**OVARIAN CYST: AN AYURVEDIC CONCEPT**

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**ABSTRACT**

Due to variation in our daily life style, ‘cystic ovaries’ is also a commonest gynecological problem nowadays. As the disease is related to the female reproductive system and hormonal axis, it can cause significant disturbance in the fertility status as well as hormonal condition of the female. Due to ovarian cysts, the fecundity and facundability become very poor. The age of first conception is increasing because of this disease in present era. Most of cases, Ovarian cysts can cause menstrual irregularities i.e. amenorrhea or oligomenorrhea which brings the disease is revealed. As we are facing variations in life style, spicy diet, fast foods, stress and strain in today's culture, environmental variation which ultimately affect the functional normalcy of woman through hormonal alteration. In daily life style obesity and insulin resistance are strongly implicated in its etiology disturbing the whole endocrine system. Functional cyst are most common ovarian cyst though self resoluting but may cause a variety of complication as pain in lower abdomen, menstrual irregularities, dysmenorrhea, per vaginal discharges, persistent cyst may cause excess estrogen production[2] leading to menorrhagia and metrorrhagia. It is prevalent in young reproductive age group (20-30%). Ovarian cysts may be seen in about 20% of normal women.[3]

**INTRODUCTION**

Cystic ovary is the condition of non neoplastic enlargement of ovary, is usually due to accumulation of fluid inside the functional unit of the ovary.[1] In present era cystic ovarian diseases are much common due to changes in life-style, spicy diet, fast foods, stress and strain in today's culture, environmental variation which ultimately affect the functional normalcy of woman through hormonal alteration. In daily life style obesity and insulin resistance are strongly implicated in its etiology disturbing the whole endocrine system. Functional cyst are most common ovarian cyst though self resoluting but may cause a variety of complication as pain in lower abdomen, menstrual irregularities, dysmenorrhea, per vaginal discharges, persisting cyst may cause excess estrogen production[2] leading to menorrhagia and metrorrhagia. It is prevalent in young reproductive age group (20-30%). Ovarian cysts may be seen in about 20% of normal women.[3]

**ETIOPATHOGENESIS**

Ovarian cysts are well correlated with the disease Kaphaja Granthi in Ayurveda. When Vitiating Vata etc. dosha infects the dushya mansa, rakta and meda which is mixed with kapha, rounded, protuberant, knotty and hard swelling is produced. This is called Granthi. It is named as Granthi because of its Knotty and glandular appearance.[4]

According to commentator Dalhan, its etiopathogenesis is divided into two parts. i.e. Aggravated vata etc. dosha involving mansa and rakta, create vataja, pittaja and kaphaja granthis whereas aggravated vata alongwith meda mixed with kapha produces medoja granthi.[5]

**CLINICAL FEATURES**[6]

**Symptoms:** Patients have following chief complaints which are given below,
- Menstrual abnormalities: Amenorrhea, Oligomenorrhea and Dysfunctional uterine bleeding (DUB)
- Infertility
- Obesity
- Hirsutism and Acne
- Virilism is rare
- Some cases are characterized by skin changes in which skin is thickened and pigmented (gray brown).

**Signs:** Bilateral enlarged cystic ovaries are revealed through internal examination but obesity may interfere.
INVESTIGATIONS
Hb%, TLC, DLC, ESR
Sr.TSH, FSH, LH, PRL
Sr. Testosterone
Ultrasonography
Laparoscopy

TREATMENT
Since, in all grantha predominance of dosha is mainly Vata and Ovarian cyst is correlated with kaphaja Granthi to some extent, hence treatment of ovarian cyst should be mainly Vata-kapha shamak and Shoth-har (Anti-inflammatory).

Line of Treatment
(i) Nidana Parivarjana: It is used as prophylaxis.
(ii) Balya chikitsa: Immunity of patients should be improved because it decreases the power and intensity of disease.
(iii) Vata-kapha shamak chikitsa
(iv) Shoth-har (Anti-inflammatory)
(v) Shodhana chikitsa by Panchkarma
(vi) Use of Sneha either singular or combined form medicated with Dashmula or Prasarini.
(vii) Excision where medical treatment is not effective.

Aushadh Yoga
(i) Kachanar Guggulu: This is very effective for treatment of Granthi, Galaganda, Apachi, Arbuda etc.\(^{[9]}\)
(ii) Kaishore Guggulu: Due to its anti-inflammatory action and deepan guna, Kaishore guggulu is effective in Granthi roga.\(^{[9]}\)
(iii) Phalaghrita: Phalaghrita is effective in all types of Vandyvatya. Due to reason it may be fruitful in ovarian cysts.\(^{[10]}\)
(v) Triphala Guggulu:\(^{[11]}\) also effective in Granthi due to its anti-inflammatory and analgesic action.
(vi) Ashokarishta: It acts as uterine tonic to maintain the tone of entire female genital organs including ovary.
(vii) Dashmula Kwath: all the vatashamak and tridoshahara drugs are helpful to treat Granthi.
(viii) Herbo-mineral formulations with Uttarbasti\(^{[12]}\): 40 patients of subfertility with Poly Cystic Ovarian Syndrome were selected from Osuki Ayurveda Centre, Rajagiriya, Sri Lanka. The treatment was conducted in 3 stages for duration of 6 months. In stage 1 (Day 1 to day 14) patients were treated with 30ml of Triphala Kwatha, 2 pills of Chandraprabha and 5g of powder of Manibhadra twice in a day to purify body. In stage 2 (Day 15 to 4th month) patients were treated with 5g of each powder of Shatavari (Asparagus racemosus), Shatapushpa (Peucedanum gravoelans) and Guduchi (Tinospora cordifolia) twice a day. Further they were treated with 20ml of Krishna Jeeraka, twice a day. In stage 3 (4th to 6th month) patients were treated with 5g of each powder of Aribala (Abutilon indicum) and Shatapushpa and 4 pills (each 125mg) of Rasayana Kalpa (A. racemosus, Terminalia chebula, T.betelica, Embelica officinalae, T. cordifolia, Narendostachys jatamansi, Herpestis monniera) twice a day. Further they were treated with 20ml of oil of Sahachara twice a day. These patients were locally treated with Uttara Vasti with 5ml of oil of Shatapushpa two consecutive days per month in between 4th to 10th day of the cycle. At the end of the aforesaid Ayurveda treatment regimen 85% of the patients were successfully get cured from Poly Cystic Ovarian Syndrome, while 75% of the patients get conceived.

(ix) _Shatapushpa Taila Matra Basti_\(^{[13]}\): Total 34 patients of PCOD were registered among which, 32 had completed the treatment of 2 months. They were randomly divided in to three groups. In group A _Pathadi Kwatha_ (10g, bid) and _Shatapushpa Taila Matra Basti_ (60 ml for 7 days after cessation of menses for 2 consecutive cycles) were administered. In group B only _Basti_, whereas in group C capsules of roasted wheat flour were administered. Better results were obtained in group A especially in menstrual irregularities, achieving follicular growth and in weight reduction. Treatment with the combination of both _Pathadi Kwatha and Shatapushpa Taila Matra Basti_ has additional effect on the symptoms of PCOD.

Single drugs used in ovarian cysts\(^{[14,15]}\)
Kachanar: All the parts of this herb like leaves, buds, flowers, barks roots and seed are useful in the treatment of ovarian cysts. This herb is packed with phytochemical compounds like alkaloid, tannins, and ascorbic acids which aid to dissolve the cysts in a natural way.

Amalaki: This has such phytochemicals which have antioxidant, anticancer and anti inflammatory properties.

Haritaki: This herb is packed with miraculous properties for the treatment of ovarian cysts. It helps to provide the relief in the symptoms associated with this complication like bloating, painful bowel movements, nausea, vomiting, and pain during sex.

Vibhitak: This herb also helps to balance the female hormones and also maintain the regularity of menstrual cycles. Thus this herb is quite effective to resolve the problem of ovarian cysts.

Lodhra: Lodhra is a potent herb for the treatment of ovarian cysts. This herb supports the good female reproductive health. It also helps to provide the relief in the symptoms like bloating, painful bowel movements, nausea, vomiting, and pain during sex which is associated with ovarian cysts.
Ashoka: This herb is packed with anti-inflammatory properties and provide the relief in the pain associated with ovarian cysts. It also helps to reduce the size of cysts as well as to boost up the tone of uterus, thus this herb is quite effective for the treatment of ovarian cysts.

Shilajatu: This is most popular and effective drug for Prameha (Diabetes mellitus). It is also effective for reduction of weight in obesity. That’s why, Shilajatu may be effective for ovarian cysts due its Medohar property.

Naga Bhasma: this is most effective in type 2 diabetes. Thus by reducing the weight of patients this can help to reduce ovarian cysts.

Vanga Bhasma: It acts in same way of Naga Bhasma.

Guggulu: It also supports the good female reproductive health thus quite effective for the treatment of ovarian cysts. This is effective in ovarian cysts due its Lekhana Karma, Deepana, and Medohar property.

Giloya: It improves immunity in a natural way. This is rich source of Calcium. It is nature’s best herb to maintain homeostasis in the body and prevent diseases.

Surgical treatment
Acharya Susruta has described that if granthi is not cured by medical treatment, then the granthi should be properly cauterized and after that honey and ghrita are applied.[16]

In modern medicine, cauterization is also indicated for ovarian cysts.

Congenital diet / Advised:[17] Old ghrita, old red shali rice, yawa, mudga, patola, rakta-sigru, kathillak, shali, vetagra, all the drugs having property of ruksha, katu, and deepan. Guggulu and Shilajatu should be used as congenital.

Non congenital diet / Forbidden: Milk, Ikshu, meat of aquatic animals, dough of grounded wetted pulses, sour, sweet, heavy and Abhishyandi drugs.[18]

DISCUSSION
Ovarian cysts can be best compared with kaphaja granthi of ovaries on the basis of signs, symptoms and etiopathogenesis. The drugs having Tridosha hara, mainly Vata kapha hara and Sothahara action, are indicated for the treatment of Ovarian Cysts. The sneha preparations medicated with Vatasamak drugs may be effective due to their Vataghna and Deepana guna. Kanchhara guggulu is indicated in all types of granthi because it acts as a tridoshahara mainly kaphavatahara, deepana and sothahara action. It is widely used in granthi. All preparations of Guggulu having property of Vatashamak and Shothhara are indicated in Granthi. Therefore, Guggulu also may be effective for treatment of ovarian cysts due its Lehkan and Deepan properties. Shilajatu is also found to be useful for ovarian cysts due to its many actions mainly lekhan, Medohara and anti-inflammatory. Naga bhasma, Vanga bhasma and Yashada bhasma are very famous as anti-diabetic and anti-obesity, so, these may be beneficial for ovarian cysts by losing the weight of patients because Obesity and ovarian cysts both are related to each other. Giloya has anti-oxidant property and due to this Giloya plays important role in most of diseases including Granthi i.e. ovarian cysts also. Ashokarishta and Lodhra are used to maintain the hormonal balance in equilibrium as well as to tone up the female genital tract. Chhedana chikitsa (Excision) is also indicated where medical treatment is not effective. Cauterization is also applied for treatment of cystic ovary and this procedure can be well correlated with Dahana karma with Kshar in Ayurvedic classics. Shatapushpa is most efficacious drug for Infertility from the ancient time either used as locally or orally. And Ovarian cysts are most important causative factors for infertility. That’s we can say that the drugs which cure infertility, may be effective to cure ovarian cysts. According to Acharya Kashyapa, Shatapushpa kalpa is called as Garbhapradha.

CONCLUSION
Kaphaja Granthi can be put parallel to Ovarian cyst in modern medicine on the basis of different signs, symptoms and etiopathogenesis. Strength of patients should be protected daily, because maintenance of strength of patients decreases the power of disease. Treatment of Ovarian cysts is mainly based on the use of drugs which are having predominance of Vata-kaphashamak and anti-inflammatory property. Balya chikitsa also play important role to prevent the incidence and to treat the present disease.

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