

MANAGEMENT OF HEMORRHAGIC CYST THROUGH AYURVEDA – A CASE STUDY

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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 pradhanKapha prakriti*. She has suffered with *pittajartavdushti*. 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 *Artavdushti*. Here, patient was treated with *Gorakhmundikwatha*, *Kanchnargugglu*, *Haritaki Churna* and *Shtapushpa 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 *gohrit* is continued for restoration of normal menstrual cycle and other medicine is stopped.

Keywords: Hemorrhagic cyst, *Kanchnargugglu*, *Artavdushti*, *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 Ovari-

an 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. ³An 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, uncommon 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*⁴ is mentioned that when the deranged Vata etc. vitiate the *Mamsa*, *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 men-

struation 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.

Investigation: Ultrasonography (Before Treatment): Uterus: Normal in size and echotexture. Right Ovary: Normal in size and echotexture. No evidence of adnexal mass. LEFT OVARY: Shows a Hemorrhagic cyst of size 44×44×39 mm.

Ultrasonography (After Treatment): Uterus: Normal in size and echotexture. Both Ovaries: Normal in size and echotexture. No evidence of adnexal mass. No evidence of Ovarian cyst either sides at present. No free fluid in peritoneal cavity is seen.

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. *Kanchanaragugglu* corrects hormonal imbalance and offers relief from menstrual disorders like amenorrhoea and anovulation. *Kanchanaragugulu* have the evidences to cure poly cystic ovarian diseases^{5,6,7} This treatment not only cures Hemorrhagic Ovarian cysts but also correct menstrual abnormalities and improve ovarian function. *Kanchanaragugglu* having properties of *Gulmahara*, *Apachihara*, *Galagandahara*, *Granthihara*. By all virtues it acts as *Lekhana*, *Bhedana*, *Granthihara* and *Shothahara*⁸. It helps in reducing the size of cyst and will hamper the further new growth of cyst. *Shatapushpa Churna*⁹ has *katurasa*, *ushnaveerya* and *katuvipaka*. According to *Rasapanchaka* of *Shatapushpa*, it is *Kapha-Vatashamaka*, *Apananulomaka*, 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. *Gorakmundi*¹⁰ has *Tikta*, *Madhura rasa*, *Katu Vipaka* and *ushna Verrya*. By all this virtues, *Gorakmundi* digests *Meda*, *Kleda* and *Dushit Kapha* which are responsible for Ovarian cyst. *Gorakmundi* acts mainly on diseases which emergence from *Kaphaj and Medoj Roga*. *Gorakmundi* also digests *Kleda* of *Rasa* and *Rakta Dhatu*. These qualities of *Gorakmundi* 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*¹¹ enhances Development of *Dhatu* in our body especially *Masa Dhatu* by absorption of *Kleda*. *Haritaki* Improved *Masagni* by digest *dosha* within *Masha Dhatu*. *Artavdushti* is mainly by *dushti* of *Apana Vayu*. *Haritaki* normalizes the action of *Apan Vata* and regulate *artavpravriti*. *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.

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