

## MANAGEMENT OF OVARIAN CYST BY AYURVEDIC TREATMENT: A CASE REPORT

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### ABSTRACT

Ovarian cysts are fluid filled sacs inside the ovary that are common among women during their reproductive years. Most cysts are harmless and go away without any treatment, but some may cause problems such as rupturing, bleeding, or pain; and surgery may be required to remove the cyst(s). When the follicles (sacs) in the ovaries do not rupture, they form small cysts called 'simple cysts'. These form whenever ovary produces too much of estrogen hormone. 'Dermoid cysts' & 'chocolate cysts' are other types of cysts. 'Large' or 'pathological cysts' can occur in about 5% of women during their reproductive years. Management of Ovarian cyst through surgery is available to meet urgent medical need, but huge challenges remain to treat by medicines. Ayurveda, (the Science of Life) which is the oldest well documented ancient Indian System of medicine is giving new ray of hope in the management of ovarian cyst (Kaphaj Granthi vikaar). This article presents a successfully managed case of ovarian cyst in the form of a case report by Ayurvedic treatment.

**Keywords:** Ovarian cysts, Ayurvedic treatment, reproductive years, Pre menstrual syndrome

### INTRODUCTION

In past 40 years, there is a dramatic rise in female related illnesses which were rarely seen before in history. Today we see the age of menarche has dropped to as 10 years of age. In fast growing world, over work load, pesticides rich food, hormone based fruits and vegetables, stress, over ambition, avoiding pregnancy all are the major causes of these new diseases in modern woman. Pre menstrual syndrome, irregular menses, ovarian cyst, uterine fibroids are commonly seen now a days. One of the surveys that 30% of young modern woman is suffering from PMS (Pre menstrual syndrome), 25% are suffering from uterine fibroids and ovarian cyst.

Widely regarded as the oldest form of healthcare in the world, Ayurveda is a time tested medical system that originated in India thousands of years ago. Ayurveda is giving new ray of hope in the management of ovarian cyst. According to Ayurveda<sup>1,2</sup> the ovarian cyst containing fluid can be equated with kaphaja granthi. The kaphaja granthi is slightly painful, usually skin coloured, increases gradually in size and on rupture white thick pus is discharged. Patient usually feels heaviness and dull pain in abdomen. Sushruta, father of Indian Surgery has mentioned the concept of granthi<sup>1</sup>. The follicles (sacs) in the ovaries do not rupture; they form small cysts called 'simple cysts'. These form whenever ovary produces too much of estrogen hormone. 'Dermoid cysts' & 'chocolate cysts' are other types of cysts. 'Large' or 'pathological cysts' can occur in about 5% of women during their reproductive years<sup>5</sup>.

### Case Report

A patient aged 19 years attended at OPD of N.I.A.P.R, Patiala with the following complaints for the past one year:

- Dull aching pain and discomfort in the lower abdomen, lower back and thighs
- Fullness, heaviness, bloating in the abdomen
- Breast tenderness
- Sharp Pain during menstrual period
- Irregular periods and spotting
- Weight gain

On the basis of signs and symptoms, USG was advised<sup>3</sup>, which confirmed the presence of Right ovarian cyst measuring 25 x 22mm of size. **(The scanned copies of ultra sound Pre and Post therapy have been attached).**

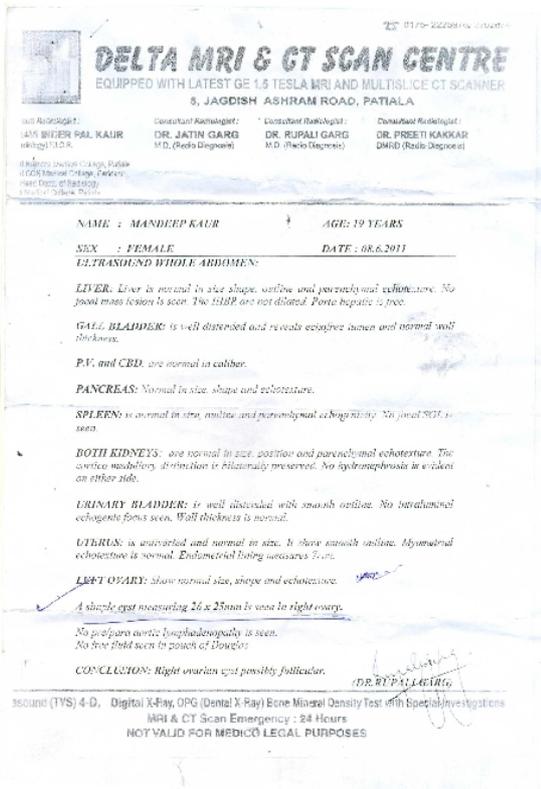
### Treatment and probable mode of action of the drugs

As per the references available in the Ayurvedic classics, the following Ayurvedic classical formulation were prescribed for a period of 90 days and there after another USG was advised to see the result of the treatment.

1. A mixture of Triphala churna 2gm and Trikatu churna: 500mg bid with luke warm water after meals.
2. Kanchnaar guggul 500mg with Aloe vera juice 20ml bid were advocated before meals.
3. Chandraprabha vati 250mg bid luke warm water before meals.

Triphala and Trikatu are considered to be having the property of sroto shodhan (cleansing of micro channels) and removes sroto avrodha (obstructions in the micro channels). As mentioned in Sharangdhar samhita, madhyam khand, Kanchnaar guggul<sup>7,8</sup> is therapeutically important for the management of Gulma (Abdominal lump), Apacahi (Chronic lymphadenopathy / scrofula), Granthi (Cyst), Vrana (Ulcer). By virtue of its lekhaneeya guna & anti inflammatory property helps in reducing the size and arrest the further growth of existing cyst,<sup>6</sup> Aloe vera not only balances the hormonal irregularities but also improves uterine activity,<sup>10</sup> Chandraprabha vati also have lekhaneeya effect and is also prescribed for the treatment of general gynecological disorders. It is mentioned in Ayurvedic classics (Sharangadhar samhita Madhyamakha) the Chandraprabha vati<sup>9</sup> is therapeutically important for the management of Striroga (Gynaecological disorders), kashtartava (Dysmenorrhoea), Daurbalya (Weakness), shula (Colicky Pain), Katishool (Lower backache), Granthi (Cyst), Mutrakricchra (Dysuria), Prameha (Urinary disorders), Arbuda (Tumor), Mandagni (Impaired digestive fire).

Ultrasound (before and after treatment)



CONCLUSION

As per the case study it was once again proved the importance of time tested, age old Ayurvedic treatment in certain gynecological conditions especially the Ovarian cysts which was confirmed by the USG that the ovarian cyst was disappeared after taking the Ayurvedic treatment. Further detailed clinical research studies are needed to draw final conclusion about the mode of action of the drugs in the ovarian cyst management through Ayurveda.

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