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# Role of *Kanchnar Guggulu* in Ovarian Dermoid Cyst

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## ABSTRACT

Today we see the age of menarche has dropped to as 10 years of age. In fast growing world, over workload, pesticides rich food, hormone-based fruits and vegetables, stress, over ambition, avoiding pregnancy all are the major causes of these new diseases in modern woman. Premenstrual syndrome, irregular menses, ovarian cyst, uterine fibroids are commonly seen now a days. Due to defective lifestyle of women in modern era, ovarian cyst has become a burning problem in current scenario affecting all age group of women. There is no such effective treatment in modern science rather hormonal therapy and laparoscopy and hormonal therapy has its own harms, regardless of the presence of this disease laparoscopy or surgical management is certainly a treatment option; it is not necessarily the only option. Hormonal therapy is not a 'cure'. Due to limitation of Modern science, *Ayurveda* has a great scope in this filed. This is the high time to develop an effective *Ayurvedic* treatment protocol for its prevention & cure.

**Key words:** *Ayurveda, Kanchnar Guggulu, Ovarian Dermoid Cyst, Case Report*

## INTRODUCTION

Ovarian masses are a common finding in general gynaecology. Most benign and malignant ovarian masses are predominantly cystic. An ovarian cyst is a sac filled with liquid or semi-liquid material arising in an ovary. The diagnosis of ovarian cysts, cystic mass, tubo ovarian masses has increased with the widespread use of regular physical examinations and ultrasound technology. The finding of an ovarian cyst/cystic mass causes considerable anxiety to women because of the fear of malignancy, but the vast

majority are benign with few cases being malignant. Most women with ovarian cysts, cystic masses are asymptomatic. Some cysts, however, may be associated with a range of symptoms, sometimes severe. Some ovarian cysts/cystic masses cause problems, such as per-vaginal bleeding and pain pelvis. Ovarian cyst/cystic mass frequently require surgical treatment; when ovarian mass is more than 5 cm in diameter surgery is indicated if persistent or symptomatic.<sup>[1-5]</sup>

In *Ayurveda* ovarian cyst can be correlated with *Kaphaja Granthi*. The *Lakshanas* of *Kaphaja Granthi* is *Vedana-Rahita* (painless), *Ghana*, *Sheet*, *Savarna* and *Kandu Yukta* (itching). *Chikitsa* of *Kaphaja Granthi* include *Shodhana*, *Shamana* and *Chedana Karma*.

In present case study *Shamana Yoga Kanchnar Guggulu* and *Varunadi Kashya* is used for the management of ovarian cyst. *Kanchnaar Guggulu* is having *Galaganda*, *Gandamala*, *Arbuda*, *Granthihara* and *Lekhaneeya* property,<sup>[6]</sup> along with this *Varunadi Kashya* is also having *Bhedana*, *Ashmarihara* and *Basthishulahaar* property.<sup>[7]</sup>

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**CASE REPORT**

A female patient aged 37 years old came to OPD of PTSR Dept. of our *Ayurvedic* hospital with the following complaints for the past 3 month: Dull aching pain and discomfort in the lower abdomen, lower back and thighs, fullness, heaviness, bloating in the abdomen, excessive bleeding during periods, sharp pain during menstrual period, intermenstrual bleeding.

**Menstrual History**

Menarche at the age of 13 years

**Past menstrual history** - 5-6days/28 days, normal flow, 1- 2 pads/day.

**Present menstrual history** - 4-5 days/20-25 days, moderate flow, 3-4 pads/day.

**Obstetric history** - G2P2A0L2, 2 FTND, 1 male & 1 female child alive, Last delivery 12 year ago.

**Contraceptive history** - Condom for 10 years

**Coital history** - 2-3 times/week

On Examination patient was found good.

**Personal History**

Diet - Mixed (veg-nonveg)

Appetite - Poor

Bowel - Normal

Micturition - Normal

Sleep - Normal

Medication - Allopathic

Habits & addictions - tea

**Medical & Surgical History:** H/o Asthma H/o appendectomy

**Family history:** Father K/C/O- Asthma

**Physical Examination****General Examination**

Height - 158cm

Weight - 58kg

Pallor - Present

TPR - Normal

BP - 110\70mmhg

No evidence of thyroid enlargement

No significant lymphadenopathy

No pedal edema

**Blood Investigation** (26/4/19)

Hb - 11.8gm%

TLC - 6000/mm<sup>3</sup>

ESR - 32/hr

Neutrophil - 40%

Lymphocyte - 57%

Eosinophile - 3%

Monocytes - 2%

Basophilies - 0%,

HIV, VDRL, HBsAG - Negative.

CA-125 - 8.1 U/ML

Ultra Sonography for Uterus and Adnexa - a pelvic ultrasound was performed which revealed a bulky uterus with thickness of 7mm and left ovarian cyst measuring 36 x 33x 31 mm of size. Left ovary volume was 18 cc and right ovary was found normal.

**Systemic Examination** - No abnormality detected

**Gynaecological Examination** - No tenderness or guarding, No masses palpable

**P/V Examination Cu** - Parous, hypertrophied, mobile and no tender on palpation Ut - AV - Bulky, no adnexal masses palpated and no tenderness present.

**P/s examination Cu** - mild white discharged hypertrophied, No erosion

**Diet**

Patient was advised to include the following diet in daily practices.

- High fibre rich foods like spinach, broccoli, green peas, berries.
- Lean proteins which include fish, fruits like papaya, pears, orange, lentils.

- Food containing Omega 3 fatty acids like fish, flax seeds.
- Include more of banana, cashews, avagados, and green leafy vegetables.

### Treatment Protocol

*Kanchanara Guggulu* 250 mg bd

*Kanchanara Guggulu* mentioned in *Sharandhara Sahmita* in the treatment of *Granthi*. Most of ingredients of *Kanchanara Guggulu* is having *Kaphamedohara*, *Lekhana*, *Granthihara*, *Mootrakruchhrahara*, *Shothahara*. In addition to that it contains kaempferol flavonoids as chemical ingredient. Kaempferol inhibited PSA secretion and activation of estrogenic receptor. *Kanchanara Guggulu* is a classical Ayurvedic formulation, used for *Kapha* accumulations in the tissues. As *Kapha* moves deeper within the system, it may manifest as swollen lymph nodes, cysts or growths. Powerful decongestants such as *Kanchanara*, *Triphala* (a combination of fruits of *Terminalia chebula* Retz., *Terminalia bellerica* Roxb., and *E. officinalis*) and *Trikatu* (*Zingiber officinale* Rosc., *Piper nigrum* L. and *Piper longum* L.) are mixed with *Guggulu* to break down and eliminate hardened *Kapha*. This detoxifying blend supports the proper function of the lymphatic drainage and digestive systems, aiding in the prevention of further *Kapha* accumulation. *Kanchanara Guggulu* supports proper function of the lymphatic system, balances *Kapha Dosh*a, promotes elimination of inflammatory toxins; it is alterative, anti-inflammatory and tonic which is administered in cysts, malignant ulcers, syphilis, fistula, scrofula, sinus, etc. *Kanchanara* is very useful in extra growth or cyst or tumours and helps in reducing bleeding.

**Duration of Treatment:** The total treatment duration was 6 weeks.

### DISCUSSION

#### Probable mode of action of the drugs

As mentioned in *Sharangdhar Samhita*, *Madhyam Khand*, *Kanchnaar Guggulu*.<sup>[8,9]</sup> is therapeutically important for the management of *Gulma* (Abdominal lump), *Apacahi* (Chronic lymphadenopathy / scrofula),

*Granthi* (Cyst), *Vrana* (Ulcer). By virtue of its *Lekhaneeya Guna* & anti-inflammatory property helps in reducing the size and arrest the further growth of existing cyst. *Triphala* and *Trikatu* are considered to be having the property of *Sroto Shodhan* (cleansing of micro channels) and removes *Sroto Avrodha* (obstructions in the micro channels).

### CONCLUSION

Ovarian cyst accounts for a large proportion of Gynaecological issues faced by women in day today life. Appropriate *Ayurvedic* medication along with dietary modification helps in regression of the cyst and associated complaints.

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