



## CASE STUDY

## Management of Ovarian Cyst Through Ayurvedic Interventions–A Case Study

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### Abstract

Nowadays, due to an altered lifestyle, polycystic ovarian cyst (PCOD) has become a very common disease with having high incidence rate. Although ovarian cysts are functional in nature but often managing the condition requires surgery, depending upon the condition. According to the agony it creates and the avoidance of surgery by the patient, many times it requires a conservative approach. In this case report, we will discuss the effectiveness of Ayurvedic management in a single ovarian cyst. Here, a case of a 37-year-old female patient reported to the Prasuti Tantra & Stree Roga OPD (outpatient department) of KATS Ayurvedic College & Hospital, Ankushpur, Berhampur, Ganjam, Odisha, with the complaint of right iliac region pain for 5 months and heavy bleeding during menstruation since 3 cycles and sometimes feels lower abdomen pain during active movement. She was presented with the USG report suggesting of an ovarian cyst in the right ovary with the dimensions of 40x35mm. She was interested in taking traditional Ayurvedic treatment. The case was treated for six weeks with a combination of different Ayurvedic medications to alleviate symptoms and dissolve the ovarian cyst. The patient was treated with traditional Ayurvedic formulations like *Varunadi Kashaya*, *Kanchanar guggul*, *Kaishor guggul*, *Bruhat Methi modak*, *Kuberaksha vati* and *ashokarista*. In follow-up after 30 days patient's condition was improved, and pain was reduced. In a consequent follow-up after 45 days patient's condition was assessed clinically and pre- & post-treatment USG reports. Clinically patient found improvement in symptoms, while the USG report suggests there is no evidence of ovarian cyst, indicating complete relief of the condition after treatment. The effectiveness of this Ayurvedic management approach was found satisfactory for ovarian cysts.

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**KEYWORDS:** Varunadi kashaya, Kaishor guggulu, ovarian cyst, Granthi.

## INTRODUCTION

Ovarian cysts are fluid-filled pockets that grow on the ovaries. Almost all ovarian cysts are non-cancerous (benign) in origin, but many become cancerous over time. Ovarian cysts affect women of all ages and most often occur during their young and childbearing years. Most ovarian cysts are small and cause no or mild premenstrual symptoms. However, some ovarian cyst symptoms may include one or more complaints like pain or discomfort in the lower abdomen, the Period may sometimes become irregular or heavier than usual. Ovarian cysts are diagnosed by ultrasound, MRI & CT scan. The modern management of ovarian cysts depends on the patient's age, the size and structure of the cyst and menopausal status. In smaller case of smaller ovarian cysts, treatment is through hormonal medicine & larger cysts are managed by surgical treatment. In Ayurveda, it may be correlated with Granthi. Granthis are of eight (8) types 1-3 as per classical texts. Here, as per the pain and clinical features of ovarian cyst, it can be correlated with the vata-kaphaja Granthi. Granthi is a Kapha-pradhran tridoshajavyadhi. According to Maharshi Sushruta mentioned the pathological factor & the body tissue involved are mentioned. Pathogenesis of Granthi is explained as when Rakta (blood), mansa (muscle) and meda (Adipose tissue) are vitiated by tridoshas that are produced by Granthi 5.

## CASE REPORT

A 37-year-old female patient came to the PTSR OPD with the chief complaint of particular pain in the right iliac region and sometimes positional pain. She was experiencing heavy menstrual bleeding during periods for the last three cycles. She had presented with her USG report and other blood reports. The USG report is suggestive of a right ovarian cyst of size 40x35mm. She took advice from allopathic doctors; they advised her to take oral contraceptive pills (OCP). She was not interested in taking OCP, and then she came to our Ayurvedic hospital for management.

## PATIENT HISTORY

The patient was non-diabetic and normotensive with no other systemic illness.

**Menstrual History:** Her menstrual cycle duration was- 5-6 days with irregular intervals and associated with heavy bleeding during menses, associated with positional pain.

- Her LMP was- 14.05.2022

**Obstetric History:** G2P1A1L1

- **Family History:** No relevant family history found.
- **Past Surgical History:** There was no surgical history found

## PERSONAL HISTORY

**Appetite** - Good  
**Sleep** – Disturbed  
**Micturition** – Normal  
**Bowel Habit** - Regular  
**No H/O**- Dyspareunia

## CLINICAL FINDINGS

### ASTHA VIDHA PARIKSHA

**Nadi** – Vata Kaphaja  
**Mutra** - Samyak Mutra Pravriti  
**Mala** – Sama  
**Jihwa**- Sama  
**Shabda** – Samyak  
**Sparsa**- Ushna  
**Drik** – Samanya  
**Akriti**- Madhyama

### DASHAVIDHA PARIKSHA

**Prakruti** - Vata Kaphaja  
**Sara**- Madhyama (Body Tissue)  
**Samhanana (Body Build)** -Madhyama  
**Pramana (Body Proportion)**-Madhyama  
**Satya (Proper Homologation)** –Madhyama  
**Satwa (Mental Strength)**-Madhyama  
**Vaya (Age)**- Yuvati  
**Vyayam Shakti (Physical Strength)** - Madhyama  
**Jaranashakti/ Ahata Shakti (Digestion Power)** - Madhyama  
 Vata and Kapha Doshas were mainly aggravated.

## SYSTEMIC EXAMINATION

**CVs** - Normal  
**Respiratory System** – NAD  
**Per abdomen**- soft, mildly tender in the right iliac region and lower abdomen.  
**Bp**- 136/82 mmHg  
**Temp**- 98.2 F  
**Pulse** – 78 b /min  
**Hr**- 78b/min

### Samprapti Ghataka (Pathological Factors)

**Dosha**- Vata Kaphaja  
**Dushya** - Mansa (Muscle) Rakta (Blood)  
**Agni** -Mridu  
**Srotas**- Artavavaha srotas  
**Sroto dusti** - Siragranthi, Sanga.

### Treatment Schedule

The treatment given to the patient with the following manner for 45 days.

SL. NO	NAME OF THE MEDICINE	DOSE WITH ANUPANA
1	Varunadi kashaya	40 ml BD with an equal amount of water on an empty stomach
2	Kanchanar guggulu (250mg)	2tabs BD with lukewarm water after food
3	Kaishor guggulu (250mg)	2tabs BD with lukewarm water after food
4	Kuberakshya vati	2tabs BD with lukewarm water after food
5	Br. Methimodak	5-gram BD with lukewarm water after food
6	Syp Ashokarista	15 ml BD with an equal amount of water after food

**Duration of treatment:** The total treatment duration was 45 days

**1<sup>st</sup> visit** –07.06.2022

**2<sup>nd</sup> visit**–03.07.2022

**3<sup>rd</sup> visit** –21.07.2022

## OBSERVATION & RESULT

The patient had followed the diet restriction with proper viharas as advised. The Sonography was made after 43 days of the treatment. The findings of the sonography report before & after treatment were satisfactory, well responding to the treatment. Her pain and other symptoms were reduced with regular menses of 3-5 days & sonography report shows no evidence of ovarian cyst (reports attached).

## DISCUSSION

In Ayurveda, ovarian cysts are compared to *Granthiropa*, and the medications used to treat them are based on the pathogenesis of *Granthiropa*. Ovarian cysts are closed sacs filled with a liquid or semisolid substance that can develop in the ovaries. They can affect women of all ages, but most often occur during childbearing years. Most ovarian cysts are harmless and functional in nature. *Granthiropa* is caused by a dominance of *Vata* and *Kapha*. The medications used to treat *Granthiropa* should have *Vatahara* and *Lekhana* (scraping or dissolving) properties. The *dushyas* involved in *Granthiropa* are *Rakta*, *Mamsa*, and *Meda*.

## PROBABLE MODE OF ACTION

**Varunadi Kashaya:** It's mentioned in *Shodhanadigana*. It acts as a *gulmahara* due to its *Kaphamedohara* properties. It is also used in Indigestion, *sthaulya* & *vridhiroga*<sup>6</sup>.

**Kanchanar gugulu** is the best drug for the management of *Granthi*. It has *vata-kaphahara*, *raktashodhaka* (blood purifier), *lekhana* (bio scraping) and *shothahara* (anti-inflammatory) properties<sup>7</sup>.

**Kaishor gugulu:** It is mainly used as a blood purifier and acts as a *granthihara* due to its anti-inflammatory properties<sup>8</sup>.

**Br. Methi modak:** It helps in improving digestion, promoting metabolism and maintaining healthy blood sugar levels.

**Kuberaskhya Vati:** It has *vata-kaphahara* action. It normalises the *vata dosha*, especially the *apanavata*<sup>10</sup>, which is responsible for *rajapravriti*.

**Ashokarishta:** It is a good uterine tonic to regulate the H-PO axis. It helps in the management of heavy menstrual bleeding<sup>11</sup>.

## CONCLUSION

This Ayurvedic regimen is beneficial for patients suffering from ovarian cysts and their symptoms. It is also helpful in pacifying *vata* and *kapha* in the body, along with various other female menstrual disorders, with no adverse effects. This approach of treatment has been found beneficial in treating such *granthi* (cyst) conditions, which need further research on a large scale of ovarian cysts.

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