



Case Study

AYURVEDIC MANAGEMENT OF OVARIAN CYST

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ABSTRACT

Ovarian cyst is commonest problem facing by young women and foremost cause of infertility in women. Sedentary lifestyle, abnormal food habits, stressful life have influences on secretion of female hormones and thereby causing the manifestation of ovarian cyst. **Methodology:** In this present case study, 18 years old woman patient consulted to the OPD of *Kayachikitsa* of GAMCH, Bareilly with the complaints of pain in lower abdomen, irregular menses and generalized weakness. Ultrasonography was advised and finding suggestive of right ovarian cyst (37×33mm). She was given combination of traditional herbomineral Ayurvedic medicine for three months 20 days. **Result:** By the use of combination of traditional Ayurvedic medicines complete resolution of ovarian cyst was noticed in follow up- Ultrasonography. **Discussion:** This case study highlights on the management of ovarian cyst by Ayurvedic medicine.

INTRODUCTION

Ovarian cyst can occur at any age but are more common in reproductive age group and increase in menarche females due to endogenous hormone production^[1]. Ovarian cyst can be symptomatic or asymptomatic. The classical complications of ovarian cyst are rupture, torsion and haemorrhage. Ovarian cysts are fluid-filled sacs that can present within the ovary and are most commonly benign functional cysts that regress spontaneously. Larger cyst should be removed to avoid complications. Hormonal therapy and surgery are the treatment modalities for ovarian cyst. Ovarian cyst can be co-related to *Granthi* in Ayurveda. Vitiating of *Tridosha* predominantly *Kapha vata* leads to disease *Granthi*. *Mithyaahar vihar* leads to manifestation of *Granthi*. Pathogenesis of *Granthi* is propounded as when morbid *Tridoshas*, vitiate *Rakta* (blood), *Mamsa* (fleshy/muscles), and *Meda* (fat/adipose tissue) that are admixed with *Kapha* produce rounded protuberant, knotty or glandular and hard swelling called *Granthi*.^[2] *Vatakaphar*, *Tridosahar*, *Lekhan* (scrapping or dissolving), *Raktashodhan* (purifies blood) *Sthothahar* (anti-inflammatory)

properties and *Granthihar* (reduce cystic swelling) drugs can be used in the line of treatment. These help in *Samprapti vighatana* (breaking the pathogenesis) of disease and thus curing the disease. So, combination of herbomineral preparations were administered to patient by their properties and action.

Patient Information

A 18 year old unmarried girl came at O.P.D of Kayachikitsa of GAMCH, Bareilly on 9/6/2022 with complaints of:

1. Pain in lower abdomen,
2. Irregular menses and
3. Generalized weakness since 6 months.

H/O

- Typhoid fever one month back for which she had taken complete antibiotic medication
- LMP - 25 April, 2022.

Investigation

USG abdomen suggestive of right ovarian complex cyst (37×33mm). hemorrhagic cyst. She was prescribed Ayurvedic medicine for one month and follow was done. On first follow she also had complained of white discharge which is non-purulent for which medications were added in prescription. Ultrasound was repeated on- 26/7/2022 in which size of cyst is reduced 30×28mm. She got significant relief in symptoms. After one month 20 days ultrasound was again repeated which show complete resolution of ovarian cyst.

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Clinical Findings and Diagnostic Assessments**General Examination**

Built	Normal
Weight	45 kg
Height	150cm
Pulse rate	80/min
B.P.	114/84 mm of hg
Respiratory rate	20/min
Temperature	98.4°F

Per abdomen- It was soft, tenderness in lower abdomen and no organomegaly was detected.

Physical Examination: Astavidha pariksha

<i>Nadi</i>	<i>Vata pittaj</i>
<i>Mutra</i>	<i>Samyakmutra pravriti</i>
<i>Mala</i>	<i>Sama</i>
<i>Jihwa</i>	<i>Sama</i>
<i>Shabda</i>	<i>Sprasta</i>
<i>Sparsha</i>	<i>Anushnasheeta</i>
<i>Drika</i>	<i>Samanya</i>
<i>Akriti</i>	<i>Samanya</i>

Dashavidha Pariksha

<i>Prakriti (nature)</i>	<i>Pittakaphaj</i>
<i>Sara (Purest body tissue)</i>	<i>Madhyam</i>
<i>Samhanana (body compact)</i>	<i>Madhyam</i>
<i>Pramana (Body proportion)</i>	<i>Madhyam</i>
<i>Satmya (homologation)</i>	<i>Madhyam</i>
<i>Satva (mental strength)</i>	<i>Avara</i>
<i>Vaya (age)</i>	<i>Madhyamavastha</i>
<i>Vyayamshakti (to carry on physical activities)</i>	<i>Avara</i>
<i>Aharashakti (food intake and digestive power)</i>	<i>Madhyam</i>
<i>Abhyavarana shakti and Jaran shakti</i>	<i>Madhyam</i>

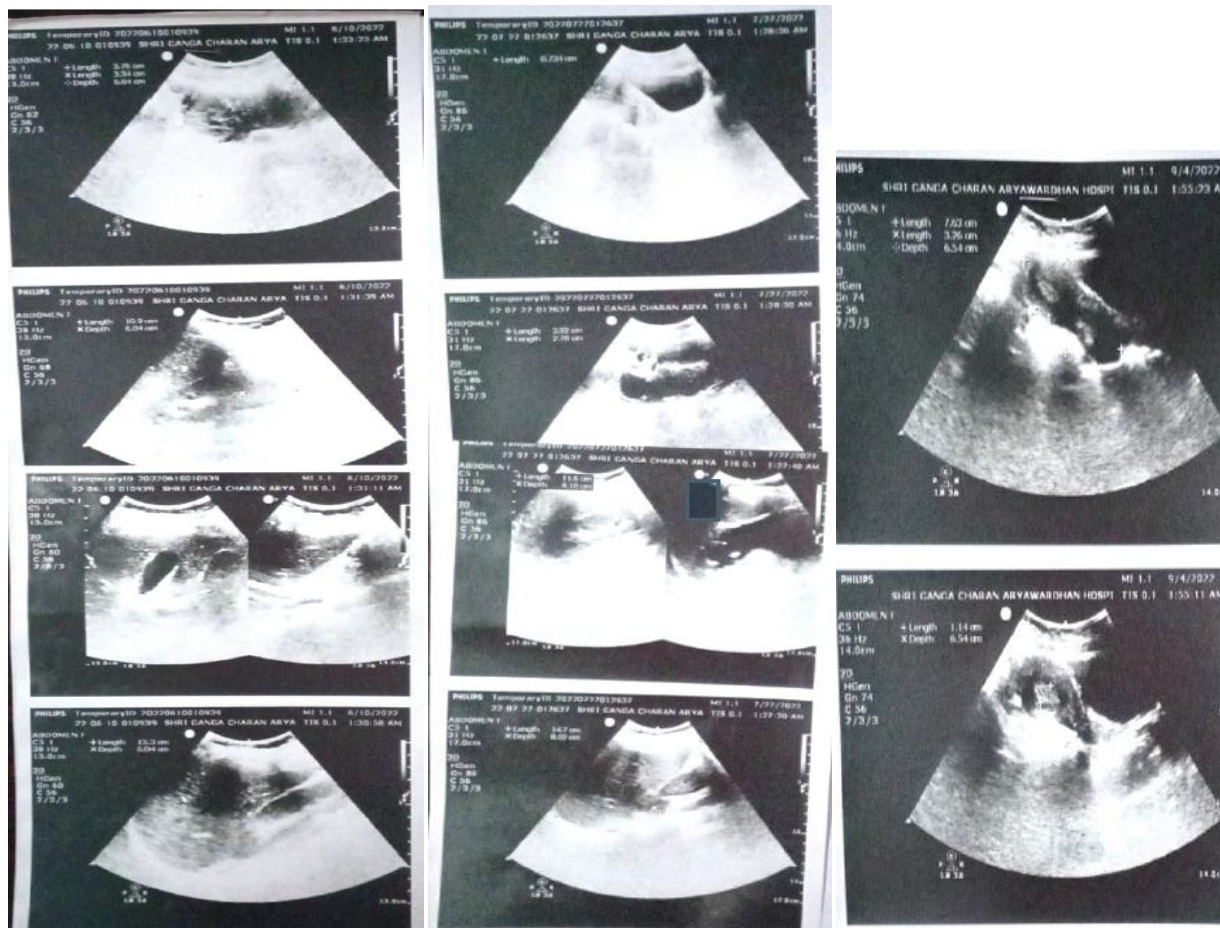
Systemic Examination

CVS: Heart sound (S1 S2) normal, murmur absent

Respiratory system- Bilateral air entry normal, no added sound. No abnormality found on other system.

Investigation

9/6/2022	USG whole abdomen	Right ovarian complex cyst (37×33mm) hemorrhagic cyst
26/7/2022	USG whole abdomen	Right ovarian simple cyst 30×28mm.
03/9/2022	USG whole abdomen	No obvious cyst is noted in right ovary.



Timeline

Therapeutic Intervention

Date	Medicine	Dose
9/6/2022 for 8 days	Cystocruel AT <i>Vridhivadhika Vati</i>	500mg twice a day (with lukewarm water) 500mg twice a day (with lukewarm water)
16/6/2022 added for 8 days	<i>Pushyanug Churna</i>	5gm twice a day (with <i>Tandulodak</i>)
27/7/2022 added for 32 days	<i>Arogyavardhini Vati</i> <i>Giloy Sat</i> <i>Tamra Bhasma</i> <i>Kumaryasav</i>	250mg 500mg 100mg *Twice a day with honey 30ml twice a day with equal water

DISCUSSION

The conventional treatment of ovarian cyst is hormonal therapy and surgery. Oral medication in form herbomineral preparations were administered in patient because of containing numerous key ingredients that helps in decreasing the size of cyst.

Cystocruel AT proprietary medicine with key ingredients *Suvarna bhasma*, *Abhrak bhasma*, *Heerak bhasma*, *Punarnava*, *Yasthimadhu*, *Guduchi* extracts etc. It possesses anti-inflammatory, tissue promoting and anti-cystic property. The herbs and minerals are individually recognized for its anticancer activity along with antioxidant, anti-inflammatory, immunostimulant, and powerful rejuvenating activity.

Vridhivadhika vati a classical Ayurvedic formulation, used for *Kapha* accumulations in the tissues. As *Kapha* moves deeper within the system, it may manifest as swollen lymph nodes, cysts or growths. It contains *Trikatu*, *Triphala*, *Vidanga*, *Lauh bhasma*, *Tamra bhasma*, *Shankh bhasma*, *Kapardak bhasma* etc *Trikatu* improves the *Agni* (digestive fire) and helps in the removal of *Aama* (toxins) from the body. *Trikatu* gives strength to the reproductive system, used to treat obesity as it keeps a check on food cravings, works as anti-inflammatory and analgesic due to the presence of *Sunthi* in it which works as *Vata Shamaka*, that is, it balances the

aggravated *Vata Dosha* which is mainly responsible for all kind of pains in the body.^[3]

Tamra bhasma possesses *Kaphapittashamak*, *Lekhan*, *Agneedeepan*, and *Rasyana* properties^[4]. It acts as good appetizer, anti-microbial, anti-viral and anti-oxidant.^[5]

Pushyanug churna is a classical preparation for *Sweta pradara* (leucorrhoea). *Pushyanuga Churna* mainly comprises of *Tikta*, *Kashaya Ras*, *Katu Vipaka*, *Sheeta Veerya* and *Laghu*, *Ruksha*, *guna*. Due to *Tikta* and *Kashaya Ras* it acts as *Grahi*, *Sravahar* and *Stambhaka*, due to *Sheeta veerya* it acts as *Pittahara* and due to its *Laghuruksha Guna* it cures vitiated *Kapha*.^[6] *Pushyanuga churna* efficacy is increased by the *Anupana* of *Tandulodak*.

Arogyavardhini vati a classical preparation contents are *Tamra bhasma*, *Katuki*, *Triphala*, *Guggulu* are having *Lekhana* (scrapping), *Dipana* (improving digestion and metabolism) and *Medadosahara* (correcting lipid metabolism and transportation) properties.^[7]

Giloy Sat It is categorized as "*Rasayana*"^[8] and used for its anti-inflammatory,^[9] immunomodulatory^[10] properties etc.

Kumaryasav is a Ayurvedic preparation prepared by fermentation aloe vera. Aloe vera leaves exhibit anti-inflammatory property and anti-oxidant property.

Leaves of the plant were reported to exhibit various effects like wound healing, anti-inflammatory and immunomodulatory activity.

All collaboratively work on the breaking the pathogenesis of *Granthi* by their properties and actions. Thereby, increasing digestive fire and create normalcy in menstrual cycle.

CONCLUSION

Ayurvedic treatment modalities in successfully managing ovarian cysts, alleviating symptoms, and restoring menstrual regularity. Ayurvedic therapies offer a natural and holistic alternative to conventional treatments, emphasizing the importance of addressing the root cause of the condition. Further research in gynaecological conditions can enhance our understanding and treatment options.

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