Case report on management of Adenomyosis with Ayurveda

Pratibha Sangwan,¹ Sushila Sangwan²

ABSTRACT:
Adenomyosis is a very common condition of invasion of endometrium into the myometrium with endometrial glands and stroma. It is commonly presented with a benign growth and uterus is enlarged. The patient presents with the symptoms like pain (may be chronic or acute) associated with menstruation and variable bleeding pattern. It is a great challenge to treat adenomyosis and hysterectomy has been the only way to treat it. Ayurveda can give a better relief to patient. In this case study, treatment with Kanchnar guggulu, Patrangasava, Ashokaritha and Matra basti has been found useful.

Keywords: Adenomyosis, Kanchnar guggulu, Patrangasava, Matra basti.
INTRODUCTION

Adenomyosis is described as benign invasion of endometrium into the myometrium with endometrial glands and stroma surrounded by the hypertrophic and hyperplastic myometrium. Clearest definition of adenomyosis was given by Bird et al in 1972 as “benign invasion of endometrium in myometrium, producing a diffusely ectopic, non-neoplastic endometrial glands and stroma surrounded by hypertrophic and hyperplastic myometrium”. Adenomyosis is present in 5 to 70% of population. 70 to 80% cases are found in women of aged 40 to 60 years. 5 to 25% cases are found in women younger than 39 years and only 5 to 10% cases are found in women older than 60 years. It is more common in multiparous women. Some studies suggested that trauma from pelvic surgery may trigger invagination of adenomyotic tissue. Patient complaints of severe menorrhagia 50%, Dysmenorrhea 30% and metrorrhagia 20% and Dyspareunia and chronic pelvic pain are less common. Treatment of adenomyosis is with long-term GnRH analogues. Hysterectomy is done in patient above the age of 40 years, who have completed their families. Conservative treatment are NSAIDs, hormonal therapy, menstrual suppression with progestin’s and uterine mass reduction. Ayurvedic treatment relieves the symptoms and is very helpful in improving overall health of patient. Based on symptoms of severe pain (Tivra Ruja), clotted black is menstrual blood (Granthil shyava varna artava) it may be correlated with Artavaha strotodusti, vatika yoni vyapad and heavy menstrual flow (atya artva) can be Rakta Mams dushtiJanya yoni vyapad. Causes according to Ayurveda may be vata dusti (vitiation of vata) due to Vishamangshayan, Ativyavaya, Pittavardhak aahar vihar, Divashyan and Ratri Jagran.

CASE REPORT:

A 38 year old married female patient, housewife by occupation, came with complaints of excessive blackish frothy bleeding during mensuration for 5 to 7 days, associated with severe pain and cramps for 10 to 15 days before menstruation, fainting due to pain, vomiting and inability to do any work. Her menstrual cycle was disturbed from last six month; length was reduced to 18 to 21 days and bleeding phase prolonged for up to 7 days. She was taking some allopathic drugs from past four months (sources unknown) but she did not get any relief in pain and heavy bleeding. She was advised for USG abdomen and USG report revealed adenomyosis. She was advised for hysterectomy but patient was not willing for hysterectomy, so she decided to go with Ayurvedic treatment in Sangwan Nursing Home Behal on 25 October 2020.

Personal history:

Diet: Alpa Aahar, frequently eating cold food. Appetite: Reduced. Bowl: Sometimes regular sometimes no bowl (constipated). Micturition: 3-4 times a day 1-2 times in night. Sleep: 5 hours in night (Ratri Jagran) and 1/2 to 1 hour afternoon (Divya Sayan) Habits: Tea 2 - 3 times a day, pickle in afternoon.

Menstrual history:

abdomen and back, cramps in abdomen and legs, general malaise, vomiting and constipation.

**Marital history:** Got married in the age of 18 years coital frequency 2-3 times in a week.

**Obstetrical history:**
- P4L2A2
- L1 female child of age 18 years
- L2 male child of age 15 years
- A1 A2 patient took MT Pills and D&C was done later on.

**General examination:**
- Built : Moderate.
- Prakriti : Pitta kaphaja.
- Temperature : 98.4°F. Respiratory rate : 20 p/m.
- Pulse rate : 76 Beat per /min.
- BP: 100/ 70 mm of Hg.
- Height : 5 feet 3 inch.
- Weight : 58 kg.
- Tongue : Coated.
- Chest : Clear.
- Breast : lump free/NAD
- External genitalia : Normal.
- Abdomen : tender

**Per-Speculum examination:**
- Vaginal discharge: White in colour but no smell.
- Cervix : Hypertrophied.
- Externals Os: Multiparous Os.

**Per-vaginum examination:**
- Uterus : Anteverted ,normal in size, freely movable.
- Fornices : Clear.

**Treatment plan:**
- Deepan pachan and vata anuloman
- Mams rakt medohar chikitsa
- Matra basti

**Treatment given**
**Treatment started from 25/11/2020**
- Lmp : 24 November 2020
- Hingoo vachadi gutika 2 tablet BD with water.
- Arogyavardhini vati 2 tablet BD with milk.
- Pushyanug churna with honey.
- Shankh vati 2 tablet SOS.
- Dashmularishta 15ml + patrangasava 15 ml with 30 ml of water BD after meal for 5 days.

**From 30/11/2020**
- Matra basti of sahcharadi tailam 50 ml 5 days.
- Kanchanar guggulu tablet 2 tablet BD with water.
- Triphala guggulu 2 Tablet BD with water.
- Patrangasava + Ashokarishta 10 ml and 15 ml respectively with 30 ml of water BD. for 15 days.

**From 14/11/20**
- Matra basti of sahacharadi taila 50ml 3 days.
- Kanchanar guggulu 2 tablet BD with water.
- Arogyavardhini vati 2 tablet with milk
- Triphala guggulu 2 tablet BD with water.
- Dashmularishta 20ml BD with water for 5 days.
- Mensuration 19/12/2012 to 24/12/20

**From 12/12/2020**
- Matra basti of Chandan baladi tailam 50 ml for 3 days.
- Sahacharadi taila 50 ml for next 2 days.
- Shankh vati 2 tablet SOS
- Pushyanug churna with honey for five days.

**From 25/12/2020**
- Ashokaristha and patrangashav 20 ml and 10 ml respectively with 30 ml of water
- Kanchanar guggulu 2 tablet BD with water.
- Ashokadi ghrita 10ml empty stomach for 25 days.

**From 15 January 2021**
- Mensuration 18 January 2021 to 23rd January 2021
- Matra basti of sahcharadi tail 50 ml for 5 days.
- Matra basti of chandanbala tailam for next 2 days.
- Roasted ajwain with warm water 3 gram BD for 3 days.

**From 25 January 2021**
- Ashokarishta and Patrangasava 20 ml and 10
ml respectively with water.
*Kanchanar guggulu* 2 tablet BD with water.
*Medohar guggulu* 2 tablet BD with water.
*Shatavari churna* 2 gram with water.
*Ashokadi gurit* 10 ml empty stomach x 25 days.

**From 20 February 2021**
Mensuration:- 20 February 2021 to 25 February 2021
*Matra basti of Sahcharadi tail* 50 ml.
Rosted *Ajwain* 2 gram BD for 3 days.

**From 26 February 2021**
*Kanchanar guggulu* 2 tablet BD with water.
*Medohar guggulu* tablet BD with water.
*Ashokarishta* 20 ml and *Patrangasava* 10 ml respectively BD with 30 ml of water for 25 days

**From 23 March 2021**
Mensuration 23 March 21 to 28 March 21
*Matra basti of Sahcharadi tail* 50ml for 2 days.
*Kanchanar Guggulu* 2 tablet BD with water. X 25 days
*Ashokarishta* 20 ml with *patrangasava* 10 ml with 30 ml of water.
*Chandraprabha vati* 2 tablet BD with water empty stomach

**Follow up and outcomes:**
After two and half month of treatment USG was repeated which shows reduction in size of adenomyosis of uterus. Now adenomyosis is resolved completely (recent reports). Patient was comfortable and pain subsided after first 2 *Matra basti*. Pain was very much reduced and after three months of treatment, Bleeding was reduced and clots were absent. After two months of treatment, appetite increased and *Aam lakshana* were gone. Her bowel was also normal after treatment of 20 days.

**DISCUSSION**
As patient come in bleeding phase *Raktastambhaka Chikitsa* was given with *Pushyanuga churna* with honey and *Patrangasava*. Patient was in severe pain so

*Matra Basti Of Sahcharadi Taila And Dashmularishta* was given for *Vataanuloman And Shankh Vati* was added to relieve pain. Later on *Lekhan Of Granthi* was done with *Kanchnar Guggul And Medohar Guggulu*. Later on time to time *Matra basti* was given of *Sahcharadi Taila For Vednahar And Chandanbaladi Taila For Rakta Stambhan*.\(^{[15]}\)
*Arogyavardhini vati* was given for *Deepana And Pachana*. later on *Ashokadi Grita And Chandraprabha Vati* were added as *Rasayana*. Drugs in this study helped in balancing all three dosha, *Vatanaulomana, Aama Pahchana And Sarotoshodhan*.\(^{[16]}\)

**CONCLUSION**
In the present study, *Kanchanar guggulu, Ashokarishta, Patrangaasav and Matra basti* were used for treatment which were found to be very effective. The treatment given was very effective for pain management and treating the adenomyosis and improved patient’s general health.

**Declaration of patient consent :**
The author certify that they have obtained patient consent form, where the patient /caregiver has given his/her consent for reporting the case along with the image and other clinical information in the journal. The patient’s caregiver understands that his/her name initials will not be published and due effort will be made to conceal his/her identity, but anonymity can be guaranteed.

**Financial support and sponsorship**
Nil

**Conflicts of interest**
There are no conflicts of interest.

**Acknowledgement:-** Nil

**REFERENCES**
Case Report


Before treatment

After treatment
Recent reports