

ROLE OF AYURVEDIC TREATMENT IN OVARIAN CYST - A CASE REPORT

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SUMMARY:

Ovaries are part of the female reproductive system. Sometimes, a fluid-filled sac called a cyst develops on one or both ovaries. Many women develop at least one cyst during their life. In most cases, cysts are painless and cause no symptoms. Some time symptomatic large cyst develops and it disturbs daily routine of patients. This condition needs treatment. In *Ayurveda* a lot of treatment planning has been described for *stri roga* related to reproductive organs. A lot of medications have been described in *Ayurveda* related to female reproductive organs disorders in form of dashamula *kashaya*, *chandrprabha vati*, *various types of varti*, *phalagritha* etc. Here a case report of a 17-year- female, having complained of recurrent ovarian cyst formation has been presented.

Key Words: Ovaries, Ovarian Cyst, *Chandrprabha Vati*.

INTRODUCTION:

This case is unique because formation of recurrent cyst may cause infertility in female on the other hand a large cyst if not treated well can produce complications as may get rupture or may cause ovarian torsion resulting ovarian tissue damage. This patient was treated completely by *Ayurveda* and now she is free from this problem which was not cured by modern medicine upto 3 months.

There are various types of ovarian cysts, such as dermoid cysts and endometrioma cysts. However, functional cysts are the most common type. The two types^[1] of functional cysts include follicle and corpus luteum cysts.

Ovarian cysts form for numerous reasons. The most common type is a follicular cyst, which results from the growth of a follicle. A follicle is the normal fluid-filled sac that contains an egg. Follicular cysts form when the follicle grows larger than normal during the menstrual cycle and does not open to release the egg^[2]. Follicle sacs typically dissolve after releasing an egg. But if the sac doesn't dissolve and the opening of the follicle seals, additional fluid can develop inside the sac and this accumulation of fluid causes a cyst.

Some women develop a condition called polycystic ovary syndrome. This is when the ovaries contain a large number of small cysts. Often times, ovarian cysts do not cause any symptoms. However, symptoms can appear as the cyst grows. Symptoms may include: Abdominal bloating or swelling, painful bowel movements, pelvic pain before or during the menstrual cycle, painful intercourse, weight gain, pain in the lower back or thighs, breast tenderness, nausea and vomiting etc.^[3]

CASE HISTORY- A 17-years-female named *Sweetie*, presented on 17/1/13 in Varanasi (UP) with the complaint of pain in abdomen left side of umbilicus, with nausea and excessive painful menstruation cycle since 7 months. She was a known case of recurrent ovarian cyst formation since 2 years.

Ultrasonography report

On 31/7/12

- A small ovarian cyst in left ovary (cystic size- 39mm x 26 mm)

She took treatment for 3 months as prescribed by modern medicine practitioner.

On- 01/12/12

- Enlarged /cystic right ovary. (Cystic size- 46.69 x 32.69 sq.mm).

Ayurvedic medication advised on 17/1/13

- 1) *Sankha shoola vati* 1 TDS
- 2) *Chandra prabha vati* 8 gm + *Kachnar Guggulu* 15 gm + *Trivanga bhasma* 1 gm

Mixed well and divided in equally part to make 30 doses- one dose twice a day.

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Access this article online: www.jahm.in
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Received on: 06/01/15, Revised on: 17/01 /15, Accepted on: 17/01/15

3) *Mahamanjisthadi ghan vati* 2 Tab. BD

4) *Dashamula ghan vati* 1 Tab. BD

This whole treatment was given for 40 days.

RESULT- Cyst was completely resolved.

USG- Abdomen and pelvis- 12/02/13

- Normal USG scan. No cyst in right or left ovary.

Now, patient has no problem till date.

DISCUSSION:

Most ovarian cysts are benign and naturally go away on their own without treatment. These cysts cause little, if any, symptoms. But sometimes these may cause ruptured cyst or an ovarian torsion. Both complications can have serious consequences if not treated early. The prognosis for ovarian cysts in premenopausal women is good and most cysts disappear within a few months. However, recurrent ovarian cysts can occur in premenopausal women and women with hormonal imbalances. *Trivang bhasma*^[4] is an *Ayurvedic* medicine with herbal and metallic ingredients. It is used in *Ayurvedic* treatment of diabetes, urinary tract diseases and in female diseases. It balances *vata* and *pitta* also. *Chandraprabha vati*^[5] is used to treat semen defects and gynaecological problems.

It helps to relieve indigestion, improves strength, it is a natural aphrodisiac and anti aging *Ayurvedic* medicine. *Kanchanara gulgulu*^[6] is one of the very efficient *Ayurvedic* herbal medicines. *Kanchanara gulgulu*^[4] is useful in treating goitre (nodules of neck), tumours and other extra growths. It also acts as herbal wound healer.

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Cite this article as: Pradeep Kumar Pal, Neera Saini, P. S. Byadgi. Role of Ayurvedic Treatment In Ovarian Cyst - A Case Report, *J of Ayurveda and Hol Med (JAHM)*.2015;3(1):35-36.

Source of support: Nil, Conflict of interest: None Declared.