(amil)</b>          | 2 tab b.d.         | oral         | Only during cycle, after meal | Luke warm water |
| <b>3.Syp.Amyron(amil)</b>              | 2 tsfb.d.          | oral         | After meal                    | -               |
| <b>4..Tab.Himcospaz (himalya)</b>      | 1 b. d.            | oral         | After meal                    | Luke warm water |
| <b>5.Panchsakar powder</b>             | 3 gm od            | oral         | After meal at bed time        | Warm water      |
| <b>6.Lavan bhaskar with sankhbhasm</b> | 3gm b.d.<br>250 mg | oral         | After meal                    | Warm water      |
| <b>7.Varun shigrukwith</b>             | 40 ml b.d.         | oral         | After meal                    | -               |

**Duration:-**The above treatment continued for 3 months with monthly follow up.

**Criteria for selection medicine:-**

Medicine were selected on the basis of their properties useful in pacifying vitiated doshas in kapajagranti (ovarian endometrioma) and ability to relieve sign and symptoms of endometrioma.

**Table 3:-** Ingredients of medicine with their use.

| Name of medicine                           | Ingredients  | Properties and use  |
|--|--|---|
| <b>Tab Cystolibnutra</b>                   | Aloe barbadensis 100mg<br>Calcium carbonate 100 mg<br>Magnesium oxide 100mg etc. | Food for ovarian health recommended for PCOS (polycystic ovarian syndrome)                      |
| <b>Tab Posex fort</b>                      | Khadir ,lodhra .lajjalu etc.   | Haemostyptic with astringent checks bleeding,   |
| <b>SypAmyron</b>                           | Haritiki, giloy ,punarnava,Ashwagandha ,shatavari , papaya etc.                  | Rich source of Iron. Anemia.  |
| <b>Tab Himcospaz</b>                       | Ajmoda, ginger,sati  | Antispasmodic. Useful for spasmodic pain  |
| <b>Pancsakar powder</b>                    | Sunthi, swarnpatri,shatpuspha etc.   | Laxative Useful for constipation  |
| <b>Lavanbhaskar powderwith Sankhbhasma</b> | Souvarchalalavana,vidalavana, saindhalavanana etc.                               | Balance vata and kapha. Useful in bloating, gas problem. Sankhbhasma is antacid,anti spasmodic. |
| <b>Varunshigrukwath</b>                    | Varun .shigru, punarnava etc.  | Diuretic . Pacify vata and kapha.   |

**Ahar and vihar (diet and mode of life) advised during treatment:-**

**Pathya(regime to be follow):-**

All ruksha (dry),katu (bitter),and dipan things(appetizer) gugglu and shilajatu,yawa ,mudga ,patola ,twig of vettagra, adequate sleep at night ,regular exercise. All these having kaphadosa pacifying properties.

**Apathya (regime to be restricted):-**

Use of edible made with milk and iksu, meat of aquatic animals, sweet, heavy ,and moisture producing substance, avoid day sleep. All these having kapha vitiating properties.

**Counseling:-**

As patient was also psychologically upset hence proper counseling of patient was done .She was made aware about hormonal changes in female body around this age .Patient was made confident that this condition is treatable.

**Follow up first:-**

After one month therapy Panchsakar powder and Lavanbhaskar with Sankhbhasma powder stopped. Remaining treatment continue as such for next one month.

**Duration:-**

The above treatment followed for next one month.

**Follow up second:-**

Signs and symptoms of patient regarding endometrioma were assessed during each follow up and result were drawn after last follow up.

The above treatment followed for last one month.

**Grading Table 6:-**Criteria for assessment of result.

| Signs and symptoms | normal | Mild(1) | Moderate(2) | Severe(3) |
|--------------------|--------|---------|-------------|-----------|
| Whole abdomen pain | 0      | 1       | 2           | 3         |

|  |   |   |   |   |
|--|---|---|---|---|
| Short cycle with<br>prolong bleeding p/v | 0 | 1 | 2 | 3 |
| Burning urine                            | 0 | 1 | 2 | 3 |
| Whitish discharge                        | 0 | 1 | 2 | 3 |
| Loss of appetite                         | 0 | 1 | 2 | 3 |
| Mild itching in lower<br>abdomen         | 0 | 1 | 2 | 3 |

### Observation and result:-

**Table 7:-** Change in signs and symptoms during each follow up.

| Signs and symptoms                       | Before treatment | First follow up | Second follow up | Third follow up |
|--|------------------|-----------------|------------------|-----------------|
| Whole abdomen pain                       | 2                | 1               | 0                | 0               |
| Short cycle with<br>prolong bleeding p/v | 3                | 2               | 1                | 0               |
| Burning urine                            | 3                | 2               | 1                | 0               |
| Whitish discharge                        | 3                | 2               | 1                | 0               |
| Loss of appetite                         | 2                | 0               | 0                | 0               |
| Mild itching in lower<br>abdomen         | 1                | 0               | 0                | 0               |

Table 7 shows that there is significant relief in all signs and symptoms of endometrioma. It means that selected management of endometrioma is effective.

### Discussions:-

In Ayurvedic Samhita Granthi and Arbuda description of female reproductive system is not available. Acharya Carak has included these in the chapter dealing with Sotha (edema / inflammation) due to similarity in basic clinical feature i.e. Sotha and Granthi or Arbuda. Acharya Carak has clearly mentioned that Sothas are situated in different body parts, these are many in number due to difference in their location, clinical features names and types. This clearly indicates that basically etiopathogenesis, clinical features and treatment of Granthi and Arbuda of reproductive system are identical to the Granthi and Arbuda of any other part of the body, however few clinical features present due to specific location of disease. Due to intake of tridosas vitiating diet, vitiated vatta, pitta, kapha vitiates mamsa, rakta, and medas mixed with kapha produce rounded, protuberant, knotty swelling. Since it is glandular, so it is called granthi or benign swelling or cyst.

Endometrioma is a benign estrogen dependent gynecological disease characterized by endometrial tissue located outside the uterus. Ovarian endometrioma also known as chocolate cyst contain thick brownish fluid, resemblance with kapajagranthi. Granthi means a cyst or cystic swelling. Cyst are sac like structure that can be filled with fluid, pus or other gaseous material. It is non cancerous or benign in nature. In Kaphajagranthi the granthi will be cold, has body color, associated with itching and less pain, hard like stone, grows slow manner, when it breaks it discharge colored pus. Hence we can correlate ovarian endometrioma with kapajagranthi. In granthi, kapha is a predominant dosa and dusya is meda, mamsa having properties like kapha. The selected drugs have kapha pacifying properties. Charakpharma preparation Tab CystolibNutra recommended for cystic growth of ovary as endometrioma or poly cystic ovarian syndrome. Other drugs are selected according to symptoms. The above treatment continued for three months with monthly follow up. During complete duration of treatment, patient was instructed to follow pathya and apathy as advised. After three month treatment patient examined and it was found patient was completely cured symptomatically. USG finding showed there was absent of ovarian endometrioma or kaphajagranthi.

This shows that if plan of treatment is selected according to principles of Ayurveda along with proper drug, dose, duration, anupana, pathya and apathy there is assurance of success in treatment as seen in this case.

### Conclusion:-

Hence it is concluded that above treatment is highly effective in the management of Ovarian endometrioma or kaphajagranthi.

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