

## Holistic Healing: Ayurvedic approaches to manage Uterine Fibroids - A Case Study

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Uterine fibroids are the most frequent solid benign tumors among women of reproductive age. Symptoms of uterine fibroids adversely affect physical and social functioning, women's health-related quality of life, and productivity at work. A 43 year old female patient visited the outpatient department with menorrhagia and low back pain complaints. Ultrasound scan showed intramural fibroid in anterior wall and posterior wall of Uterus. Hysterectomy for the same was advised; but the patient refused to undergo the surgery and was looking for non-hormonal therapy. She was treated following the Ayurvedic line of treatment of Asrugdara and Granthi which is linked to Menorrhagia (presenting complaint). She was given Trayamanadi Kashay, Manjishtha Tablet, Capsule posex forte, Chandraprabha Vati, Ashokarishta, from Outpatient department. Treatment was extended for 3 months with a follow up once in 15days and a repeat scan showed shrinking size of the fibroid and relief in symptoms. A follow-up scan also showed the disappearance of the fibroids. Throughout the period of treatment patient has not complained of any adverse effects with regard to the advancement of disease nor with respect to the medications. An effort has been made to discuss the successful treatment of fibroid with non-hormonal medications in a mid-forties patient. This article aims to inspire confidence among Ayurveda practitioners about the safe, noninvasive, non-hormonal cost-effective treatment of fibroids by Ayurvedic management.

**Keywords:** Ayurveda, Asrugdara, Granthi, uterine fibroid, Trayamanadi Kashay, Menorrhagia

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## Introduction

Fibroids occur in 20-40% of women during reproductive age and 11-19% in perimenopausal age.[1] They are clinically apparent in up to 25% of women and cause significant morbidity, including prolonged or heavy menstrual bleeding, pelvic pressure or pain, and, in rare cases, reproductive dysfunction.[2]

Women experience distress and impaired work productivity due to fibroid. There are many women undiagnosed with significant symptoms emphasizing the need for improved awareness and management of fibroids.[3]

Uterine myomas have been classified according to their general uterine position: submucous, intramural, and subserosal. Intramural fibroids are located within the wall of the uterus and are the most common type; unless they may be asymptomatic. Though the exact cause of intramural fibroids is unknown, it is believed that fibroids develop from an abnormal muscle cell in the middle layer of the uterine wall. It rapidly multiplies and forms a tumor being influenced by estrogen.[4]

The condition of uterine fibroid is similar to *Garbhashayagata Granthi*, mentioned in *Ayurveda* with vitiated *Vata* affecting *Mamsa* (muscle tissue), *Rakta* (blood) and *Medas* (fat) mixed with *Kapha* producing rounded, protuberant, knotty and hard swelling. Fibroids can be related to the "*Granthi*" mentioned in Ayurvedic texts, and it can be managed according to the principle of *Samprapti Vighatana* (to break the pathogenesis).[5]

## Case Study

A 43 year old female patient, a home maker, reported to the outpatient department of Prasuti Tanta evum Stree Roga, Institute for Ayurved Studies and Research on 02/09/24 with complaints of pain in lower abdomen and painful heavy menstrual bleeding since 2 years. She gave a history of regular, heavy flow for 7 to 8 days during each menstrual cycle. She was para 1, non-vegetarian & had a less active lifestyle. She was diagnosed as having Fibroid from the prior reports and was advised hysterectomy. No other systemic complaints or family history related to this condition were significant. Past history seems to be insignificant.

## Clinical Findings

### General Examination

Temperature - 98°F  
Pulse rate - 76/min  
Blood pressure - 120/70mmHg

### Systemic Examination

The systemic examination showed no abnormalities in respiratory, cardiovascular and central nervous systems.

But the symptoms caused disturbed sleep and made the patient anxious.

### Ashthavidha Pariksha

*Nadi* - Sarpavata  
*Mala* - Drida, Shushka  
*Mutra* - Pandu Varna  
*Jivha* - Shweta, Uplipta  
*Shabda* - Guru Swara  
*Sparsha* - Adra Sparsha  
*Drik* - Jalapurna Snigdha  
*Akruti* - Sama Akruti

### Dashavidha Pariksha

*Prakriti* - Vata-pittaja (Dwandaja)  
*Vikriti* - Vatkaphaja (Madhyam Bala Vyadhi)  
*Sara* - Raktasara  
*Samhanana* - Madhyam  
*Pramana* - Sama  
*Satmya* - Madhyam  
*Satva* - Madhyam  
*Vaya* - Madhyam  
*Vyayamshakti* - Avara  
*Aharshakti* - Madhyam

### Gynaecological/Obstetrical History

**Past menstrual history** - Regular 30 days cycle with 5-6 days of bleeding. 2 pads/day were used.

**Present menstrual history** - Regular 22-25 days cycle with 7-8 days of bleeding. 3-4 pads/ day were used. Sometimes clots were seen on pads.

### Obstetrical History

P1L1 A0 = P1 L1 (male child 21 years FTNVD).

### Per Abdominal Examination-

The abdomen is soft, non-tender and no organomegaly was found.

## Investigation

Ultrasonography of abdomen and pelvis was suggestive of bulky uterus (100\*54\*64mm) with volume about 183cc. Intramural fibroids of size 13\*9mm in anterior wall and 11\*13mm in posterior wall. Endometrium thickness measuring 10.9 mm.

Hb - 13.3 gm/dL  
CRP - 2.1mg/dL  
RBS - 77mg/dL  
Thyroid profile - Normal  
CA-125 - 24.40 U/mL

## Diagnosis

The diagnosis of intrauterine encapsulated growth or *Garbhashayagata Granthi* (intrauterine fibroid) was made based on the clinical characteristics and the result of the ultrasound scan. Based on the symptoms and fibroid, it was treated.

## Etiopathogenesis

The *Nidana* (etiological factors) of *Shopha*, like the intake of *Gramya Mamsa*, *Ajeerna Ahara*, and *Diwaswapna* along with *Dushta Bhojana*, *Dushta Arthava*, *Beeja Dosha*, and *Daivta* are also causative factors for *Granthi*. *Dushta Bhojana*, including *Guru Abhishyandhi Bhojan* that vitiate *Mamsa* and *Medo Dhatu* along with *Mithya Viharas* like *Divaswapna*, *Avyayama*, etc., lead to *Agni Vaishmya* and *Sroto Vaigunya*. Varying types of chromosomal abnormalities like deletion, trisomy, and translocation associated with fibroids signify *Beeja Dushti*. This vitiates *Vata*, *Pitta*, *Kapha Doshas* along with *Mamsa*, *Rakta*, and *Meda*, then produces rounded, protuberant, knotty, and hard swelling called *Granthi*. *Granthi* considered as *Mamsapradoshaja Vyadhi*. [6]

## Samprapti Ghataka

- *Dosha* - *Vata Kapha* predominant *tridoshika vyadhi*
- *Dushya* - *Mamsa, Rakta, Meda*
- *Agni* - *Dhatwagni*
- *Srotas* - *Rasavaha, Raktavaha, Mamsavaha, Medovaha* and *Artavavaha srotas*
- *Sroto Dushti* - *Sroto sanga*
- *Udbhavasthana* - *Garbhashaya, Pakwashayottha vyadhi*
- *Rogmarga* - *Abhyantara*

- *Swabhava* - *Chirkari*
- *Sadhyasadyata* - *Yapya Vyadhi* [7]

## Therapeutic Intervention

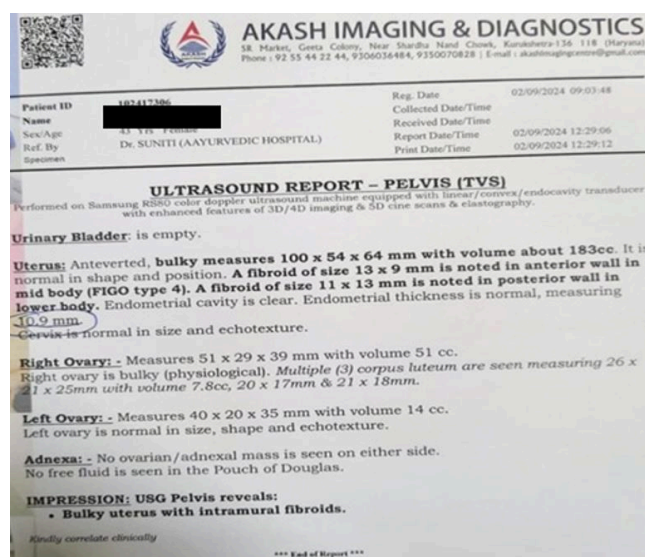
The following medications were used during the course of the three-month treatment. The patient was instructed to adhere to *Pathya-Apathya* at this time. Following therapy, the ultrasound scan report on December 26, 2024, revealed that the uterus was free of fibroid. The patient was given the following treatment plan (Table 1).

**Table 1: Treatment plan**

SN	Medicines	Dose	Time of administration
1.	Trayamanadi Kashay	20ml BD	Before food with equal water
2.	Tab. Kanchnar Guggulu	250mg; 2 Tab. BD	After food with water
3.	Capsule Posex forte	125mg TDS	After food with water
4.	Tab. Manjistha	250mg BD	After Breakfast with water
5.	Hingwashtak Churna	3gm; BD	Pratham Kawal with Ghrita
6.	Tab. Chandraprabha Vati	250mg; BD	After food with luke warm water

**Table 2: Pre-and post-treatment, modifications in both subjective and objective criteria**

Subjective criteria	Pre treatment	Post treatment
Heavy menstrual flow	Present	Absent
Pain during menstruation	Present	Absent
Constipation	Present	Absent
<b>Objective Criteria</b>		
Size of fibroid	13*9 in anterior wall 11*13mm in posterior wall	No fibroid
Endometrial Thickness	10.9mm	7.5mm
Time line	Sept 2024	Dec 2024



**Image 1: Before Treatment**

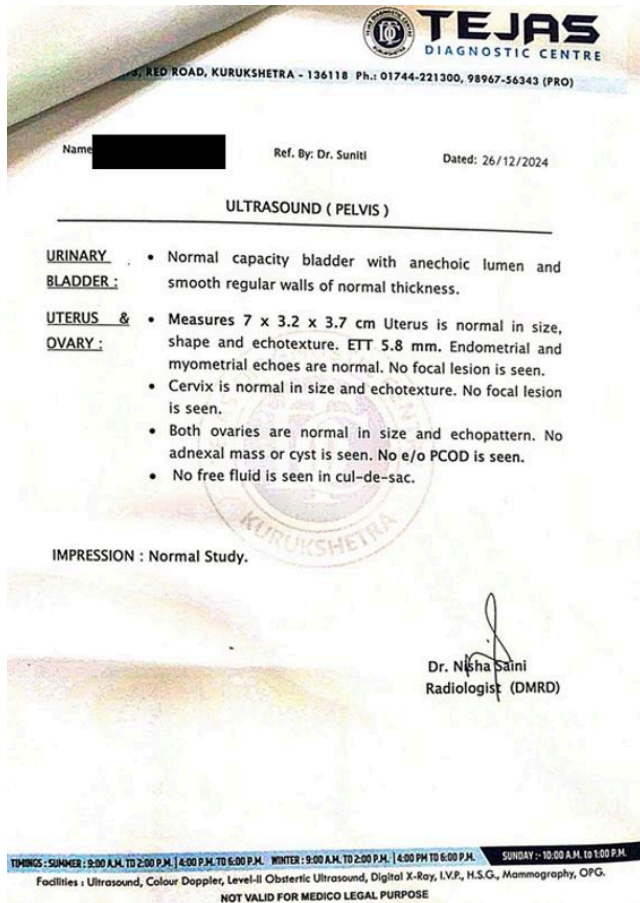


Image 2: After Treatment

## Discussion

### Mode of Action of Drugs

*Nidana Parivarjana*, or the removal of etiological factors, is something that *Acharya Susruta* laid stress on as being of prime importance in the treatment of disease. Abstinence from indulgence in *Ahara* and *Vihara*, which vitiate *Vata*, *Kapha* *Doshas*, *Rasa*, *Rakta*, *Mamsa*, *Meda Dhatu*, and *Artava updhatu* is recommended in the case of intramural uterine fibroids. *Granthi* is believed to be caused by vitiation of *Vata* and *Kapha*, *Mandagni* and *Ama*. *Langhana* and *Deepana - Pachana Dravyas* can be given. Treatment should aim to augment *Agni* and *Vatanulomana*. *Dushita Dhatus* like *Rakta*, *Mamsa*, and *Medas* need to be addressed as well. *Medo-Dushti* can be treated with *Sthoulya Chikitsa*.<sup>[6]</sup> To lessen the size of a fibroid, one can use *Kapha Vatahara* medications, *Tikshna*, *Ushna*, *Vatanulomana*, *Shothaghna*, *Kledaghna*, *Lekhana*, and *Chedana*. This formulation, known as *Kanchanara Guggulu*, is a traditional Ayurvedic remedy for accumulations of *Kapha* in the tissues. Deeper in the system,

*Kapha* might appear as growths, cysts, or enlarged lymph nodes. To break down and eliminate hardened *Kapha*, powerful decongestants like *Trikatu*, *Triphala* and build-up of *Kapha* by promoting the healthy operation of the digestive and lymphatic drainage systems and aids in the removal of inflammatory toxins.<sup>[7]</sup>

*Trayamandi Kashay* is a classical *Ayurvedic* formulation primarily mentioned in *Sahastrayoga* is indicated in *Kapha-Pitta* predominant disorders and *Granthi* like conditions. In the contexts of uterine fibroids which are primarily *Kapha-Meda* vitiated disorders the formulation acts through its *Deepana-Pachan*, *Lekhan* and *Shodhan* properties. Key ingredients like *Traymana*, *Musta*, *Katuki*, *Daruharidra*, *Vacha* contribute inflammatory and probable anti-proliferative actions, which may alleviate associated symptoms such as menorrhagia and pelvic discomfort.<sup>[8]</sup>

Tablet *Manjistha* (*Rubia cordifolia*) is a well-known herb in *Ayurveda*, recognized for its potent *Raktashodhaka* and *Raktastambhaka* properties. It plays a vital role by acting on *Rakta Dhatu* and supporting *Pitta-Kapha* balance which are often involved in fibroid pathology. Its inflammatory, antioxidant, and anti-proliferative activities help reduce inflammation, its *Stambhana* property aids in regulating excessive menstrual bleeding.<sup>[9]</sup>

For both dysmenorrhea and menorrhagia, *Ashokarishta* works well. Gynaecological issues such as menstrual pain, uterine inflammation, menorrhagia, metrorrhagia, uterine bleeding disorders, and cystitis are advised for the use of *Ashokarishta*. It has a particular effect on the uterine mucosa; it lessens and regulates the excessive inflammation brought on by *Pitta*, thus bringing *Vata* into balance. It contains anti-secretory, haemostatic anti-inflammatory, and blood purifying properties. It is very helpful in treating excessive monthly flow, uterine cysts, uterine polyps, hormonal imbalances, and severe uterine bleeding.<sup>[10]</sup>

Posex Forte Capsule is an *Ayurvedic* formulation comprising a blend of herbal and mineral ingredients known for their hemostatic and astringent properties. Key components include **Chandrakala Rasa** which is traditionally used in *Ayurvedic* medicine for managing bleeding disorders.



**Daruharidra** (*Berberis aristata*) employed in treating menorrhagia and leucorrhea; it also helps alleviate spasmodic abdominal pain. Ingredients like **Nagakeshara** and **Sphatika** possess astringent properties that help constrict blood vessels, thereby reducing excessive menstrual bleeding. **Guggulu** and **Daruharidra** exhibit anti-inflammatory properties, potentially alleviating pelvic pain and discomfort associated with fibroids. **Raktabala** and **Mocharasa** contribute to uterine health by promoting tissue repair and maintaining the integrity of the uterine lining. The synergistic effect of the herbal components may assist in regulating hormonal imbalances that contribute to eradication of fibroid development and growth.[11]

According to *Dosha - Chandrapabha Vati* is mainly *Tridoshaja* more commonly *Vatakapha Shamaka* in nature According to *Dhatu* - On analyzing the indications and properties this *Vati* acts on *Rasa, Rakta, Mamsa, Medas, Asthi, Majja, Shukra Dhatus*. The drugs like *Trivrit, Pippalimoola, Guggulu, Yavakshara* relieve anxiety & pain. Drugs having anti-inflammatory properties are *Karpooora, Musta, Devadaru, Guggulu, Triphala, Ela, Shilajatu & Makshika Bhasma* help in reducing the pain.[12] As it contains *Loha Bhasma* and *Shilajatu* it helps in increasing the *Bala* and reduce fatigue and general debility. It is recommended for genitourinary illnesses such as *Artava Ruja* and *Striroga*. Its primary ingredients, *Guggulu* and *Shilajatu* (bitumen), provide a scraping effect that aids in the elimination of fibroids. The hematopoietic component is balanced by the use of *Lohabhasma* (ferrous compound) and *Makshika Bhasma* (copper pyrite).[13]

*Hingawashtaka Churna*, a polyherbal powder *Pachan, Agnideepan*, and *Vata Anulomana* are properties that it possess. It is particularly helpful in gaseous distension, or *Apan Vayu Dushti*, notable improvement in the symptoms of *Gulma, Shula* (abdominal discomfort), and *Agnimandya*. [14]

## Conclusion

The *Ayurvedic* approach to managing uterine fibroids provides a comprehensive and integrative framework that aligns with the principles of holistic health. By utilizing lifestyle medicines such as herbal formulations and *Rasayanas*, *Ayurveda* works to balance *Doshas* and address the underlying imbalances contributing to fibroid development.

Alongside medicinal interventions, *Paricharyas*, including daily routines (*Dinacharya*), seasonal regimens (*Ritucharya*), and specialized therapeutic practices, play a critical role in detoxifying the body, enhancing immunity, and promoting overall harmony. This synergy between natural remedies and structured routines exemplifies the profound wisdom of *Ayurvedic* practices. Furthermore, the emphasis on individualized treatment plans reflects *Ayurveda's* adaptability to diverse patient needs, offering customized solutions that consider physical, mental, and emotional well-being. With growing interest in integrative medicine, *Ayurveda* stands as a complementary path that not only targets fibroid symptoms but also fosters long-term wellness. Continued research and collaboration between traditional and modern medical systems can pave the way for innovative, safe, and accessible fibroid treatments. As we move forward, embracing *Ayurvedic* principles may inspire a transformative shift in women's healthcare, bridging ancient knowledge with contemporary advancements.

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