



Case Study

EFFECT OF GUGGULU TIKTAKAM KASHAYAM IN UTERINE FIBROID

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ABSTRACT

The most common benign uterine tumours affecting women in reproductive and perimenopausal stages are fibroids or leiomyomas. There is strong evidence that estrogen and progesterone promote the growth of fibroids, despite the fact that their exact aetiology is still unclear. This is because fibroids seldom arise before menarche and retreat after menopause. The most prevalent reason for hysterectomy is fibroids. Menorrhagia, polymenorrhoea, metrorrhagia, intermenstrual bleeding, infertility, repeated abortions, Pain and pressure symptoms, abdominal lumps, and vaginal discharge are a few of the symptoms they exhibit clinically. In Ayurveda there is no exact correlation for uterine fibroid. Fibroids can be considered as *Mamsa Grandhis*, one among the *Grandhis* described by Charaka and Vagbhata. They increase the surface area of the endometrial tissue in the uterus when present, causing excessive bleeding, Pressure symptoms, dysmenorrhea, and even infertility. *Vata-Kapha* predominant *Tridoshas* have a role in the aetiology of the *Granthi Roga*, necessitating the use of *Vata-kaphahara* medicines. As *Granthi* can also be caused by *Mandagni*, in *Granthi chikitsa* we can make use of *Dravyas* that are *Deepana pachana*. According to *Acharya Susruta*, *Sopha Chikitsa* is included in the *Apakwa Granthi chikitsa*. In *Mamsa granthi chikitsa*, *Shothagna*, *Lekhana*, *Chedhana*, and *Vatanulomana dravyas* may be utilised. *Asrigdara chikitsa* and *Raktapitta chikitsa* can be used to treat fibroids when heavy, prolonged menstrual cycles are present. A 38 year old lady was presented with complaints of heavy, prolonged bleeding during menstruation along with lower abdomen pain. On USG she was diagnosed with uterine fibroids. *Guggulu tiktakam kashayam* was given for 3 months and after follow up symptoms were evaluated. She was relieved from prolonged heavy bleeding during menstruation and lower abdomen pain. From this case report, it is evident that *Guggulu tiktakam kashayam* is effective in uterine fibroids.

INTRODUCTION

Fibroid is the most common benign tumor of the uterus and also the most common benign tumor in female. Histologically, this tumor is composed of smooth muscle, so named as uterine leiomyoma, myoma or fibromyoma.^[1] They contain considerable amount of collagen that creates a fibrous consistency.^[2] The exact cause for the incidence is not known. The widely accepted theory is that it develops from a single neoplastic smooth muscle cell in the myometrium.

It is still unclear what cause the first neoplastic change. Many fibroids are asymptomatic, but in 30%–40% of cases, they show a variety of symptoms, depending on the location and size. Fibroids can cause heavy menstrual bleeding with subsequent anemia, which could be life-threatening.^[3] Menstrual abnormalities like menorrhagia, metrorrhagia, dysmenorrhea, dyspareunia, infertility, pressure symptoms, recurrent pregnancy loss (miscarriage, preterm labor) and lower abdominal or pelvic pain and abdominal enlargement. To reduce heavy menstrual bleeding medical therapies such as hormonal contraceptives, tranexamic acid, and non-steroidal anti-inflammatory drugs can be used. Gonadotropin-releasing hormone agonists or selective progesterone receptor modulators are an option for patients who need symptomatic relief preoperatively

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or who are approaching menopause. Surgical treatment includes hysterectomy, myomectomy, uterine artery embolization, and magnetic resonance-guided focused ultrasound surgery.^[4]

In Ayurveda, *Mamsa granthi* features closely resemble uterine fibroids *Granthi* is referenced in *Vridhhi* and *Dusthi lakshanas* of *Mamsa dhathu*. When *Kha vaigunya* occurs in *Garbhasaya*, it causes vitiation and a buildup of *Mamsa dhatu*, which results in production of *Granthi*. In the *Ama/apakwa* stage of *Granthi*, *Sopha chiktsa* can be adopted. *Guggulu tiktakam kashayam* which is a pharmacologically modified version of *Ghritha yoga* mentioned in *Ashtangahridaya* is indicated in *Sandhi asthimajagata vata*, *Kushta*, *Naadivrana*, *Arbuda*, *Bhagandara*, *Jatrurdhva gata vyadhies*, *Gulma*, *Panduroga*, *Vidradhi* and *Vatarakta*. *Guggulu tiktakam kashayam*, is an *Apatarpaka yoga* which is having *Pachana*, *Lekhana*, *Shoshana*, *Kapha medohara* and *Vatanulomana* action.

Case Report

A 38-year-old lady approached our OPD with complaints heavy, prolonged bleeding during menstruation along with lower abdomen pain on 5/7/2022. On USG she was diagnosed with an anterior wall submucosal/subserosal uterine fibroids of size 3.6x3.9cm, posterior wall intramural/subserosal fibroid 2.9x2.3 cm and, posterior wall sub mucous fibroid 1.7x2 cm. Patient was managed with *Guggulu Tiktakam kashayam* for a period of 3 months. On follow-up after one month without treatment, symptoms like heavy menstrual bleeding and lower abdomen pain were reduced without significant increase in size of fibroid.

Personal History

Diet – Non-vegetarian predominantly
Bowel – Constipated
Appetite – Good
Micturition – Within normal limits

Grading of symptoms

| Symptoms | Before treatment | 30 th day | 60 th day | 90 th day | 120 th day |
|----------------------|--|----------------------|----------------------|----------------------|--|
| Duration of bleeding | 10 | 7 | 7 | 6 | 5 |
| Amount of bleeding | 720 | 640 | 510 | 380 | 320 |
| Dysmenorrhea | 5/10 | 5/10 | 4/10 | 4/10 | 2/10 |
| Size of fibroid | 3.6x3.9 cm 2.9x2.3 cm 1.7x2.3 cm | | | | 3.9x3.4 cm 2.8x2.2 cm 2.6x1.3 cm |

DISCUSSION

The features of *Mamsa granthi* closely resemble uterine fibroid. Etiopathogenesis, clinical features and treatment of *Granthis*, are identical to the *Granthis* of any other body part, however few clinical features will be present due to a specific location of the disease as a result of anatomical and physiological disturbance. *Mamsa granthi*, as described by *Charaka* and *Vagbhata*, might be interpreted as a *Mamsa-*

Sleep – Sound

Menstrual History

Age of menarche- 13 years
LMP-22/6/22 PMP-25/5/22
Duration- 10 days+2 days spotting Interval-28-30 days
Amount- 3-4 large pads fully soaked, PBAC score-720
Clots- Present
Pain- Lower abdomen pain-VAS-5/10
Duration-3 days

Obstetric History

P₂L₂A₀
L₁L₂-LSCS
LCB – 11 years PPS done

Investigations

Hematology(18/5/22)
Hb-11.1 gm/dl
TC-7250 cell/cu mm
DC-neutrophil-61%, lymphocyte-34%, eosinophil-3%, monocyte-2%, basophil-0%
ESR-13mm /hr

USG (Abdomen & Pelvis)- 21/5/22

Uterus-bulky measures 9.8x5.6cm, heterogenous myometrium, fundal fibroid measuring 2.9x2.3cm (intramural/subserosal) posterior wall fibroid measuring 2.9x2.3 ms (intramural/subserosal). Posterior wall submucous fibroid abutting endometrial cavity-1.7x2cm, endometrium- 5 mm

Impression

Bulky uterus with heterogeneous myometrium and multiple uterine fibroids

Management

Oral administration of 96ml of *Guggulu tiktakam kashayam* in two divided doses of 48ml each for 3 months twice daily one hour before food was given and follow up done after 1 month. Patient was educated about *Pathya-apathyas* to be followed.

uterine fibroids are thought to be a compressed version of the normal uterine wall enclosed in a false capsule that has a unique anatomy from the myometrium around it. Therefore, the histology of fibroids is comparable to the *Mamsa vridhhi* and *Mamsa dushti* described in the classics of Ayurveda. The most common features of uterine fibroids are excessive bleeding, dysmenorrhea and pressure symptoms like low back ache, pelvic pain, urinary symptoms.

In fibroids, irregular acyclic bleeding can result from surface lesions. Both *Jataragni* and *Dhatwagni* are vitiated by the *Kaphaja nidanas*. *Agni* dysfunction causes *Kha vaigunya* and the subsequent development of *Ama*. As a result of the *Samarasa* production *Dhatwagnimandya*, *Dushyas* like *Rakta* and *Mamsa* become even more vitiated, resulting in *Srothodushti sangam*. This further causes *Apana vayu* to become out of balance, which in turn causes *Arthava niskramana kriya* to become out of balance. In addition, expanded surface area of *Garbhasaya grandhi* also contributes to *Arthava vyapat*. It is a distinct symptom connected to fibroids. *Apana vaigunya* is brought on by the deformation in the shape of uterus caused by *Granthi* development. The ability of *Apana vayu* to help normal menstruation is hampered. *Apana vayu* vitiation causes dysmenorrhea by increasing uterine contraction. Fibroids cause pressure sensations such as low back pain as they exert pressure on the spine and surrounding tissues. Additionally, they can lead to incontinence, or the retention of urine and faeces, as they create pressure on nearby organs like the urinary bladder and rectum. The symptoms like *Prishta vamshana shola* and *Arthava ruja* are attributes of *Vata*. The symptoms like menorrhagia and metrorrhagia are attributes of *Pitta*. The symptoms like feeling of heaviness of abdomen are an attribute of *Kapha*. *Vata*, *Kapha* dominating *Tridoshas* are involved in the pathogenesis of the *Granthi Roga*, hence *Vata-Kaphahara* medications are required. Eradication of the *Nidana* (etiological factors) itself is the treatment of the disease. In the case of uterine fibroid, indulgence in *Aahara* and *Vihara* that can vitiate *Vatha*, *Kapha*, *Rakta doshas* and *Mamsa*, *Medho dhatu* should be avoided.

Assuming that the vitiation of *Vata* and *Kapha*, as well as *Mandagni* and *Ama*, as the main causes of *Granthi* we can administrate *Langhana* and *Deepana Dravyas*. Treatments should focus on enhancing *Vataanulomana* and *Agni deepana*. It is important to

include *Dushita dhatu*s like *Rakta*, *Mamsa*, and *Medas* as well. For reducing the size of fibroids medications should be *Kapha vata hara*, *Vatanulomana*, *Shothagna*, *Kledaghna*, *Lekhana*, and *Chedana*.

After the treatment period of 3 months, there was considerable change in the symptom of uterine fibroid. *Seetha veerya* and *Stambhana* of *Pancha tikta* present in *Guggulu tiktakam kwatham* helps in relieving excessive uterine bleeding. Drugs in *Guggulu tiktakam kwatham* like *Nimba*, *Kutaja*, *Paata*, *Patola*, *Vasha* helps in pacifying *Kapha* and *Pitha* and thereby reducing amount and duration of bleeding. The ingredients of *Guggulu tiktakam kwatham* like *Guggulu*, *Maricha*, *Shunti*, *Kantakari*, *Vidanga*, *Devadaru*, *Kushta*, *Deepyaka*, *Chitraka*, *Bhallataka* are *Vatanolumana* and help in relieving lower abdomen pain. Moreover ingredients of *Guggulu tiktakam kwatham* like *Guggulu*, *Chitraka*, *Kantakari*, *Nagara*, *Nimba* has anti-inflammatory properties which also help in relieving pain.

CONCLUSION

The symptoms of uterine fibroids like heavy menstrual bleeding and dysmenorrhea were managed well with *Guggulu tiktakam kashyam* in this case. The relief in heavy menstrual bleeding can be related with *Seetha* and *Stambhana* properties of drugs present in *Guggulu tiktaka kwatham*. The reduction in dysmenorrhea can be attributed to *Deepana*, *Kapha-Vata hara*, *Vataanuloma* properties of *Guggulu tiktakam kwatham* helping in relieving congestion and inflammation. Altogether it is evident that symptoms of uterine fibroids can be managed by Ayurveda medications.

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