

AYURVEDIC TREATMENT REGIMEN OF ENDOMETRIAL CYST: A CASE STUDY

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ABSTRACT

Introduction: Endometriotic cysts are a significant reproductive health issue, contributing to infertility and chronic pelvic pain in nearly 10% of women worldwide. Conventional treatment, often involving a combination of medical and surgical interventions, has shown limitations in effectively managing recurrence and enhancing fertility outcomes. In Ayurveda, endometriosis and related conditions like endometriotic cysts can be understood through the principles of *Vata-Kapha* imbalance and *Rakta Dhatu Dushti*. This study investigates an Ayurvedic treatment approach to address the underlying causes, alleviate symptoms and improve fertility outcomes. **Methods:** A 35-year-old woman diagnosed with endometriotic cyst was treated following Ayurvedic principles. The treatment protocol included *Shodhana* (purification) through *Virechana* (purgation) and *Basti* (therapeutic enema) to balance *Apana Vata*, along with *Shamana* (palliative) therapies to reduce inflammation and improve uterine health. Supportive ayurvedic medicines were provided to manage pain and dysmenorrhea. Post-treatment follow-up included ultrasonography to evaluate cyst size and reproductive health. **Results:** Following five months of Ayurvedic treatment, ultrasonography revealed complete resolution of the endometriotic cyst. The patient reported significant relief from pelvic pain and dysmenorrhea. **Discussion:** The results suggest that Ayurvedic management through *Shodhana* and *Shamana* therapies can effectively address both symptomatic relief and the root causes of endometriotic cysts. Also by focusing on *Apana Vata* balance and utilizing preconception care, the Ayurvedic approach offers potential benefits in reducing recurrence and promoting natural conception. **Conclusion:** This study demonstrates the efficacy of an Ayurvedic approach in managing endometriotic cysts, highlighting its potential as a complementary or alternative therapy for improving reproductive health and fertility outcomes. Further research is recommended to substantiate these findings and explore broader applications of Ayurveda in gynecological health.

KEYWORDS: Ayurveda, Menstruation, Dysmenorrhoea, Endometriotic cyst.

INTRODUCTION

Endometriotic cysts, also known as ovarian endometriomas are a common manifestation of endometriosis, affecting around 10% of women of reproductive age globally.^[1] These cysts form when endometrial-like tissue grows within the ovary and causing ovarian cysts. They are a specific manifestation of endometriosis, a chronic condition where endometrial tissue grows outside the uterus, causing pain, inflammation and sometimes infertility.^[2] Conventional treatments, including hormone therapy and surgery, often relieve symptoms but may lead to recurrence, which has led many patients to explore Ayurvedic approaches.

In Ayurveda, endometriosis and related conditions like endometriotic cysts can be understood through the

principles of *Vata-Kapha* imbalance and *Rakta Dhatu Dushti*.^[3] Symptoms such as chronic pelvic pain, dysmenorrhea and dyspareunia are associated with *Vata* dosha imbalance, while the cystic, stagnant nature of endometriotic cysts is linked to *Kapha* dosha aggravation.^[4] Ayurveda explains disease progression through *Kriya Kala* (six stages of disease), highlighting how accumulated doshas and impurities lead to growths in the ovaries and surrounding organs. Ayurvedic management aims to pacify aggravated *Vata* and *Kapha*, detoxify the body and purify *Rakta Dhatu*.^[5] This study explores the efficacy of an Ayurvedic treatment protocol for managing endometriotic cysts, using *Shodhana* (purification) and *Shamana* (palliative) therapies. Through this approach, the study aims to address symptoms, reduce recurrence and restore reproductive

health, offering an alternative approach to conventional treatments for endometriotic cysts. In present article, an attempt has been made to analyze ayurvedic line of treatment in case of Endometriotic Cyst.

CASE REPORT

A female patient aged 35 years reported at the OPD of *Prasuti Tantra Evum Stree roga* at Institute for Ayurved Studies and Research, Kurukshetra with complaint of painful menstruation, painful intercourse and pain in right lower quadrant of abdomen before and during menstruation since last 1 year. She had also brought her USG report of 6 months back dated 06/08/2023 & 2 months back 16/12/2023. She was diagnosed as Right Ovarian Endometrial Cyst. She took treatment from allopathic hospital but didn't get much relief along with some side effects. Then, she came to our hospital for Ayurvedic management.

History of Present Illness

The patient reports experiencing painful menstruation, pain in the right lower quadrant of the abdomen and dyspareunia for the past year. The abdominal pain intensifies before and during menstruation and radiates to the surrounding pelvic area, significantly affecting daily activities. Over-the-counter medications provide minimal relief. Recent symptoms include urinary urgency and painful bowel movements around menstruation. Despite attempts at pain relief, the symptoms persist, leading her to seek specialized care.

Past History

Nothing relevant.

Family History

Nothing relevant.

Personal History

Diet	Mixed
Bowel	Regular
Appetite	Reduced
Micturition	Within normal limit
Sleep	Disturbed
Allergy	Nil
Addiction	Nil

Treatment

The treatment was carried out on basis of Ayurvedic principles along with diet and lifestyle recommendations as:

SHODHANA

Date	Treatment
02/02/2024	<i>Virechana Karma (Snehapana with Varunadi Ghrita and virechana with trivritta avleha & Eranda Taila)</i>
25/02/2024	First cycle of <i>Yog Basti (Anuvasana Basti with Dhanyaka and Mundi Taila & Niruha Basti with Dashmoola Kwath)</i>
30/03/2024	2nd cycle of <i>Yog Basti (Anuvasana Basti with Dhanyaka and Mundi Taila & Niruha Basti with Erandamooladi Kwath)</i>
23/04/2024	3rd cycle of <i>Yog Basti (Anuvasana Basti with Dhanyaka and Mundi Taila & Niruha Basti with Erandamooladi Kwath)</i>
21/05/2024	1 cycle of <i>Matra Basti with Dhanyaka and Mundi Taila</i>

Menstrual History

Menarche - 14 years

LMP – 17/01/2024

Interval – 26-28 days

Duration – 4-5 days

Amount- 2-3 pads/day

Clots – Present

Pelvic pain mainly in right lower quadrant – (VAS - 10/10)

General Physical Examination

Built – Normal

Nutritional status – Moderate

Height – 156 cm

Weight – 53 kg

Pulse rate – 72 beats /min

BP – 110/70 mmHg

Temperature – 98.6°F

Laboratory and Ultrasonography Report:

On laboratory investigations her haemoglobin was 11.2g/dL and her Ultrasonography Abdomen report dated 16/12/2023 showed: Uterus: Anteverted, normal in size, shape, position & myometrial echotexture. It measures 76 x 37 x 40 mm with volume 57cc. Endometrial cavity is clear. Endometrial thickness is normal, measuring 5.3mm. Cervix is normal in size, shape & echotexture. Left ovary is normal in size, shape & echotexture. No focal lesion seen in left adnexa. Right ovary is bulky. A thin walled cyst with low level internal echoes homogenously filling the cyst is noted in right ovary. The cyst measures 27 x 28 x 27mm with volume 11cc-s/o endometrial cyst.

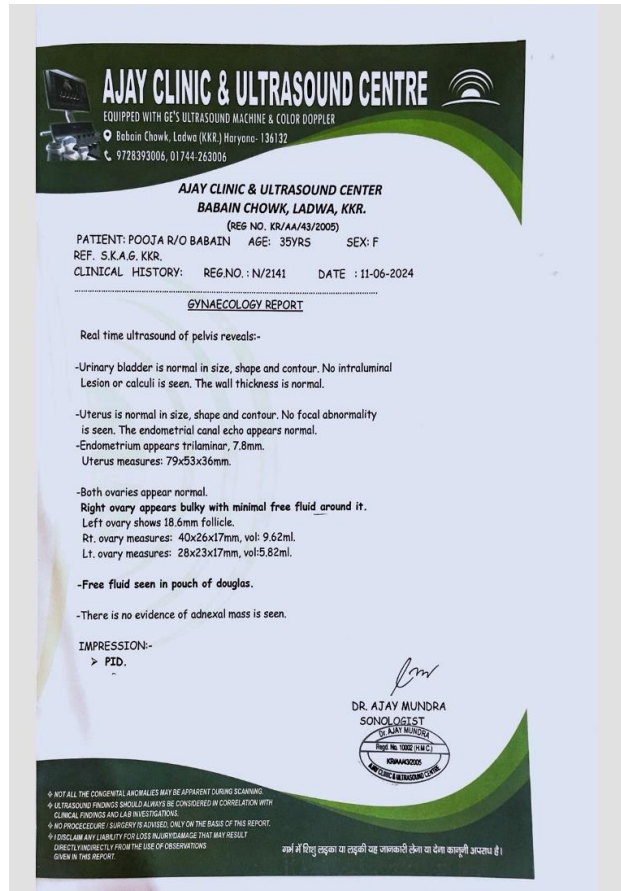
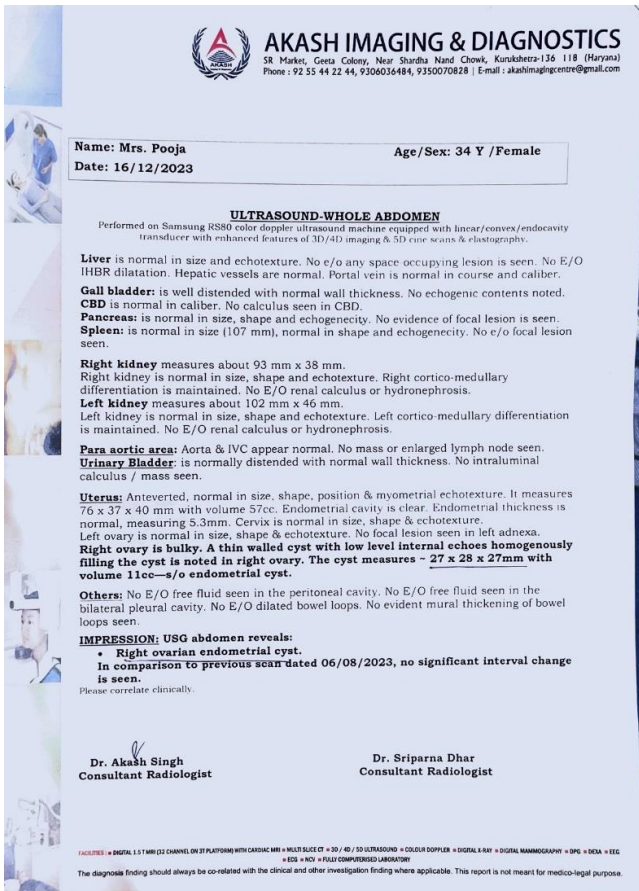
SHAMANA

Month	Medicine	Dose
Feb 2024	Sukumar Kashayam	20 ml with 20ml water (BD) before meals.
	Tablet Endotone	1 tablet (TDS)
	Kanchnara Guggulu	250mg (BD)after meals
March 2024	Sukumar Kashayam	20 ml with 20ml water (BD) before meals.
	Tablet Endotone	1 tablet (TDS)
	Kanchnara Guggulu	250mg (BD)after meals
	Capsule Sniec 30	1 capsule (BD) after meals
	Gandharvahastadi Kashayam	10-15 ml with water at night
April 2024	Varunadi Kshayam	20 ml with 20ml water (BD) before meals.
	Tablet Endotone	1 tablet (TDS)
	Tablet Gynocyst	1 tablet TDS after meals
	Capsule Sniec 30	1 capsule (OD) after meals
May 2024	Gandharvahastadi Kashayam	10-15 ml with water at night
	Varunadi Kshayam	20 ml with 20ml water (BD) before meals.
	Tablet Endotone	1 tablet (TDS)
	Tablet Gynocyst	1 tablet TDS after meals
	Capsule Sniec 30	1 capsule (OD) after meals
	Gandharvahastadi Kashayam	10-15 ml with water at night

RESULT

In the last patient was satisfied with the result. Her ultrasound reports dated 11/06/2024 revealed no evidence of endometriotic cyst along with symptoms.

Her pain was also reduced and she was completely cured with Ayurvedic treatment. There is no recurrence of any symptoms and sign until now.



DISCUSSION

In the treatment of cysts, our protocol involving Virechana, Basti with Mundi Taila and Dhanyaka Taila,

along with Erandamooladi Kwatha, was implemented to systematically target cyst resolution through dosha balance and channel purification. Virechana served as an

initial detoxifying procedure, effectively reducing *Pitta* and eliminating deep-seated *Ama* (toxins) that contribute to cyst formation.^[6] Following this, *Yog Basti* combined the benefits of both *Anuvasana* (oil enema) and *Niruha* (decoction enema) to enhance the removal of residual toxins and balance *Vata*, the *dosha* primarily responsible for irregular growths.^[7] *Mundi Taila*, with its *Vata-Kapha hara* and *Kledahara* properties, targeted cystic accumulations and excess fluid, while *Dhanyaka Taila* provided anti-inflammatory and cooling actions that reduced localized pain and swelling.^[8] The *Erandamooladi Kwatha* in *Niruha Basti* further supported cleansing of the reproductive channels, aiding in *shrotoshuddhi*^[9] (channel purification) and enhancing the receptivity of ovarian and endometrial tissues to regulate the HPO axis. Together, these procedures holistically worked to dissolve cystic growths, improve circulation, and promote reproductive health.

Along with above *shodhana* procedures the *Shamana Aushadhis-Sukumar Kashayam*, *Varunadi Kashayam*, *Kanchnara Guggulu*, Tablet Endotone, Capsule Sniec 30 and *Gandharvahastadi Kashayam* play distinct roles in balancing doshas, reducing growths and enhancing reproductive health. *Sukumar Kashayam*, known for its *Vata-Pitta* pacifying properties, aids in menstrual regulation and alleviates uterine discomfort by reducing inflammation and balancing *Vata*.^[10] *Varunadi Kashayam*^[11] is renowned for its *Kapha-Vata* pacifying and *Lekhana* (scraping) properties, which help dissolve cystic formations and clear urinary and reproductive tract obstructions, thus supporting cyst resolution and enhancing overall reproductive health. *Kanchnara Guggulu*^[12] is particularly potent for its *Lekhana* (scraping) and *Kapha-Vata hara* actions, helping to reduce glandular swellings and resolve cystic formations by targeting abnormal growths. Endotone,^[13] often containing extracts like *Curcuma longa* (turmeric), acts as an anti-inflammatory and antioxidant, which further supports hormonal balance and mitigates tissue proliferation. Sniec 30 capsules, typically featuring Curcumin as a core component, assist in breaking down *Ama* and possess anti-inflammatory actions that alleviate pain and support cellular health.^[14] Lastly, *Gandharvahastadi Kashayam*,^[15] with its mild purgative effect and *Vata-Pitta* pacifying properties, supports digestive health, clears *Ama*, and ensures proper elimination, which is essential in maintaining hormonal balance and preventing cyst recurrence. Together, these *Shamana Aushadhis* work synergistically to maintain doshic equilibrium, reduce inflammation, enhance tissue function, and promote overall reproductive health, ultimately aiding in the effective management of cystic conditions.

CONCLUSION

In conclusion, the integrated treatment approach for cyst management in Ayurveda includes *Shodhana* (purification) procedures such as *Virechana* and *Basti* with medicated oils like *Mundi Taila*, *Dhanyaka Taila*

and *Erandamooladi Kwatha*, effectively balancing doshas, clearing channels, and reducing cystic obstructions. Following this, the use of *Shamana Aushadhis*- such as *Sukumar Kashayam*, *Kanchnara Guggulu*, Endotone, Sniec 30, *Gandharvahastadi Kashayam* and *Varunadi Kashayam* provides sustained support by regulating hormonal balance, reducing inflammation, and promoting healthy tissue function. Together, these interventions address both the root cause and symptoms of cystic conditions, restoring reproductive health through a holistic, dosha-centered approach in Ayurveda.

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