

## MANAGEMENT OF UTERINE PROLAPSE WITH AYURVEDIC MEDECINE

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Article Received on  
27 Feb. 2021,

Revised on 20 March 2021,  
Accepted on 10 April 2021

DOI: 10.20959/wjpr20215-20045

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### ABSTRACT

Uterine Prolapse is a reproductive health problem and public health issue in low income societies and in post menopausal or obes women. Uterine prolapse is documented in the oldes medical literature. According to Ayurveda we can correlate uterine prolapsed with *Mahayoni*. According to Ayurveda *Mahayoni* is *Treedoshja vikara*. According to morden aspects surgery is the only treatment for uterine prolapse but according to ayurveda we can treat this problems by medicines. In this study we tried to revels the effect of ayurvedic medicines on uterine prolapse. In this study we use lajjalu and shatavari for the treatment of this condition and we got positive results.

**KEYWORDS:** Uterine prolapsed, degrees of uterine prolapse, mahayoni, ayurvedic medicines.

### OBJECTIVES

To evaluate the clinical usefulness of Lajjalu in the management of uterine prolapse and changes the quality of life of the subjects.

In case of a pelvic organ prolapse any one of a muscle of organs can descend into vagina.

### The four most common scenarios are

- Prolapsed Uterus
- Prolapsed Cervix
- Prolapsed Bladder

- Prolapsed Bowel

### Degrees of uterine prolapse

**First degree-** uterus descends down from its normal position external OS at the level of Ischial spines but still remains in vagina.

**Second degree-** the external OS protrudes outside the vaginal introits but the uterine body still remains inside the vagina

**Third degree-** Procidentia(complete prolapsed) the uterine body descends to lie outside the vaginal introits.

### Causes

Results from the weakening of pelvic muscles and supportive tissues. Causes of weakened pelvic muscles and tissues include-

- Pregnancy
- Difficult labour
- Delivery of large baby
- Being over weight or obese
- Lower estrogen level after menopause
- Chronic constipation
- Uterine prolapse is often associated with prolapse of other pelvic organs like-
- Cystocele weakness of connective tissue separating the bladder and vagina may cause bladder into the vagina.
- Rectocele weakness of connective tissue separating the rectum and vagina may cause the rectum buldge into the vagina.

### Prevention

- Perform kegel exercises regularly can strengthen your pelvic floor muscles especially after child birth these include- setubandh asana.
- Prevent constipation- plenty of fluids, high fiber foods, fruits, vegetables, beans and whole grain cereals.
- Avoid heavy weight lifting
- Control coughing
- Avoid weight gain

Uterine prolapse occurs when pelvic muscles and ligaments stretch and weaken and no longer provide enough support for the uterus as a result the uterus slips down into or protrudes out of the vagina uterine prolapse can occur in women of any age but it often affects post menopausal women who have had one or more vaginal deliveries.

Mild uterine prolapse usually does not require treatment but if uterine prolapsed makes uncomfortable or disrupts normal life.

It should be treated by ayurvedic medicines. Ayurvedic medicines are very effective in this.

We tried lajjalu on round about 50 patients. We got 80% results with this treatment in 1<sup>st</sup> and 2<sup>nd</sup> degree prolapse. Even some patient of procidentia are also treated with this treatment.

We gave lajjalu decoction 30 ml/TDS, Shatavari Churana 250mg/BD and Lajjalu paste to apply locally for 15 days. Four rounds of this treatment with a break of a week.

According to Ayurveda Uterine Prolapse can compare by Mahayoni which is treedoshaja vikara. So in this we gave Dashmularishta 10ml/BD with water also.