



Review Article

COMPREHENSIVE REVIEW OF SUCCESSFUL AYURVEDIC CASE STUDIES IN THE MANAGEMENT OF GARBHASHAYA GRANTHI W.S.R. TO UTERINE FIBROIDS

Payal Sahuji^{1*}, Varsha Jadhao², Ekta Singh Parihar³, Priyanka Hajare³

¹PG Scholar, ²Professor, ³Assistant Professor, Department of Prasuti Tantra Evum Stree Roga, Mansarovar Ayurvedic Medical College, Hospital and Research Centre, Bhopal (M.P), India.

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ABSTRACT

Uterine fibroid is benign outgrowth and most common benign tumour in female, affecting millions of women worldwide. It is composed of smooth muscle and fibrous connective tissue, originated in muscle layer of uterus i.e., myometrium. 75% of fibroids are asymptomatic and painless. In Ayurveda, *Acharya* mentioned *Granthi* in which they explained that the glandular or nodular swelling caused due to vitiated *Vatadi dosha* and contaminated *Mamsa, Rakta, Kaphanubandhita Meda* known as *Granthi*. From all types mentioned in *Samhita*, *Mamsaj Granthi* can identically correlated with uterine fibroids. A review of *Ayurvedic Samhita*, modern text books, web sources and previous researches were used to collect data. The main goal of Ayurvedic management in *Granthi* is *Samprapti bhanga* of *Granthi*. References on this condition are limited in Ayurveda texts, as there is not such specific description given about the *Garbhashaya Granthi*. This study was aimed to collect research and concept evident to justify uterine fibroids, with the most similar diseases and their treatment described in Ayurveda. So that we can collectively get the effective route and forms of treatment and to get successful results in uterine fibroid by Ayurvedic management. This article explores the effectiveness of Ayurvedic treatment for uterine fibroids and compares it with various modes of Ayurvedic interventions.

INTRODUCTION

Globally, the prevalence rate of uterine fibroids accounted is 9.64 million in 2019. In India, the prevalence rate in rural population is 37.65% and in Urban population is 24%^[1]. Uterine fibroid is benign outgrowth and most common benign tumour in female, affecting millions of women worldwide. It is composed of smooth muscle and fibrous connective tissue, originated in muscle layer of uterus i.e., myometrium. So, they called as myoma, leiomyoma, fibromyoma. The exact etiology is still not known/unclear, but the factors such as hormone levels and chromosomal factors may play significant role in their development. It has monoclonal origin and it is estrogen dependent tumour. It has 3 types, intramural, subserous and submucous^[2].

Fibroids are mostly asymptomatic and painless, but they can vary in size from tiny seedling to the large masses which might distort the shape of uterus and leads to symptoms like heavy menstrual bleeding, pelvic pressure and infertility^[3]. Treatment option for fibroid ranges from medical to surgical management depending on various factors. But there is no any specific medical management which shows that there is no fibroid left after treatment rather than surgical treatment^[4].

In Ayurveda, *Acharya* mentioned *Granthi* but there was no any description found about *Granthi* at female reproductive system. The *Granthi* described in *Samhita* are to be considered in *Stri roga* context with reference to *Dosha* and get treated as similar. In Ayurvedic classics, *Granthi* has been described as the disease arising due to excessive, uncommon or peculiar and improper growth of cells, developing in any body part known as *Granthi*^[5]. In all types of *Granthi* mentioned in *Samhita*, *Mamsaj Granthi* has same etiology and clinical features which are similar to uterine fibroids.

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In modern medicine, there is only one way to treat was, surgical management while medical management is only reducing the symptoms and size of fibroid to facilitate the surgery.

But in Ayurveda the treatment for fibroid or for *Granthi* is based on *Samprapti bhanga* theory. There are many researches and case studies done on the bases of *Samprapti bhanga* theory and on that base, *Granthi* can be treated by the treatment given to treat *Shotha*. Under the Ayurvedic interventions, Fibroids can be treated by the *Shodhana* and *Shamana Chikitsa*, also helping to reduce the size of fibroid. Ayurvedic treatment for fibroid focuses on *Samprapti bhanga*, balancing the vitiated *Doshas*, improving reproductive health and are generally considered having minimal side effects. Where on other hand, modern medicine, such as hormonal therapies and surgical interventions, have significant side effects, including hormonal imbalances, infections, long recovery periods, recurrence of fibroids and focus only on symptomatic relief or removal of fibroids. Fibroids can recur even after surgical removal if the hormonal imbalance reoccurs, while, Ayurveda aims at preventing recurrence by maintaining balance in the body.

AIM AND OBJECTIVE

Aim

To comprehensive review of successful Ayurvedic case studies in the management of *Garbhashaya Granthi* w.s.r. to uterine fibroids.

Objectives

1. To review all the previous researches done on Ayurvedic treatment for uterine fibroids.
2. To compile all the previous researches under one title.
3. To get various evident Ayurvedic line of treatment for *Garbhashaya Granthi*.

Methodology

Reviewing *Granthi*, *Garbhashaya Granthi*, uterine fibroid and its treatment through Ayurvedic *Samhitas*, commentaries, recent published books, research journals and modern science literature, the collection of data done to get compile all the previous researches done under one title.

Description of *Granthi*

In Ayurveda, there is no separate description of *Granthi* of reproductive system. The *Granthi* described in *Samhitas* are to be considered in *Stri roga* context with reference to *Doshas* and get treated as similar. The disease arising due to excessive, uncommon or peculiar and improper growth of cells, developing in any body part have been described as *Granthi* in Ayurvedic classics.

Acharya Charaka, included *Granthi* in chapter *Shotha*; due to similarities in basic clinical features i.e., swelling or protuberance in both *Shotha* and *Granthi*. The term "*Granthi*" has been used to denote the specific character of the disease, indicating a glandular or nodular swelling^[6].

In Ayurveda, *Acharya charaka* clearly mentioned that *Shotha* (swelling) can manifest in any part of body or organ and their nomenclature may vary based on location, *Dushta Dhatu*, size and morphology^[6]. Such conditions can be numerous in occurrence, each might exhibit distinct differences in location, clinical features and types, thereby presenting unique challenges in diagnosis and treatment. These points clearly indicate that the etiopathogenesis, clinical features and treatment of tumors in the reproductive system are identically similar to tumors affecting any other part of the body. The disease develops due to the tortuousness or abnormal vitiation of *Doshas* and *Dushyas*, followed by their accumulation at a specific location, results in swelling or protuberance.

When *Dushta Vatadi Doshas* (vitiating *Vata* and other *Doshas*) contaminate *Mamsa* (muscle tissue), *Asruk* (blood) and *Meda* (fat tissue) mixed with *Kapha*, they cause an elevation known as *Shophya*. These rounded and knotted swellings are known as *Granthi*^[7].

Acharya explained that, *Mamsa* (muscle tissue), when vitiated due to the consumption of a diet which increases *Mamsa*, leads to production of smooth, large and hard *Granthi*. These *Mamsaj Granthi* is typically big and painless^[8].

According to *Vagbhata*, *Mamsaj Granthi* are *Yapya* (manageable but not curable) and relapsable^[9]. This characteristic identically aligns with uterine fibroids, which also have tendency to recur.

The treatment of *Mamsa Granthi* should be approached similarly to the treatment prescribed for *Kaphaja Granthi* (*Vimlapana*)^[10]. According to the *Acharya*, the treatment of *Shotha* (swelling) can also be applied in the management of *Granthi*.

Shodhana, *Shamana Chikitsa* (palliative treatment), *Lekhana* and *Ksharana Chikitsa*, along with proper *Pathya* and avoidance of *Apathya*, can help in cure and prevention of uterine fibroids.

While considering about the treatment for *Garbhashaya Granthi*, we can evidently use *Shothahar Dravya*, *Katu-Tikta Dravya* and *Dravya* with *Lekhana* and *Ksharana* properties, as it directly impacts *Kapha Dosh* which is main causative factor of *Granthi*.

Under this, we can use various drugs by oral route or by *Shodhana chikitsa* like *Virechana* or by *Uttarbasti* management.

Previous Research Studies**1. Management of Garbhashayagat Arbuda in Ayurveda w.r.t. Uterine Fibroid – A Single Case Study^[11]****Authors:** Deepali Agarwal, Ashish Zanwar**Journal:** International Ayurvedic medical journal, 2021**Patient Profile:** A 45-year-old female with heavy menstrual bleeding, increased frequency of micturition, passing drops of urine on coughing or sneezing and USG scan revealed 64 X 51 mm fibroid anteriorly to fundus and advised for hysterectomy.**Treatment**

1.	<i>Chandraprabha vati</i>	250mg x BD with lukewarm water	For 2 months
2.	<i>Ashokarishta</i>	15ml x BD with lukewarm water	For 2 months

<i>Yog basti</i> for 8 days for 2 cycles with the interval of 15 days									
Days	1	2	3	4	5	6	7	8	<i>Anuvasana basti</i> with <i>Dashmoola taila</i>
<i>Basti</i>	A	A	N	A	N	A	N	A	<i>Niruha basti</i> with <i>Dashmoola kwath</i>

Result: Significant improvement in symptoms and reduction of size of fibroid with no need of surgical management. This can help in relieving symptoms but also to avoid further complication of surgical management.**2. Virechen, Lekhana Basti and Oral Therapy an Ayurvedic Protocol for Management of Uterine Fibroid in An Infertile Woman– A Case Report^[12]****Authors:** Balat Gauravkumar R., L. P. Dei**Journal:** International Ayurvedic medical journal, 2020**Patient Profile:** A 25-year-old female with lower abdomen pain, USG revealed anterior wall subserosal fibroid of 3.8 x 3.5 x 2.9 cm with 15cc & 40cc volume.**Treatment**1st month - *Virechana- Trivrut Avaleha* 100gm with *Triphala Yavakuta* 30gm 1 day2nd month - *Lekhana Basti - Lekhaneya Maha Kashya* - 250ml for 15 days3rd and 4th month – Oral therapy (After completion of *Basti Karma*) *Varunadi Kwatha* 50ml/day x BD after meal for 8 weeks.**Results:** After completion of treatment the severity of lower back pain becomes mild and USG revealed anterior wall subserosal single fibroid (2.8x2.7x2.8) cm with 3.6 cc volume and 11cc uterine volume it means the size was reduced. The case study concluded that *Virechan, Lekhan basti and Varunadi Kwath* very effective in uterine fibroid.**3. Ayurvedic Management of Fibroid: A Case Study^[13]****Authors:** Deepali Jaiswal, Swathi C**Journal:** International Journal of Research Ayurveda Pharma, 2022**Patient Profile:** A 48-year-old female having complaints of painful menstruation which hampers her normal daily activity with known case of gastritis. Her USG revealed uterine fibroid of size 2.3x2.4cm.**Treatment**1) *Chandraprabha vati* 1tab x BD, *Musali khadiradi Kashaya* 20ml x BD for 7 days2) *Kala basti* – 9 *Anuvasana basti* of *Dhanwantara Taila* and 6 *Niruh Basti* of *Erandamoola Kashaya***Result:** From this case study, we can say that the *basti* and *Shamana aushadhi* are highly recommended and effective methods to reduce pain during menstruation and stop fibroids from growing.**4. Ayurvedic Management of Garbhasaya Granthi w.r.t Uterine Fibroid^[14]****Authors:** Gulnar Mariam M, Amrutha B.S, Venkata Ratnakar L**Journal:** International Journal of Ayurveda and Pharma Research, 2023**Patient Profile:** A 34-year-old female with complaints of abdominal pain and breast tenderness at the time of menses. On investigation, USG shows uterine fibroid 6.4x5.4x6cm and left ovary shows follicular cyst 1.8x1.6cm**Treatment:** 1. *Nirgundyadi kashayam* 15ml with Tab. *Gopeechandanadi* (before food)2. *Varunadi kashayam* 15ml with Tab. *Triphala guggulu* 1tab x BD (after food)3. *Jatamayadi Choornam* with *Tanduloodakam* applied on pelvic area.

Result: Patient was relived with all symptoms. As after treatment, USG revealed, no follicular cyst in ovary and there was reduction in size of fibroid noted is 5.9x5.6cm fibroid in lateral wall of uterus.

5. Role Of Uttarbasti in The Management of Uterine Disorders: A Case Series^[15]

Authors: Hanmante Varsha S., Hanmante Suresh, Karade Ruchika S.

Journal: National Journal of Research in Ayurved Science, 2022

Patient Profile: in this case series, they had taken 3 cases, in which age of patient is 30-55 years, with uterine fibroid, bulky uterus and associated symptoms like heavy menstrual bleeding, severe abdominal pain, irregular menses with one of the large sizes of uterus of 9.9x5.0cm

Treatment: 1) *Virechana - Abhayadi modak* 500mg *Triphala kwatha* 100ml 1 day

2) *Kala basti- Niruha* and *Anuvasana Dashmula kwatha + Tila taila* 15 days

3) *Uttarbasti* for 5 days for 3 months (before 4-5 days of menses)

4) *Shaman chikitsa - Kumari asav, Gokshuradi guggul, Triphala guggul, Ashokarishta, Sarivadyasava* for 5 months.

Result: This case series study that, in every patient the size of uterine fibroid gets reduced and the associated symptoms get relieved.

6. Ayurvedic Intervention in The Management of Uterine Fibroids: A Case Series^[16]

Authors: Dr. Kamini Dhiman

Treatment

Sr.no.	Group I	Group II	Group III	Period
1.	Panchamoolilaghudrakshadi decoction, 30ml, bd		No intervention (control arm)	2 weeks
2.	Chandraprabha Vati, 2 tab, bd			
3.	Manibadra Choorna, 5g powder, at night			
4.	Triplagugul decoction, 30 ml, bd	Punarnavashtaka decoction, 30 ml, bd		
5.	Panchatiktagritaguggul, 2tab, bd	Kanchanaragugulu, 2tab, bd		
6.	Krishna Jeeraka Choorna 5g powder, bd	Satapushpa Choorna, 5g powder, bd		3 rd - 12 th weeks
7.	Sharshapadi oil- external application on lower abdomen for 07 days after each menstruation			

Result: the first study assessing the 6-month clinical outcome of selected 02 Ayurveda drug regimens for the management uterine fibroid. The findings of this study demonstrated the efficacy of selected drugs regimens in fibroid shrinking, reducing fibroid-related symptoms, and improving quality of life. It was

Journal: An International quarterly Journal of Research in Ayurveda, 2014

Patient Profile: In this case study of management of uterine fibroids, they only include patients having fibroid of < 40mm X 40mm X 40mm. With associated gynaecological symptoms as lower abdominal pain, backache, excessive or irregular bleeding if present.

Treatment: *Kanchanar Guggulu* 250mg bd, *Shigru Guggulu* 250mg bd, *Haridra Khanda* 3gm with *anupana* milk for 7 weeks

Result: *Vata-Kapha Shamaka, Rakta-Shodhaka, Lekhana, Shothghna and Kledaghna* medicines such as *Kanchanara Guggulu, Shigru Guggulu*, and *Haridra Khanda* were found to be very effective in relieving uterine fibroid in this case series. It may help to contribute to avoid surgery for fibroids in initial stages.

7. Efficacy and Safety of the Two Ayurveda Drug Regimens in Uterine Fibroids: A Randomized Single-Blind Clinical Trial^[17]

Authors: K. P. K. R. Karunagoda, P. K. Perera

Journal: Hindawi Evidence-Based Complementary and Alternative Medicine, 2021

Patient Profile: In this case study of management of uterine fibroids, 120 women aged between 18 to 50 years with fibroid upto 2cm taken and divided into 3 groups for study the efficacy of medicines and to analyse and conclude the efficacy and role of medicines in uterine fibroid.

confirmed that the two drug regimens were safe for use in uterine fibroid treatment.

8. Role of Samshodhana in The Management of Uterine Fibroid: A Case Report^[18]

Authors: Kaushik Pooja, Bhardwaj Anil, Kapil Soni

Journal: International Journal of Ayurveda and Pharma Research, 2021

Patient Profile: In this case study, they had taken a 42 years female had complaint of lower abdominal pain, lower backache during menses, heavy bleeding during menses since 8 months. She had USG report which was suggestive of enlarged uterus with multiple uterine fibroids, largest of 3.1x2.3 cm in posterior wall.

Treatment: 1. *Vamana karma* with the mixture of *Madhuyashtiphaant*, *Madanphala Pippalichurna*, *Madhu* and *Saindhav lavana*.

2. *Virechana karma* with mixture of *Snayachurna*, *Trivritichurna*, *Saindhav lavana* with *Triphala kwath*

Result: After *Samshodhana* and completion of *Samsarjana karma*, patient's investigations were repeated, USG 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. After

Virechana therapy, second menstrual cycle was of for 4 days and flow was also reduced and she got relief from other symptoms too.

9. Management of Uterine Fibroid with Ayurvedic Intervention^[19]

Authors: Neelam Kumari Singh

Journal: An International Journal of traditional & integrative Medical Sciences, 2017

Patient Profile: A 40 years female, suffering from heavy menstrual bleeding with clots and pain in the abdomen during menstruation, daily activity is affected, the analgesic drug is needed since 9-10 months. After investigation, USG findings revealed 20x20 mm submucosal uterine fibroid.

Treatment: the treatment was carried out as follows,

Medication	Dose	Duration
<i>Matrabasti (Dashmoola Taila)</i>	60 ml (rectal)	For 8 days in 3 consecutive cycles
<i>Kanchnar guggulu</i>	500mg bd	3 months
<i>Punarnava mandoor</i>	500 mg bd	
<i>Dashmoolarishta</i>	15 ml bd	
<i>Ashokarishta</i>	15 ml bd	
<i>Uttarbasti (Apamargakshar Oil)</i>	5ml (intrauterine)	For 3 days in 3 consecutive cycles

Result: After treatment, the patient got significant relief in the symptoms. Ayurvedic system of medicines gives relief to the patient of submucosal uterine fibroids. The *Basti* is highly recommended effective method to stop fibroid from growing. It will be beneficial in patient those are on hormonal therapy.

10. A Clinical Study in The Management of Garbhashaya Granthi with Sarjadi Lepa with Special Reference to Fibroid Uterus^[20]

Treatment:

	Group A	Group B
Medicine	<i>Chitraka moola churna</i>	<i>Chitraka moola churna + Sarjadi lepa</i>
Dose	2gm TDS with milk	2gm TDS with milk <i>Lepa</i> over the lower abdomen
Duration	60 days	60 days

Result: After the administration of the combined treatment of *Chitraka moola churna* and *Sarjadi lepa*, it was observed that significant symptomatic relief was seen in the patient. There is some significant difference in the size of fibroids in the USG. The size of fibroid reduction was seen in both groups, but Group B patients had a little more size reduction compared to Group A.

11. Ayurvedic Management of Abnormal Uterine Bleeding in Uterine Fibroid^[21]

Authors: Kshipra Rajoria, Sarvesh Kumar Singh

Authors: Pooja Shindhe, Rachana HV

Journal: Int. J. Res. Ayurveda Pharm, 2024

Patient Profile: in this case study, 30 patients selected and were divided into two equal groups, aged between 20-45 years and fibroid size less or equal to 5cm.

Journal: Ancient Science of Life Wolters Kluwer - Medknow, 2024

Patient Profile: A 39 years female was already diagnosed case of chronic, no gestational AUB with fibroid where ultrasonography revealed bulky uterus measuring 10.8 cm × 6.0 cm × 8.4 cm in size ill-defined endometrial echoes and fibroid of approximately 40 mm × 32 mm on the posterior wall. Mild free fluid is present in the pouch of Douglas. Bulky ovaries cystic lesion (functional

cyst) 3.2 cm × 2.6 cm and 3.2 cm × 2.2 cm in right and left ovaries was also reported.

Treatment: For the initial 5 months comprises *Gokshuradi Guggulu*, the combination of *Pushyanuga Churna*, *Shatavari Churna*, *Gairika*, *Mukta Shukti Pishti*, *Chandraprabha Vati* and *Arsha Kuthara Rasa*.

Anuvasana Basti of *Ashwagandha Taila* was administered for 3 months

Result: The USG report revealed bulky uterus, 10.8 cm × 7.6 cm × 7.0 cm with normal shape and endometrium thickness was 7.0 mm, myometrium thickened, inhomogeneous, and the posterior wall was thicker than anterior. Presence of a simple cyst in right ovary (26 mm × 18 mm) was also revealed in scan. The report suggests to rule out the presence of bulky adenomyotic uterus. In this report, there was no mentioning of the presence of any fibroid. In this case, we found the reduction of size in bulky uterus, cessation of AUB.

12. Management Of Uterine Fibroid by Ayurveda and Panchakarma Treatment: A Case Report^[22]

Authors: Sharma Gagan Deep

Journal: Int. J. Res. Ayurveda Pharm, 2020

Patient Profile: A 32 years female, with complaints of heavy menstrual bleeding, periods lasting more than a week, lower pelvic pain, frequent urination and difficulty in emptying the bladder from last 2 years. USG had shown an intramural fibroid was seen measuring 2.3cm in the posterior wall of fundus of uterus.

Treatment:

Virechana karma- Trivrutavalahum (40gm), *Aragwadh kwatha* (60ml), *Haritaki churnam* (6gm) *Yogabasti- Anuvasna basti Dashmoola thailam*, *Sahacharadi thailam* and *Niruha basti Lekhana basti*

Result: After treatment, scan shows no any abnormalities. There is no any fibroid in uterus. As per the case study, it has once again proved that the importance of time-tested age old Ayurvedic treatment in Uterine fibroid which was confirmed by the USG that uterine fibroid was disappeared after taking Ayurvedic treatment.

13. The Role of Uttar Basti in Uterine Fibroid^[23]

Authors: Dr. Sheetal Patil, Dr. P. P. Patil

Journal: Indian Journal of Odyssey of Ayurvedic Research, 2017

Patient profile: A female patient of 45 year with primary infertility and irregular menstruation had USG report which showed evidence of bulky uterus with uterine fibroid in which large 3.6cm subserosal fibroid seen in anterior wall other 4cm

subserosal in lower anterior wall, for which she was advised myomectomy or emergency hysterectomy.

Treatment: *Uttarbasti* with *Kshar kasisadi taila* on 6th and 8th day of menstruation for 3 consecutive cycles was given.

Result: After treatment for 3 months the USG showed, normal size uterus with 20 mm subserosal fibroid in anterior wall and 35mm subserosal in lower segment, which is remarkable reduction in size of uterine fibroid. Hence it is proved that *Uttar Basti* has major role in the treatment of uterine fibroid.

14. Management of Uterine Fibroid in the Ayurvedic perspective - A Case Study^[24]

Authors: Dr. Shruti G. Math, Dr. Padmasaritha K, Dr. Ramesh M.

Journal: Journal of Ayurveda and Integrated Medical Sciences, 2018

Patient profile: A female patient of 49 years, presented chief complaint of excess of vaginal bleeding since 15 days since 6 months the patient was facing the same problem. On investigation, USG shows, bulky uterus with thick endometrium and fibroid measuring- 18mm noted in the anterior fundus.

Treatment: Treatment given for 4 months,

Ashokaghrita - 2 tsp BD (B/F), *Usheerasavam* - 3 tsp TID with 4 tsp of water (A/F), *Cap. Infix* - 1 TDS (A/F), *Tab. Gynaekot* - 1 BD (A/F), *Kanashtahwadi Kashayam* - 2 tsp BD, *Kravyaada Rasa* - 1 BD, *Pulimkuzhambu* - ½ tsp BD

In which they did USG for 2 times, during and after treatment to rule out the progress of given treatment.

Result: After treatment scan shows, bulky uterus with normal endometrium and fibroid of 15mm noted in anterior fundus. This shows that due Ayurvedic oral medication are also very effective in uterine fibroids.

DISCUSSION

Ayurveda denotes underlying imbalances in the body which leads to the development of fibroids, potentially offering more sustainable and long-term solution.

Nidan Parimarjana and Samprapti bhanga is an essential principle in Ayurveda that emphasizes the identification and avoidance of causative factors of diseases. It plays a critical role in both the prevention and management of diseases. It is also essential for planning *Panchakarma* therapies. By focusing on the root cause, breaking the disease cycle, Ayurveda aims to restore balance and promote long-term health. By

identifying and avoiding the root causes of diseases (*Nidanas*) even prevent the onset of diseases and recurrence of disease.

With this very basic form of treatment oral medicines also plays an effective role in treatment. Oral Ayurvedic medications provide a non-invasive alternative to surgical interventions, making them ideal for patients seeking less intrusive treatment options. The oral medicine regulates hormonal imbalance, detoxifies the body, controls the vitiated *dosha*, clears the *Strotoavrodha*. While *Katu-Tikta*, *Kaphaghna*, *Shothaghna*, *Lekhaniya Dravya* gives effective results to prevent the uterine fibroid, to reduce the size, even get rid of fibroid and reduces the recurrence rate of fibroids.

Shodhana Karma like *Vaman*, *Virechana*, *Basti* are also very effective and also alternative to surgical treatment.

Virechana, *Vamana*, *Basti* (*Matra*, *Anuvasana*, *Vaitarana*, *Yog*) *Karma* offers an effective approach in management of uterine fibroids by focusing on detoxification, balancing the vitiated *Dosha*, clearing the path of *Strotasa*. Its benefits extend beyond just treating fibroids, contributing to enhanced digestive health, hormonal balance, and overall well-being, making it a valuable component of Ayurvedic treatment for uterine fibroids.

Shodhana Chikitsa along with *Shamana Chikitsa* gives very successful results in uterine fibroids where we saw there were no recurrence of fibroids, no need of surgical management even where it advised previously and acts as evident formulation for absence of fibroids.

As we correlate the uterine fibroid with *Garbhashaya Granthi*, the *Shothaghna Chikitsa* can be done to treat the fibroid, which also gives effective results in fibroid.

Uttar Basti is a specialized Ayurvedic *Panchakarma* procedure which particularly effective in managing uterine conditions, including fibroids. In *Uttar Basti*, it allows direct application of medicated substances to the uterine area, providing targeted treatment for fibroids. This localized approach enhances the effectiveness of the *karma*. So, the *Lekhaniya Dravya*, *Kshar Dravya* focuses on direct approach to the site of fibroid and shows effective results. Also, by balancing *Doshas*, *Uttar Basti* helps in reducing the size and symptoms of fibroids and by maintaining the balance of *Doshas*, it prevents the recurrence of fibroid. *Uttar Basti* can provide relief from common symptoms of uterine fibroids such as heavy menstrual bleeding, pelvic pain, and pressure due to underlying imbalances in the body. *Uttar Basti* offers a highly effective and target approaching

management of uterine fibroids due to localized application of *Dravya*.

Yoga is also one of the best therapeutic methods used to support the treatment of uterine fibroid as it regulates the cycle and helps to reduce the size of fibroid by helping to regulate the hormonal level. *Marjaryasana*- *Bitilasana*, *Dhanurasana*, *Navakasana*, *Gomukhasana*, *Bhujangasana*, *Paschimottanasana*, *Viparita karani*, *Badhha Konasana*, *Malasana*, *Balasana*, *Matsyasana* etc. are some of the *Yogasana* which helps in regulating menstrual cycle and hormonal imbalance, reduces menstrual discomfort and many more benefits.

All these forms of treatment with *Yoga*, *Pathyakar Ahar Vihar*, by following all *Paricharyas* (*Rajswala*, *Garbhini*, *Sutika*) ayurveda have potentiality to treat, prevents and reduce the recurrence of fibroids.

CONCLUSION

Ayurvedic treatment of *Garbhashaya Granthi* (uterine fibroids) offers an effective approach that addresses the root cause of the condition through *Dravya*, dietary changes, lifestyle modifications, *Shodhana chikitsa* and stress management. With proper guidance and adherence to Ayurvedic principles, managing and reducing the symptoms of uterine fibroids is achievable, promoting overall reproductive health and well-being.

Above collected case study and supporting research demonstrate the potential of Ayurveda in effectively managing uterine fibroids. The integrated approach, combining detoxification, rejuvenation, and symptomatic treatment, addresses the root causes and provides holistic relief. These findings support the need for further research and clinical trials to establish standardized protocols and broader applicability of Ayurvedic treatments for uterine fibroids.

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***Address for correspondence**

Dr. Payal Sahuji

PG Scholar

Department of Prasuti Tantra Evum Stree Roga,

Mansarovar Ayurvedic Medical

College, Hospital and Research

Centre, Bhopal (M.P).

Email: drpayalsahuji@gmail.com

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