

The Role of Uttar Basti in Uterine Fibroid

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ABSTRACT:

Uterine fibroids are also called as leiomyomas. Leiomyomas are benign masses; which typically originates from myometrium. It is called fibroid because of its fibrous consistency. Incidence of uterine fibroid is 20 percent to 40 percent in women in reproductive age group. Uttar Basti is an ayurvedic procedure, in which medicine is instilled in the uterus per vagina. All aseptic precautions are followed. It is useful in infertility, spontaneous abortion, fibroid, tubal blockage etc. The case which show significant effect of Uttar Basti in uterine fibroid is included in results and discussion.

Key words: Leiomyomas, Tubal blockage.

INTRODUCTION

Now a days noticeable number of women suffer from formation of fibroids in uterus. It varies in size, shape, position and number. Uterine fibroids are benign tumor of uterus. Now uterine fibroid is one such gynecological disorder which is posing a major health problem. The clinical effects are related to pregnancy including infertility and recurrent abortion. Uterine fibroid ranks as a major reason for hysterectomy. Uterine fibroid do not have definite medical treatment in the

modern gynac practice other than surgery, thus making the patient seek alternate therapies of cure. As early as possible we treat it we can avoid further complication and may be surgical treatment. Uttar basti can be used for the treatment of uterine fibroid.¹

Aim and Objectives

1. To study the concept of uterine fibroid.
2. To study the role of Uttar Basti in uterine fibroid using case study.

Materials and Method

Uterine fibroid

Fibroids are generally neoplasm. Each myoma is derived from smooth muscle cell rests, either from vessels or uterine musculature.

Aetiology of Uterine fibroid

Still the specific cause of fibroid is remain uncertain. It is known that they are dependent upon oestrogen for their growth. Oestrogen is the female growth hormone and possibly human placental lactogen have been implicated on the growth of myomas. Myomas are rarely found before puberty and they generally cease after menopause. New myomas rarely appears after Progesterone in the male hormone which inhibits the growth of myomas. Insufficient exercise, excess food intake, low thyroid function may contribute to fibroid formation. Stress and sadness associated with issues of maternity and conception is also considered to be responsible for fibroid formation.

Symptoms and Physical Signs of Uterine Fibroid

The symptoms of Uterine fibroid are Menorrhagia, sensation of abdominal pressure, Pelvic congestion, Urinary frequency, Abdominal enlargement, Low back pain, Dysmenorrhea. These symptoms are presented in the Fig. 1. The Physical signs of Uterine fibroid are Anemia and Abdominal lump.

Fig. 1. Symptoms of Uterine Fibroid.



(Source: www.montgomeryvascularcare.com)

Samprapti of arbuda:

aÉÉŞÉmÉeSázÉâYuÉÍcÉSâuÉSEâwÉÉ: xÉqqÉÔÍcNiûiÉÉqÉÉÇxÉqÉÍpÉmÉëSÖwrÉ |
uÉx`ÉÇ ÍxjÉUCqÉISÂeÉÇqÉWûÉliÉÇqÉlÉsmÉqÉÔsÉÇÍcÉUuÉxSèkrÉmÉÉMüqÉç ||
MÑüuÉiÍliÉqÉÉÇxÉÉcNíûrÉqÉÉirÉâÉÉkÉÇiÉSoÉÑiSÇzÉÉxŞÉluÉSEâuÉSÍliÉ |
xÉÑ.İÉ.11-13.14

Aggravated vatadosha vitiating mamsa and getting localised in any body part, produce swelling which is round, stable, associated with mild pain, big, spreaded in gambheerdhathu, slowly growing, never suppurates. That swelling is called arbuda².

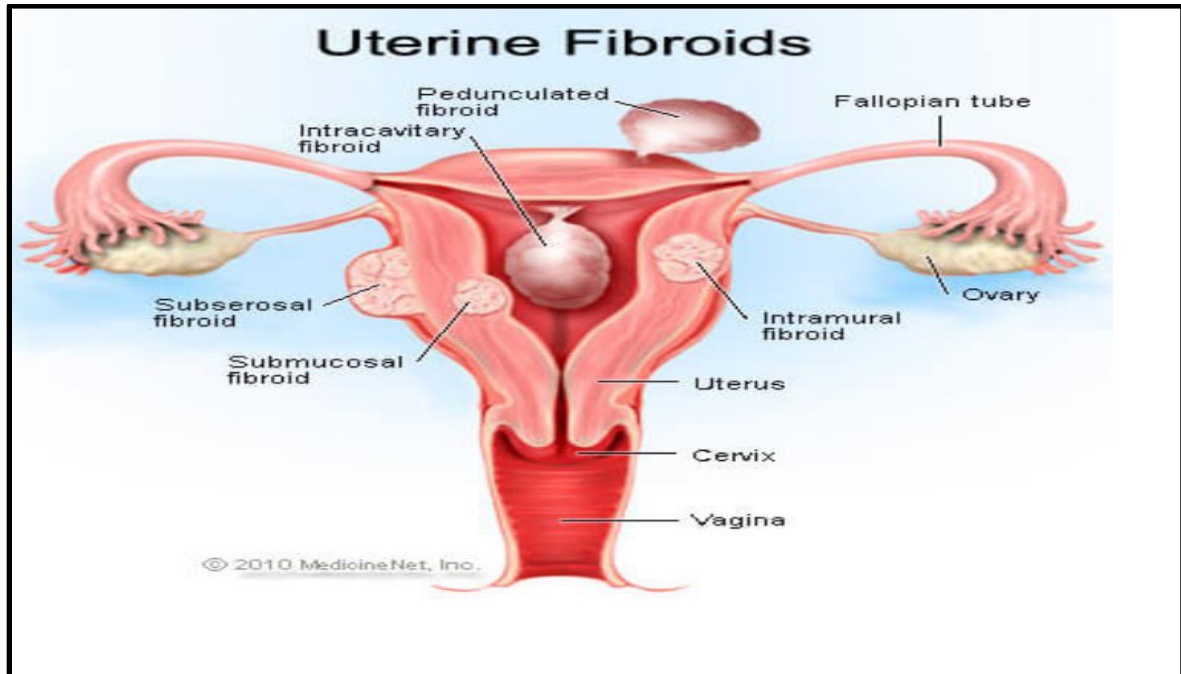
Classification of uterine fibroid

The Uterine Fibroid is classified as follows and is also shown in fig.2:

1. Intramural or interstitial uterine fibroid – The tumor may grow symmetrically, remaining within the myometrial wall.
2. Subserus fibroid – Tumor grows outward, toward the peritoneal surface. It shows itself as a bossy growth.
3. Pedunculated fibroid – Further extrusion outwards with the development as a pedical.
4. Submucus fibroid – Uterine contraction may force the myoma toward the cavity, where it is covered only by thin myometrium. It is then called submucus.

The distribution of myoma in body of uterus is found to be broadly as Interstitial 75%
Submucous 15%, Subserous 10%.³

Fig. 2. Types of Uterine Fibroid.



(Source: www.medicinenet.com)

Uttar Basti Procedure

Uttar basti is an ayurvedic procedure in which medicine is instilled in uterus per vagina. When menstrual bleeding stops the cervix is open. At this time we can give uttar basti. Before basti we can give yavagu with milk and ghee or food with the meatsoup. Give mild oil massage to low back, lower abdomen region. Be prepared with all medicine which we require during or after procedure. With all aseptic precaution we do Basti procedure.

Instruments used for Uttar Basti

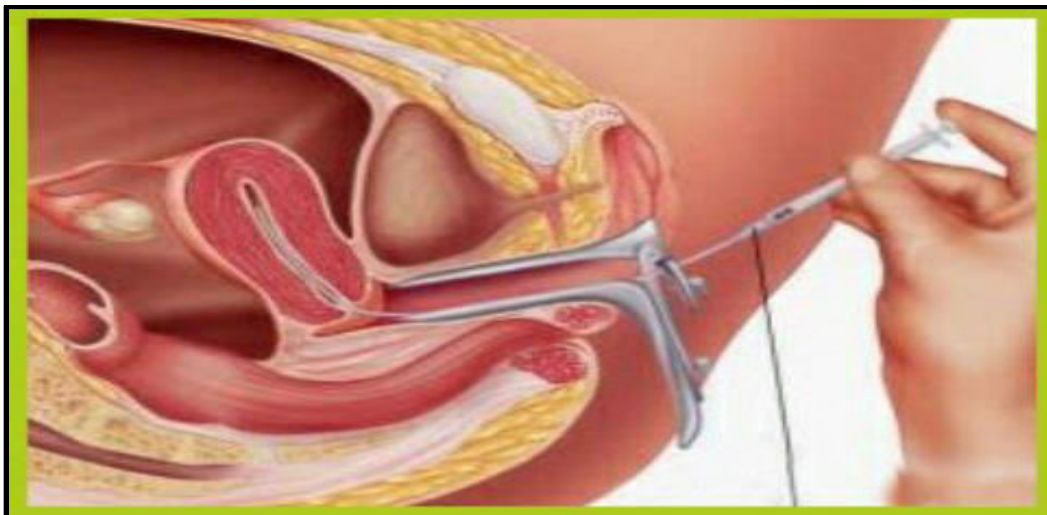
The Instruments used for Uttarbasti Procedure are Uterine sound, speculum, artery forceps, simple rubber catheter, sponge forcep, kidney tray, xylocaine gel, syringe, towel clip, betadine, cotton, savlon. All these instruments are shown in fig. 3.

Fig.3 Instruments used for Uttar Basti.⁴



(Source: www.vajikarana.blogspot.com)

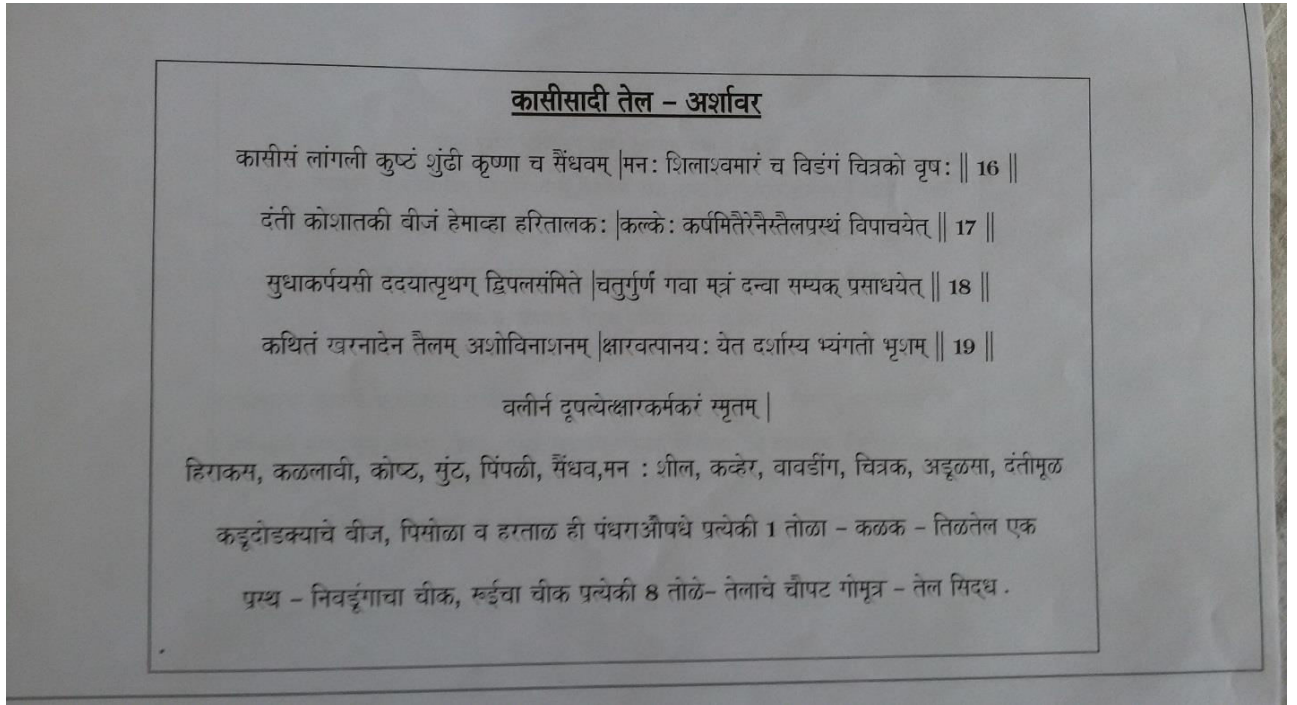
Fig.4 Uttarbasti Procedure.⁵

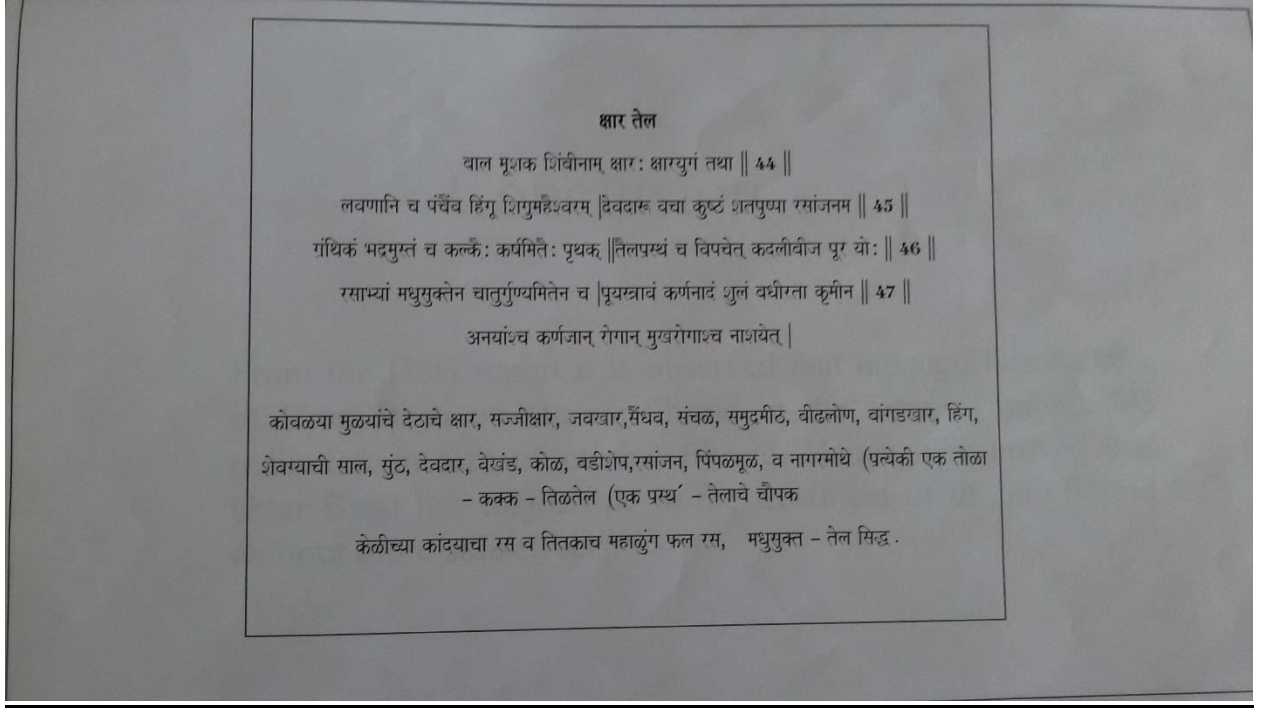


(Source: www.prakrutiayurveda.com)

Results and Discussion

To carry out study of role of Uttar basti on Uterine Fibroid a case study of 45 year female with primary infertility and irregular menstruation was taken. She had taken oral contraceptive pills to make regular menstrual cycle. But after discontinuation of pills irregularity followed. On examination all parameters were normal except overweight. Her USG report showed evidence of uterine fibroid. She was advised fibroectomy and if require emergency hysterectomy by gynecologist. In the present case study, the treatment of Uttar Basti with kshar kasisadi tail on 6th and 8th day of mensruation cycle for three time was given. The use of kasisadi taila and kshar taila was described sarthasharngdharasambhita which is given as follows.





Repeat USG scan was done after Uttarbasti. Both The USG Reports are shown in Fig. 5 and 6.

Fig.5. USG report Before Treatment

Patient Name	: Mrs. PARAVTI SHELKE	Age/Sex	: 45 Yrs./F
Ref. By	: Dr. PATIL PRAGATI	Date	: 21-10-15

USG ABDOMEN AND PELVIS

LIVER : It is normal in size and echopattern. No any focal lesion seen.
Intrahepatic biliary radical are not dilated.
Portal vein is normal in caliber and shows normal wall thickness.
CBD is normal. Hepatic veins are normal.

GALL BLADER : It is well distended and shows normal wall thickriess.
No sludge /calculus. No pericholecystic collection seen.

SPLEEN : It is normal in size & echopattern. No focal lesion seen.

PANCREAS : It is normal in size, shape and echopattern. Pancreatic duct is normal.

KIDNEYS : Both kidneys are normal in size, shape and contours. Cortico-medullary Differentiation is normal. No Calculus / hydronephrosis on either side.

U. BLADDER : It is well distended. Wall thickness is normal.
No diverticuli or trabeculations seen.

UTERUS : It is anteverted in position .BULKY UTERUS ET 10MM. E/O LARGE 3.6CM SUBSEROSAL FOBROID IS SEEN IN ANTERIOR WALL. ANOTHER 4CM SUBSEROSAL EXOPHYTIC FIBROID IS SEEN ARISING FROM LOWER ANTERIOR UTERINE WALL. E/O CALCIFICATION WITHIN. MINIMAL FREE FLUID IS SEEN IN POSTERIOR POUCH

BOTH OVARIES : are normal in size and shape and shows follicles.
No ascites / pleural effusion / lymphadenopathy.

IMPRESSION : BULKY UTERUS WITH FIBROIDS

Fig. 6. USG report

after treatment

Patient Name	: Mrs. PARVATI SHELKE	Age/Sex	: 45 Yrs./F
Ref. By	: Dr. PATIL PRAGATI	Date	: 25-02-16

USG PELVIS

URINARY BLADDER - is well distended. Wall is normal in thickness.
No calculus or mass seen.

UTERUS - is normal in size and anteverted position.
Endometrial thickness is 10 mm. CAVITY EMPTY
ANTERIOR WALL SUBSEROSAL FIBROID OF ABOUT 20MM IS SEEN
EXOPHYTIC LOWER SEGMENT FIBROIS IS NOTED SIZE IS ABOUT 35MM

OVARIES - normal. NO DOMINANT FOLLICLE ON EIGTHER SIDE

IMPRESSION :-

- NORMAL SIZE UTERUS. UTERINE FIBROIDS SEEN
- NO ADENEXAL MASS.

Advice- Clinical correlation.

Conclusion

From the USG report it is observed that the significant effect of Uttar Basti on uterine fibroid in the form of remarkable reduction in size of uterine fibroid. Hence it is proved that Uttar Basti has major role in the treatment of uterine fibroid without more side effects.

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