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"EFFECT OF *DASHMOOL CHURNA, VARUNADI KWATH* & *KANCHANAR GUGGUL* ON UTERINE FIBROID"

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ABSTRACT

Incidences of uterine fibroid are commonly seen in child bearing age of women. Inability to follow proper care pertaining to health because of change in life style is one of the positive factors for pathogenesis of uterine fibroid. It become more critical to follow certain regulations & care. The ideal dietary regimes can't be followed during menstrual period, post natal period and after abortion. This affects women's reproduction system resulting in uterine fibroid. *Dashmool Churna, Varunadi Kwath & Kanchanar Guggul* helps to break down this pathogenesis with its properties hence proved effective to reduce the size of uterine fibroid.

Keywords: Fibromyoma, myoma, uterine fibroid.

INTRODUCTION

In this scenario, women are mostly affected by the uterine fibroid. Day to day, life all women work and usually they don't have so much time for their health and sometimes due to their ignorance women cannot follow the proper life style including proper diet-regimen, during *ritucharya*, anti & post-natal care,etc[1]. Therefore there is variation of *vata dosha* very quickly and this aggravated *vata* with holding of *Rakta* moves upwards and enters uterus and obstructs the *Artav-vaha*

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srotasa[2]. Thus it develops the irregular rounded shaped growth within and around the wall of uterus i.e. uterine Fibroid. Uterine fibroid is a benign tumor and composed of smooth muscle and fibrous tissue. It can be compared to *Rakta gulma* as per *Ayurveda*. According to modern medicine there is no perfect treatment for uterine fibroid. But even after treatment there is chance of recurrence of Uterine fibroid.

In *Ayurveda* as per *Brihat trayi* and *Laghu trayi, Dashmool Churna, Varunadi Kwath & Kanchanar Guggul* is effective R_X for uterine fibroid. Hence in the present study *DashmoolChurna,VarunadiKwath* & *KanchanarGuggul* is used for uterine fibroid[3].

AIMS AND OBJECTIVE

Evaluate the efficacy of *Dashmool Churna,varunadi kwath & kanchnar Guggul* in uterine fibroid.

MATERIAL AND METHODS

40 patients were selected & divide in two equal group- Trial group (*Dashmool churna, varunadikwath & kanchanarguggul*)&Control group (only symptomatic treatment) from OPD & IPD of S.V.N.H.T' Ayurved college ,Rahuri, Ahmednagar. These patients were subjected to detailed clinical examination. Approval of the institutional ethics committee was taken.

INCLUSION CRITERIA

= Female patients of age group 20 to 40 yrs, having signs and symptoms of uterine fibroid.

= Diagnosis according to USG parameters.

EXCLUSION CRITERIA

Diabetes Mellitus, TB, Pregnancy with fibroid, HIV, $HbsAg^{+VE}$ & CA patients were excluded from study.

SIGN & SYMPTOMS OF UTERINE FIBRIOD

= *Agnimandya* (Loss of Appetite)

= *Kashta-artava* (Dysmenorrhoea)

= *Adhodar shool*(Lower abd. Pain)

= *Atya-artva* (Menorrhagia)

SELECTION OF DRUG

Selection of Drug was done on the basis of reference.

1) *Dashmool Churna*:-

i) Bilva :- Aegle marmelos

ii) Agnimantha :- Premna mucronata

iii) Shyonak :- Oroxylum indicum

iv) Patala :- Stereosprmum suaveolns

v) Gambhari :- Gmelina arborea

vi) Shalaparni :- Deamodium gangeticum

vii) Prishniparni :- Uraria picta

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viii) Kantakari :- Solanum surattense
ix) Bruhati :- Solanum indicum
x) Gokshur :- Tribulus terretris
xi) Kohala :- Benincasa hispida
xii) Shunthi :- Gingiber offencinale

2)*VarunadiKwath*

i) Varun :- Crataeva nurvala
ii) Bakpushpa :- Mimusops elengi
iii) Bilva :- Aegle marmelos
iv) Apamaga :- Achyranthes aspera
v) Chitrak :- Plumbago zeylanica
vi) Aranidwaya :- Agnimantha , Tarkari
vii)Shigrudwaya:-Madhushigru,katushidru
viii) Bruhatidwaya :- Bruhati, kantakari
x) Meshashringi :- Gymnema sylvestre
xi) Chirayata :- Swertia chiraita
xii) Shatavari :- Asparagus racemosus

3)*Kanchanar Guggul*

i) Varun :- Crataeva nurvala
ii) Ela :- Elleteria cardamomum
iii) Twak :- Cinnamomum zeylanicum
iv) Patra :- Abies webbiana
v) Shuddha guggul

DOSE :=

Dashmool Churna-2gm.twice a day.
Varunadi Kwath:- 4tsf.twice a day.
Kanchanar guggul:-2tab.thrice a day
Route:- Orally ; Duration:- 3 Months
Follow-up:- 1 Month

Preparation of Drug

Trial group *Dravya* are prepared by text reference with the help of *Kwath* and *Guggul Kalpana*. It was prepared in *Ras-shastra* Department of svnht's Ayurved college, Rahuri.

RESULTS Table 1 : Study Results.

Size of uterine fibroid	Measurement (X# SD)			$Ed	T	P
	BT	AT	Diff.			
Longitudinal	3.04	2.96	0.08	0.11	0.72	>0.1
Transverse	2.41	2.51	0.1	0.19	0.52	>0.1

BT : Before treatment ; AT : After treatment

Observed difference was statistically significant

Table 2 : Effects of *Dashmool churna, Varunadi kwath & Kanchanar Guggul*

	BT	AT	%

Agni mandya	53.33%	33.33%	20%
Adhodar shool	13.33%	13.33%	20%
Atya-artava	33.33%	26.67%	20%
Kashta-artava	13.33%	6.67%	20%

DISCUSSION

According to *Ayurved* pathogenesis of uterine fibroid involves *Vata, Rakta dosha (Raja).* Trial drugs has its specific action on fibroid **.** It is described that Trial drugs itself has ability to destroy uterine fibroid due to its properties & gunas[4] i.e tumor resolving capacity. Because of its *ushana guna* it allows the free flow of *Apana vayu*. Trial drugs improves the digestive system & it stops the excessive flow of blood in vessels by *adhik ruksha guna dravya* hence stop further growth of fibroid. *Dashmool churna,Varunadi kwath& Kanchanargugul* has been proved to be very effective in uterine fibroid.

CONCLUSION

Majority of *dravya* in Trial group having properties like *Ruksha, tikshana, ushana & panchana gunas* increases the *Agni* (Digestive fire)i.e improve the digestive system & it stops the production of *saam dhatu*. Due to these properties of Trial drugs it helps in destroying tumor & Uterine fibroid.

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