



An Ayurvedic intervention in management of Adenomyosis (Bulky Uterus) - A Case Report

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Adenomyosis, as described, is a condition where the endometrial tissue exists and grows abnormally into the uterine muscle wall, leading to thickened myometrium, heavy menstrual bleeding and painful menstruation (dysmenorrhea). While modern medicine addresses it through hormonal therapies, surgical options or other interventions, Ayurvedic understanding focuses on symptom-based correlations. In Ayurveda, the symptoms mentioned, such as: Teevra Vedana (severe pain) - Reflects the intense discomfort during menstruation, Shyava Arun Varna Artava (dusky/reddish-brown menstrual flow) - Indicates abnormalities in the menstrual blood and, Kati Vedana (lower back pain) - Common in gynecological conditions. These align closely with Vataj Asrigdara, a condition characterized by Vata Dosha vitiation affecting the menstrual flow, leading to irregularities and pain.

Keywords: Adenomyosis, Bulky Uterus, Vataj Asrigdara, Splenomegaly, Acidity, Fatty liver, Ayurveda, Panchakarma, Diet Regimen, Lifestyle Interventions

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Introduction

Adenomyosis is a gynecologic condition defined by presence of ectopic endometrial tissue embedded within myometrium. This leads to uterine changes that often cause symptoms such as heavy menstrual bleeding, painful menstruation, and chronic pelvic pain. It can significantly affect a patient's quality of life and may also contribute to infertility. [1] Exact cause of adenomyosis remains unknown, but several contributing factors have been proposed, such as repeated childbirth, vigorous curettage, and excessive estrogen effect.[2] It predominantly affects multiparous women (those who have given birth multiple times) between ages of 40 and 50.[3] It produces symptoms such as menorrhagia, menometrorrhagia, and congestive dysmenorrhea. Treatment of this condition involves use of non-steroidal anti-inflammatory drugs, COC pills to encounter heavy menstrual bleeding, levonorgestrel-releasing intrauterine system, danazol-loaded IUD, and hysterectomy.[4]

Long-term use of drugs commonly prescribed in allopathic medicine, particularly hormonal treatments and NSAIDs for conditions like adenomyosis, can have adverse effects on women's health. As an alternative, *Ayurveda*, with its holistic approach, offers potential therapeutic strategies that are generally safer & can help to maintain overall well-being. Although adenomyosis is not directly correlated with any disease in *Ayurveda*, based on its symptom, it is mostly like *Vataj Asrigdara*. Hence, treatment approach should be *Raktastambhan*, *Raktavardhak*, & *Vata Shamak*. [5]

Methodology

A case study involving a 43-year-old female patient with bulky uterus (adenomyosis), splenomegaly and mild hepatomegaly was admitted to Shuddhi Ayurveda Panchakarma Clinic, Baltana, Zirakpur, Punjab, on July 24, 2024, showed that combining *Ayurvedic* interventions along with conventional treatments can be very beneficial in relieving the symptoms of adenomyosis and improving the overall health of the patient. *Panchakarma* (mainly *Virechan*) plays a major role in it. After *Ayurvedic* therapy, significant improvements were observed, including symptom relief and weight loss. USG Reports showed the reduction in size and shape of Uterus, Liver and Spleen.

This case highlights the potential advantages of incorporating *Ayurvedic* practices into the treatment of bulky uterus (adenomyosis). *Ayurveda* offers a cost-effective alternative to conventional therapies, making it particularly appealing for individuals with limited resources seeking quality medical care. While the findings of this study are encouraging, further clinical trials are necessary to assess the efficacy and safety of *Ayurvedic* treatments for adenomyosis. Hence, presenting this case is evidence to demonstrate the effectiveness of 4 months of *Ayurvedic* treatment in managing a bulky uterus (adenomyosis).

Modern Aspect

In 2011, professionals from the International Federation of Gynecology and Obstetrics (FIGO) proposed a classification for the disorders causing AUB that ease the understanding, assessment and treatment of this condition, and enabled comparisons among the data from the scientific literature. This scheme is known as PALM-COEIN, in which each letter indicates one of the etiologies of bleeding (uterine Polyp [P], Adenomyosis [A], Leiomyoma [L], precursor and Malignant lesions of the uterine body [M], Coagulopathies [C], Ovulatory dysfunction [O], Endometrial dysfunction [E], Iatrogenic [I] and Not yet classified [N]. The PALM-COEIN system is applicable after excluding the pregnancy-related causes of bleeding.[6]

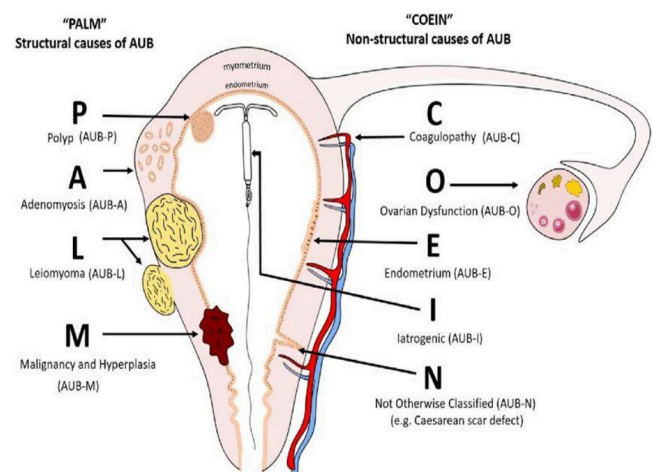


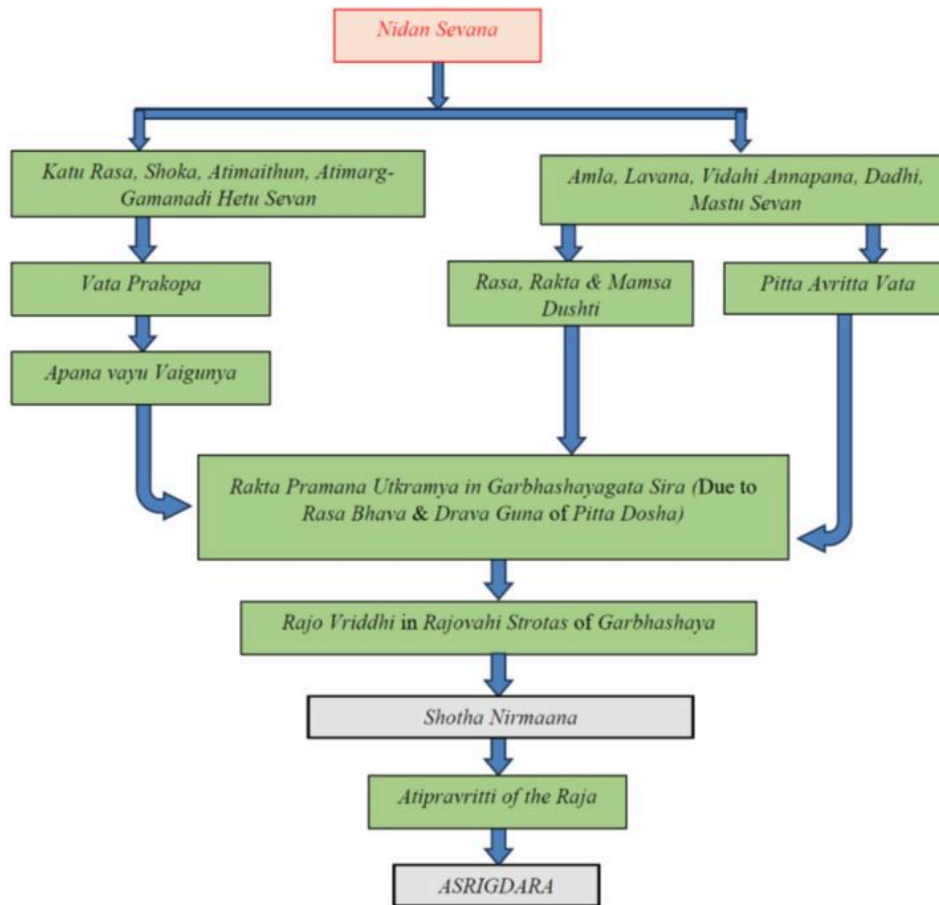
Figure 1: PALM-COEIN: A Classification System for Abnormal Uterine Bleeding

Clinical features, predisposing factors and associated pathology

About one-third of adenomyosis cases are asymptomatic; in the remaining cases, the most frequent symptoms are menorrhagia (50%),

Dysmenorrhoea (30%) and metrorrhagia (20%). Occasionally, dyspareunia may be an additional complaint. The frequency and severity of symptoms correlate with the extent and depth of adenomyosis. [7]

Samprapti Chakra[8]



Samprapti Ghataka

Dosha	Vata Pradhan & Pitta Anubandhit
Dushya	Rasa, Rakta, Mamsa
Srotas	Artavavaha Srotas
Srotodushti	Atipravritti

Case Report

A 43-year-old female patient visited to Jeena Sikho Lifecare Limited, Baltana, Zirakpur, Punjab on July 24, 2024 with chief complaints of pain during menstruation, dull aching pain in lower abdomen along with heavy bleeding per vagina, burning epigastric region on and off, pain in shoulder joint and mood swings. She was known case of (K/C/O) Splenomegaly and Adenomyosis. On examination, tenderness was felt around left hypochondrium and patient had palpable uterus, spleen and liver. She was advised for USG of Abdomen and Pelvis (TVS). Reports showed some abnormalities which indicated bulky uterus (adenomyosis), splenomegaly and mild hepatomegaly. Her evaluation included thorough medical history (*Prashna pariksha*),

Physical examination (*Darshan & Sparshan pariksha*) & diagnostics. She had past history of irregular menses, burning over chest & discomfort & restlessness after taking medicine. Her symptoms began or initiated with increasing body weight leading to adenomyosis of uterus & fatty infiltra. of liver (Grade 1) & later on splenomegaly.

Table 1: History taken on first visit.

History	
Past history	Ovarian Cyst LSCS – 2 yrs. Ago
Family history	NA
Menstrual history	
LMP	2 July 2024
Flow	Heavy
Duration	6-7 days
No. of pads	4-5 pads/day
Pain	++
Clots	No
Foul smell	+

A detailed assessment of her vital signs on the day of the visit are outlined in Table 2.

Table 2: Vitals during the examination on July 24, 2024.

Parameters	Findings
Temperature	97.1°F
Blood Pressure	110/70 mm of Hg
Pulse Rate	104/min
Weight	83 Kg
Sparsh	Anushna Sheeta
Shabda	Spashta (Soft & clear)
Akriti	Sthoola
Eyes (Drishti)	Avikrita
Tongue (Jiwha)	Saam (Thick coated)
Urine (Mutra)	Avikrita
Stool (Mala)	Saam (With mucus sometimes)
Nadi	Vataj-Kaphaj
Sleep (Nidra)	Avikrita

Diet history of the patients is mentioned in Table 3.

Table 3: Diet history of the patient.

Date	Time	Diet
23.07.2024	7.30 AM	Biscuit + Almonds + Banana
	8.00 AM	1.5 glass water
	1.30 PM	Rice + Dal + Curd
	8.00 PM	Dinner Skip
24.07.2024	7.30 AM	Biscuit + Almonds + Banana
	8.00 AM	1.5 glass water
01.08.2024	10 AM	Rice + Vegies
	1.30 PM	2 Chapati + Aloo Badi
02.08.2024	7.00 AM	1.5 glass Water
	10.00 AM	Rice + Vegies
29.08.2024	6.00 AM	1 glass water
	8.00 AM	Fruits
	12.00 PM	Aloo soyabean + 2 Chapati
	8.00 PM	Dinner Skip
30.08.2024	6.00 AM	1 glass water
	8.00 AM	Fruits
07.10.2024	6.00 AM	1 glass water
	11.00 AM	Soaked almonds + Fruits
	12.00 PM	Karela + 2 Chapati
	8.00 PM	Dinner skip
08.10.2024	5.30 AM	1 glass of water
	6.00 AM	Soaked kismish + Almonds + Banana + Apple

Table 4: The Ayurvedic medications prescribed for the patient.

Date	S.N.	Medicine Name	Ingredient	Doses	Therapeutical effect
24.07.2024	1.	Granthi Har Vati	Kachnar (Bauhinia variegata), Gugglu (Commiphora mukul), Amalki (Emblica officinalis), Bibhitika (Terminalia belerica), Haritiki (Terminalia chebula), Shunthi (Zingiber officinale), Marich (Piper nigrum), Pippli (Piper longum), Varun (Crataeva nurvala), Sukshamala (Elettaria cardamomum), Dalchini (Cinnamomum zeylanicum), Tamal Patra (Cinnamomum tamala)	1 Tab. BD (Adhobhakta with Koshna jala)	Enhances Deepan Pachana and helpful in reducing size of Granthi/Arbuda
	2.	Yakrit Shoth Har Vati	Punarnava (Trianthema portulacastrum), Kalimirsch (Piper nigrum), Pippali (Piper longum), Vayavidanga (Embella ribes), Devdaru (Cedrus deodara), Kutha (Saussurea lappa), Haldi (Curcuma longa), Chitrak (Plumbago zeylanica), Harad (Terminati chebuls), Bahera (Terntinalia belerica), Amla (Emblica officinalis), Danti (Baliaspermum mantanum), Chavya (Piper retrofractum), Indra Jon (Holarrhena antidysenterica), Pippla Mool (Piper longum), Motha (Cyperus rotundus), Kalajira (Carum carvi), Kayphal (Myrica esculenta), Kutki (Picrorhiza kurrooa), Nisothe (Operculina turpethum), Sounth (Zingiber officinale), Kakd singhi (Pistacia integerrima), Ajwain (Carum copticum), Mandoor bhasam (Ferric Oxide)	1 Tab. BD (Adhobhakta with Koshna jala)	Enhances Deepan Pachana Improves Metabolism, Detoxification.

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	3.	G Cordial Syrup	Ashok (Saraca indica), Pathani Lodh (Symplocos racemosa), Maju Phal (Quercus infectoria), Semel Chhal (Bombax ceiba), Bala (Sida cordifolia), Nag Kesar (Mesua ferrea), Dhatki Pushp (Woodfordia fruticosa), Gokhru (Tribulus terrestris), Jatamansi (Nardostachys jattamasi), Chikni Supari (Areca catechu), Adusa (Adhatoda vasica), Majith (Rubia cordifolia), Patang (Caesalpinia sappan), Shatawari (Asparagus Racemosus), Devdaru (Cedrus deodara), Mochras (Bombax malabaricum), Priyangu (Aglaiia elaeagnoidea), Kachnar Chal (Bauhinia vareigata), Ulat Kamble (Abroma augustum), Heera Bol (Commiphora myrrha), Base	15 ml BD (Adhobhakta with Sama Matra Koshna jala)	Stimulating effect on the endometrium and ovaries, eliminates distress and pain before and during menstruation, tones up the nerves, acts as a uterine tonic and regulates the development of female sexual characteristics, checks nonspecific leucorrhoea
30.08.2024	1.	Dr. Shuddhi Powder	Trikatu, Triphala, Nagarmotha (Cyperus scariosus), Vay Vidang (Embelia ribes), Choti Elaichi (Elettaria cardamomum), Tej Patta (Cinnamomum tamala), Laung (Syzygium aromaticum), Nishoth (Operculina turpethum), Sendha Namak, Dhaniya (Coriandrum sativum), Pipla Mool (Piper longum), Jeera (Cuminum cyminum), Nagkesar (Mesua ferrea), Amarvati, Anardana (Punica granatum), Dalchini (Cinnamomum verum), Badi Elaichi (Amomum subulatum), Hing (Ferula asafoetida), Kachnar (Bauhinia variegata), Ajwain (Trachyspermum ammi), Sazzikshar (Sodium Bicarbonate), Pushkarmool (Inula Racemosa), Sanay (Cassia angustifolia), Mishri	½ Tsp. HS (Nishikala with Koshna jala)	Improves digestion, protects immunity, good for metabolism, Detoxification
	2.	Amla Pitta Har Churna	Shunthi (Zingiber officinale), Marich (Piper nigrum), Pippali (Piper longum), Amalki (Embelia officinalis), Bibhitik (Terminalia belerica), Haritiki (Terminalia chebula), Musta (Cyperus roundus), Sukshmaila (Elettaria cardamomum), Tvak Patra (Cinnamomum tamalas), Vidanga (Embelia ribes), Bid Lavana (Sodii chloridum), Lavanga (Syzygium aromaticum), Trivrita (Operculina turpethum), Sharkara (Sugar)	½ Tsp. HS (Nishikala with Koshna jala)	improve digestive health, soothing effect, helps in maintain body balance, nutrients absorption, sense of wellness
	3.	Grahani Har Vati	Sudh Parad (Hydragyrum), Gandhak, Tankan Bhasam (Sodii biboras), Vachhanabh (Aconitum chasmanthum), Swarna Bhasm (Aurum), Tamra Bhasm (Cuprum), Shankh Bhasm, Sounth (Zingiber officinale), Kalimirch (Piper nigrum), Pippali (Piper longum), Dhatura (Datura metal), Dalchini (Cinnamomum zeylanicum), Tejpatra (Cinnamomum tamala), Naagkesar (Mesua ferrea), Chhoti Ilayachi (Elettaria cardamomum), Belgiri (Aegle marmelos), Kachur (Curcuma zedoaria)	2 Tab. BD (Pragbhakta with Koshna jala)	Increases digestive comfort, helps in detoxification, good for metabolism, improves digestion, overall wellness, balance ama doshas
	4.	Mahashankh Vati	Piplamool (Piper longum), Chitrakmool (Plumbago zerylanica), Dantimool (Baliospermum montanum), Shuddha Parad, Shuddha Gandhak, Pippali (Piper longum), Sajjikshar, Yavakshar (Hordem vulgare), Shuddha Tankan, Sendha Namak, Kala Namak, Manihari Namak, Samudra Namak, Sambhar Namak, Kali mirch (Piper nigrum), Sounth (Zingiber officinale), Shuddha Vish (Aconitum ferox), Ajwain (Trachyspermum ammi), Harad (Terminalia chebula), Shuddha Hing (Ferula narthex), Imalikshar (Tamarindia indica), Shankha bhasma, Nimbu Satva	2 Tab. BD (Adhobhakta with Koshna jala)	Ajirna, udar shoole, relief from common digestive ailments, indigestion, abdominal pain due to gas, or irregular bowel movements
	5.	Triphala Gugulu	Triphala churna, Pippali, Shuddha Guggul, Ghrit	2 Tab. BD for 3 days (Adhobhakta with Koshna jala)	Maintain digestive wellness, effective pain relief, natural anti-inflammatory, effective piles relief
	6.	G Cordial Syrup	Ashok (Saraca indica), Pathani Lodh (Symplocos racemosa), Maju Phal (Quercus infectoria), Semel Chal (Bombax ceiba), Bala (Sida cordifolia), Nag Kesar (Mesua ferrea), Dhatki Pushp (Woodfordia fruticosa), Gokhru (Tribulus terrestris), Jatamansi (Nardostachys jattamasi), Chikni Supari (Areca catechu), Adusa (Adhatoda vasica), Majith (Rubia cordifolia), Patang (Caesalpinia sappan), Shatawari (Asparagus Racemosus), Devdaru (Cedrus deodara), Mochras (Bombax malabaricum), Priyangu (Aglaiia elaeagnoidea), Kachnar Chal (Bauhinia vareigata), Ulat Kamble (Abroma augustum), Heera Bol (Commiphora myrrha), Base	15 ml BD (Adhobhakta with Sama Matra Koshna jala)	Stimulating effect on the endometrium and ovaries, eliminates distress and pain before and during menstruation, tones up the nerves, acts as a uterine tonic and regulates the development of female sexual characteristics, checks nonspecific leucorrhoea
08.10.2024	1.	G Cordial Syrup	Ashok (Saraca indica), Pathani Lodh (Symplocos racemosa), Maju Phal (Quercus infectoria), Semel Chhal (Bombax ceiba), Bala (Sida cordifolia), Nag Kesar (Mesua ferrea), Dhatki Pushp (Woodfordia fruticosa), Gokhru (Tribulus terrestris), Jatamansi (Nardostachys jattamasi), Chikni Supari (Areca catechu), Adusa (Adhatoda vasica), Majith (Rubia cordifolia), Patang (Caesalpinia sappan), Shatawari (Asparagus Racemosus), Devdaru (Cedrus deodara), Mochras (Bombax malabaricum), Priyangu (Aglaiia elaeagnoidea), Kachnar Chhal (Bauhinia vareigata), Ulat Kamble (Abroma augustum), Heera Bol (Commiphora myrrha), Base	15 ml BD (Adhobhakta with Sama Matra Koshna jala)	Stimulating effect on the endometrium and ovaries, eliminates distress and pain before and during menstruation, tones up the nerves, acts as a uterine tonic and regulates the development of female sexual characteristics, checks nonspecific leucorrhoea
	2.	Panchasakar Churna	Senna Patta (Cassia angustifolia), Bhuni Choti Haritaki (Terminalia chebula), Sounth (Zingiber officinale), Sounf (Foeniculum vulgare), Sendha Namak (Himalayan salt)	½ Tsp. HS (Nishikala with Koshna jala)	Constipation, piles, anal fistula, flatulence

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	3.	Sandhi Aarogya Tablet	Sounth (<i>Zingiber officinale roxb</i>), Syah Jeera (<i>Carum carvi linn</i>), Shilajeet (<i>Asphaltum punjabianum</i>), Abhrak Bhasma (Classical medicine), Ashwagandha (<i>Withania somnifera</i>), Sugandhbala (<i>Valeriana wallichii</i>), Shallaki (<i>Boswellia serrata</i>), Guggal (<i>Commiphora wightii</i>), Yavani (<i>Trachyspermum ammi</i>), Chandrasoor (<i>Lepidium sativum</i>), Rason (<i>Allium sativum</i>), Nirgundi (<i>Vitex negundo</i>), Hemvati (<i>Acorus calamus</i>), Pasran (<i>Paederia foetida</i>), Parijat (<i>Nyctanthes arbor tristis</i>), Vai Vidang (<i>Embelia ribes</i>)	1 Cap. BD (Adhobhakta with Koshna jala)	bone, joint and muscle pain
15.10.2024	1.	Triphala Gugulu	Triphala Churna, Pippali, Suddha Guggul, Ghrita	2 Tab. BD for 3 days (Adhobhakta with Koshna jala)	Maintain digestive wellness, effective pain relief, natural anti-inflammatory, effective piles relief
	2.	Mahashankh Vati	Piplamool (<i>Piper longum</i>), Chitrakmool (<i>Plumbago zeylanica</i>), Dantimool (<i>Baliospermum montanum</i>), Shuddha Parad, Shuddha Gandhak, Pippali (<i>Piper longum</i>), Sajjikshar, Yavakshar (<i>Hordem vulgare</i>), Shuddha Tankan, Sendha Namak, Kala Namak, Manihari Namak, Samudra Namak, Sambhar Namak, Kali mirch (<i>Piper nigrum</i>), Sounth (<i>Zingiber officinale</i>), Shuddha Vish (<i>Aconitum ferox</i>), Ajwain (<i>Trachyspermum ammi</i>), Harad (<i>Terminalia chebula</i>), Shuddha Hing (<i>Ferula narthex</i>), Imalikshar (<i>Tamarindus indica</i>), Shankha bhasma, Nimbu Satva	2 Tab. BD (Adhobhakta with Koshna jala)	Ajirna, udar shool, relief from common digestive ailments, indigestion, abdominal pain due to gas, or irregular bowel movements
	3.	Yakrit Shoth Har Vati	Punarnava (<i>Trianthema portulacastrum</i>), Kalimirch (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Vayavidanga (<i>Embellia ribes</i>), Devdaru (<i>Cedrus deodara</i>), Kutha (<i>Saussurea lappa</i>), Haldi (<i>Curcuma longa</i>), Chitrak (<i>Plumbago zeylanica</i>), Harad (<i>Terminalia chebula</i>), Bahera (<i>Terminalia belerica</i>), Amla (<i>Emblica officinalis</i>), Danti (<i>Baliospermum montanum</i>), Chavya (<i>Piper retrofractum</i>), Indra Jon (<i>Holarrhena antidysenterica</i>), Pippla Mool (<i>Piper longum</i>), Motha (<i>Cyperus rotundus</i>), Kalajira (<i>Carum carvi</i>), Kayphal (<i>Myrica esculenta</i>), Kutki (<i>Picrorhiza kurroo</i>), Nisothe (<i>Operculina turpethum</i>), Sounth (<i>Zingiber officinale</i>), Kakd singhi (<i>Pistacia integerrima</i>), Ajwain (<i>Carum copticum</i>), Mandoor bhasam (Ferric Oxide)	1 Tab. BD (Adhobhakta with Koshna jala)	Enhances Deepan Pachana Improves Digestion, Detoxification.
01.11.2024	1.	Dr. Shuddhi Powder	Trikatu, Triphala, Nagarmotha (<i>Cyperus scariosus</i>), Vay Vidang (<i>Embelia ribes</i>), Choti Elaichi (<i>Elettaria cardamomum</i>), Tej Patta (<i>Cinnamomum tamala</i>), Laung (<i>Syzygium aromaticum</i>), Nishoth (<i>Operculina turpethum</i>), Sendha Namak, Dhaniya (<i>Coriandrum sativum</i>), Pipla Mool (<i>Piper longum</i>), Jeera (<i>Cuminum cyminum</i>), Nagkesar (<i>Mesua ferrea</i>), Amarvati, Anardana (<i>Punica granatum</i>), Dalchini (<i>Cinnamomum verum</i>), Badi Elaichi (<i>Amomum subulatum</i>), Hing (<i>Ferula asafoetida</i>), Kachnar (<i>Bauhinia variegata</i>), Ajwain (<i>Trachyspermum ammi</i>), Sazzikshar (<i>Sodium Bicarbonate</i>), Pushkarmool (<i>Inula Racemosa</i>), Sanay (<i>Cassia angustifolia</i>), Mishri	½ Tsp. HS (Nishikala with Koshna jala)	Improves digestion, protects immunity, good for metabolism, Detoxification
	2.	Amla Pitta Har Churna	Shunthi (<i>Zingiber officinale</i>), Marich (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Amalki (<i>Emblica officinalis</i>), Bibhitik (<i>Terminalia belerica</i>), Haritiki (<i>Terminalia chebula</i>), Musta (<i>Cyperus rotundus</i>), Sukshmaila (<i>Elettaria cardamomum</i>), Tvak Patra (<i>Cinnamomum tamala</i>), Vidanga (<i>Embelia ribes</i>), Bid Lavana (<i>Sodium chloridum</i>), Lavanga (<i>Syzygium aromaticum</i>), Trivrita (<i>Operculina turpethum</i>), Sharkara (Sugar)	½ Tsp. BD (Adhobhakta with Koshna jala)	improve digestive health, soothing effect, helps in maintain body balance, nutrients absorption, sense of wellness
	3.	Pachan Vardhak Syrup	Kutaj Chhaal (<i>Holarrhena antidysenterica</i>), Ushir (<i>Vetiveria zizanioides</i>) Root, Manakka (<i>Vitis vinifera</i>), Mahua (<i>Madhuca longifolia</i>), Kali Mirch (<i>Piper Nigrum</i>), Chavya (<i>Piper chaba</i>), Haldi (<i>Curcuma longa</i>), Chitrak (<i>Plumbago indica</i>) Root, Nagarmotha (<i>Cyperus scariosus</i>), Vidanga (<i>Embelia ribes</i>) Lal Supari (<i>Areca catechu</i>), Lodhra (<i>Symplocos racemosa</i>), Patha (<i>Cissampelos pareira</i>), Amla (<i>Phyllanthus emblica</i>), Khas (<i>Vetiveria zizanioides</i>), Chandan (<i>Santalum album</i>), Kuth (<i>Saussurea lappa</i>), Laung (<i>Syzygium aromaticum</i>), Tagar (<i>Valeriana wallichii</i>), Jatamansi (<i>Nardostachys jatamansi</i>), Dalchini (<i>Cinnamomum verum</i>), Badi Elachi (<i>Amomum subulatum roxb</i>) Tejpatta (<i>Cinnamomum tamala</i>), Priyangu (<i>Callicarpa macrophylla</i>), Nagkesar (<i>Mesua ferrea</i>), Sugand Bala (<i>Valeriana wallichii</i>), Kamal (<i>Nelumbium speciosum</i>), Gambhari (<i>Gmelina arborea</i>), Nisothe (<i>Operculina turpethum</i>), Manjistha (<i>Rubia cordifolia</i>), Jawasa (<i>Alhagi camelorum</i>), Chiraita (<i>Swertia</i>) Bad Chhaal (<i>Ficus benghalensis</i>), Gular (<i>Ficus racemosa</i>), Kachoor (<i>Curcuma zedoaria</i>), Patolpatra (<i>Trichosanthes dioica</i>), Pittapapada (<i>Flumaria indica</i>), Kachinar (<i>Bauhinia variegata</i>), Mahua (<i>Madhuca longifolia</i>), Madhu, Water, Shakar.	3 Tsp. BD (Adhobhakta with Sama Matra Koshna jala)	improve digestion and maintain a healthy gut

4.	Yakrit Shoth Har Vati	Punarnava (Trianthema portulacastrum), Kalimirsch (Piper nigrum), Pippali (Piper longum), Vayavidanga (Embella ribes), Devdaru (Cedrus deodara), Kutha (Saussurea lappa), Haldi (Curcuma longa), Chitrak (Plumbago zeylanica), Harad (Terminati chebuls), Bahera (Terntinalia belerica), Amla (Embllica officinalis), Danti (Baliaspermum mantanum), Chavya (Piper retrofractum), Indra Jon (Holarrhena antidysenterica), Pippla Mool (Piper longum), Motha (Cyperus rotundus), Kalajira (Carum carvi), Kayphal (Myrica esculenta), Kutki (Picrorhiza kurroa), Nisoth (Operculina turpethum), Sounth (Zingiber officinale), Kakd singhi (Pistacia integerrima), Ajwain (Carum copticum), Mandoor bhasam (Ferric Oxide)	1 Tab. BD (Adhobhakta with Koshna jala)	Enhances Deepan Pachana Improves Digestion, Detoxification.
5.	G Cordial Syrup	Ashok (Saraca indica), Pathani Lodh (Symplocos racemosa), Maju Phal (Quercus infectoria), Semel Chhal (Bombax ceiba), Bala (Sida cordifolia), Nag Kesar (Mesua ferrea), Dhatki Pushp (Woodfordia fruticosa), Gokhru (Tribulus terrestris), Jatamansi (Nardostachys jattamasi), Chikni Supari (Areca catechu), Adusa (Adhatoda vasica), Majith (Rubia cordifolia), Patang (Caesalpinia sappan), Shatawari (Asparagus Racemosus), Devdaru (Cedrus deodara), Mochras (Bombax malabaricum), Priyangu (Aglaiia elaeagnoidea), Kachnar Chhal (Bauhinia vareigata), Ulat Kamble (Abroma augustum), Heera Bol (Commiphora myrrha), Base	15 ml BD (Adhobhakta with Sama Matra Koshna jala)	Stimulating effect on the endometrium and ovaries, eliminates distress and pain before and during menstruation, tones up the nerves, acts as a uterine tonic and regulates the development of female sexual characteristics, checks nonspecific leucorrhoea

Patient received treatment in IPD at Jeena Sikho Lifecare Limited, Baltana, Zirakpur, Punjab, as part of comprehensive Ayurvedic treatment plan. This plan included *Panchakarma* therapy, such as *Virechana* (Purgation), aimed at detoxifying & rejuvenating body. Medications prescribed for patient during IPD is outlined in Table 4.

Table 5: Comparison of USG findings on July 24, 2024 and November 26, 2024.

Parameters	Findings	
	24.07.2024	26.11.2024
Liver	Uniformly increased echogenicity is seen	Normal in shape and size
Gall bladder	Normal	Normal
Pancreas	Normal, Duct not dilated	Normal, Ducts not dilated
Spleen	13.6 x 7.5 cm	13.3 x 6.6 cm
Abdominal Cavity	No lymphadenopathy	No free fluid is seen
Kidney	Normal in size, shape and position	Normal in size, shape, and position
Urinary Bladder	Well distended and no calculus is seen	Well distended and no calculus is seen
Uterus	Anteverted and anteflexed (Means Normal) Bulky Measures 9.1 x 5.8 x 6.5 cm Thick Myometrium Coarse in Echo texture with indistinct outer endometrial margins	Retroverted and retrolexed Measures 7.9 x 3.8 x 4.9 cm Myometrium is normal in shape The old LSCS scar is seen
Adnexae	Both ovaries are normal in shape and size No free fluid seen in POD	Both ovaries are normal in shape and size No free fluid seen in POD
Impression	<ul style="list-style-type: none"> Findings are suggestive of adenomyosis uterus. Splenomegaly Fatty infiltration of Liver (Grade – 1) 	<ul style="list-style-type: none"> Mild Splenomegaly

The vitals observed during follow ups are detailed in Table 6.

Table 6: Vitals observed on the Follow ups.

Date	Weight	Temperature (°F)	Blood Pressure (mmHg)	Pulse per min
24.07.2024	83 Kg	97 °F	110/70	104
02.08.2024	82 Kg	97.2 °F	120/60	98
30.08.2024	80 Kg	96.7 °F	110/70	100
08.10.2024	80 Kg	97.3 °F	110/70	108
01.11.2024	79 Kg	97.5 °F	110/70	96

The vitals at the time of discharge are mentioned in Table 7.

Table 7: Vital signs during the time of discharge on November 26, 2024.

Parameters	Findings
Temperature	97.1°F
Blood Pressure	110/70 mm of Hg
Pulse Rate	96/min
Weight	79 Kg
Sparsh	Anushna Sheeta
Shabda	Spashta (Soft & clear)
Akriti	Sthula
Eyes (Drishti)	Avikrita
Tongue (Jiwha)	Saam
Urine (Mutra)	Avikrita
Stool (Mala) B/H	Avikrita
Nadi	Vataj-Kaphaj
Sleep (Nidra)	Avikrita

Medications prescribed at the time of discharge are mentioned in Table 8.

Table 8: Medications prescribed at the time of discharge on November 26, 2024.

Medicine Name	Ingredient	Doses	Therapeutical effect
Pachan Vardhak Syrup	Kutaj Chhaal (Holarrhena antidysenterica), Usheer (Vetiveria zizanioides) Root, Manakka (Vitis vinifera), Mahua (Madhuca longifolia), Kali Mirch (Piper Nigrum), Chavya (Piper chaba), Haldi (Curcuma longa), Chitrak (Plumbago indica) Root, Nagarmotha (Cyperus scariosus), Vidanga (Embelia ribes) Lal Supari (Areca catechu), Lodhra (Symplocos racemosa), Patha (Cissampelos pareira), Amla (Phyllanthus emblica), Khas (Vetiveria zizanioides), Chandan (Santalum album), Kuth (Saussurea lappa), Laung (Syzygium aromaticum), Tagar (Valeriana wallichii), Jatamansi (Nardostachys jatamansi), Dalchini (Cinnamomum verum), Badi Elachi (Amomum subulatum roxb) Tejpatra (Cinnamomum tamala), Priyangu (Callicarpa macrophylla), Nagkesar (Mesua ferrea), Sugand Bala (Valeriana wallichii), Kamal (Nelumbium speciosum), Gambhari (Gmelina arborea), Nisoeth (Operculina turpethum), Manjistha (Rubia cordifolia), Jawasa (Alhagi camelorum), Chiraita (Swertia) Bad Chhaal (Ficus benghalensis), Gular (Ficus racemosa), Kachoor (Curcuma zedoaria), Patolpatra (Trichosanthes dioica), Pittapapada (Flumaria indica), Kachinar (Bauhinia variegata), Mahua (Madhuca longifolia), Madhu, Water, Shakar.	3 Tsp. BD (Adhobhakta with Sama Matra Koshna jala)	improve digestion and maintain a healthy gut
Ladies Tonic Syrup	Dashmoolaristha, Lodharasava, Patrangasava, Kumariasava, Ashokaristha, Lohasava	3 Tsp. BD (Adhobhakta with Sama Matra Koshna jala)	Increase energy level, Balances disturbed hormonal changes, increase vitality, good for natural defenses
Arogya Vati	Giloy (Tinospora cordifolia), Neem (Azadirachta indica), Tulsi (Ocimum sanctum)	1 Tab, BD (Adhobhakta with Koshna jala)	Increase energy, antioxidant, boost immune system, minimize stress
Mahasha nkh Vati	Pipplamool (Piper longum), Chitrakmool (Plumbago zerylanica), Dantimool (Baliospermum montanum), Shuddha Parad, Shuddha Gandhak, Pippal(Piper longum), Sajjikshar, Yavakshar(Hordem vulgare), Shuddha Tankan, Sendha Namak, Kala Namak, Manihari Namak, Samudra Namak, Sambhar Namak, Kali mirch (Piper nigrum), Sounth (Zingiber officinale), Shuddha Vish (Aconitum ferox), Ajwain (Trachyspermum ammi), Harad (Terminalia chebula), Shuddha Hing (Ferula narthex), Imalikshar (Tamarindua indica), Shankha bhasma, Nimbu Satva	1 Tab. TDS (Adhobhakta with Koshna jala)	Ajirna, udar shooll, relief from common digestive ailments, indigestion, abdominal pain due to gas, irregular bowel movements
Artav Shodhak Vati	Soya (Anethum sowa), Carrot Seed (Daucus carota), Ulat Kambal (Abroma augusta), Baans Ki Jad (Bambusa arundinacia), Heerabol (Commiphora myrrha), Tankan Bhasma (Sodium borate), Hara Kashish (Hydrated ferrous sulphate), Musabar (Aloe barbadensis), Hing (Ferula narthex), Halon (Lepidium sativum), Kalounji (Nigella sativa)	2 Tab. BD (Adhobhakta with Koshna jala)	Balances wellness, increases vitality, good for restful sleep

The patient's bulky uterus (adenomyosis) was not seen in the reports her splenomegaly was reduced from Massive to mild and Fatty liver was reduced from Grade-1 to Grade-0 as mentioned in Table 9.

Table 9: Patient's USG report showing betterment in the condition of Spleen and Liver.

Parameters	Findings	
	24.07.2024	26.11.2024
Uterus	Anteverted and anteflexed Bulky Measures 9.1 x 5.8 x 6.5 cm Thick Myometrium Coarse in Echo texture with indistinct outer endometrial margins	Retroverted and retrolexed Measures 7.9 x 3.8 x 4.9 cm Myometrium normal in shape Old LSCS scar is seen
Liver	Uniformly increased echogenicity is seen	Normal in shape and size
Spleen	13.6 x 7.5 cm	13.3 x 6.6 cm

ion) (49)	INVESTIGATION: USG-ABDOMEN & PELVIS (TVS)	DATE: 24/7/2024
	Ref. by Suddhi Clinic Baltana	
	LIVER: It is normal in size, shape & echo texture. Uniformly increased echogenicity is seen. No focal lesion is seen. Intra-hepatic biliary radicals are not dilated. The portal vein is normal in course and caliber. The hepatic veins appear normal.	
30)	GALL BLADDER: It is well distended. Wall thickness is normal. No intra-luminal echos seen. No peri-cholecystic fluid seen. C.B.D. is not dilated.	
	PANCREAS: It is normal in size, shape & echo texture. No focal lesion seen. Pancreatic duct is not dilated.	
an/	SPLEEN: It measures 13.6x7.5 cm. It is normal in outline & echo texture. No focal lesion seen. Splenic vein is normal in diameter.	
	ABDOMINAL CAVITY: No free fluid /lymphadenopathy is seen in abdomen. Visualized bowel loops are normal in caliber with peristalsis noted.	
	KIDNEYS:	
	RIGHT KIDNEY: Right kidney is normal in size, shape, position & echo texture. Cortico-medullary differentiation is maintained. The cortical thickness is normal. No focal lesion or calculus seen. The pelvicalyceal system is not dilated.	
	LEFT KIDNEY: Left kidney is normal in size, shape, position & echo texture. Cortico-medullary differentiation is maintained. The cortical thickness is normal. No focal lesion or calculus seen. The pelvicalyceal system is not dilated.	
	URINARY BLADDER: It is well distended. Wall thickness is normal. No focal lesion or calculus seen.	
75 m)	UTERUS: It is anteverted and antiflexed. It is bulky and measures 9.1x5.8x6.5 cm. The myometrium is thickened and coarse in echo texture with indistinct outer endometrial margins. No obvious focal lesion seen.	
	Endometrial thickness is 9.5 mm. It is hypoechoic. No collections or focal lesions seen within the uterine cavity.	
	ADNEXAE: Both ovaries are normal in size, shape & sonographic appearance. No evidence of any ovarian mass or cyst is seen bilaterally. No adnexal mass lesion seen bilaterally. No free fluid seen in POD.	
FTI)	IMPRESSION: -Finding are suggestive of adenomyosis uterus. -Splenomegaly. -Fatty infiltration of liver (Grade-I).	

Before Treatment

m) (19)	INVESTIGATION: USG-ABDOMEN & PELVIS (TVS)	AGE/SEX: 43Yrs/F
	Ref. by Shuddhi Clinic Baltana	DATE: 26/11/2024
	LIVER: It is normal in size, shape & echo-texture. No focal lesion seen. Intra-hepatic biliary radicals are not dilated. The portal vein is normal in course and caliber. The hepatic veins appear normal.	
3)	GALL BLADDER: It is well distended. Wall thickness is normal. No intra-luminal echos seen. No peri-cholecystic fluid seen. C.B.D. is not dilated.	
	PANCREAS: It is normal in size, shape & echo texture. No focal lesion seen. Pancreatic duct is not dilated.	
✓	SPLEEN: It measures 13.3x6.6 cm. It is normal in outline & echo texture. No focal lesion seen. Splenic vein is normal in diameter.	
	ABDOMINAL CAVITY: No free fluid /lymphadenopathy is seen in abdomen. Visualized bowel loops are normal in caliber with peristalsis noted.	
	KIDNEYS:	
	RIGHT KIDNEY: Right kidney is normal in size, shape, position & echo texture. Cortico-medullary differentiation is maintained. The cortical thickness is normal. No focal lesion or calculus seen. The pelvicalyceal system is not dilated.	
	LEFT KIDNEY: Left kidney is normal in size, shape, position & echo texture. Cortico-medullary differentiation is maintained. The cortical thickness is normal. No focal lesion or calculus seen. The pelvicalyceal system is not dilated.	
	URINARY BLADDER: It is well distended. Wall thickness is normal. No focal lesion or calculus seen.	
	UTERUS: It is retroverted and retroflexed. It measures 7.9x3.8x4.9 cm. It is normal in shape and echo texture. No focal lesion seen. The myometrium appears normal. Old LSCS scar is seen in anterior wall of lower segment. Endometrial thickness is 2.9 mm. It is hypoechoic. No collections or focal lesions seen within the uterine cavity.	
	ADNEXAE: Both ovaries are normal in size, shape & sonographic appearance. No evidence of any ovarian mass or cyst is seen bilaterally. No adnexal mass lesion seen bilaterally. No free fluid seen in POD.	
	IMPRESSION: - Mild splenomegaly.	
i)	Please correlate clinically	

After Treatment

Treatment Plan:

1. Diet Plan:[9]

Dietary Guidelines:

1. Avoid wheat, refined foods, dairy, coffee, tea and packaged foods.
2. Do not eat after 8 PM.
3. When eating solid foods, take small bites and chew each bite 32 times.

Hydration:

1. The daily routine includes sipping 2 liters of hot water throughout the day and consuming DAP tea twice. To prepare 750 ml of DAP tea, combine 2 cloves, 5 cardamom pods, 25 black pepper seeds, 2 small cinnamon sticks and a spoon of fennel seeds, with continuous hot water.
2. Alkaline water is made with ½ cucumber, ½ lemon, a small piece of ginger, turmeric, tomato, 3 green chilies, coriander, mint leaves and Tulsi (750 ml/day).
3. Black or green tea is consumed without milk or sugar.

Meal Timing and Structure:

1. Early Morning (5:45 AM): Chew 2 cloves (long) and crushed garlic (lehsun) and Curry leaves in a manner that 1 leaf in 1 minute/ 5 leaves in 5 minutes.
2. Breakfast (9:00 AM): Have Steamed fruits [83Kg (Pt's weight) × 10 = 830 gms] and a fermented millet shake.

शाल्यादीनां तु धान्यानां यवकाः श्यामकाः प्रियङ्गवः।

कोद्रवाः शालिपर्णश्च लघवः कषायोष्णगुणाः स्मृताः॥
(Ch.Su.27/88)

3. Morning Snacks (11:00): *Mugda Yusha*, and 4-5 soaked almonds.
4. Lunch (12:30 PM – 2:00 PM): Plate 1: Steamed Salad (83Kg (Pt's weight) × 5 = 415 gms); Plate 2: fermented millets with five different leaves (*Dhania*, *Pudina*, *Peepal*, *Kari Patta* and *Tulsi*), which can be prepared in chutney form in addition with onion, tomato, garlic, green Chilli and turmeric.
5. Evening Snacks: Green juice (100-150 ml) prepared of 10 curry leaves, 2 Ajwain leaves, 5 Giloy leaves, 2-inch Aloe Vera, 2 *Neem* leaves, 5 *Tulsi*, *Dhania*, *Pudina* and ½ *Paan*.
6. Dinner (6:00 PM): Plate 1: Steamed Salad (83Kg (Pt's weight) × 5 = 415 gms);

Plate 2: fermented millets with five different leaves (*Dhania*, *Pudina*, *Peepal*, *Kari Patta* and *Tulsi*), which can be prepared in chutney form in addition with onion, tomato, garlic, green Chilli and turmeric.

Fasting:

It is recommended to fast once a week with coconut water.

Special Instructions:

1. Sit in sunlight for 1-hour morning and evening with foot soaked in lukewarm water as chanting *LUM*, *VUM*, *RUM*, *YUM*, *HUM*, *OM* and *AUM* with fingers in *Gyan mudra position*.
2. Offer thanks to divine before eating or drinking.

Role of *Pathya* and *Apathya* in Disease Management

According to Vaidya Lolambraj in Vaidya Jeevanam, [10] he emphasized the importance of *Pathya Ahara*, stating that a patient who follows a proper diet may not need medicine, while one who consistently consumes *Apathya Ahara* (improper diet) will find medicine ineffective.

Below is the categorization of *Pathya* and *Apathya* for effective disease management:

Pathya - Papaya leaves, kiwi, pomegranate, *Pippali*, *Raktashali Dhan*, *Yava*, *Moong*, cow urine, *Asaav*, *Arishta*, honey.

Apathya - Excess oily, sour and saline food, packaged food items, fish, rice flour, Sesame, excessive exercise.

Lifestyle Recommendations:

1. Include meditation as a method for relieving stress.
2. Practice Yoga (*Sukhasana* and *Sukshma Pranayama*) 40 minutes daily.
3. Perform oil pooling every day.
4. Aim for 6-8 hours of restful sleep each night.
5. Follow a structured daily routine to maintain balance and organization in life.

Key findings include:

1. Symptom Reduction: The patient experienced relief from symptoms typically associated with adenomyosis.
2. Imaging Improvements: Ultrasound findings indicated positive change in uterus size and shape.

3. Holistic Approach: The regimen incorporated diet, lifestyle changes and *Ayurvedic* treatment, addressing underlying causes rather than merely managing symptoms.

Implications

Long-term Benefits: *Ayurveda's* focus on root causes may reduce relapse rates compared to conventional treatments.

Conclusion

The report suggests a promising role for *Ayurvedic* treatments in managing adenomyosis (bulky uterus) and associated conditions like a splenomegaly, overweight and fatty liver. The documented improvements in both clinical symptoms and diagnostic parameters highlight *Ayurveda's* potential to complement conventional medicine. Modern medical science only focuses on subsiding symptoms and not eliminating the cause. So, if the treatment is withdrawn, relapse is seen. But, *Ayurveda* focusses on the cause and according to that the treatment protocol is designed. These findings warrant further investigation through controlled clinical studies to validate efficacy, optimize treatment protocols and ensure safety for broader application.

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