



### Concept of *Granthi* with reference to uterine fibroid: An Ayurveda review

Umate Jaya Purushottam\*<sup>1</sup>, Chaudhari Soudamini S.<sup>2</sup>

<sup>1</sup>PG Scholar, Dept. of Prasutitantra and Streeroga, Government Ayurvedic College Hospital, Nanded, Maharashtra

<sup>2</sup>HOD, Dept. of Prasutitantra and Streeroga, Government Ayurvedic College Hospital, Nanded, Maharashtra

\*Corresponding author: [jayaumate2193@gmail.com](mailto:jayaumate2193@gmail.com)

#### Abstract -

Uterine fibroids are commonest benign tumor of the uterus and also the commonest benign solid tumor in the female. It can cause significant morbidity in women of a reproductive life span. Exact cause of uterine fibroid are unknown. Prevalence of uterine fibroid 5 -20 % of women in the reproductive age group. It can cause significant morbidity in women of a reproductive life span. Not all fibroids causes symptoms. 50% women are asymptomatic. Fibroids mainly causes symptoms like *menorrhagia*, *dysmenorrhea* and causes pressure symptoms on adjacent viscera i. e. bladder, uterus, rectum which affects everyday activities of women. In *Ayurveda* all gynecological disease explained under a term *yonivyapad*. It can explained as the anatomical and functional abnormalities of female reproductive system. In *Ayurveda* *granthi* can be *corelate* with the uterine fibroid. In modern science uterine

fibroid treats medically, surgically. But it is challenging to establish a satisfactory conservatory medical treatment till date. so in *Ayurveda* the main purpose is management of *granthi* by *samprapti* vighatan by use of medicine.

**Keywords** – uterine fibroid, *leiomyoma*, *menorrhagia*, *granthi*,

#### INTRODUCTION –

Uterine fibroids are benign, monoclonal tumors of the smooth muscles cells of the *myometrium* and contains large aggregations of extracellular matrix compound of collagen, elastin, fibronectin. It is commonly encountered *gynaecological* practice. It is also known as *myomas*, *leiomyomas*, *fibromyomas*.<sup>1</sup>

Incidence – 5-20% of women in reproductive age group.

Each *myomas* is derived from smooth muscle cell either from vessel walls and

uterine musculature. Although estrogen and progesterone, growth hormone have been implicated in the growth of the *myomas*. Most *leiomyomas* occur in the *fundus* and the body of the uterus, only 3% occurs in the cervix. Majority of fibroids grow in the reproductive age and tend to shrink after menopause.<sup>2</sup>

Uterine fibroids are the major reason of the hysterectomy accounting for approximately 1/3<sup>rd</sup> of all hysterectomies.<sup>3</sup>

*Leiomyomas* are benign smooth muscle *neoplasms* that typically originate from the *myometrium*, due to fibrous consistency are also called as fibroid.

According to *Ayurveda* -

In *Ayurveda*, *Acharya* says that the disease has been named '*granthi*' to denote its specific character i.e. glandular or nodular swelling, i.e. knotty, hard, and rough appearance. "*Granthi*" word derived from the root word "*Granthi Kautilya*" means crookedness or *tortousness*, which cause hurt, slaughter (act of killing).<sup>4</sup>

### **Etiopathogenesis -**

*Leiomyomas* arises from the overgrowth of smooth muscle and connective tissue in the uterus. Estrogen and progesterone receptors are presents on the fibroids. Increased level of estrogen may cause growth of fibroid. So, estrogen and progesterone both are responsible for growth of fibroid but only after the initiation of tumor formation. The initiating process remains unknown. Fibroid do not occur before menarche.

In *Ayurveda*, vitiated *vata*, *pitta*, *kapha doshas* vitiating *mamsa*, *rakta*, and *meda* mixed with *kapha* produce rounded, protuberant, knotty and hard swelling, since

it is knotty and glandular, so is called *granthi*.<sup>5</sup> Though there is vitiation of *rakta*, *mamsa*, *meda* but the initiating event remains *vata*. *Etiopathogenesis*, clinical features and treatment of *granthi* are same to the *granthi* of other body part. But the some symptoms are different due to specific location of *granthi*. The *Granthi* when present in *garbhashaya* disturbed normal anatomy and physiology which results in *menorrhagia*, *metrorrhagia*, *dysmenorrhea*, infertility.

### **Types of uterine fibroids<sup>6</sup> -**

1)Body 2) Cervical

Body –

- 1) Interstitial or intramural (75%) – The fibroid may grow symmetrically, remaining within the *myometrial* wall, called as intramural fibroid. Initially all fibroid are intramural.
- 2) *Subserous* or *Subperitoneal* (15%) – the intramural fibroid is pushed outwards towards the peritoneal cavity. The fibroids are either partially or completely covered with peritoneum.
- 3) *Submucous* (5%) – The intramural fibroid when pushed toward the uterine cavity, and is lying underneath the *endometrium*. It causes *metrorrhagia*.

Cervical – (1- 2%) It may be anterior, posterior, lateral or central.

### **According to *Ayurveda*<sup>7</sup> –**

- 1) *Vataj* – it is elongated and painful.
- 2) *Pittaj* – it causes burning sensation, gets suppurated fast, tendency to getting infected then inflamed is much than other.

- 3) *Kapahaj* – slight painful, stony hard and big, increase gradually.
- 4) *Medoj* – extremely unctuous or smooth, big, mobile with mild pain.
- 5) *Siraj* – painful, mobile. Cured with difficulty.

### Symptoms -

50% women are asymptomatic. The symptoms are *menorrhagia*, *polymenorrhagia*, *intermenstrual* bleeding, postmenopausal bleeding, dysmenorrhea, infertility, repetitive loss of pregnancy, pressure symptoms on adjacent viscera i. e. bladder, uterus, rectum.

In the same way *garbhashaygat granthi* causes *menorrhagia*, *metrorrhagia*, *dysmenorrhea*.

### Management -

According to Modern –

- Asymptomatic fibroid – No treatment
- Symptomatic fibroid – non surgical and surgical treatment

In Ayurveda all gynecological disorder explained under *Yonivyapad*.

According to Acharya all gynecological disorders are due to vitiation of vata dosha.<sup>8</sup>

So, treatment principle of *yonivyapad*–

- *Snehan, Swedan*
- *Shodhan karma*
- *Vatahar chikitsa*

By using these principle we can prevent the disease in future.

Treatment principle of *Granthi* -

- Management according the *samprapti* (*samprapti vighatan*)
- *Shodhan karma*
- *Kapaha vatahara drug*
- *Vatanulomana*
- *Lekhan*
- *Chhedan and visravana*

Same treatment principle can use in treating *garbhashaya granthi*.

### Discussion –

In *Ayurveda* uterine fibroid can be correlated with the *garbhashaygat granthi*.

In modern gynecological practices there is no definite medical treatment for fibroid other than surgery. So, we can use treatment protocol for management of the *granthi* as per *Ayurveda* and by following the principle we can prevent the disease.

### References –

- 1) Jonathan S. Berek, Uterine fibroids, Berek and Novak's Gynecology 15<sup>th</sup> Edition, Philadelphia USA, 2012, 805
- 2) VG Padubidri, Shirish N Daftary, Benign diseases of the Uterus, Hokins and Bourne, Shaw's textbook of Gynecology 16<sup>th</sup> Edition, New Delhi, 2011, 391-392
- 3) [http://www.medicinet.com/uterine\\_fibroids/htm](http://www.medicinet.com/uterine_fibroids/htm)
- 4) Dr Premvati Tiwari, Arbuda of reproductive system, Ayurvediya Prasutitantra Evam Streeroga Part

- |   |   |
|---|---|
| <p>2,Choukhamba Publications, Varanasi, 2014, 358-360.</p> <p>5) Acharya Vidhyadhar Shukla and Ravidutta Tripathi, Shavayathuchikitsa adhyay, Charak Samhita Chikitsa Sthan, Chaukhamba Publication, Varanasi 2013, 284.</p> <p>6) Hiralal Konar, Benign lesions of the uterus, DC Dutta's textbook of Gynecology, 6<sup>th</sup> edition, New Delhi,</p> | <p>Jaypee Brothers Medical Publications, 2013, 273.</p> <p>7) Kaviraj Dr. Ambikadutta Shastri, Granthinidan Adhyay, Sushrut Samhita Nidan sthan, Chaukhamba Publication, Varanasi 2020, 350.</p> <p>8) Acharya Vidhyadhar Shukla and Ravidutta Tripathi, Yonivyapatchikitsa adhyay, Charak Samhita Chikitsa sthan, Chaukhamba Publication, Varanasi 2013.</p> |
|---|---|

---

*Conflict of Interest: Non*

*Source of funding: Nil*

---

***Cite this article:***

Umate, J., & Chaudhari, S. (2021). Concept of Granthi with reference to uterine fibroid: An Ayurveda review. *Ayurlog: National Journal of Research in Ayurved Science*, 9(02).

<https://doi.org/10.52482/ayurlog.v9i02.840>

---

***Ayurlog: National Journal of Research in Ayurved Science- 2021; (09) (02):01- 04***

  
ARCH  
Ayurved Research Copying House