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A Literary Review of *Garbhashayarbuda* in Ayurveda w.s.r. to Uterine Fibroid

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ABSTRACT:

Uterine fibroids are most common disease of women in reproductive age. Though uterine fibroids are benign in Nature; they reveal a wide range of symptoms like metrorrhagia, dysmenorrhea, menorrhagia, low back pain etc. Modern treatment protocols include hormonal therapy, myomectomy, hysterectomy, and uterine artery embolization. Unwillingness for sustained hormone therapy and panic for surgery brings patients towards Ayurveda. Ayurveda classics mention various pathological conditions that have features similar to fibroids. Ayurveda it is mandatory to know the correlation of uterine fibroids with *Garbhashayarbuda*. *Arbuda* is the disease described in Ayurvedic *Samhitas* and it corresponds to tumours. The treatment is aimed towards reducing the size of fibroids using *Ushna*, *Tikshna*, *Lekhana Dravyas* along with management of symptoms. So this article focuses on potentials of Ayurveda in management of different aspects of uterine fibroid.

Keywords: Uterine fibroid, *Garbhashayarbuda*, *Ayurveda*

INTRODUCTION

Uterine fibroids represent a major women health problem. These are the most common benign tumours of the uterus.¹ The incidence of uterine fibroids is 20% in women at the age of 30 and most of them (50%) remain asymptomatic. So Possible risk factors of developing uterine fibroids are early menarche, Nulliparity, Obesity, High fat diet. Parity and smoking are found to be protecting from developing myomas.² The cause of uterine fibroid is still unknown, yet there is considerable evidence that oestrogen and progestogens proliferate tumour growth as the fibroids rarely appear before menarche and regress after

menopause. Based on the location in the uterus leiomyomas are classified as intramural, submucous or subserous. Intramural myomas are situated within the myometrial wall. Generally, 75% of the myomas are intramural. Submucous myomas grow just beneath the inner lining of the uterus and are lined by the endometrium. Subserous myoma is pushed outwards the peritoneal cavity. Macroscopically, myomas are round or oval shaped, well circumscribed tumours, firm in consistency with a pseudo capsule formed due to condensed surrounding myometrial tissue. The cut surface of myomas



is smooth and whitish.³ Blood supply to the myomas comes from periphery hence cystic changes take place in the centre of tumour and calcification occurs in periphery. Microscopically a leiomyoma consists of smooth muscles and fibrous connective tissue of varying proportion, that give typical whorled appearance in cut section. The stroma usually consists of fibrous connective tissue. The clinical features of fibroid are related to anatomic type and size of tumour. A small submucous fibroid may be more symptomatic than a large subserous fibroid. Majority are asymptomatic and diagnosed incidentally on USG or clinical examination. The leiomyomas may cause menstrual disturbance, Abdominal enlargement, Dyspareunia, Subfertility or pressure symptoms. According to Ayurveda on the basis of specific clinical features of *mamsaja – arbuda* as well as description of *arbuda* in general, it can be said that all relatively big neoplasms developing from muscular and fibrous tissues (myomas and fibromas) come under *mamsaja arbuda*. Though majority of these do not have tendency of getting changed into malignant but then, it is not totally absent as well, moreover, major surgery is needed to remove this, which was not very easy during those days, thus this *mamsaja-arbuda* is also labelled as incurable. The *mamsa* vitiated due to trauma by fist, log or stick and produces painless, smooth, skin coloured, stony hard & fixed swelling, which never suppurates. This disease mainly occurs in that population which having consumption of excessive meat.⁴ Identical description is given in the books Madhava-nidana, Bhavaprakash & Yogaratnakara. In madhukosh commentary on Madhava Nidana (38/22,23) it is mentioned that *rakta* or *mamsa* are the main causative factors for *arbudas* .

Samprapti Ghatak of Garbhashayarbuda:

Dosha: Tridosha with predominance of *Kapha* dosha

Dushya: *Mamsa, Rakta*

Srotas: *Mamsa, Rakta* and *Artavavaha Srotas*

Srotodushti: *Sang* and *Siragranthi*

Agni: *Jathragni:* *Manda/Vishama,*

Dhatwagni: *Manda*

Rogmarga: *abhyantara*

Udbhavasthan: *Ama-Pakwashayottha Vyadhi*

Adhithana: *Garbhashaya*

PratyatmaLinga: *Mamsopchayam Tu Shopham*

Principles of treatment –

The treatment protocol is directed towards reducing size of fibroids using *Lekhana Dravyas Ushna, Tikshna* along with management of symptoms.

Since etiopathogenesis, locations, shape, size, *doshas*,

dushyas, of *Arbuda* and *Granthi* are similar, hence, the treatment prescribed for *Granthi* should be used here also. The treatment prescribed for diseases due to vitiation of *mamsa*

(Cleansing measures, use of instruments, *kshara*, and *agni karma*) and for disease of *medas* i.e. for reduction of obesity should also be used.

General Treatment –

After doing sudation with a packet of cloth containing pellets of goat, root of *shigru, laksha* and *surasa* (salt and *kshara*) pestled with *kanji*, followed by massage, the *Arbuda* should be covered with leaves and a bundle of leaves of *upodika* and *arka* be bandaged over it. With this treatment recently developed *Arbuda* is cured. Chronic *Arbuda* should be made to bleed by making an incision over the skin, then an ointment made with the leaves of *arka* or *ardraka*, *Sudha*, and *Samudra* (common salt) pestled with either jaggery and *kanji* or equal quantity of water should be applied and bandaged. This dissolves the *granthis* and *arbudas* both.⁵

1. Protecting the vital parts, it should be incised and rock salt with *Ghrita* should be anointed.⁶
2. Anointment with burnt *suranakanda* mixed with *Ghrita* and jaggery cures *Arbuda*.⁷
3. Treatment prescribed for wounds should be used to cure *arbudas*.⁸
4. All drug capable of suppressing the *vata* and *Madhura* drugs are congenial and beneficial.
5. Application of *kshara* made with *mulaka* and *haridra* mixed with powder of conch -shell is a tried preparation for curing *Arbuda* immediately.⁹
6. Anointment with seeds of *Sigru* and *mulaka, raksoghna, yawa* and *aswaripu* pestled with buttermilk cures *arbud*.¹⁰

DISCUSSION

Fibroids also known as Uterine leiomyomas (myomas) are noncancerous tumours of the human uterus, and the single most common indication for hysterectomy. After menopause, they usually decrease in size. According to Ayurveda, Uterine fibroid is considered as *Garbhashayarbuda*. The symptoms are dysmenorrhea, menorrhagia, low back pain. Treatment was aimed at reduction of symptoms of fibroid. It is based on the Ayurvedic principles. It has been observed that fibroids have reduced to half its size by the end of 6 months of treatment.

CONCLUSION

Uterine fibroid is mainly seen during reproductive life of a

female irrespective of her age. It may result in various menstrual problems such as dysmenorrhea, menorrhagia, and irregular periods, by disturbing anatomical as well as physiological integrity of the women. Medical management of this problem is possible on the basis of Ayurvedic fundamental principles *Vata-Kapha Shamak*, *Rakta-Shodhaka*, *Lekhana*, *Shothghna* and *Kledaghna* Medicines. as we know main treatment of this condition is surgical in modern medicine, but ayurveda gives a better non – surgical and effective and easily acceptable treatment and therapies for the uterine fibroid.

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