



A Case study of *Virechan chikitsa* in *Garbhayashayagata Mamsaja Granthi*

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Abstract:

Fibroid is the commonest benign tumour of the uterus. This tumour is composed of smooth muscles and fibrous connective tissue. The symptoms are related to the size and type of the tumour. Some of the common symptoms are- menstrual abnormalities, pelvic pain, infertility, and pressure symptoms. A 32 yrs old female complaining of frequency of micturition, lower abdominal pain, and abdominal bloating reported in opd. Ultrasound was reported of a huge intramural fibroid. According to Ayurveda, a uterine fibroid can be managed on the line of *granthi roga*. The patient was given Virechan and shaman *oushadhi* including *Kanchanar guggul* and *chandraprabha vati* for a period of 2 months.

Conclusion- The primary outcome of the case study was complete relief in the symptoms related to the fibroid and

secondary outcome was a reduction in the size of the fibroid.

Keywords- Uterine fibroid, *mamsaj granthi*, *virechan*, *kanchanar guggul*.

INTRODUCTION

Fibroid is the commonest benign tumor of the uterus. It is also called as uterine leiomyoma, *myoma* or *fibromyoma*. This tumor is composed of smooth muscle and fibrous connective tissue, hence the name uterine fibroid.

It has been estimated that at least 20% of the women at the age of 30 have got fibroid in their wombs. These are more common in nulliparous or in those having one child infertility. It is predominantly an oestrogen dependent tumor and following menopause, there is cessation of its growth.

LITERARY REVIEW

Majority of fibroids remain asymptomatic. The symptoms are related to the size and type of the tumor. Some of the common symptoms being- menstrual abnormalities, Dyspareunia, Infertility, pelvic pain, abdominal enlargement, recurrent pregnancy loss and pressure symptoms. The fibroids in the posterior wall may be impacted in the pelvis producing constipation, dysuria or even retention of urine. As a consequence of these symptoms, the uterine fibroids are a major reason for hysterectomy accounting for approximately 1/3rd of all the hysterectomies.¹

The diagnosis is done on the basis of abdominal and pelvic examination and can be confirmed using ultrasound and color Doppler. For the management of symptomatic fibroids, the drugs are used either as a temporary palliation or in rare cases as an alternative to surgery. Surgical management includes Myomectomy, Embolotherapy and Hysterectomy.

According to Ayurveda, fibroids can be correlated to the *granthi roga*. Ayurvedic texts have described *Mamsaj granthi*. Which perfectly correlates with the benign neoplasm on modern concept.

Acharya Sushruta mentions that the *granthi* develops due to the localization of morbid body humors in body tissues. When the morbid *tridoshas* vitiate *rakta*, *mamsa* and *meda* that are mixed with *kapha*, produce rounded protuberant, knotty or glandular and hard swelling called *granthi*.²

Granthi, when present in the *yoni / garbhayashay*, leads to disturbed menstrual cycle, along with infertility. Here *vata dosha* is the predominant pathological factor, being the natural site of its location i.e. *basti Pradesha* in the body. Total 9 types of *granthi* are mentioned depending upon the pathological factor and the body tissue involved.³

A CASE STUDY

A 32 years old female having complains of frequency of micturition, lower abdominal pain, bloating and sometimes constipation reported the OPD. As per her USG reports, a huge anterior wall, intramural fibroid of size 68*54*61 mm was seen. It showed mild changes of chronic cystitis.

On examination and meticulous history taking, the patient was found to be of *vaat prakruti*, having *krura koshta*. She was a teacher by profession, so excessive loud talking, (*uchhairbhashya*), daily journey to the workplace on a two wheeler were found to be the reasons for *vaata prakopa*. The diet history revealed liking for sweet and sour food and intake of excessive bakery products as well, thus vitiating the *kapha* and *rakta* too.

A plan of *shodhan chikitsa* along with *shaman oushadhis* was figured out, as *shodhan chikitsa* is required at the beginning of treatment for any disease.⁴ Here, *Virechan* was selected for *shodhan* as it is also indicated in the treatment of infertility. Also, the *rutu* was suitable for *virechan chikitsa*. For *shaman chikitsa*, *kanchanar guggul* and *chandrprabha vati* were selected.

Kanchanar guggul is mentioned in *granthi, apachi* and *gulma chikitsa*.⁵ It is *stroto rodhagna*, and by the virtue of the *lekhan guna* of the *guggul*, it helps in reducing the size and arrest the further growth of existing fibroid.

Chandraprabha vati is therapeutically important in urinary disorders as well as gynaecological diseases.⁵

After the administration of *virechan chikitsa*, patient continued with the oral medicines for 2 months. She was completely relieved of frequency of micturition and abdominal pain by then. A follow up USG was done after 2 months of treatment. The USG revealed reduction in the size of the fibroid to 65*42*61mm.

CONCLUSION:

The primary outcome of the study showed complete relief in the subjective parameters i.e. frequency of micturition and lower abdominal pain. Secondary outcome was the reduction in the size of the fibroid i.e the objective parameter of the study.

Thus the study shows significantly positive outcome of the *Virechan chikitsa* along with oral medicines in the treatment of Uterine fibroid and its related symptoms.

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