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Ayurvedic management of Haemorrhagic ovarian cyst (Beejakosha raktaja granthi) - A Case Study

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Abstract:

Background: As we all know PCOD (Polycystic ovarian disease) and ovarian cysts are most commonly faced illness by young women which often leads to infertility in women. Most cysts are asymptomatic and usually detected during ultrasonography. Most common causes are Sedentary lifestyles, excessive pollution, lack of exercises, abnormal food eating habits, stressful life which lead to hormonal imbalance and ultimately lead to ovarian cysts

Methodology: In this present case study, 24 year old female patient visited the OPD of Prasuti Tantra evam Streeroga of Dr D Y Patil College of Ayurved and Research Center Pimpri Pune, with the complaints of pain in lower abdomen, primary infertility, scanty menses and general weakness. She had recent Ultrasonography reports which suggested of right complex ovarian cyst of (33 X 30 mm) S/O- Haemorrhagic cyst and Left ovarian cyst of (22 X 15 mm). Her menstrual cycle was 2 days/ 35-40 days/scanty and painful with fewer clots. Obstetric history was nulliparaous. She was given combination of various herbal Ayurvedic medicines and preparations for 3 and a half months

Result: By use of combination of herbal Ayurvedic medicines complete resolution of haemorrhagic ovarian cyst and in her symptoms was seen in follow up Ultrasonography

Discussion - This case study highlights the management of Haemorrhagic ovarian cysts resolution by herbal Ayurvedic medicines and preparations.

Keywords: Haemorrhagic Ovarian cyst, Raktaj Granthi, Varunadi kashay, Raspachak vati, Gandharva haritaki, Devdarvyadi Kwath.

Introduction:

Ovarian cysts also known as ovarian masses or adnexal masses and are very commonly seen

and are rarely cancerous. In most cases these cysts are harmless and go away with time on their own. In other cases where their symptoms occur and occlude day to day life then their treatment is needed. These cysts are sometimes called as chocolate cysts because they are filled with dark reddish brown blood.

Prevalance rate is exceeding upto 20-25 % of total pre and post menopausal women (One of every 4-5 women suffer in India from different ovarian cysts).

Ovarian cysts are of two types a) simple ovarian cysts-which consists of fluid b) complex ovarian cysts- which consists of semi solid or blood filled sac within the ovary. Ovarian cysts can be correlated to Granthi in Ayurveda. Ayurveda does not correlate the condition to a single disease or syndrome but symptoms bear resemblance to Vata, Kapha Doshas and caused mainly by mithyaahar vihar. Its pathophysiology includes increased vitiated Tridoshas vitiate Rakta(blood), Mamsa(musles/flesh) and Meda (fatty tissue) that are influenced by Kapha which leads to forming round, hard glandular inflammation called as Granthi. The line of treatment usually depends on body of patient, causative factors and symptoms shown but mainly Vatakaphakar, Tridosahar, Raktshodak(blood purifying), Lekhan(scraping), Sthothohar(anti-inflammatory) drugs can be effectively used as they help in samprapti bhanga(breaking of pathogenesis) and thus curing the same.

In this condition patients have multiple cysts in their ovaries in which fluid or blood accumulate due to hormonal imbalance that is excess amount of androgen and oestrogen are released from ovaries which interfere with release of eggs from ovaries which leads to anovulatory cycles or disturbed ovulation , growth disturbance and abnormal menstruation.

Formation of hemorrhagic ovarian cyst is a condition in which there is hormonal imbalance that directly affects follicular growth during ovulation which results in unruptured follicles which accumulate in ovaries, and the retained follicle results into formation of cysts in ovary which can lead to simple or complex ovarian cysts.

Patient information:

A 24 year old married female patient visited the OPD of Prasuti Tantra evam Streeroga of Dr D Y Patil College of Ayurved and Research Center Pimpri Pune on 22/12/23, with the complaints of:

1. Pain in lower abdomen,
2. Primary infertility ,
3. Scanty menses and
4. General weakness since 4-5 months

H/O-

- Hypothyroidism on Rx Tab Thyronorm 37.5 mcg- 1 OD (SINCE 1 YEAR) UTSH was repeated after 1 month of treatment and report was normal so Tablet dose of Tb Thyronorm

25mcg was prescribed

- LMP- 26 November, 2023

Investigation:

USG abdomen suggests of right complex ovarian cyst of (33 X 30 mm) S/O- Haemorrhagic cyst and Left ovarian cyst of (22 X 15 mm). She was prescribed herbal ayurvedic medicines for 3 months and repeated ultrasound after 4 months in which showed complete resolution of ovarian cyst.

Clinical findings and Diagnostic Assesments

General Examination

General condition	Fair
Weight	55 kg
Height	134 cm
Pulse rate	78/min
B.P.	110/64 mm of hg
SPO ²	98%
Tempature	Afebrile

Per abdomen- Soft tender in lower abdomen

Physical examination

Nadi	Vata Pittaj
Mutra	Samyak
Mala	Sama
Jiwaha	Sama
Shabda	Spashta
Sparsh	Anushnasheeta
Drika	Samanya
Akriti	Samanya

Prakirti (nature)- Pittakaphaj

Systemic Examination were normal

Investigation

Date	USG TYPE	Reports
22/12/23	USG (Abodmen and Pelvis)	Right complex ovarian cyst of (33 X 30 mm) S/O- Haemorrhagic cyst

		and Left ovarian cyst of (22 X 15 mm)
2/5/24	USG (Abodmen and Pelvis)	No any cysts noted in right and left ovary

Therapeutic Intervention

Date	Medicine with Dose
22/12/23	1.Saptkuberaksh vati-250mg -1 TDS (For 1 month) 2.Raspachak vati-250 mg- 2 BD(For 2 months) -(with lukewarm water) 3.Tb Matrufol-5mg- 1 OD (For 3 months)
30/1/24	1.Gandharva haritaki vati-60 mg- 2 H.S (For 1 month) 2.Rajpravartini vati-250 mg- 2 B.D. (For 2 months) 3.Varunaadi Kwath-3 tbsp-B.D. (with lukewarm water) (For 2 months) 4. Devdarvyadi Kwath-3 tbsp-B.D. (with lukewarm water) (For 1 month)

Discussion:

In going and popular treatment of ovarian cyst is hormonal therapy and if larger complex cyst then surgical. Oral medicines of herbal ayurvedic preparations were administered in patient because of various key ingredients that help in vanishing cyst.

-Saptakuberaksha vati contains Hingu, Latakaranj, shunthi; rason which is vata- kaphagna and is used for rasayanvidhi also strengthens pachak pitta and causes agnideepana and is shotagna (anti-inflammatory)

- Rasapachak vati contains Patol, Indrajav, Katuki which normalizes vitiated Kapha- Pitta dosha which is Strotorodha (clears out body channels), eliminates daha (heat) and pacifies raktagata pitta

- Tb Matrufol which contains folic acid is given in context for infertility.
- Gandharva haritaki vati contains Eranda which is ushna guru which is anti- inflammatory and

is Grahi.

- Rajapravartini vati contains hingu, kasis, tankan comprises of Tikta , ruksha, ushna guna which cures vitiated kapha and rakta dosha helps increasing srava, which also acts as lekhan
- Varunaadi Kwath isayurvedic preparation prepared by fermentation procedure and has tikta, katu, madhura and is raktadoshar has anti-infective, anti-inflammatory properties.
- Devdarvyadi Kwath contains nagarmotha, vasa, bilwa, arkapushpa which have anti-inflammatory and anti-oxidant properties.

All associative medicines work on breaking the pathogenesis of Granthi by respective properties and actions which lead to increase in digestive fire, normalcy of hormonal levels, proper flow of menstrual blood.

Conclusion:

With proper knowledge and use of combined and collaborative drugs successful management of ovarian cysts can be achieved. Ayurvedic treatments ensure proper root cause regarding diagnosis and treatment and which breaks the samprapti of the disease.

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