

A Review on Endometriosis

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Abstract

Endometriosis is a serious disorder where endometrial issue grows outside the uterus. Endometriosis is an unusual feature of retrograde menstruation that affects early every woman of reproductive age. Endometriosis causes chronic pelvic pain, bowel and bladder dysfunction and dyspareunia. Approximately 30% -50% of patients will be diagnosed with infertility and 50% will suffer from anxiety and depression. In Ayurveda the diseases related with genital tract is always discussed under yonirogas. Due to the characteristic of severe pain it is correlated to Vataja Yonivyapad. Ayurvedic medications always found to be beneficial in condition like endometriosis and adenomyosis.

Keywords: *Endometriosis, Vataja yonivyapad, Yonirogas*

INTRODUCTION

Endometriosis is a chronic estrogen dependent condition characterized by the ectopic implantation of functional tissue lining the uterus. Retrograde menstruation and coelomic metaplasia theories are also included in this. Even though endometriosis is benign condition it behaves in a malignant fashion, it invades local cells & spreads widely. The common sites includes ovaries, uterosacral ligaments, peritoneum sigmoid colon, uterus and appendix²

1. Appearance of endometrial tissue in myometrium is called Adenomyosis
2. Lesions in ovary are called Endometrioma.
3. Endometrial tissue with adipose & fibromuscular tissue between rectum & vagina is called Rectovaginal endometriosis

CAUSES

The cause of Endometriosis remains unknown. The women with the age group of 25 – 40 & non bearing women usually suffer from Endometriosis. Low parity, infertility, genital tract obstruction, environmental toxins contributes to endometriosis. Several theories put a light on causative factors of Endometriosis

- Retrograde menstruation
- Embryonic cell transformation theory
- Surgical scar implantation
- Endometrial cell transplant

ACC TO AYURVEDA

- Charaka says that a woman of vata prakruti indulges in vatakara aahara & vihara , the vayu reaches the Garbhashaya and produces pricking pain, stiffness , numbness & fatigue, due to the aggravation of vata, disturbance in the menstrual flow like pain, frothy, thin & dry symptoms are presented³.
- Mithya Aahara- Red meat, Transfat, Processed foods, Alcohol, Caffeine, Dairy products, Soya, Grains & gluten
- Mitya vihara- Ati maithuna, Vegadharana, Ratrijagarana
- Completely avoid all kind of deep fried items
- Reduce consumption of carbonated drinks, readymade juices, alcohol
- Completely avoid milk & milk products

SYMPTOMS

The most common symptoms of endometriosis includes

- Painful periods
- Acute Pain in the lower abdomen during cycles
- Infertility
- Menorrhagia
- Dyspareunia⁴
- Fatigue
- Nausea & vomiting
- Low back pain

- Blood in stool & urine
- Chronic pelvic pain(CPP)
- Depression

DIAGNOSIS

1. Clinically the diagnosis depends on presenting symptoms like Dysmenorrhoea and chronic pain (Vataja yonivyapad), Dyspareunia (paripluta yonivyapad) , Menorrhagia(pradara) , Infertility(Vandhyatwa) , nodular mass (vataja granthi)
2. The diagnosis helps to plan the principles of treatment

INVESTIGATIONS

1. USG- Transvaginal ultrasound can detect gross endometriosis involving ovaries
2. MRI & LAPROSCOPY
3. CA 1255

PREVENTIVE MEASURES

1. Avoid tubal patency test immediately after or around time of menstruation
2. Avoid forceful pelvic examination just after menstruation
3. Avoid delay of first conception

MANAGEMENT

1. ANALGESICS- NSAIDs are used in Inflammation
2. Hormonal therapy- OCPs, Danazol , GnRH analogues, Progestin
3. Surgery is recommended in patients with severe symptoms – Cystectomy, Cauterization, Hysterectomy, Laparotomy
4. Acc to Ayurveda the treatment principles of yoniroga, gulma, granthi , pradara can be understood based on the symptoms, the main aim of treatment is Vatanulomana
5. Vatashamana, mridu virechana , snehana and swedana are more beneficial in Endometriosis
6. Uttarbasti, Abhyanga, Basti & Pichu dharana6 are found very effective

DISCUSSION & CONCLUSION

Endometriosis is an unusual feature of retrograde menstruation that affects nearly every woman of reproductive age. The surgical and medical management of chronic pain associated with endometriosis is found to be very effective. The diagnosis and timely treatment helps to manage the endometriosis very effectively. The Ayurvedic management includes Shodana chikitsa & Shamana chikitsa which are very effective in reducing the lesions and chronic pain.

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