

THE EFFICACY OF AYURVEDIC SHAMAN CHIKITSA IN ADENOMYOSIS- A CASE STUDY

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ABSTRACT

A benign condition where endometrial tissue grows within the uterine muscle is called as Adenomyosis. It is commonly presented with a benign growth and uterus is enlarged. Symptoms include, heavy menstrual bleeding, chronic pelvic pain, and infertility. Treatments include hormonal therapies, surgical interventions like hysterectomy, which have potential side effects. Adenomyosis can be correlated as *Mamsadushti Janya Garbhashaya Vikara*. This case study explores the efficacy of *Ayurvedic Shaman Chikitsa*, in managing adenomyosis. The *Shamanoushadhis* used possess properties of *Vatashamana*, *Balya*, *Lekhana* by which patient got significant relief which was evident from her USG.

KEYWORDS: Adenomyosis, Ayurveda, Shaman Chikitsa, Vatashamana, Lekhana, Mamsadushti Janya Garbhashaya Vikara.

INTRODUCTION

Adenomyosis is a condition where there is ectopic endometrial tissue within the uterine myometrium. In patients with endometriosis, 15-30% experience Deep endometriosis (DE) and is associated with concomitant adenomyosis in around 25-50% of cases.^[1,2] Definition of adenomyosis by Bird et al in 1972 - "benign invasion of endometrium in myometrium, producing a diffusely ectopic, non-neoplastic endometrial glands and stroma surrounded by hypertrophic and hyperplastic myometrium".^[3] In women aged 40 – 60 years, 70 to 80% cases are found. While, 5 - 25% cases are found in women younger than 39 years and 5-10% cases are found in women older than 60 years.^[4,5] Symptoms include severe menorrhagia in 50%, Dysmenorrhea in 30% and metrorrhagia in 20%, Dyspareunia and chronic pelvic pain are less common.^[6,7] Long-term GnRH analogues^{[8][9]}, hysterectomy is treatment for Adenomyosis. Conservative treatment includes- NSAIDs, hormonal therapy, menstrual suppression with progestin's and uterine mass reduction. Causes according to *Ayurveda* can be *Vata dushti* due to *Vishamangshayan*, *Ativyavaya*, *Pittavardhak aahar vihar*, *Divashyan* and *Ratri Jagran* causing *Artavavaha srotodushti*.^[10] In *Vatavyadhi Nidana*, *Acharaya Sushruta* has mentioned that provoked *Vata* situated in

Rakta causes *vraha* and that situated in *mamsa* results in *granthi* and *shoola*.^[11] Both these features are seen in adenomyosis in the form of deep nests of endometrial tissue within the myometrium. Based on the above pathology, this condition of adenomyosis can be correlated as *Mamsadushti Janya Garbhashaya Vikara*.

CASE HISTORY

A 26 year old Female, known case of Endometrial polyp and Adenomyosis visited Jeena Sikho Lifecare Limited Clinic, Hyderabad on September 19, 2024. Her LMP was September 1st 2024, Menstrual cycle of 28-30 days, 4-5 of menstruation which was regular with no clots and dysmenorrhea.

Presently was asymptomatic.

She had no significant past history of any medical/surgical illness.

Familial history showed- NIL

No any addiction.

Her Transvaginal USG dated 12/09/2024, showed bulky uterus with mild diffuse early adenomyosis. Small endometrial polyp.

Table 1: Examination.

Personal history
• Diet- Mixed
• Appetite- Moderate
• Bowel- once daily, regular
• Micturition- 4-5 times/day
• Sleep- sound
• Habits- nothing specific
Menstrual History
• Regular
• Clots- Absent
• Dysmenorrhea – Absent
• Foul smell- Absent
General examination
• Pulse rate- 72/min
• Bp- 90/70mmhg
• Weight- 61 kgs
• Height – 5'6''
• Respiratory rate-18/min
• Temperature- 98°F
Ashta sthana pareeksha
• Nadi- Vatakaphaja
• Mala- Niram
• Mootra- Pita Varna
• Jihwa- Saam
• Shabdha- Spashta
• Sparsha- AnushnaSheeta
• Drik- Avikrita
• Akriti- Madhyam
Systemic examination
• CVS- S1,S2 heard, no murmur
• CNS- Conscious, oriented
• RS- AEBE
• P/A-Soft, non-tender, no organomegaly
Per vaginal examination
• Inspection of vulva
Pubic hair- Normal
Clitoris- Normal
Labia- Normal
Discharge- Nil
Redness- Absent
Swelling- Absent
• Palpation
No palpable mass observed
Vaginal introitus- Narrow
Pinhole os
Samprapti Ghataka
• Dosha- Vata
• Dushya-Dhatu- Rasa, Rakta, Mansa
• Upadhatu- Artava
• Srotas- Artavavaha
• Ama- Jatharagni, Dhatvagni janya
• Udbhava Sthana- Amashaya
• Sanchara Sthana- Garbhashaya
• Vyakta Sthana- Garbhashaya

Investigations

Transvaginal USG dated 12/09/2024, showed bulky uterus with mild diffuse early adenomyosis. Small endometrial polyp.

TREATMENT INTERVENTION

Table 2: Treatment given.

19/09/2024	19/10/2024	23/11/2024
Cap. JS Femitone 1BD (<i>Adhobhakta</i> with <i>koshna jala</i>)	Pushpantak Vati 1BD(<i>Adhobhakta</i> with <i>koshna jala</i>)	G Cordial syrup 10ml BD (<i>Adhobhakta</i> with <i>sam matra koshna jala</i>)
Yakrit Shoth Har Vati 1BD (<i>Adhobhakta</i> with <i>koshna jala</i>)	Shuddhi Pushpa sanyog Tablet 1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)	Perion Syrup 10ml BD (<i>Adhobhakta</i> with <i>sam matra koshna jala</i>)
Panchatikta ghrit Guggul 1BD (<i>Adhobhakta</i> with <i>koshna jala</i>)	Garbha Shuddhi Premium 1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)	Shuddhi Pushpa sanyog Premium 1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
Ladies Tonic 15ml BD (<i>Adhobhakta</i> with <i>sam matra koshna jala</i>)	Perion Syrup 10ml BD (<i>Adhobhakta</i> with <i>sam matra koshna jala</i>)	Garbha Shuddhi Tab 1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	G Cordial syrup 10ml BD (<i>Adhobhakta</i> with <i>sam matra koshna jala</i>)	

I. Dietary Recommendations^[15]

The dietary guidelines provided by Jeena Sikho Lifecare Limited Clinic include the following key recommendations:

Diet advised was

- Incorporate fresh seasonal fruits and vegetables with high water content like Cucumber, watermelon, leafy green vegetables, coconut water, dry fruits like resins, almonds, walnuts, ginger, turmeric, whole grain, brown rice, oats, legumes, lentils, beans.

Foods to Avoid

- Reduce intake of sweetened and processed packaged food,
- Avoid salty spicy fried junk food.
- Avoid the combination of foods which are incompatible like milk with food, curd with fish, milk with fruits etc.
- Eliminate wheat, refined products, coffee, and tea.
- Avoid eating after 8 PM to support better digestion and metabolic function.

Hydration

- Drink alkaline water 3-4 times daily, along with herbal tea, living water, and turmeric water.
- Almond milk, coconut water & coconut milk.

Millet Inclusion

- Incorporate five varieties of millets into your diet: Foxtail, Barnyard, Little, Kodo, and Browntop.
- Ensure that millets are cooked using only steel utensils to preserve their nutritional properties.

Meal Timing & Structure

- Breakfast (9:00 - 10:00 AM): Steamed fruits (equal to patient's weight × 10 in grams) and steamed sprouts.
- Lunch (12:30 - 2:00 PM): Steamed salad (equal to patient's weight × 5 in grams) and cooked millets.
- Evening Snacks (4:00 - 4:20 PM): Light, nutritious snacks.
- Dinner (6:15 - 7:30 PM): Same as lunch.

Special Practices

- Offer gratitude before meals to cultivate positive energy.
- Sit in *Vajrasana* after eating to improve digestion and circulation.

II. Lifestyle Recommendations

Sungazing

Spend 30 minutes in direct sunlight each morning to absorb vitamin D and boost overall health and vitality.

Yoga

Practice yoga daily from 6:00 to 7:00 AM, focusing on flexibility, strength, and mental clarity to improve hormonal balance and overall well-being.

Meditation

Incorporate meditation into your daily routine to reduce stress, promote mental clarity, and enhance emotional well-being.

Barefoot Walking

Walk briskly for 30 minutes daily, preferably barefoot on natural surfaces like grass, to improve circulation and foster a deeper connection with nature.

Sleep

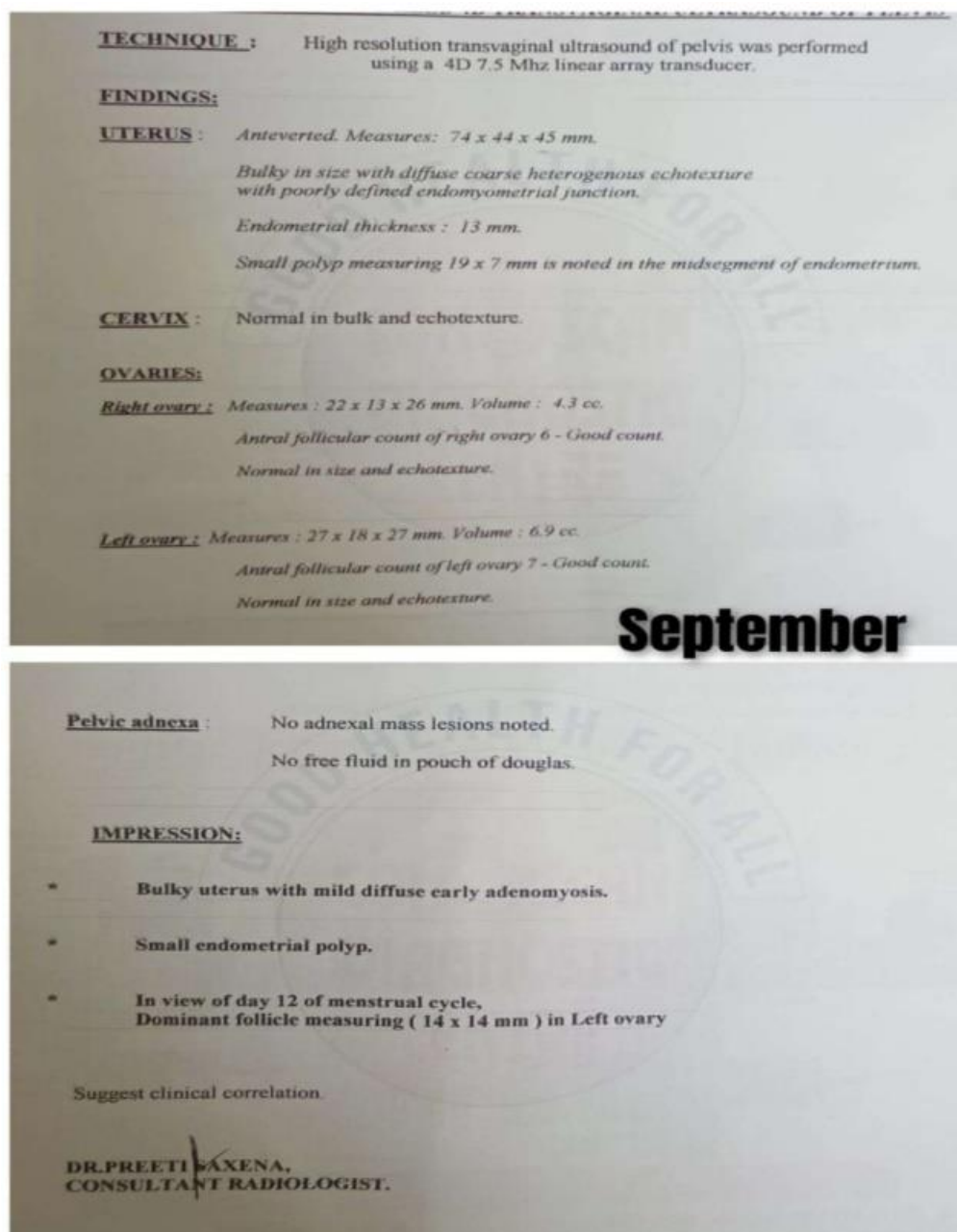
Aim for 6-8 hours of restful sleep each night to support physical and mental recovery, ensuring the body's systems function optimally.

Consistent Daily Routine

Follow a balanced and structured daily routine that supports equilibrium between meals, physical activity, and rest, helping to promote long-term health and vitality.

OBSERVATION AND RESULTS**Table 3: Investigations Before and after treatment.**

	12/09/2024 (Before Treatment)	After Treatment
Transvaginal USG	Bulky uterus with mild diffuse early adenomyosis. Small endometrial polyp.	Normal Sonomorphology of uterus. As compared to scan dated 12/09/2024, resolution of uterine adenomyosis and endometrial polyp.

**Figure 1: Tranvaginal USG Before treatment.**

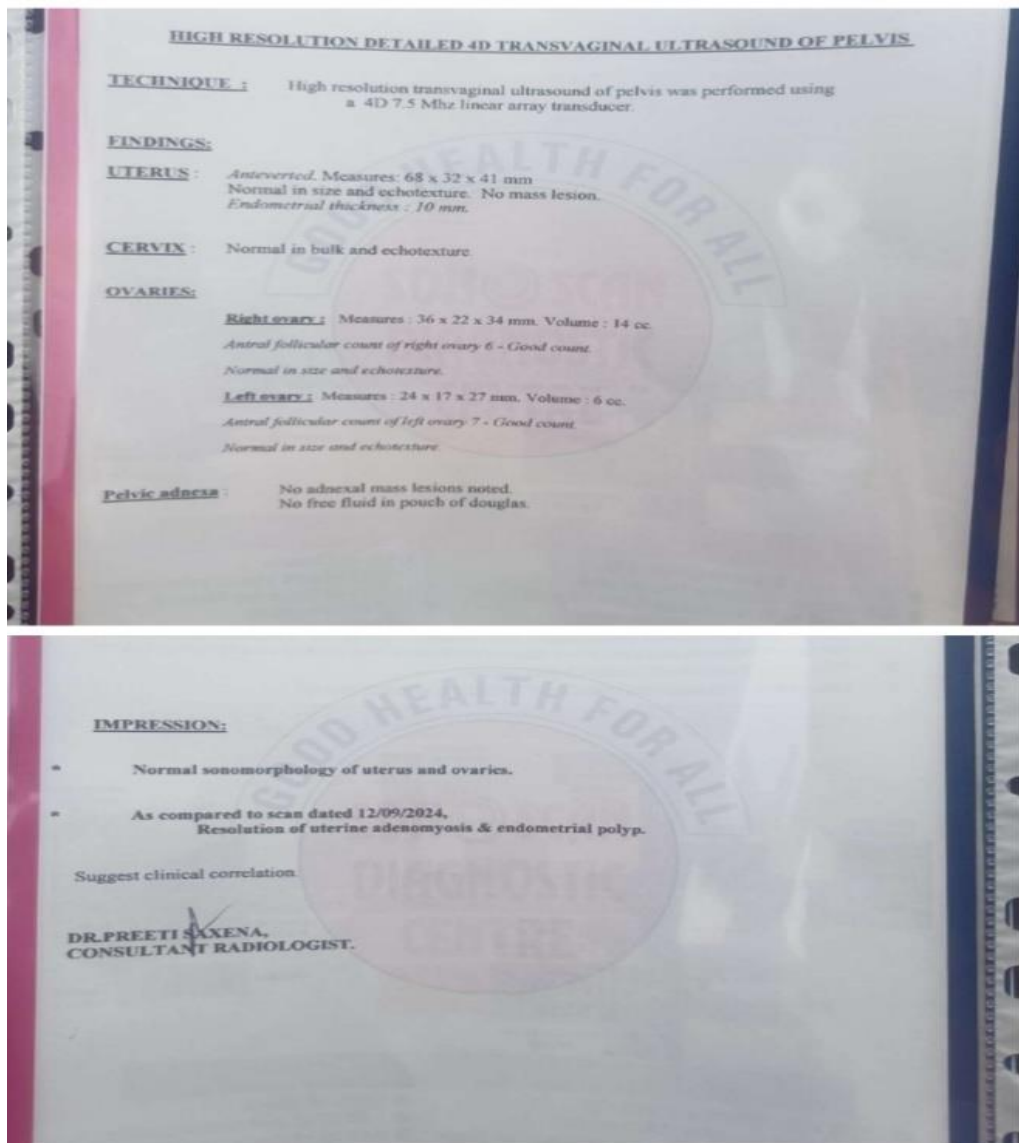
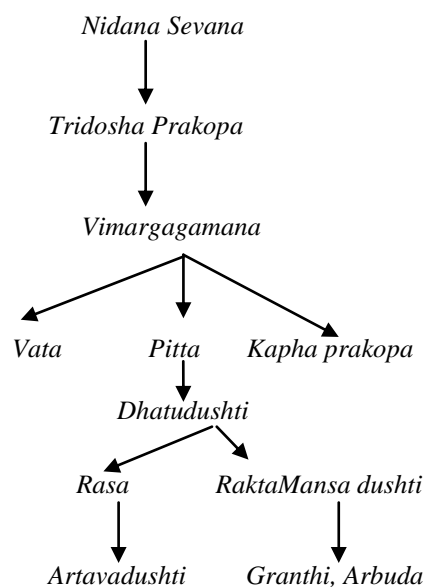


Figure 2: Tranvaginal USG After treatment.

DISCUSSIONProbable *Samprapti*

Vata is responsible for all the physiological functions of female reproductive organs. So condition can be cured by pacifying *Vata dosha*.

- **JS Femitone capsules** is a *Ayurvedic* formulation, that improves overall wellbeing of a women. Key ingredients are *Shankha bhasma* which improves digestive health, *Shatavari* helps coping with stress and help prevent hormonal disturbances, *Babool* has anti-inflammatory property. Helps in maintain hormonal balance.
- **Panchatiktaghrit Guggul** has the ingredients which are *Tridoshashamaka*, helps by reducing the inflammatory changes occurring in uterus and body. *Guggulu* has been used for various disorders specially related to *Vata Dosha*.
- **Ladies Tonic** - contains key ingredients like *Aloe Vera*, *Sonth*, *Kali Mirch*. *Aloe vera* help regulate flows and heal other parts of the reproductive system. It helps in hormonal balance – regulating menstrual cycle, improving fertility, reduces stress.
- **Pushpantak Vati**- An *Ayurvedic* formulation for overall women's health. Helps managing stress. Increases energy levels. Key ingredients are *Giloy*, *Amla*, *Haritaki*. It helps improve well-being.
- **Pushpasanyog Tab**- contains *Putranjeevak*^[12], *Lakshmana*, *Lodhra*, *Ashoka*, Powder of *Shukrashodhak Vati*, *Veeryashodhak Vati*, *Garbhupal rasa*, *Swarna bhasma*, *Rajat bhasma*, *Tamra Bhasma*.^[13-14] *Putranjeevak* is said to be best for treating infertility, *Kaphavatahara*. Useful in *Leucorrhea*. *Ashoka* is *laghu*, *Ruksha* and useful in *Yonivyapat*. *Suvarna bhasma* is *rasayan* and hence is used in *rajaksheenata*, It acts on nerves related to uterus. It helps in fallopian tube blockage. It regulates menstrual cycle and helps in infertility.
- **Garbha Shuddhi premium**- contains *Ashwagandha*, *Shatapushpa*, *Jambu*, *Guduchi*, *Triphala*, Powder of *Kanchanar Guggul*, *Shigru Guggul*, *Swarnavanga bhasma*, *Swarna makshik bhasma*, *Vang Sindur*, *Yashad bhasma*, *Tamra bhasma*, *Tankan bhasma*, *Pradarantak louha*. *Suvarna makshik bhasma* helps in *rakta pachana* and is *Pittaghna*. It is useful in *yoni daha* and *pradara*. *Vanga bhasma* acts on *vata dosha*. It improves function of reproductive system and helps in ovulation and thus it is best for infertility.
- **G- Cordial syrup**- is an *Ayurvedic* formulation which helps improve overall health and wellbeing. It improves digestive health, liver function. It has antioxidant, anti inflammatory property. It strengthens immunity. Key ingredients are *Ashok Chaal* which helps digestion. *Pathani Lodhra* which is effective in liver care and detoxification. *Majuphal* has anti-inflammatory property.

NEED FOR FURTHER RESEARCH

Despite the growing interest in alternative and holistic approaches, the *Ayurvedic* treatment of adenomyosis remains an underexplored area that requires further scientific investigation. While traditional *Ayurvedic* texts

offer valuable insights into managing gynecological disorders through balancing *doshas* and using medicinal formulations, specific protocols for adenomyosis are not well-defined or validated through modern research. The complex and chronic nature of adenomyosis, characterized by symptoms like heavy bleeding, pelvic pain, and infertility, calls for a more structured and evidence-based approach within *Ayurveda*. There is a pressing need for clinical trials, pharmacological studies of *Ayurvedic* herbs, and integrative models that combine *Ayurvedic* principles with modern diagnostics. Advancing research in this field can lead to more effective, personalized, and safer treatment strategies, offering hope to patients seeking alternatives to conventional therapies like hormone treatments or surgery.

CONCLUSION

Adenomyosis is a condition where there is ectopic endometrial tissue within the uterine myometrium. It can be correlated to *Mamsadushti Janya Garbhashaya Vikara*. *Vata dosha* being the main involvement in *samprapti* of disease. The *shaman chikitsa* used in this patient helps in overall improvement of well being and helped pacify *Vata dosha* which was the main focus in the pathogenesis of disease. This case study provides a valuable insight of benefit of *Ayurvedic Shaman chikitsa* in managing Adenomyosis which is evident from patients reports (Transvaginal USG). Further research with larger sample sizes is needed to establish the actual effectiveness and determine long term outcome.

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