



Case Study

ROLE OF SAMSHODHAN IN THE MANAGEMENT OF UTERINE FIBROID: A CASE REPORT

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ABSTRACT

Uterine fibroids also known as Leiomyomas are the non-cancerous growths of the uterus. Uterine fibroids are one of the leading concerns for women in childbearing age. The prevalence is maximum between 35 to 45 years of age. Uterine fibroids may be symptomatic and may be asymptomatic sometimes. One in every five women of reproductive age suffers from uterine fibroid. Uterine fibroids can be a single growth or multiple growths. The exact cause for Leiomyomas is unknown, however a family history, being overweight, disturbed hormonal levels and sedentary lifestyle are some of the risk factors. Hormonal therapies, hysterectomy or myomectomy through surgical removal are the treatment options of uterine fibroids in modern practice. But these fibroids can re-grow, so these surgical methods are not the permanent cure for uterine fibroids. So now women are seeking for non-invasive, painless and permanent treatment methods. This is where an integrated approach is required. A case of *Garbhashyagranthi* (Uterine Fibroid) associated with *Asrigdhara* (Menorrhagia) was managed by *Samshodhan* (Bio-purification methods). USG of the lower abdomen was the main diagnostic and assessment tool along with BMI (Body Mass Index) in this case study. Within a month, number of fibroids reduced from 4 to 3 and menorrhagia was completely cured. *Samshodhan chikitsa* (Bio-purification treatment) was found to be very effective treatment option for prevention as well as management of uterine fibroid.

INTRODUCTION

The gross appearance of uterine fibroid is of a well demarcated, firm, whorled tumour.^[1] Uterine fibroids (also known as leiomyomas or myomas) are the most common benign uterine tumors, with an estimated incidence of 20% to 40% in women during their reproductive years^[2] and are more common in nulliparous and obese women and in those with a family history. Most fibroids are small and asymptomatic, but they can be associated with the conditions like heavy menstrual bleeding, reproductive failure, recurrent pregnancy loss. Pain is unusual except in the special circumstances of acute red degeneration or torsion of pedunculated fibroid.^[3]

Surgical removal is the traditional treatment of Leiomyomas in modern practice. *Ayurveda* mentions a Benign growth (*Granthi*) as localized swelling in different part of the body. Owing to its muscular origin with slow growth it can be compared to a *Maamsaj granthi* (benign muscular growth) occurring in *Garbhashya* (Uterus). *Acharya Vaagbhat* opines that *Granthi* is mainly *Kapha pradhan vyadhi* along with involvement of *Mamsa, Meda and Rakta*. *Chikitsa* is defined as *Ruk pratikriya*. *Acharya Sushrut* gives emphasis on *Nidana parivarjanam* (eradication of etiological factors) which is primarily important in the treatment of disease. *Granthi* is considered as caused due to slowing down of the digestive fire (*Mandagni*), indigested food (*Ama*) along with vitiation of *Kapha pradhan tridoshas*. Treatment should be targeted at improving the *Agni* and *Anuloman* of *Vata* along with *Kaphavatahar* and *Pitta shaamak* treatment procedure should be done.

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MATERIAL AND METHODS**Patient Information**

A 42 years old female patient, a house wife visited to the OPD of Rajiv Gandhi Govt. Post Graduate Ayurvedic College & Hospital Paprola.

Clinical Findings

She came with the complaint of Lower abdominal pain, severe Low backache during menstruation cycle, and white discharge P/V since 6 months. Patient also complained of painful and heavy menstrual bleeding since 8 months. She also had complaint of *Aruchi*, *Agnimaandya* from 1 month. She had latest sonography report with her which was suggestive of enlarged uterus with multiple uterine fibroids with largest of these measuring 3.1*2.3cm in body region posteriorly and the size of the uterus was 7.2*6.3*4.2.

There was no history of Hypertension, Diabetes Mellitus, Pulmonary Tuberculosis, Thyroid disorders or any surgical intervention was reported.

Menstrual history

Menarche at - 13 years of age
Menstrual cycle - 5-8/26-30 days
Number of pads - 5-6 pads /day
Last Menstrual Period- 05/07/2020
Obstetric History - G3P2L2A1

Contraceptive History- Nil**Family History**

There was no family history of DM, PTB, thyroid disorders, or HTN.

General examination

Particular	Result
Built	Obese
Nourishment	Moderate
Temperature	97.5° F
Respiration Rate	18/min
Pulse Rate	88/min
Blood Pressure	110/70 mm of Hg
BMI	29 kg/msquare
Tongue	Uncoated
Pallor/Oedema/Clubbing/ Cyanosis/Lymphadenopathy	Absent

Systemic examination

Cardiovascular System/Respiratory System-NAD

Central Nervous System-Conscious, oriented.

Ashtavidha Pariksha

Parameter	Results
<i>Nadi</i>	<i>Samanya</i>
<i>Mala</i>	Constipation on and off
<i>Mutra</i>	Two to three times a day

<i>Jihva</i>	<i>Anavritta</i>
<i>Shabda</i>	<i>Spasht</i>
<i>Sparsh</i>	<i>Samsheetoshna</i>
<i>Druka</i>	<i>Samanya</i>
<i>Akriti</i>	<i>Madhyam</i>

Dashvidha Pariksha

Parameters	Results
<i>Prakriti</i>	<i>Vatakaphaj</i>
<i>Vikriti</i>	<i>L akshynimitaj</i>
<i>Sara</i>	<i>Raktsara</i>
<i>Samhanan</i>	<i>Madhyam</i>
<i>Pramaan</i>	<i>Madhyam</i>
<i>Satmya</i>	<i>Sarvarasa satmya</i>
<i>Aahaar shakti</i>	<i>Avar</i>
<i>Vyayama shakti</i>	<i>Avar</i>
<i>Satva</i>	<i>Madhyam</i>
<i>Vaya</i>	<i>Yuva awastha</i>

Investigations

Urine routine and microscopic -NAD

Hb=10.0 gm%

RBS= 127mg/dl

TFT=WNL

TORCH=Non reactive

HIV, VDRL=Non reactive

HBsAg= Non reactive

S.urea -13 mg/dl

S.creatinine-0.6 mg/dl

SGOT =21 IU/L

SGPT=19 IU/L

S.uric acid =3.5 mg/dl

Cholesterol=210 mg/dl

Triglyceride = 185 mg/dl

HDL (high-density lipoprotein) = 36 mg/dl

LDL (low-density lipoprotein) = 77 mg/dl

VLDL (very low-density lipoprotein) = 31mg/dl

Ultrasonography Report was s/o enlarged uterus with multiple uterine fibroids with largest of these measuring 3.1*2.3cm in body region posteriorly and the size of the uterus was 7.2*6.3*4.2.

Diagnostic Assessment: Clinical findings, BMI and USG Lower abdomen were the diagnostic and assessment tools. The Patient had latest sonography report with her which was suggestive of enlarged uterus with multiple uterine fibroids with largest of these measuring 3.1*2.3cm in body region posteriorly and the size of the uterus was 7.2*6.3*4.2.

Diagnosis

Garbhashya granthi associated with *Asrigdhara*.

Therapeutic Intervention

The treatment approach was directed towards improving the *Agni*, digestion of *Ama*, balancing *Tridoshas* and *Dhatus*, reducing the size of fibroid along with management of *Asidghara* symptoms. Therefore *Deepan Paachan* followed by *Vamanakarma* (Bioemesis) and *Virechana karma* (Purgation therapy); the two purificatory methods were planned as treatment plan for uterine fibroid associated with menorrhagia in the present case study as mentioned below:

Table 1: Protocol of Vamana Karma

Procedure and drugs used	Days	Dosage
<i>Deepan-Paachan</i> with: <i>Mahashankh vati</i> <i>Lavanbhaskar churna</i> <i>Shankh bhasm</i>	For 3 days	2 BD with lukewarm water 3 gm BD with lukewarm water
<i>Snehapaan</i> with <i>Panchtikthghrita</i>	For 6 days starting from 50 ml to 300 ml	As per <i>Koshtha</i> of patient
<i>Sarvang Abhyang</i> with <i>Saindhavadi tail</i> and <i>Sarvang Swedan</i> with <i>Dashmool kwath vashpa sweda</i>	For 3 days	
<i>Vamana karma</i> with the mixture of <i>Madhuyashtiphaant</i> , <i>Madanphala Pippalichurna</i> , <i>Madhu</i> and <i>Saindhavlavana</i> (figure no.1)	On the next day early morning during <i>Kapha kaal</i>	As per <i>Koshtha</i> of patient



Fig. No. 1: Vamana Yoga and Vamana Karma

Table 2: Protocol of Virechana Karma

Procedure and drugs used	Days	Dosage
<i>Snehapaan</i> with <i>Panchtikta ghrit</i>	For 6 days starting from 50 ml to 300 ml	As per <i>Koshtha</i> of patient
<i>Sarvang Abhyang</i> with <i>Saindhavadi tail</i> and <i>Sarvang Swedana</i> with <i>Dashmool kwath vashpa sweda</i>	For 5 days	
<i>Virechanakarma</i> with mixture of <i>Snayachurna</i> , <i>Trivritchurna</i> , <i>Saindhavlavana</i> with <i>Triphala kwath</i> as <i>Anupana</i> (figure no.2)	On the next day morning during <i>Pitta kaal</i>	As per <i>Koshtha</i> of patient



Fig. No.2: Virechan Yoga Drugs

Timeline for Treatment Protocol is as mentioned below:

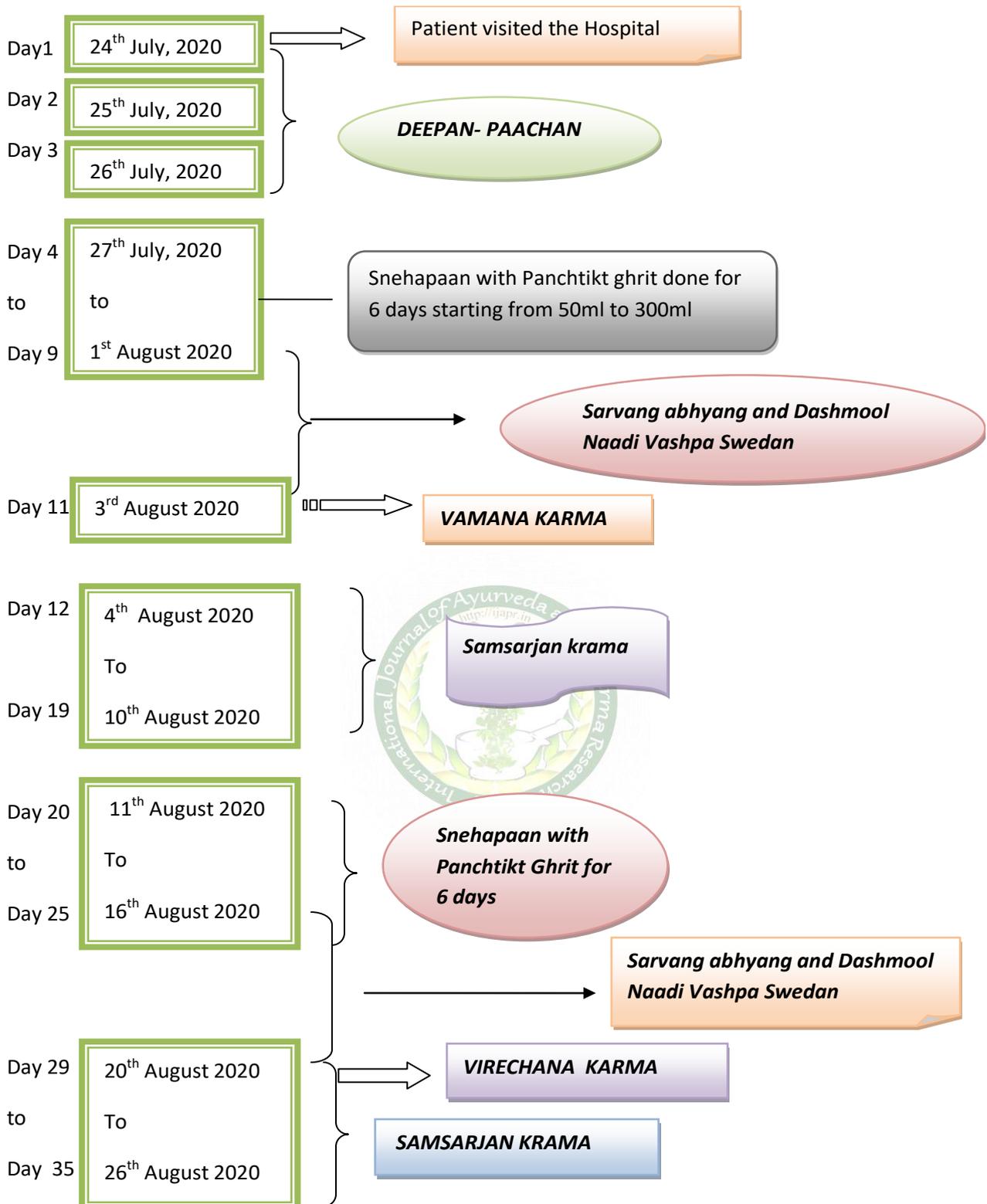


Fig. No. 3: Timeline for the Treatment Protocol

RESULTS AND DISCUSSION

After Samshodhan and completion of Samsarjan karma, patient's investigations were repeated. Hb was increased from 10gm% to 11.8gm%. USG on dated 31/08/2020 showed presence of three fibroids with largest one measuring 2.7*2.2cm and uterus size reduced and measured 6.5*6.4*5.2cm as mentioned in Figure No.3. Patient's BMI also reduced from 29 to 27. Lipid profile came back to normal. After Virechana therapy, second menstrual cycle was of for 4 days and flow was also reduced and she got relief from other symptoms too. Further assessment was done on the basis of Subjective and Objective criteria of improvement as mentioned in following tables:

Table 3: Subjective Criteria of Assessment on Follow up after three months of treatment

Parameter	Criteria	Grade	Before	During follow up at third menstrual cycle after Samshodhan
Total bleeding score/day	Spotting (1 pad/day)	0		
	Mild bleeding (2 pads/day)	1		
	Moderate bleeding (3 pads/day)	2		2
	Severe bleeding (5-6 pads/day)	3	3	
Duration of bleeding	3-5 days	0		0
	6-7 days	1	1	
	8-9 days	2		
	>9 days	3		
Amount of flow	Moderate	0		0
	Scanty	1		
	Heavy (without clots)	2		
	Heavy (with clots)	3	3	
Intermenstrual period	28 to 35 days	0	0	0
	24 to 27 days	1		
	20 to 23 days	2		
	<20 days or >35 days	3		
Pain during menstruation	No pain	0		
	Mild pain, women complaint of pain, but do not required any drug for relief	1		1
	Moderate pain, women complaint of pain; takes one or two doses of drug for relief, pain does not affect routine work	2		
	Severe pain, women complaint of pain, takes three to four doses of drug for relief. Pain influences general activities.	3	3	
Total Score			BT= 10	AT= 3

Table 4: Objective Criteria of Assessment on Follow up after three months of treatment

Parameters	Normal range	BT	AT
BMI	18.5 to 25	29	27
Hb (g/dl)	11.5 to 15g/dl	10 gm/dl	11.8 gm/dl
Cholestrol	130 to 200mg/dl	210 mg/dl	165 mg/dl
Triglycerides	60 to 165 mg/dl	185 mg/dl	140 mg/dl
HDL	30 to 75 mg/dl	36 mg/dl	39 mg/dl
LDL	60 to 185 mg/dl	77 mg/dl	75 mg/dl
VLDL	20 to 50 mg/dl	31 mg/dl	31 mg/dl
USG Findings		BT (Dated on 14/07/2020)	AT (Dated on 31/08/2020)
Total number of Fibroids		4	3
Size of largest one		3.1*2.3cm	2.7*2.2cm
Size of the Uterus		7.2*6.3*4.2cm	6.5*6.4*5.2cm

DISCUSSION

Uterine fibroids also known as Leiomyomas are the benign growths of the uterus. Fibroids in the body produces symptoms like Menstrual abnormalities, dysmenorrhoea, dyspareunia, infertility, recurrent pregnancy loss, lower abdominal pain, pelvic pain, abdominal enlargement and urinary symptoms.^[4] The intensity of symptoms varies according to site of fibroid. Coming to the Ayurvedic review, Fibroids are mainly muscular origins with slow growth so can better be compared to *Mamsaj granthi* occurring in *Garbhashya*. Though there is vitiation of *Rakt*, *Mamsa* and *Meda*,^[5] but the initiating one factor remains *Vata*. *Acharya Vagbhata* says diseases pertaining to female genitalia is not possible without involvement of *Vata* and further describes *Dushta bhojan*, *Dushta artav*, *Beej dosha* and *Daivta* as causative factors.^[6] The presented case was managed according to principle of *Samprampti Vighatan* (~to break the pathogenesis). Planned treatment was *Deepan-Pachan* followed by *Vamana* and *Virechana Samshodhan* therapies. The treatment protocol was aimed at improving the *Agni*, *Anulomana* of *Vata*, balancing of the morbid three *Doshas* and tackling the *Dhatu dushti* via *Samshodhan*.

Deepan-paachan: Health comprises of balanced state of *Dosha*, *Dhatu*, *Mala* and *Agni*. Root cause of all diseases is Diminished *Jatharagni*, so it is very important to correct the *Jatharagni* via *Deepan Paachan* drugs before doing principal *Samshodhan* therapies. Increasing the quantum of *Agni* and *Amapachan* helps the morbid *Doshas* to get dislodged easily. So *Deepan and Paachan* was done which did symptomatic improvement in the patient like increase of appetite and easy digestion of meals. The corrected *Jatharagni* helps in proper formation of *Rasa* and *Artav dhatu*. It was followed by *Snehapana* with *Panchtik ghrita*. *Acharya Chakrapani* told that *Snehana* helps to increase the *Drava guna* needed for the transfer of vitiated morbid *Doshas* which are later expelled out of the body via *Samshodhan*.

Vaman karma: It is a highly efficient treatment for the *Kapha* and *Kapha pradhan vyadhi*. *Vaman* helps in bringing back the *Doshas* in normal state and so also normalizes *Dhatu*s including *Rakta*, *Maamsa* and *Medadhatus*. According to *Acharya charak* it provides lightness in the body,^[7] reducing the quantity of morbid *Doshas* which was seen in patient in the form of decreased levels of cholesterol, triglycerides along with BMI and size of uterine fibroid too. Along with *Kapha*, *Vaman* also helps in balancing of *Pitta Dosh*a.

Virechana karma

When susceptible individual gets indulged in *Vidahi Anna*, *Ati-Lavana-Amla-Katu Sevana* and *Anoopa-Aduka Mamsa*, it causes vitiation of *Pitta* and *Raktha* along with *Vata* that further leads to *Utkramana* in *Raktha Pramana* (increase in amount of

bleeding) through *Rajovha Sira* leading to *Arthava Atipravarthi* or *Asrigdara*.^[8] *Virechana karma* was chosen for *Shodhana* of *Pitta* and *Anuloman* of *Vata*. Because it is beneficial for *Vatadosha* along with *Pitta Sansargaja Doshas*. *Acharya charak* has explained that *Virechana* does normalcy of *Agni*^[9] i.e., it helps in improving the metabolism which further supports *Dhatu* formation including *Raktadhatu* in normal *Pramaan* (normal amount of menstrual bleeding) resulted in regular normal menstrual cycle. So *Virechana* therapy helped in *Anuloman* of *Vata dosha* and normalizing menstrual cycle. *Samshodhan* eliminates metabolic toxins from the body and does permanent healing of tissues and also clears the channels of the body.

Outcomes: After *Samshodhan* significant improvement was noticed in the patient. Considering the subjective assessment, there was marked improvement in the menstrual flow and pain during menstruation. There was mild improvement in the total bleeding score and duration of bleeding. Intermenstrual period remained unchanged (normal BT and AT). After three months of treatment, Hb was increased, Lipid profile was normalized and in the USG Report number of fibroids reduced from 4 to 3 and size of the largest measuring fibroid was reduced from 3.1*2.3cm to 2.7*2.2cm, the size of the uterus was also reduced and menorrhagia was successfully cured.

Other Researches: There are very few researches done on efficacy of *Samshodhan* in Uterine fibroid. In one study it has been concluded that for the management of uterine fibroids and its symptoms *Samshodhan* mainly *Virechana karma* is considered best due to its *Pittashamak* and *Raktprasaadak* karma and treating the *Granthis* by *Samshodhan* has been mentioned in our Ayurvedic texts.^[10]

CONCLUSION

The *Acharyas* give emphasis on *Nidana Parivarjana* and also elaborates the importance of *Dinacharya*, *Rithucharya*, *Rajaswalacharya* and their role in upbringing healthy womanhood. Thus, with Ayurvedic medications and life style modification, we can assure women to reach higher potentials of personal as well as professional life. *Samshodhana* found to be very effective for reducing the size of fibroids, curing its symptoms, detoxification and balancing of the three *Doshas* in the body. It strengthens body, boosts immune system and is helpful for curing ailments like *Garbhashygata Granthi* and other metabolic disorders.

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