

**AN AYURVEDIC MANAGEMENT OF BEEJA KOSHA GRANTHI W.S.R
HEMORRHAGIC OVARIAN CYST – A CASE STUDY****Dr. Shrilata Nayak*¹ and Dr. Papiya Jana²**¹Post Graduate Scholar, ²Professor

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Received on: 03/06/2023

Revised on: 23/06/2023

Accepted on: 13/07/2023

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Kalabyraveswara Swamy
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Bangalore, Karnataka, India.**ABSTRACT**

Ovarian cysts are solid or fluid-filled sac or pocket within or on the surface of an ovary. There are various types of cysts like physiological or functional and pathological. Hemorrhagic cyst is a type of functional cyst which is called as corpus luteal cyst. Ovarian cysts are common problem encountered in daily gynecological practice. Data reveals the prevalence of ovarian cyst vary widely. Reports suggest that between 8 and 18% of both premenopausal and postmenopausal women have ovarian cyst. Most of the cysts are asymptomatic and discovered only in routine ultrasonography. Some of them are highly symptomatic hindering day to day activities of women. Symptoms depend on the size, site and severity of cysts. Based on the explanation in ayurvedic literature the vitiated vatadi dosha vitiates mamsa, rakta, kapha and medas and produces elevated protuberance this is called as granthi. Similar pathogenesis occurring in beejakosha is termed as beejakosha granthi. The Granthi can have various contents it could be fluid, blood or pus. Here a case of 28 year old female is studied with successful Ayurvedic treatment for right ovarian Hemorrhagic cyst with variety of symptoms. Treatment protocol was based upon Prakruti of patient and nature of signs and symptoms. To reduce the size of the granthi the drugs adopted should have properties like Lekhana, rukshana, ushna, teekshna and sukshma Srotogami.

KEYWORDS: Beejakosha Granthi, Hemorrhagic ovarian cyst, Lekhana, sukshma Srotogami.**INTRODUCTION**

The granthi which is filled with fluid, blood or pus occurring in beejakosha is called beejakosha granthi. When the granthi is vitiated with vatadi dosha it causes various kinds of pain like stretching, piercing or perforating pain and once it ruptures there will be discharge of fresh blood. According to acharya Sushruta granthi is formed due to the vitiation of vatadi dosha which in turn cause dusthi of mamsa, asruk, meda associated with kapha dosha causing an elevation and round protuberance.

A hemorrhagic ovarian cyst is a kind of functioning cyst that arises when cyst bleeds within the ovary during ovulation.^[1] Hemorrhagic Ovarian cysts are functional in nature and asymptomatic but sometimes they could cause dull aching pain to the patient which could be cause of her discomfort. These cysts occur either as single or multiple. Single cyst may have a diameter up to 3-5cm and rarely more than 8cm.^[2] Hemorrhagic ovarian cyst is generally formed by expanding hemorrhage within a corpus luteum. This cyst subsides by its own over the 1-2 cycles. But association of pain and other symptoms or tendency of rupture needs surgical intervention.

Common symptoms of Ovarian cyst are irregular menstrual cycle, abnormal uterine bleeding, pain in abdomen or pelvis, nausea and headache. Sometimes vague symptoms like urinary urgency or frequency, abdominal distension or bloating and difficulty in eating and excess fatigue are noted.

CASE REPORT

A female patient aged 28 years moderately built, came with the complaints of dull aching pain in the lower abdomen since 2 months which was a cause of her discomfort and not hampering her daily activities. It was associated with lower back pain since 2 months. The pain used to increase 2-3 days during menstruation and decrease post menstruation but the patient was experiencing a dull aching pain throughout the month. Patient was also anxious to conceive since 2 years. Hence the patient approached to SKAMCH & RC for ayurvedic management and the treatment was started in the month of July 2022.

USG (11/07/23) report reveals that -Uterus anteverted, measures 8.3*4*5.1cm Endometrial Thickness – 10.8mm, Right Ovary measures 4.7*4cm. Thin walled

cyst with few septations measuring 3.6*2.9*3.3cm noted. Left Ovary measures 2.9*2.1cm normal in size.

Impression: Right ovarian hemorrhagic cyst

The treatment was given i.e which is having granthihara, vedanasthapaka and garbhashaya shodhaka properties; patient has got relief from symptoms. This case was diagnosed as a case of Artavavaha srotogata Vataja beeja granthi (Right Ovarian haemorrhagic cyst).

Poorvavyadhi Vrutanta

N/K/C/O Diabetes Mellitus, Hypertension, Thyroid dysfunction, Asthma, Epilepsy.

Kula Vrutanta: No history of similar problem in any of the family members.

Vaiyaktika Vrutanta

- Diet – Mixed (Non-veg twice a week)
- Appetite – Reduced
- Bowel – Once a day, Regular
- Micturition – 4-5 times/day
- Sleep – Disturbed
- Habits – Tea- twice daily in the morning and evening.

Rajo Vrutanta

- Age of Menarche – 13 years
- Menstrual History:
 - Nature: Regular
 - Bleeding duration: 3-4days
 - Interval: 28-30 day
 - D1 – ½ to 1 pad soaked
 - D2 and D3 - 2 pads per day, fully soaked
 - D4 - ½ to 1 pad soaked
- Clots: Absent
- Mild to moderate pain during menstruation: Present (did not hamper her day-to-day routine work)
- Foul smell & Itching: Absent

Marital History Married life -6 years

Obstetric history: PIL1A0D0
PIL1- 6 years, Female, FTND, uneventful

Vyavaya Vrutanta

- Frequency – 7-8 times a week

Samprapti

Nidana sevana → Vata pradhana Tridosha dushti → Jataragni dushti leads to ama
↓
Dhatwagni mandya and Rasa, rakta, mamsa, meda dhatu dushti
↓
Sthana samshraya in Andashaya (beeja i.e ovary)
↓
Vataja granthi in beeja kosha

- **Samprapti Ghataka**
- Dosh – Vata pradhana tridosha

- Dypareunia – absent

Contraceptive History

- Barrier method after 1st pregnancy
- No history of contraceptive since 2 years

Dashavidha Pareeksha

- Prakruti– Vata Pitta
- Vikruti
 - Dosh – vata pradhana tridosha
 - Dushya – rasa, rakta, mamsa, meda dhatu and artava upadhatu
 - Desha – Sadharana
 - Bala – Madyama
 - Sara – Madyama
 - Samhanana –Madyama
 - Pramana – Madyama
 - Satmya – vyamishra
 - Satva – Madyama
 - Ahara shakti – Avara
 - Abhyavarana shakti: Avara
 - Jarana shakti: Avara
 - Vyayama shakti – Madhyama
 - Vaya– Madhyama

Systemic Examination

- CVS – S1 S2 Normal
- CNS – Well oriented, conscious
- RS – normal vesicular breathing, no added sounds
- P/A – Soft , mild-tenderness
- P/V – Cervix Multiparous os

A mild discomfort was noticed on the posterior fornix palpation.

Diagnosis

Artavavaha srotogata Vataja beeja kosha granthi (Right Ovarian haemorrhagic cyst)

Roga Pareeksha

- **Nidana**
 - Ahara – Madhura, katu, tikshna, Ushna ahara, dadhi sevana (intake of curd rice twice daily). Mamsa ahara sevana twice weekly.
 - Viharaja – Ati chinta, ativyavaya, ratri jagarana
- **Roopa** – Vedana at udara and kati pradesha

- Dushya – Rasa, Rakta, mamsa, meda & artava upadhatu
- Agni – Jataragni, Dhatwagni

- Agnidushti– Jataragni and dhatwagni mandya
- Srotas – Rasavaha, Raktavaha, mamsavaha, medavaha and artavavaha srotas
- Srotodushti – Granthi
- Udbhava sthana – Amapakvashaya
- Sanchara sthana – Artavavaha srotas (beeja granthi)
- Vyatka sthana – Beeja granthi
- Adhithana – Beeja granthi
- Vyadhimarga – Abhyantara
- Sadyasadyata– Sadhya

Treatment

Treatment was carried out with following medications from 08-07-22

DATE	COMPLAINTS	TREATMENT	OBSERVATION
08/07/22	C/O dull aching pain in lower abdomen since 2months LMP- 26/06/22	Investigations sent CBC, RBS,Thyroid profile USG- Abdomen & pelvic scan	
11/07/22 to 30/0/22	on 11/07/22 Urine routine report shows Protein + Bacteria ++ LMP- 24/07/22 (persisted with dull aching pain in lower abdominal)	1.Renalka syrup 2tsp-2-2tsp (A/F) with 4-6tsp of water 2. Tab.Neeri 1-1-1 (A/F) 3.Usheerasavam 2tsp-2-2tsp with 4-6tsp of Water (A/F) for 15days	on 30/0/722 Urine routine report shows Protein, Bacteria - nil USG : Right ovarian haemorrhagic cyst measuring 3.6*2.9*3.3cm Other reports were normal.
30/7/22 to 22/09/22	Dull aching pain in the lower abdomen PLMP 23/08/22 LMP 17/09/22	*Varunadi Kashaya 1tsp BD + *Saptasara Kashaya 1tsp BD(B/F) *Sarivadyaristam 2tsp BD (A/F) *Kumaryasavam 2tsp BD (A/F) *Kanchanara guggulu 1TID(A/F) for 2 months	1. Abdominal Pain with discomfort 2. Mild to moderate pain during menstruation.
23/09/22 to 23/10/22	Abdominal Pain was reduced and patient had no fresh complaints	1. Jeevani syrup 2tsp BD (A/F) 2. Phala ghrita 1tsp BD with milk in empty stomach 3. Yoshajeevana lehya 1tsp BD (A/F) 4. Varunadi Kashaya 2tsp BD with 4-6 tsp of water (half an hour before food) for 1month	1. No Abdominal Pain and Dysmenorrhea subsided 2. On 20/10/22 Right ovarian haemorrhagic cyst resolved completely as per USG.

DISCUSSION

In Ayurveda the treatment is mainly based on specific set of principles. It includes Nidana Parivarjana (avoiding use of causative factors) samprapti vighatana by using the medicines which are granthihara (which disintegrates the granthi). In the above case study, it was noticed that intake of vatakara ahara vihara, Ati Madhura, guru, Snigdha ahara (increased sweet milk products), Viruddha Ahara (unwholesome/untimely food habits), ati mamsa ahara sevana (chicken, meat etc), Ativyayama, Divaswapna can be considered as the etiological factors responsible for vitiation of vatadi dosha and involvement of rasa, rakta, mamsa and meda as the dushya contributing to the formation of Granthi. There was involvement of agni and ama due to the nidana sevana which had additionally caused artavavaha srotorodha and development of granthi at the site of beejakosha. Thus, vitiated Vata Dosha, along with Kapha dosha vitiates Mamsa, Rakta and Medas which produces rounded, protuberant swelling. When all together get sthana samshraya in Yoni (female reproductive system) will leads to disturbance in menstrual cycle and associated

complaints. The vitiated doshas and dhatus localizing in Andashaya (ovary) manifest as Granthi (ovarian cyst).

Haemorrhagic cyst is one of the kinds of functional cysts which are protuberant due to the fluid and blood collection after the formation of corpus luteum in the ovary. This has the symptoms that show close correlation to beejakosha granthi.

Here the management was based on use of Vata kaphahara, Agnideepana, Lekhana, Pachana, Bhedana properties of the dravyas and formulations. In this study Saptasara kashaya,^[3] Kanchanara guggulu,^[4] Varunadi kashaya.^[5] was used because of its gulmahara, agnideepaka, vatakaphahara, medahara and lekhana karma which helps in reducing the size of cyst, arrests the further growth of cyst and helps to relieve from the symptoms. Along with these medications the patient is advised to follow Yava, shali dhanya, Ksheera, lasuna as a pathya.

CONCLUSION

Beejakosha granthi is one of the manifestation of artavavaha srotas involving vitiation of vata pradhana kapha dosha and rasa, rakta, mamsa, and medo dushti that can be symptomatic or asymptomatic. Ovarian cyst accounts for a large proportion of Gynecological issues faced by women in day today life one such kind is Haemorrhagic cyst. Ayurvedic management on the basis of prakruti, lakshanas, and Upashaya can be decided accordingly. Appropriate Ayurvedic medication along with pathya, apathya, and ahara helps in regression of the cyst and associated complaints. This case study illustrates the role of Ayurvedic medication in the successful management of hemorrhagic ovarian cyst, thus avoiding surgical intervention.

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