

## ENDOMETRIOSIS- CONCEPTUAL STUDY

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### ABSTRACT

Feminine diseases due to unbalanced diet and wrong lifestyle are rampant these days. Modern medicine named the disease endometriosis. Yonivyapad is the set of symptoms resembling to this according to Ayurveda. This article covers topics like causes, symptoms, preventive measures and treatment of endometriosis. According to Charak, symptoms are identical with Udavarta yonivyapad, so let us know more about Endometriosis here.

### INTRODUCTION

Presence of functioning endometrium (glands and stroma) in sites other than uterine mucosa is called endometriosis. During the last couple of decades, the prevalence of endometriosis has been increasing both in term of real and apparent. The impact of western customs over Indian behavior seems to be the principle cause of such disorders. Delayed age for getting married and planning for late pregnancy contributes for endometriosis.

About 10% of the females in fertile age suffer from endometriosis. Out of them, 30 to 40% have infertility issue, due to this heightened awareness of this disease complex amongst the Gynecologist. This article covers topics like causes, symptoms, preventive measures and treatment of endometriosis.

### CAUSES

1. Mithyachar (wrong habits) – This includes wrong diet and lifestyle both, which could precipitate endometriosis.

- If the test for tubal patency (HSG) is done during 6<sup>th</sup> to 8<sup>th</sup> day after menstruations.

- If p/v examination is done during menstruations.
- If sexual contact is done during menstruation.
- If first conception occurs at late age.
- If marriage is delayed.

## 2. Mithya-Ahaar (wrong diet)

Fast food, junk food, consuming contraindicated diet together, state food, hot/spicy dry food etc.

## 3. Menstrual Disorders

### SYMPTOMS OF UDAVARTA YONIVYAPADA

Suppressing the natural urges displaces vayu from downward to upward and the pathology sets at the uterine structures. This vayu diverts the menstruation in multiple directions in the abdominal cavity which eventually causes painful menstruations. Such pain is relieved after the menstruation starts.

### As per chakrapani critic

Udavarta means moving in upward directions. Abnormality of menstrual flow in upward direction means Udavarta.

### ENDOMETRIOSIS ACCORDING TO MODERN SCIENCE

A condition resulting from the displacement of endometrial tissue outside the uterus and causing pelvic pain, especially associated with menstruation. This condition results in bleeding from other tissues as it occurs during menstruation from uterine tissue.

### SYMPTOMS

- Dysmenorrhoea.
- Irregular menstruation.
- Infertility (observed in 40 to 50% cases suffering from Endometriosis.).
- Pain in lower abdomen.
- Pain during intercourse(dyspareunia).

### TREATMENT ACCORDING TO MODERN MEDICINE

The treatment is classified in 2 manners, Preventive and Curative.

**Preventive treatment includes**

- By avoiding pregnancy immediately after curettage or around the time of menstruation.
- By avoiding PV examination during or immediately after menstruation.
- By advising the women having family history of Endometriosis not to delay first time conception after marriage.

**Curative treatment includes**

- Non steroidal Anti-inflammatory Drugs (NSAIDs) may help in symptomatic relief.
- Hormonal treatment.
- Combined oral pills – ½ tablets for 6 months.
- Progesterone – Medroxy Progesterone 10mg tablets, thrice daily for 6 months.
- Danazole – Starting from day 5 of menstruation 400-800mg orally for 6 months.

**AYURVEDIC TREATMENT**

1. Snehan- Trivrit (*Operculina turpenthum*)- Ghee, oil, fat etc.
  2. Bast treatment after Swedan (steam bath).
  3. Anuvasan (small dose enema)- Til (*Sesame*) oil and cow ghee.
  4. Asthapan (High dose enema)- Cow milk processed with dashmool.
  5. Charak Samhita has mentioned Uttar Basti (Intra uterine enema) of Trivrit (*Operculina turpenthum*).
  6. Soups made of flesh from aquatic and terrestrial animals is recommended.
  7. Anabolic treatment with Vata alleviating medicinal formulations is suggested in the text.
- Usually Endometriosis is easily managed. However, if the regimen suggested during menstruation phase are followed it can be prevented. Following the dietary ethics, healthy lifestyle, changing the routine during season junction time and regular exercise will always help to be healthy, happy and free from diseases.

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