



Research Article

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AYURVEDIC MANAGEMENT OF ABNORMAL FLUID COLLECTION IN UTERUS: A CASE REPORT

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ABSTRACT

Endometrial fluid collection in post menopausal period results from the atrophic changes of endometrium and associated cervical stenosis. A 55 year old postmenopausal lady came to the OPD with the complaint of lower abdominal pain. USG report of pelvis revealed an irregular fluid collection inside the uterine cavity. Patient was advised to take Trayantyadi kashaya and guggulu panchapala choorna for a period of two months and the USG was repeated after that. It revealed a normal study with normal uterus and adnexa.

Keywords: Abnormal uterine fluid, Ayurveda, Post menopause

INTRODUCTION

Endometrial fluid collection in postmenopausal women has been thought to be a sign of serious endometrial or cervical disease, hyperplasia or cancer. Contrary to this, more recently several studies reported a low incidence of significant endometrial disease in postmenopausal women with endometrial fluid collection. These studies concluded that the postmenopausal intrauterine fluid accumulation is a common, mostly benign phenomenon that typically occurs in the late postmenopausal age sub-groups¹. But the chance for malignancy should always be ruled out with appropriate investigations. Postmenopausal women with endometrial fluid collection on sonography should undergo endometrial sampling if the endometrial lining is thicker than 3 mm. If the lining is 3 mm or less and the endometrial fluid is clear, endometrial sampling is not necessary².

MATERIALS AND METHODS

Case History

A 55 year old postmenopausal lady came to the OPD of NARIP with the complaint of lower abdominal pain. She had consulted a gynaecologist and a USG abdomen -pelvis was taken. It revealed an irregular fluid collection inside the uterine cavity and a D&C was suggested. The patient was not willing to do the procedure and so came to the OPD seeking Ayurvedic management.

She was moderately built with no past history of hypertension or Diabetes mellitus. She attained menopause at the age of fifty and had never been on any HRT. She had no previous history of post menopausal bleeding.

Personal History

Diet-Mixed,
Appetite- Normal,
Bowel- Regular,
Micturition- Normal,
Sleep- Sound

Investigations

- Pap smear was negative for malignancy
- All the haematological and biochemical parameters were within normal limits.

Examination

- P/S examination: Atrophic cervix
- P/A examination: No abnormality detected

Internal Medicines Given

- Trayantyadi Kashaya (decoction) 60 ml twice daily before food
- Guggulu panchapala choorna (medicine powder) with honey 6 gm twice daily after food

These medicines were given for a period of two months and the USG was repeated after that. It revealed a normal study of uterus and adnexa. The patient got relief from lower abdominal pain in the first week itself. Follow up visit was done monthly for the next three months and the results were found to be sustaining.

RESULTS AND DISCUSSION

After menopause, the mucosa of vagina, cervix and endometrium lacks hormonal stimulation and becomes atrophic. This process may produce stenosis of cervical os and atrophic changes in vagina. This may be resulting in the retention of fluid within the endometrial cavity. Often the patient will be having nonspecific pelvic pain. On the other hand, patient with uterine malignancy usually present with p/v bleeding, and in the USG, endometrial thickness will be more than 3mm.

This condition is not directly mentioned in Ayurvedic classics. As acharya Charaka explained, such diseases can be understood using the basic concepts of Prakriti (Doshas- the root cause), Adhishthana (Dushya- the seat), Linga (Lakshanas- features) etc³.

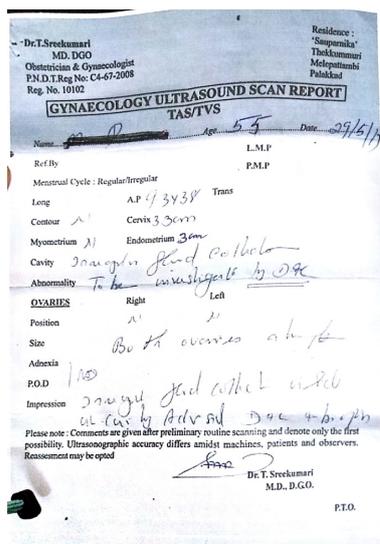


Figure 1: USG Pelvis- Before treatment

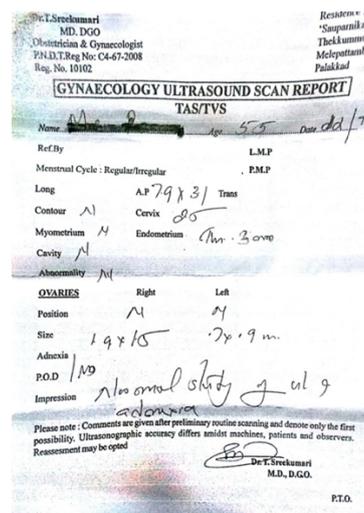


Figure 2: USG Pelvis- After Treatment

USG REPORTS PRE & POST TREATMENT

In the present case, there was a dominance of pitha⁴ and vatha⁵ resulting in the formation of excessive srava /kleda within the garbhasaya (uterus) producing the symptom of ruja (pain). Trayantyadi kashaya is kapha pitha samana and paka hara (reducing inflammation) in action. Guggulu panchapala choorna is kaphavatasamana, srotosodhana (Clearing the channels), kledahara (reducing the fluid secretion) and pakahara(reducing inflammation) in karma (action).⁶ Both the medicines are lekha (corrosive) in nature⁷. Together the medicines had resulted in the kleda visoshana (absorption of excessive fluid secretion) and garbhasaya sodhana (cleansing of uterine cavity) making the endometrial cavity clear.

CONCLUSION

Sonographic detection of endometrial fluid collection may not be ominous always. Using the basic principles of Ayurveda, such abnormal conditions which are not directly mentioned in Ayurvedic classics can be understood and treated.

ACKNOWLEDGEMENT

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CONSENT

Present study was carried out in accordance with ethical principles by following International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

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