

A SINGLE CASE STUDY ON AYURVEDIC MANAGEMENT FOR ADNEXAL MASS AND OVARIAN COMPLEX CYST.

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Abstract: An Adnexal Mass and Ovarian Complex Cyst are common among the reproductive age group women. Adnexal mass is the one which forms near ovaries, fallopian tubes or surrounding connective tissues of uterus. An unmarried 29 years old girl came to OPD of 50 bedded Ayurvedic hospital, Dudhnoi with an USG report which indicate a Right Adnexal mass and big sized right Ovary. She had a complaint of on & off pain abdomen. After 6 months of Ayurvedic treatment, her USG report indicated Right Ovarian Complex Cyst and there was no evidence of Adnexal mass. She was treated with Ayurvedic medications for total 10 months and the patient was completely cured. Adnexal Mass and Ovarian Complex Cyst can be compared with Garbhasayagata Granthi in Ayurveda and treatment was given according to Granthi samprapti.

Keyword:

Adnexal mass, Ovarian Cyst, Granthi, Ayurveda, Garbhasaya.

Introduction:

In Ayurveda, Acharyas mentioned that vitiated vata dosa vitiating mamsa, meda and rakta mixed with kapha produces Granthi. Acharyas mentioned the structure of Granthi as rounded, protuberant, swelled [7],[4]. Structures of Garbhasayagata Granthi are almost similar to Adnexal Mass and Ovarian Complex Cyst.

Adnexal Mass is a condition where presence of mass is seen in surroundings of uterus. It may involve ovaries, tubes or connective tissues near uterus. Adnexal mass and Ovarian Cyst are common clinical presentation among women of all age group. During reproductive years, most of the ovarian masses are benign [6]. After proper differentiation between the benign and neoplastic mass or cyst, treatment can be given accordingly.

Case Report:

A 29 years old unmarried girl visited OPD of 50 bedded Ayurvedic Hospital, Dudhnoi on 12/9/2024 with a complaint of on & off pain abdomen. Her USG(W/A) report dated 02/09/2024 suggested Irregular mass at her right adnexa with big sized right ovary measuring 8.85 cm*8.45cm. She was advised to do surgery but she refused to do so and came for Ayurvedic treatment. The patient was short statured, thin built, weighing 55 kg. Her vitals were stable. She had a regular 30 days menstrual cycle. Per abdominal examination reveals no any tenderness. Her CA 125 level was 20.3 u/ml (normal) on 5/9/2024.

Therapeutic Intervention:

In Granthi Roga, there is involvement of vata, kapha dosa and rakta, mamsa and meda dhatus along with artavaha srota sanga and mandagni [7],[4]. So. The Ayurvedic approach for this case was Vata-Kapha shaman, Sroto Sodhan, Deepan & Pachan (Aam Pachan) & agni vardhan.

Serial No.	Visit Date	Medicines	Dose	Anupan
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1	12/09/2024	1. Kanchanar Guggulu 2. Kankayan Vati(Gulma) 3. Roudra Ras 4. Kaishor Guggulu 5. Triphala Churna 6. Kumaryasav	2 pills BD 2 pills BD 2 pills BD 2 pills BD 1 tsf 4 tsf	Lukewarm water -same- -same- -same- -same- -same-
2	04/11/2024	1. Kanchanar Guggulu 2. Kankayan Vati(gulma) 3. Kaishor Guggulu 4. Triphala Churna 5. Dashamularista	2 pills BD 2 pills BD 2 pills BD 1 tsf 4 tsf	Lukewarm water -same- -same- -same- -same-
3	04/03/2025	1. Kanchanar Guggulu 2. Kankayan Vati(gulma) 3. Kaishor Guggulu 4. Triphala churna 5. Dashamularista	2 pills BD 2 pills BD 2 pills BD 1 tsf 4 tsf	Lukewarm water -same- -same- -same- -same-
4	21/07/2025	Patient was advised to stop all medicines.	---	---

Follow Up & Outcome:

The patient attended the OPD for the 1st time on 12/09/2024 and started the Ayurvedic treatment. She visited the OPD for her 2nd, 3rd & 4th time on 04/11/2024, 04/03/2025 & 21/07/2025 respectively. The patient was assessed purely based on her symptom and the USG finding. Patient reported on her second visit that her symptom of pain abdomen (on & off) was subsided. After 10 months of proper treatment and follow up, her USG finding showed no evidence of Adnexal Mass and Ovarian Complex Cyst. No any adverse effects were reported by the patient during her treatment period.

Serial No.	Visit Date	Date of USG	USG Finding	Symptoms
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1.	12/09/2024	02/09/2024	1.Irregular Mass in Right Adnexa. 2.Right Ovary measures 8.85cm*8.45cm	On & off pain Abdomen
2.	04/11/2024	---	---	Symptom Subsided.
3.	04/03/2025	03/03/2025	Right Ovarian Complex Cyst.	---
4.	21/07/2025	18/07/2025	Both Ovaries are normal in size, shape & echotecture.	---

Discussion:

The patient visited the hospital with USG report and on & off pain abdomen symptom. Patient wanted to go through by only Ayurvedic treatment. There was no history of any severe symptom and after getting a normal CA 125 level, this case was planned according to the Ayurvedic protocol. This was a case of Granthi. Acharyas mentioned that due to some factors, Vata and Kapha dosas are vitiated and this will cause vitiation of rakta, mamsa, meda dhatus and produces Granthi[7],[4]. There is Artavaha Sroto Abarodh along with mandagni.

Kanchanar Guggulu has anti Inflammatory property and Vata-kapha hara property. Reference of this drug is found in Sarangadhar Samhita (Madhyam Khanda)[1] . Roudra Ras has Vata-Kapha hara , lekhan, deepan, agnivardhak & rakta sodhak property[3]. Kankayan Vati(Gulma) has Vata-Kapha hara property and is indicated in Gulma[2]. Reference of Roudra Ras and Kankayan Vati (Gulma) are found in Bhaishajya Ratnavali. Kaishor Guggulu is anti Inflammatory and has property of deepan & pachan. Kaishor Guggulu is srotosodhak. In Sarangadhar Samhita (Madhyam Khanda),reference of Kaishor Guggulu is found[1]. Triphala Curna is a mild virechak and Dashamularista has Vata shamak property and is indicated in Bhaisajya Ratnavali.

Conclusion:

Adnexal Masses are an important cause of morbidity and mortality. The most commonly encountered adnexal masses were benign and arose from Ovary [5]. Surgery can't reduce the chances of recurrence of any Adnexal Mass and Cyst. So, if severe symptoms are not present then it's better to go for conservative treatment. Long term use of hormonal therapy may have some side effect so, in that case Ayurvedic medicines can be on trial. With the proper & timely follow up, Ayurvedic medicines can be tried to those cases.

Limitation of the Study:

Ayurvedic medicines need time to resolve any disease. So, sometimes people are not ready for the long-term treatment and discontinue the treatment in between. And also, this is a single case study only. Further study on large number of populations is needed to establish the treatment protocol.

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