ABSTRACT

Over the few decades man has literally conquered the "Everest" of advanced Technology. However still the indicator of prosperity and happiness of any community is judged by its health index and not merely by its materialistic advancement. Furthermore the overall health index of any community is governed by the health of the women in that community, Thus special attention should be provided to maintain a healthy womanhood. But in daily medical practice varied problems are seen in woman like…

- Irregular menstrual cycle.
- PCOS.
- PID.
- Uterine Fibroid.

Among these varied problems Uterine Fibroid is not only the commonest benign tumour but also is the commonest benign solid tumour in female. Now a days due to life style modification the prevalence of fibroid is getting more. It has been estimated that at least 20% of women at the age of 30 have got fibroid in their wombs. Fortunately most of them remain asymptomatic. But those are symptomatic they need special attention because they hamper daily activity of the woman. The prevalence is highest between 35-45years. According to Ayurveda Uterine Fibroid is considered as Garbhashayasthit Arbud and due to an imbalance of Dosha. This disorder involving Kapha, Meda.,Mamsa, Ambuvasotas etc. is due to Kapha,Meda blocking Vata and Pitta hence movement is obstructed and transforming process suppress. Ayurveda suggests it as apangat disorder that is involving vatadosha because gynecological disorder are mainly due to vatadosha. In Ayurveda Acharya Sushrut mentioned Arbuda having some resemblance with symptoms of Fibroid in Nidanstan
Adhyay. To overcome this problem *ayurveda* suggests the very effective treatment. A 48 years old patient came in OPD of *Streerog Prastutitantra* Department on 13-8-2014 having complaint continuous heavy menstrual bleeding from 2 months. USG dated showed INTRAMURAL FIBROID of size 30*27*25mm. She was treated by ayurvedic line of treatment i.e. *Deepan – Pachan – Matrabasti* and *Utter basti* and got result. Hence presented a case.

**KEYWORDS:** Fibroid, *Arbuda, Deepan, Pachan, Matra Basti, Utter Basti*.

**INTRODUCTION**

Over the few decades man has literally conquered the "Everest" of advanced Technology. However still the indicator of prosperity and happiness of any community is judged by its health index and not merely by its materialistic advancement. Furthermore the overall health index of any community is governed by the health of the women in that community. Thus special attention should be provided to maintain a healthy womanhood.

But in daily medical practice varied problems are seen in woman like…

- Irregular menstrual cycle.
- PCOS.
- PID.
- Uterine Fibroid.

Among these varied problems ¹Uterine Fibroid is not only the commonest benign tumour but also is the commonest benign solid tumour in female.

Now a days due to life style modification the prevalence of fibroid is getting more. It has been estimated that at least 20% of women at the age of 30 have got fibroid in their wombs. Fortunately most of them remain asymptomatic. But those are symptomatic they need special attention because they hamper daily activity of the woman. The prevalence is highest between 35-45 years.

Acording to *Ayurveda* Uterine Fibroid is considered as ²*Garbhashayasthit Arbud* and due to an imbalance of *Dosha*. This disorder involving *Kapha, Meda, Mamsa, Ambuvasotas* etc. is due to *Kapha, Meda* blocking *Vata* and *Pitta* hence movement is obstructed and transforming process suppress.
Ayurveda suggests it as apangat disorder that is involving vatadosha because gynecological disorder are mainly due to vatadosha.

In Ayurveda Acharya Sushrut mentioned ³Arbuda having some resemblance with symptoms of Fibroid in Nidanstan 11 Adhyay.

To overcome this problem Ayurveda suggests the very effective treatment.

**AIMS AND OBJECTIVES OF CASE STUDY**
To evaluate role of Abhyantar chikitsa with Sthanik Chikitsa in the management of Uterine Fibroid.

**TYPE OF STUDY:** Observational single case design without control group.

**MATERIALS AND METHODOLOGY**
Study Center: C.S.M.S.S. Ayurved Hospital, Aurangabad.

**Study Details**
Name of pt : xxx
Reg. No : O.P.D. No. – 1913
Date of First visit: 13/8/2014
Age : 48 years
Gender : Female
Religion : Hindu
Occupation : Housewife
Diet : Veg & Nonveg

**Chief Complaint**
1. Continuous Heavy bleeding 2 months.
2. Pain in abdomen 1 month
3. Lower backache during menstruation 1 month
4. Aruchi, Agnimandya 1 month

**Marriage Life** : 29 years

**Menstrual History** ¹5–20 days Regular, Heavy, 5 – 6 pad per day, clots

**Obstetric History:** G₅P₃L₃A₂D₀
Brief History

48 years old patient having married life 29 years having 2 male and 1 female child complaining of Continuous Heavy bleeding 2 months, Pain in abdomen 1 month, Lower backache during menstruation 1 month. Aruchi, Agnimandya 1 month. She had taken treatment for the same at private Hospital but had not got result so she came to C.S.M.S.S. Ayurvedic Hospital Aurangabad for management & she had following reports with her.

1) USG Uterus: Antverted measuring Intramural Fibroid of size 30*27*25mm
2) T3-0.92 ng/dl, T4-7.15 µg/dl
   TSH- 3.74 UI/ml

General Examination

1) Obesity ++

Ashtavidha Parikshan

1. Nadi = 90/min, madhyama bala, niyameet.
2. Mala = Grathit Malapavrutti.
3. Mutra = Samyaka
4. Jivha = Saam
5. Shabdha = Avisheha
6. Sparsha = Anusha
7. Druka = Alpashwetata
8. Akruti = Sthul

Udar parikshan - Udarasthambha, Aanaha, & other lakshanas

Agnimandya, Aruchi, Udar shool

Local Examination

PS = Cx healthy.

No any abnormal discharge

PV= ut. AVAF / Bulky / Mobile fornices clear

Srotas Parikshan Dushta Srotas Are

Rasa Vaha - Aruchi, Sarvang Gaurav
Annavana - Agnimandya
Aartavvaha - Irregular menses, Heavy menses
Diagnosis: Garbhashayasthi Arbud / Uterine Fibroid

Treatment On 13/08/2014 : 1) As the patient was complaining of Agnimandya She was advised to take 4Hingvashatak Choorna 2gm twice a day with Ghruta before meal for Deepan karma for 3 days.

2) For 5Amapachen Ampachakuati 500 mg twice a day after meal for 3 days. Meanwhile her menstruation was stopped which was continous for 15 days. Then she visited on 18/08/2014 and further was advised for 6Sarvang Snehan, 7Swedan, 8Matra basti with Til tail & 9Utter basti with 10Kshar tail for 3 alternate days from so she visited on 20/08/2014, 22/08/2014, 24/08/2014 and performed Sarvang Snehan Swedan, Matra Basti, Utter Basti.

Then again her menses was came on 30/8/2014 and flow was for 10 days here menstrual flow became reduced. Then again she had taken Sarvang Snehan, Swedan, Matra basti with Til tail & Utter basti with Kshar tail for 3 alternate days from 20/09/2014, 22/09/2014, 24/09/2014.

After taking this therapy in 2nd cycle her menstrual blood flow was for 9 days and she got relief from other symptoms.

Then again in next cycle she was advised for the same i.e. on 22/10/2014, 24/10/2014, 26/10/2014

Total Duration Of Therapy: This line of treatment i.e. Deepan Pachan Sarvang Snehan Swedan Matrabati & Utter Basti was performed for 3 consecutive cycle.

OBSERVATION/RESULT: When on next month she came for follow up then all sympyoms get reduced. USG was done on 16/12/2014 then it showed that small intramural fibroid measuring 13*21*15mm.
**TREATMENT PLAN.**

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Karma</th>
<th>Drug</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Deepan</td>
<td>Hingvashtak Chourna with Ghrut</td>
<td>2gm BD</td>
<td>3 days</td>
</tr>
<tr>
<td>2</td>
<td>Pachan</td>
<td>Ampachak Vati</td>
<td>500 mg BD</td>
<td>3 days</td>
</tr>
<tr>
<td>3</td>
<td>Abhyag</td>
<td>Til tail</td>
<td>As required</td>
<td>on day of Matra basti</td>
</tr>
<tr>
<td>4</td>
<td>Swedan</td>
<td>Bashpa sweda</td>
<td>As required</td>
<td>on day of Matra basti</td>
</tr>
<tr>
<td>5</td>
<td>Matrabasti</td>
<td>Til tail</td>
<td>60 ml</td>
<td>3 day (Alternate day)</td>
</tr>
<tr>
<td>6</td>
<td>Utter basti</td>
<td>Kshartail</td>
<td>5ml</td>
<td>3 day (Alternate day)</td>
</tr>
</tbody>
</table>

**DISCUSSION:** In this patient this uterine fibroid can be correlate with Garbhashayasthit Vataj Arbud Probable. mechanism of action.
CONCLUSION

Thus we can conclude that as compare to modern view the holistic approach of Ayurvedic system of medicine & Sthanik Chikitsa plays an important role and gives relief to patient from Uterine Fibroid/GarbhshayasthaArbud and ultimately from menorrhagia.

REFERENCES

7. Charak Samhita Chaukhmba Prakashan Sutrasthan Adhyay 14 shlok No. 42 P.N.
8. Charak Samhita Chaukhmba Prakashan Siddhi Sthan Adhyay 4 shlok No.53 P.N.
9. Charak Samhita Chaukhmba Prakashan Siddhi Sthan Adhyay 9 shlok No.62, 63 P.N.