



AN AYURVEDIC REVIEW OF SHEEHAN'S SYNDROME

Dr. Harshada D. Kulkarni*¹ and Dr. S. S. Choudhari²

¹P. G. Scholar, Dept. Streeroga Prasutitantra, R. A. Podar Ayurvedic College, Worli, Mumbai, India.

²Professor, HOD, Streeroga Prasutitantra, R. A. Podar Ayurvedic College, Worli, Mumbai, India.

***Corresponding Author: Dr. Harshada D. Kulkarni**

P. G. Scholar, Dept. Streeroga Prasutitantra, R. A. Podar Ayurvedic College, Worli, Mumbai, India.

Article Received on 18/10/2016

Article Revised on 08/11/2016

Article Accepted on 28/11/2016

ABSTRACT

Sheehan's syndrome is remote complication of post partum hemorrhage. Severe blood loss during post partum period particularly damages the pituitary gland causing its necrosis and pituitary cannot function properly which resulted symptoms of hypopituitarism. According to *Ayurveda samprapti* may be considered as *Raktakshaya*. In Ayurvedic texts there are lot of references that explains effects of *Raktakshaya* leading to consequent *Dhatukashya*, *Agnimandya* and *Vatprakop*. These symptoms closely resemble the symptoms of sheehan's syndrome. This article presented a case of sheehan's syndrome managed by ayurvedic treatment.

KEYWORDS: Ayurveda, Sheehan's syndrome, Raktakshaya, Pituitary, Blood loss.

INTRODUCTION

Sheehan's syndrome is caused by ischemic necrosis of most of anterior pituitary gland which results from spasm in its arterioles, occurring at time of severe hemorrhage or shock which complicate child birth.^[1-4]

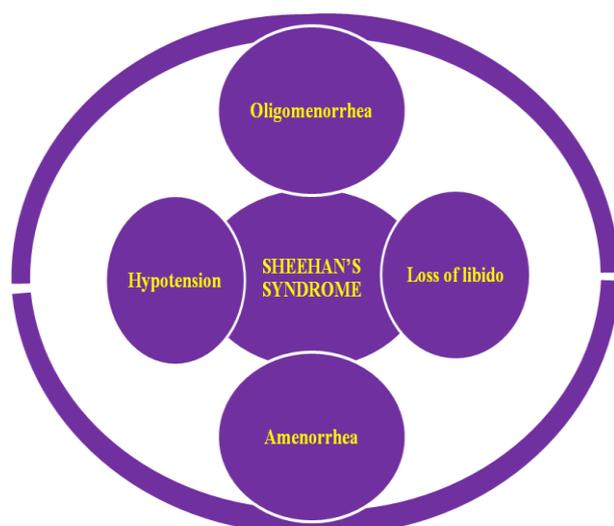


Figure 1. Manifestation of Sheehan's Syndrome

Causes

Caused by severe blood loss during and after childbirth.

Pathophysiology

Pregnancy results in enlargement of anterior pituitary without corresponding increase in its blood supply. Pituitary is supplied by low pressure portal venous

system; this makes pituitary more vulnerable to major hemorrhage causing its necrosis.

Clinical manifestation of Sheehan's syndrome

Acute

- Tachycardia
- No lactation
- Hypotension
- Hypoglycemia

Chronic

- Loss of axillary and pubic hair
- Oligomenorrhea
- Loss of libido
- Amenorrhea
- Hypothyroidism

Common Signs & Symptoms:

- Weakness
- Fatigue
- Slowed mental functioning
- Hypotension
- Dry vaginal mucous
- Moderate anaemia

Diagnosis

- Clinical signs and patients history
- Hormonal levels
- CT scan / MRI of Brain [targeting pituitary gland]

Management

- Lifelong HRT (Hormone Replacement Therapy) is the treatment option in modern Science.^[1-3]

Ayurvedic Aspect of Sheehan's Syndrome

1. In *Sushrut Samhita* there is description of effects of severe blood loss. It states that severe blood loss affects quality and quantity of consecutive *Dhatu*s. It vitiates *Vata Dosha* and also hampers digestive power at cellular level. Severe blood loss is considered responsible for oligomenorrhea or amenorrhea.
2. Vitiating of *vata* causes hormonal imbalance because function of coordination is carried out by *vata*.^[5-8]

This article summarizes a case of Sheehan's syndrome and its ayurvedic management as follows:

Patient age of 20 yrs came with 2 yrs amenorrhea loss of libido along with weight loss since 2 yrs and reported following details:

- Married since 5 yrs
- Past menstrual history
- Menarche at 13th yrs of age before 2 yrs regular, moderate, painless.
- Obstetric history

Examination

- CNS: conscious oriented
- Vitals: P-68/min
- BP: 100/60 mmHg
- Weight: 42kg
- On further examination, it is found that scanty axillary and pubic hair, loss of breast tissue as compared to that of before delivery, gradual weight loss.
- cervix smaller
- uterus smaller than normal size

Investigations

Hb: 10.8gm%
 RBC: 3.57 lakh/cu mm
 WBC: 7650
 PLT: 157 lakh/cu mm
 HIV: neg.
 Hbs Ag: neg.
 VDRL: neg.

Hormonal profile

PRL: 3.82 ng/ml (N)
 LH: 3.84 mIU/ml (N)
 FSH: 5.52 mIU/ml (N)
 TSH: 3.340 uIU/dl (N)

USG (pelvis)

Ut- 4.5 cm×2.4cm×1.6 cm
 ET- 3mm
 Ovaries: Rt-3.2cm×1.9cm×1.3cm vol-4.2cc
 Lt- 2.6cm×1.3cm×1.1cm vol-2.5cc
 Slightly small size uterus was observed.

CT Brain

- Bony pituitary fossa appears normal and shows rim of soft tissue within pituitary fossa
- Likely represents remnants of pituitary gland
- Infundibulum stalk appears normal

Management by Ayurvedic Treatment

- *Shirodhara* with *til tail*
- *Raspachakkwath* + *Faltrikadikwath* 40 ml BD

Shirodhara is classical and well established ayurvedic procedure of slowly and steadily dripping medicated oil on the center of the forehead of the patient, resting quietly on a comfortable bed. *Shirodhara* is deeply relaxing and induces a relaxant state; these effects are mediated by the brain wave coherence, alpha waves and a down regulation of the sympathetic outflow. The center of the forehead which was evolution wise related to third eye; is connected atavistically to the pineal gland. In *shirodhara* therapy prolonged and intermittent stimulation by dripping oil may provide tranquilizing effect. Thus *shirodhara* helps to stimulate functioning of pituitary gland and *Rasapachak kwath* helps to cellular metabolism.^[7-14]

Investigation observed that patient gets some relief after this treatment and study suggested that the other formulations mentioned in *Aartavkshaya* (oligomenorrhea) can also be used along with this therapy for the complete management of Sheehan's syndrome.

REFERENCES

1. Williams obstetrics, 24th edition., chapter no 36, pg. no 673,798,1168.
2. Textbooks of obstetrics, D.C. Datta, 7th edition, pg. no 410-421.
3. Modern obstetrics, Ajit Virkud, 2nd edition, pg. no. 473-476, 533-538.
4. Tripathi Brahmanand, Editor, Charak Chandrika (Hindi Commentary) on Charak Samhita, Chaukhambhasurbhartiprakashan, Sutrasthan, chapter 12, Verse No.8.
5. Gupta Kaviraj Atridev, Editor, Vidyotini Hindi Commentary, on Ashtang Hridya, Chaukhambha Prakashan Varanasi 2007, Sharirasthan Chapter 1.
6. ShastriAmbikadatta, Editor, Ayurveda-Tattva-Sandipika (Hindi Commentary) on Sushruta Samhita, Chaukhambha Sanskrit Sansthan Varanasi, Edition 2005, Sutrasthan Chapter 14, Verse. No. 37-38.
7. Gupta Kaviraj Atridev, Editor, Hindi Commentary, on Ashtang Samgraha, Krishnadas Academy Varanasi Reprint 1993, Sharirasthan Chapter 2.
8. Shreesatyapal Bhishagacharya, Editor, Vidyotinihindi commentary, on Kashyap Samhita Chaukhambha Sanskrit Sansthan Varanasi, Edition 2015, siddhisthan, chapter 7, verse no11.
9. Gupta Kaviraj Atridev, Editor, Vidyotini Hindi Commentary, on Ashtang Hridya, Chaukhambha

- Prakashan Varanasi 2007, Sharirsthan Chapter 1, verse no 16.
10. Shastri Ambikadatta, Editor, Ayurveda-Tattva-Sandipika (Hindi Commentary) on Sushruta Samhita.
 11. Chaukhambha Sanskrit Sansthan Varanasi, Edition 2005, chikitsasthan Chapter 38.
 12. Tripathi Brahmanand, Editor, Charak Chandrika (Hindi Commentary) on Charak Samhita, Chaukhambhasurbhartiprakashan, Sharirsthana, chapter 8, Verse No.42,43,44,46.
 13. Gupta Kaviraj Atridev, Editor, Hindi Commentary, on Ashtang Samgraha, Krishnadas Academy Varanasi Reprint 1993, Sharirsthan Chapter 1, Verse No.13.
 14. Shastri Ambikadatta, Editor, Ayurveda-Tattva-Sandipika (Hindi Commentary) on Sushruta Samhita, Chaukhambha Sanskrit Sansthan Varanasi, Edition 2005, Sharirsthan Chapter 2, Verse. No.14, 15.