Exploring Garbhashaya Arbuda(Uterine Fibroid) From Ayurveda Samhita-Cause for Concern and Call for Action

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Abstract-
Uterine Fibroids or Leiomyomas are the Most common benign tumours of the uterus and also The most Common benign solid tumouris composed of smooth muscle and fibrous Connective tissue , so named as uterine leiomyoma , myoma , fibromyoma or fibroid.It has Been estimated that at least 20% of women at the age of 30 have got fibroid in their wombs . Fortunately , most of them remain asymptomatic .The Incidence of symptomatic Fibroid in hospital outpatient is about 3% .These are more common In Nulliparous or in those having one child infertility.The prevalence is Highest between 35 and 45 yrs. An Attempt Of having a brief study of Causes , Pathophysiology , An Ayurvedic Understanding Of this Concept , prevention and Management Of uterine Fibroids Is made.
Aim-

To have a brief review of uterine Fibroids its causes , Pathophysiology , An Ayurvedic Understanding Of the Uterine Fibroids As “ARBUDA” , Its Management and To understand The concept Of Endometrial Ablation as A Principle Management.

Key Words: Garbhashaya, Fibroid, Conceptual Understanding, Mamsa Dhatu.

Introduction-

Uterine Fibroids Are non cancerous growth of the Uterus tissue that Often appear during child bearing years Also Called As Leiomyomas or myoma. Ayurveda Defines a healthy and swastha body as the balance of Tridosha , Agni , Indriya and Mana . However ,if the Dhaatua aggravate leading to imbalance. The imbalance of Jatharagni , Dhatwagni and Bhutagniis the reason is the reason for disproportion of seven Dhatus.Both internal and external factors affect the agni , which disrupts mind too . The Concept of uterine Fibroids closely Resembles “Arbuda”Disease in Ayurveda .Arbuda is a disease characterized by growth of Mamsa Dhaatu ie; muscular tissue of the Uterus .As per modern science There is No Obvious cause Known for this pathology and often labelled As Idiopathic but Ayurvedic Medical sciences consider it as a disease of MamsaDhaatu.

Uterine Fibroids mentioned in different Ayurvedic texts-

According To Acharya Charak-

Arbuda Is described in Shothasangraha Adhyaya and included In MamsapradoshajaVikara .

According To Acharya Sushruta-Arbuda Is Described In 6thtwakaVikara.

According To AshtaangSangraha –

It Is Considered as mamsaPradoshajavikara (ie; it is caused when there is vitiation of the muscles of uterus)

According To AshtaangHridya-

It is regarded as MedovriddhiJanyaVyaadhi(ie; when there is increased lipids in the body either by improper /decreased metabolism).

Causes Of Uterine Fibroids (Arbuda) As per Ayurveda-

According to the basic Principles Of Ayurveda , There is no disease without The Vitiation of Doshas (Vata , Pitta , Kapha – The three Essential basic Functioning units of Human Body ) Hence Samanya Dosha Prakopak Hetu which is commonly explained for Tridosha Vitiation and mamsaDhaatu Vitiation and Considered as Nidana / causes for the commencement of this Disease . Some Specific Causes are-
- Emaciation due to different causes.
- Use of Irritants and Alkales
- Taking AbhishyandiAahar(The food which does the channels (Srotas) required for proper nourishment of uterus)
- Ama formation ie; formation of unassimilable Products further resulting in infiltration and toxins
- Due to external causes.
- Abnormal deliveries and abortion.

Pathophysiology –

Nidana Sevan (Because Of Above mentioned causes)-

<table>
<thead>
<tr>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
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<td>Carries Ama.</td>
<td>+</td>
<td>Mandagni.</td>
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Reach Reproductive system - Dysfunction Of Cellular Intelligence Of Muscular Tissue-Anormal Muscular Tissue Formation-Arbuda.(Uterine Fibroids)

Symptoms Of uterine Fibroids-

- Increased or heavy flow During periods .
- Pain and Cramps in lower Abdomen .
- Pressure around Pelvis.
- Difficulty to Pass stool.
- An Urge to urinate more Frequently.
- Finding difficulties during Emptying the bladder.
- Increase in size Of Abdomen Or uterus.
- Infertility.

Uterine Fibroids As A Lifestyle Disorder-

Ayurveda Always Emphasizes Of improving the Lifestyle of human Beings to prevent the diseases to abstain from the causes which May lead towards a disease and to live a Long & Healthy life.

As the health statistics and Gynaecological review tells The Number of cases which are seen nowadays as a case of uterine Fibroids , That high frequency was not seen some years back this means there is some negative change which we are doing which is leading to such a drastic increase in number of such diseases
This Emphasizes That –

- Alcohol Consumption
- Low fruits and Vegetable intake in diet
- Lack of essential vitamins due to excessive intake of outside food
- Packed /processed /preserved food items.
- Stress which disturbs The Hormone levels in female body.

All such reasons are related to our lifestyle which are related to Uterine Fibroids and can be easily Noticed in patients.

Preventive aspect as per Ayurveda-

Ayurvedic Medical Does not only believe in Treating A disease But Also Emphasize On maintaining a health of a healthy person and Gives An Innumerable Preventing Measures Against Several Diseases. It is not only A main system of medicine but it gives a complete Way Of living, some Are listed below

- Following The daily Regimen (Dinacharya)
- Following The Seasonal Regimen (Rtucharya)
- Following The “AshtaAahaarvidhivisheshaayatana” and “Aahaarvidhvidhaan”.
- Yoga- Regularly Doing Aasanas and exercise To improve Metabolism.
- Eating well, sleeping on time, completing the sleep.

Scope Of treatment of Arbuda (uterine Fibroids)-

- **Surgical Options**-
  - Hysterectomy
  - Agnikarma (cauterisation)
  - Ksharachikitsa
- **Endometrial Ablation** – It Is A new Technique coming Up Which Can Reduce Hysterectomy which Has many More Complications post op In the Life of a female. It Is A useful Technique in multiple cases of menorrhagia, Abnormal uterine Bleeding, Hematometra and Uterine Fibroids. It can be done both by cauterisation and Radiotherapy (using Radiolocial approach)
- Sthanikachikitsa(localised Treatment Specific and approachable to uterine cavity and uterus)
- Sarvadaehikchikitsa(which emphasizes on improving the cause of uterine fibroids and also improving the metabolism of thyroid dysfunction and other Metabolic disease associated).
Observation-

From All the Above Information Gathered It is Observed That Uterine Fibroids or Arbuda Is A measure of concern as It affects The Life of a female Drastically Complicating her life . The Understood pathophysiology, lifecycle related causes and other related Causes should be practically implicated and to be avoided to stay abstained From this Disorder.

Discussion and Conclusion-

From The Observations and complete study over Uterine Fibroids it can Be concluded , that –

- The prevention should be done As much as possible.
- The Lifestyle Should be changed Not only To avoid From this disease but all the other diseases also.
- The treatment Modalities Should be made available To all The females Worldwide.
- Hysterectomy should be done taking Into Account That There are maximum indications to do it, to be avoided as much as possible (but not in cases When an Expert Gynaecologist advises it) And conservative management should be preferred in cases As and when Possible since post Hysterectomy there are many Complications which a patient faces like Hormonal Imbalances , Thyroid Disorder , Diabetes , Hypertension , lower Lumbar ache.
- Endometrial Ablation Reviews and clinical trials Should be increased .

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