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Article in International Ayurvedic Medical Journal · December 2022

DOI: 10.46607/iamj3010122022

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AYURVEDIC APPROACH IN THE MANAGEMENT OF NABOTHIAN CYST: A CASE REPORT.**Akshay Shetty¹, G Vinay Mohan², G.S.Hadimani³, Lavanya U⁴**

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<https://doi.org/10.46607/iamj3010122022>

(Published Online: December 2022)

Open Access

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Article Received: 29/11/2022 - **Peer Reviewed:** 07/12/2022 - **Accepted for Publication:** 18/12/2022

**ABSTRACT**

A nabothian cyst is a benign cyst on the cervix which is filled with light yellow colored mucus. Data reveals the prevalence of Nabothian cysts varies widely. Routine pelvic magnetic resonance (MRI) Scans report that 12% of women may have Nabothian cysts. Most of the cysts are asymptomatic and may develop during childbirth and even after menopause too and are discovered only in routine ultrasonography. A female patient aged 30 years old, visited our panchakarma O.P.D. with complaints of pain in their lower abdomen irregular menstrual cycles with heavy white discharge in the last 2 months, USG report showed, Bulky Cervix with a few Nabothian Cyst Largest Size: 5x5.7 mm was treated conservatively with *Varunadi kashayam*, *chandraprabha vati*, *Kanchanar guggulu*, *Pushyanuga churna* and *Nitya Nanda rasa* for the period of one month, follow up USG showed Normal Cervix with no cyst.

Keywords: Nabothian Cyst, *Varunadi Kashaya*, *Chandraprabha Vati*, *Nityananda rasa*. *Ayurveda*

INTRODUCTION

Nabothian cyst¹ or Nabothian follicle is a mucus-filled cyst on the surface of the cervix. They are most often caused when stratified squamous epithelium of the etc cervix (portion nearest to the vaginal) growth over the simple columnar epithelium of the endocervix (portion nearest to the uterus). They usually resolve on their own main treatment same as that of chronic i.e., cervical scrape cytology to exclude malignancy disease tissue destroyed by electro or diathermy cauterization for laser or cryosurgery. If the Nabothian cyst is large it can cause expansion of the cervix and may lead to further complications. Routine pelvic magnetic resonance (MRI) Scans report that 12% of women may have Nabothian cyst². Ovarian cyst^{3 4} or Nabothian cyst may be associated with a similar range of symptoms, sometimes vary and few cases are asymptomatic. The nabothian cyst may be comprehended in Ayurveda as a form of *Granthi* where vitiation of *Kapha*, *Vata*, and *Medha* is involved thus *vatakaphahara dravya* and *medhagna dravya* will be helpful in treating Nabothian cyst.

Case Study: A female patient aged 30 years old, visited Panchakarma O.P.D of Shri Shivayogeeswar Rural Ayurvedic Medical College and Hospital, Inchal. with complaints of pain in the lower abdomen with irregular menstrual cycles with heavy white discharge in the last 2 months. USG report showed, Bulky Cervix with few Nabothian Cysts Largest Size: 5x5.7 mm.

Past History

- **Medical History** – No H/O Diabetes Mellitus and Hypertension
- **Surgical History** – No H/O Surgery.

Personal History –

- **Ahara:** *Mishraja*
- **Vihara:** *Ashramajanya*
- **Nidra:** Disturbed

Obstetric and Gynecological history-

- **Menstrual cycle:** Irregular
- **Duration:** 3 - 4 days
- **Pain:** Moderate

- **Bleeding:** Heavy

Dashavidha Pareeksha –

1. **Prakruthi** : *Kapha Vata*
2. **Vikruthi:** *Pitta*
3. **Sara:** *Twak*
4. **Samhanana** : *Madhyama*
5. **Pramana:** *Madhyama*
6. **Satwa:** *Madhyama*
7. **Satmya:** *Sarvasara*
8. **Ahara Shakti:** *Madhyama*
9. **Vyayama Shakti** : *Avara*
10. **Vaya:** *Madhyama*

General Examination –

- **Built:** Moderate
- **Pallor:** Absent
- **Cyanosis:** Absent
- **Temperature:** 99 F
- **Pulse:** 78 / Min
- **Blood Pressure:** 130/70 mmHg
- **Respiratory rate:** 14 B/Min
- **Weight:** 54.2kg

Urine test

- **Puss cells:** 8 - 10
- **R.B.C.:** 10 – 15

Treatment –

1. *Varunadi Kashaya*: 20ml twice, diluted with 50 ml of water before food
2. *Chandraprabha Vati*: 2tab thrice with lukewarm water before food
3. *Kanchanara Guggulu*: 2tab thrice with lukewarm water After food
4. *Nityananda Rasa*: 1tab twice with cold water before food
5. *Pushyanaga Churna*: 1 tsf twice with Tandulodaka before food

Advice – Diet and Lifestyle modification.

Follow-up and outcome – Follow-up USG report showed Normal Cervix with complete disappearance of the cyst, patient showed complete recovery from complaints of pain in the lower abdomen with irregular menstrual cycles with heavy white discharge

DISCUSSION

1. *Varunadi Kashaya*⁵: The main ingredient of this drug is *varuna* (*Crataeva nurvala*), *shatavari* (*Asparagus racemosus*), *chitraka* (*Plumbago zeylanica*), *bilva* (*Aegle marmelos*), *kantakari* (*Solanum surrattense*), *haritaki* (*Terminalia chebula*), *bhallataka* (*Semecarpus anacardium*), etc. which have *katu-tikta rasa*, *ushna veerya*. It has *kaphavatahara*, *medanashana*, *agnidepana* property. Besides itself is indicated in *adhya vata*, *shirashoola*(headache), *Gulma*, etc.
2. *Chandraprabha Vati*⁶: Major ingredients are *Shilajit* (asphaltum), *Guggulu* (*Commiphora mukul*), *Haridra* (*curcuma longa*), *Amalaki* (*Embllica officinalis*), *Guduchi* (*Tinospora cordifolia*), *Pippali* (*piper longum*), etc. *Chandraprabha vati* helps in pacifying the *pitta* and *kapha dosha* of the body. It helps as a stress booster and is also helpful with prostate or ovarian problems.
3. *Kanchanara Guggulu*⁷: Major ingredients of *Kanchanara guggul* are *Kanchanara bark* (*Bauhinia variegata*), *Amalaki* (*Embllica officinalis*), *Haritaki* (*Terminalia chebula*), *Bibhitaki* (*Terminalia Billerica*), *Trikatu*, *Varuna* (*Crataeva religiosa*) etc. It helps in pacifying *pitta* and *kapha*

dosha in the body. It helps in increasing appetite and reduces nausea and vomiting. It helps in the fibroid uterus, reducing cholesterol and unwanted fats.

4. *Nityananda Rasa*⁸: Main ingredients of this formulation are *Hingulottha shuddha parada* (purified *parada*), *Shuddha gandhaka* (purified sulphur), *Tamra bhasma* (bhasma prepared from copper), *Kamsya bhasma* (bhasma prepared from bronze), *Vanga bhasma* (Tin calx), *Shuddha Haratala*(Purified and processed orpiment), *Shuddha Tutta* (Purified copper sulphate), *Shankha bhasma* (bhasma prepared from conch shell), etc. It helps in balancing *vata*, *pitta*, *kapha dosha*. It helps in the treatment of tumors, gout, ovarian cyst, and uterine fibroids.
5. *Pushyanaga Churna*⁹: Major ingredients are *Patha* (*Cyclia peltate*), *Shilabheda* (*Aerua lanata*), *Jambu bija majja* (*Eugenia jambolana*), *Amra bija majja* (Mango seed), *Rasanjana* (*Daruharidra*), *Katphala* (*Myrica nagi*), *Ananta* (*Hemidesmus indicus*), *Lodra* (*Symplocos racemose*) etc. It calms the *vata*, *pitta*, *kapha*. It is used in the treatment of Menorrhagia, Metrorrhagia, Leucorrhoea, and other menstrual disorders

Results -

- Treatment was found to be Effective.
- The patient had relief from her Symptoms.

Sl No		Before Treatment	After Treatment
1	Uterus	Bulky Cervix with few Nabothian Cyst Largest Size:5x5.7 mm	Normal Cervix No cyst found
2	Pain	Severe pain present	Absent
3	White Dis-charge	Present	Absent
4	Menstrual Cycle	Irregular	Regular

CONCLUSION

This case study illustrates Ayurveda medications can successfully manage the Nabothian cysts without complications

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Akshay Shetty et al: Ayurvedic Approach in the Management of Nabothian Cyst: A Case Report. International Ayurvedic Medical Journal {online} 2022 {cited December 2022} Available from: http://www.iamj.in/posts/images/upload/3445_3448.pdf