



# Endometriosis:

## *Ayurvedic perspective and management*

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# Presentation Outline

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Background

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Etiopathogenesis -Ayurvedic and Western aspects

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Diagnosis of Endometriosis

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Ayurvedic Perspective

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Ayurvedic Management

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Evidence Based Information

# Background

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Occurs in about **1 in 10 women of reproductive age**. It is most often diagnosed in women in their 30s and 40s

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Approximately 176 million women and girls worldwide suffer from endometriosis; 10 million in North America alone

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5.5 million reproductive aged women in the U.S

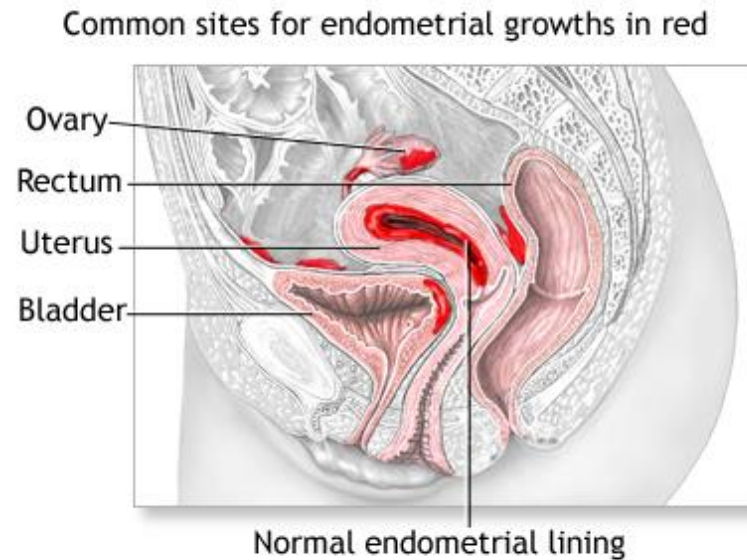
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The average age of woman is 27 when first diagnosed with endometriosis

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**Endometriosis is one of the top three causes of female infertility**

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ADAM.

# Endometriosis

**Endometriosis** occurs when cells from the endometrium (lining of the uterus) grow in other areas of abdominal cavity.

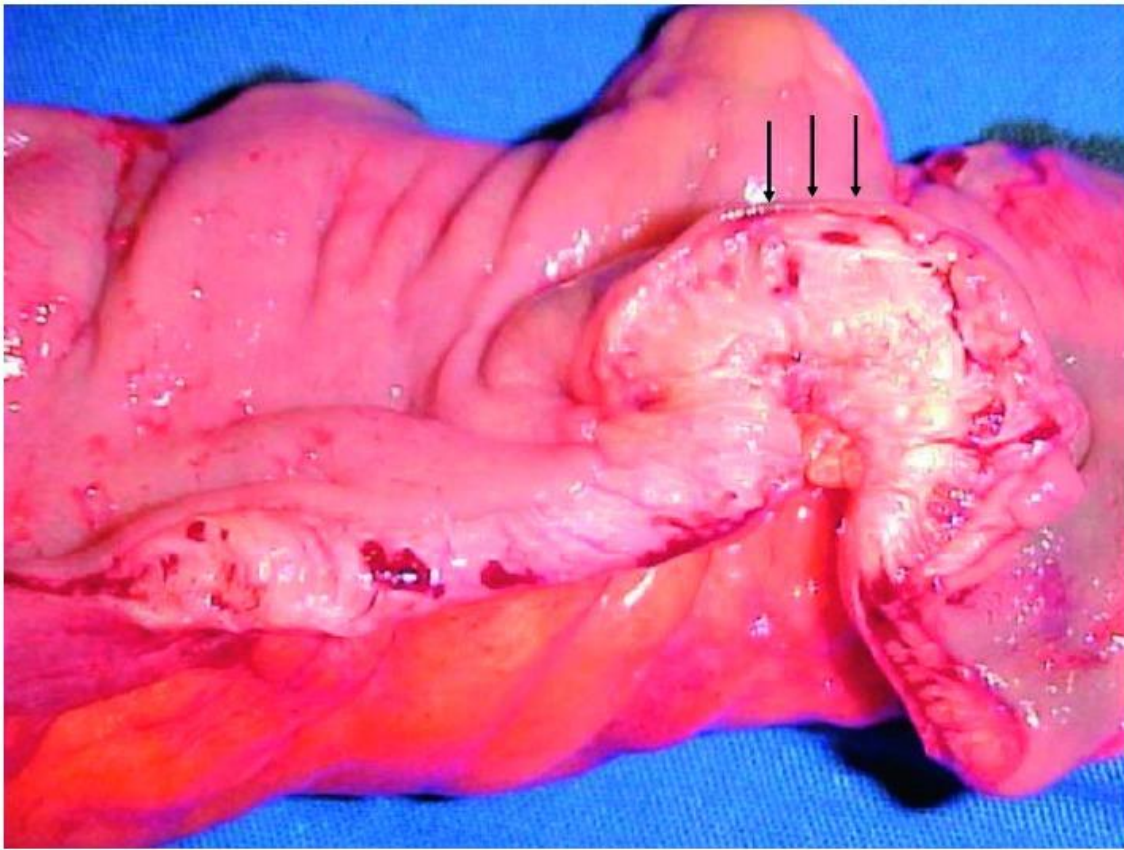
Some of the endometrial lining from the menstrual fluids retained in the body abnormally implant in areas outside of the uterus.

These implants, or nodules, eventually accumulate on the pelvic or extrapelvic organs

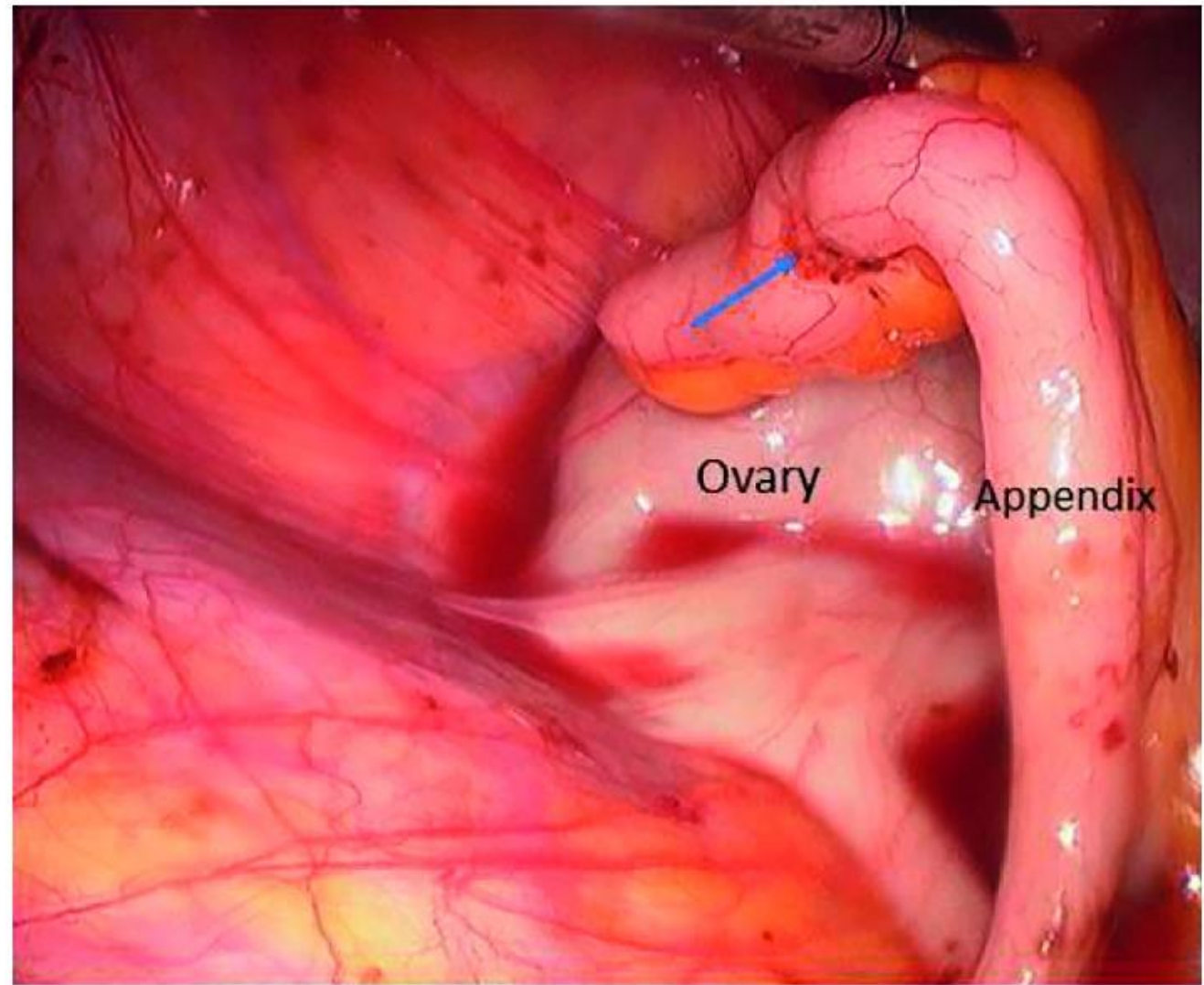
**Pelvic organs:** bladder, bowel, ovaries, cul de sac, and other nearby organs.

**Extra pelvic organs:** vagina, vulva, cervix and perineum, the urinary system, GI tract, thoracic cavity (lung and pleura), extremities, skin, and central nervous system





Macroscopic appearance of endometriotic nodule of the sigmoid colon. Arrows indicate the intact mucosal layer



Appendiceal endometriosis. The appendix is attached to the right ovary. The arrow indicates the endometriotic infiltration of the appendix

# Etiopathogenesis

## Sampson theory

- Direct implant by retrograde menstruation
- The occurrence is pelvic cavity (cul de sac, fallopian tubes, rectum etc.)

## Halban theory

- Vascular/lymphatic dissemination
- The occurrence is distal (kidney, lungs, guts etc.)

## Meyer theory

- Coelomic metaplasia
- Multipotential cells of peritoneal cavity develop into endometrial cells

# Clinical Features



Symptoms depend on the **location** of the disease and the **depth** of the invasion

Could be  
**asymptomatic**

chronic or  
intermittent pelvic  
pain

painful menstruation

irregular vaginal or  
uterine bleeding or  
clotting

large, painful ovarian  
cysts called  
"chocolate cysts"

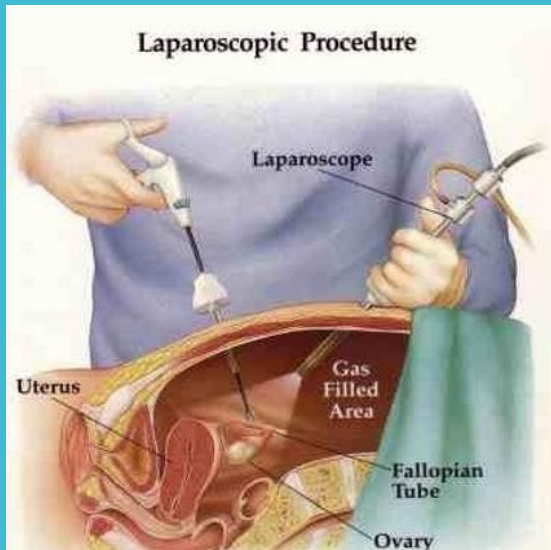
**pain associated with  
intercourse  
(Dyspareunia)**

nausea/vomiting,  
diarrhea, constipation  
gastrointestinal  
cramping, rectal pain

blood in the urine;  
urinary frequency,  
urgency

infertility,  
miscarriage, ectopic  
(tubal) pregnancy

# Diagnosis



- **Physical Exam** prior to menstruation
- **Pelvic examination** – digital examination of vagina or rectum
- **Radiologic Examination** – to rule out other pathologies. Not for Endometriosis diagnosis (transvaginal ultrasound and MRI may help, but do not always detect and confirm the diagnosis)
- **Laparoscopy or laparotomy** with histopathological examination – *gold standard for confirmation of Endometriosis*



# Ayurvedic Perspective

## Yoni vyapad related to Endometriosis

- Udavarta – Pratiloma vata, retrograde menses, painful menstruation
- Asruja yoni / Raktaja yoni – dark color, clots, heavy bleeding
- **Paripluta** – Dyspareunia
- **Antarmukhi** – Pain the pelvic region
- Vipluta – Intermittent/frequent pain in pelvic region

## Artava vyapad related to Endometriosis

- **Kashtartava**
- **Atyartava**
- **Raktapradara**

## Samprapti ghatakas Pathological factors

- **Dosha** – Vata (apana), Pitta
- **Dhatu** – Rasa, Rakta, Artava, mamsa
- **Srotas** – Artavavaha, annavaha, mootravaha, purishavaha
- **Mala** – Raja

# Causes *Nidana*

## **Vegadharana:** Suppression of Natural urges

Excessive  
Indulgence in sex or  
sex during  
menstrual periods

Mental trauma,  
Grief

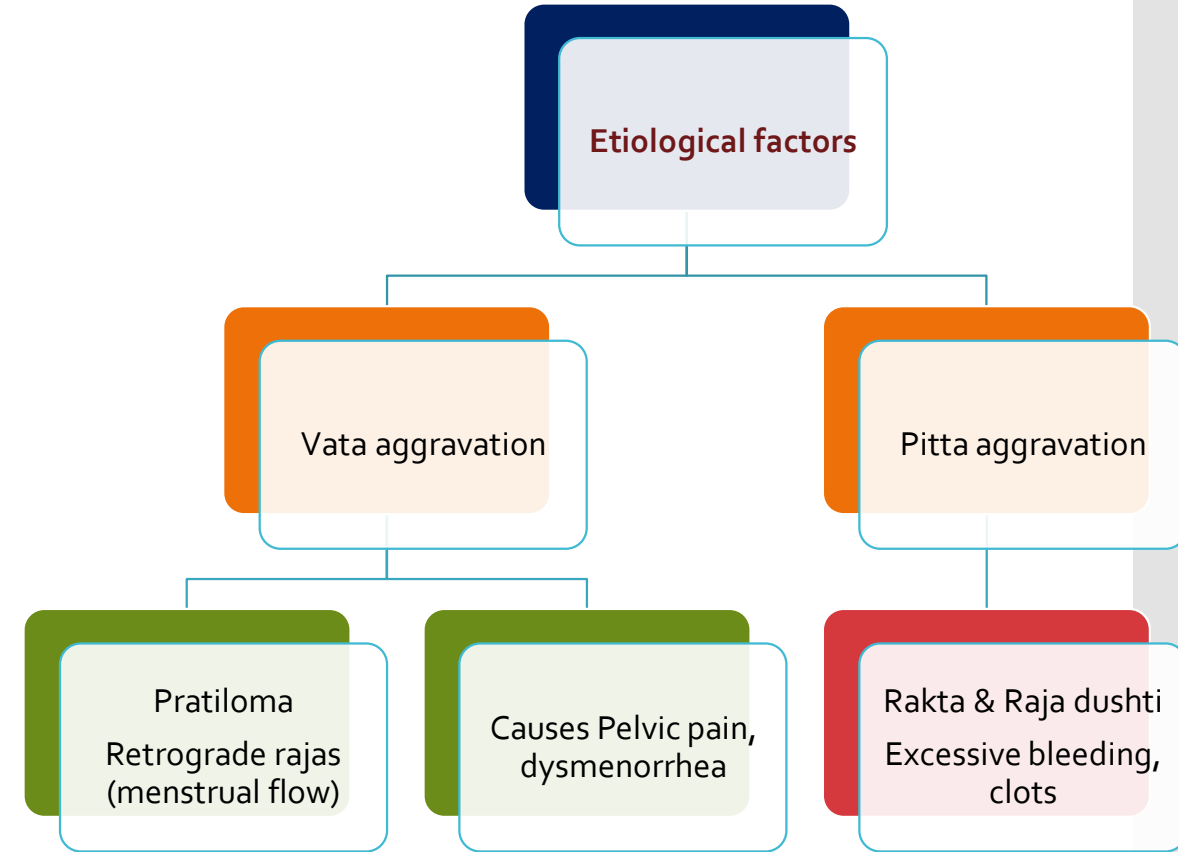
## Inappropriate diet during menstrual cycle

- Fast food
- Vata provoking food like beans, soy, corn, chips, dried fish/ red meat
- Pitta provoking food like spicy, fried, hot, fermented food, cheese, jalapeno, pickles, alcohol

## Inappropriate lifestyle during menstruation

- Wearing tight clothes /pants
- Sports – bike, jumping, running, swimming, dance
- Staying up late
- Exposure to cold or heat
- Fasting
- Excessive exercise, travel

# Pathogenesis *Samprapti*



# Clinical Features *Roopa*

## Vata

- Painful menstruation
- Dyspareunia
- Intermittent pain in pelvic region

## Pitta

- Heavy bleeding
- Clotting
- Irregular menses

## Annavaha

- Abdominal cramping, rectal pain
- Diarrhea, bleeding in stools, constipation
- Nausea, vomiting

## Artavavaha

## Mutravaha

- Hematuria
- Chocolate cyst
- Miscarriages
- Infertility

# Ayurvedic Management *Chikitsa*



## Shodhana

- Virechana (Pitta)
- Basti (vata)
- Niraha & Anuvasana

## Shamana

- Herbal approaches
- Diet and Lifestyle

## Local

- Udara-abhyanga
- Dhara
- Udara-Lepana
- Uttarabasti

# Single Herbs

## Vyadhipratyanik

- Ashoka
- Lodhra
- Shatavari
- Kumari (Aloe)
- Black cohosh

## Vatashamana

- Gokshura
- Draksha
- Shatavari
- Yashtimadhu (Licorice)
- Brahmi
- Ardraka

## Pittashamana

- Nimba
- Triphala
- Shatavari
- Chandana
- Guduchi
- Khadira
- Musta
- Chamomile





# Formulas



## Liquids

- Ashokarishta
- Lodhrasava
- Chandanasava
- Kumari asava
- Drakshasava
- Dashamularishta
- Sukumara kashayam
- Shonitamritam kashayam

## Tablets

- Chandraprapha vati
- Manjishtadi kwatha tablet
- Aloes compound
- Sarivadi vati

## Ghee

- Sukumara ghrita
- Shatavari ghrita
- Phala Sarpis

## Guggulu

- Triphala guggulu
- Ghee
- Kaisore guggulu
- Gokshuradi guggulu

## Oils

- Dhanwantharam
- Karpooradi
- Mahanarayan
- Sahacharadi

# Diet and lifestyle

## *Ahara - vihara*



### Diet

- **Nutritious, healthy, clean food habits**
- Sesame seeds, oil, coconut oil, milk, ghee
- Banana, mango, apple, pear, blueberries, pomegranate, walnuts, almonds, dates, figs, white pumpkin/gourd, zucchini, squashes, avocado, asparagus, mild spices
- Eggs, goat, lamb, turkey, salmon
- Rice, whole wheat, quinoa, oats, red millets

### Lifestyle

- Avoid **excessive exercise**, travel, sex, staying up late, excess screen time especially during menstruation
- Follow proper regimen of Brahmacharya

## ALTERNATIVE TREATMENT IN ENDOMETRIOSIS

Elena-Silvia NADĂ<sup>1</sup>  
Ovidiu Gabriel BRATU<sup>2</sup>  
Diana MIHAI<sup>3</sup>  
Elvira BRĂTILĂ<sup>4</sup>

### ABSTRACT:

ENDOMETRIOSIS IS A CHRONIC DISORDER CAUSING REDUCED QUALITY OF LIFE MAINLY DUE TO CHRONIC PELVIC PAIN. MEDICAL AND SURGICAL TREATMENT OPTIONS ARE NON-CURATIVE AND SOMETIMES HAVE ADVERSE EFFECTS. IN RECENT YEARS ALTERNATIVE TREATMENT HAS BECOME MORE AND MORE POPULAR DUE TO ITS FEWER SIDE EFFECTS. FRUIT AND VEGETABLE CONSUMPTION, ESPECIALLY ORGANIC, RED MEAT AND OMEGA 3 FATTY ACIDS HAVE SHOWN IMPROVEMENT IN THE PROGRESSION OF THE DISEASE. NATURAL SUPPLEMENTS SUCH AS SILYMARIN, MELATONIN, EVENING PRIMROSE OIL AND CERTAIN VITAMINS ARE ASSOCIATED WITH DECREASED LEVELS OF CHRONIC PELVIC PAIN. REGULAR PHYSICAL ACTIVITY AND ACUPUNTURE REPRESENT A FEASIBLE APPROACH IN THE LONG RUN FOR THE ALLEVIATION OF CHRONIC PELVIC PAIN.

### Conclusions:

Diet rich in fruits and veggies with high fibers and nutrients, citrus fruits, Vitamin D, E, A, C, Omega 3s - regulate hormones, control, estrogen excretion, lower the risk of getting endometriosis

High calorie, high glycemic index food, red meat, caffeine, alcohol increase the risk of getting endometriosis.

Herb (Botanical name)	Ayurvedic actions	Biomedical Pharmacological actions
<b>Ashoka</b> (Saraca asoca)	Reduce Raktapradara, raktasangrahi, Vedana-sthapana	<i>Dysmenorrhea, utero-tonic, anti menorrhagic, estradiol regulator<sup>1,2</sup></i>
<b>Turmeric</b> (Curcuma longa)	Raktashodhana, shothaghna, vranaropana, Yoni & raktarogahara,	<i>Anti-inflammatory, anti-tumor, anti- hemorrhagic, anti-oxidant<sup>3,4</sup></i>
<b>Ashwagandha</b> (Withania somnifera)	Reduce dhatukshaya, balya, shukrala, vatakaphahara	<i>FSH and LH regulator, stress reducing<sup>5</sup></i>
<b>Kumari</b> (Aloe vera)	Artava janana, Pitta & Raktaroga reducing	<i>Anti-inflammatory, wound healing, inhibitor of formation and regression of endometrial lesions<sup>6</sup>.</i>

## Evidence Supporting Ayurveda Herbs use in Endometriosis

1. Kulkarni RV. Saraca asoca (Ashoka): A review. World Journal of Pharmaceutical Research. 7:19, 2018: 534-544
2. Baranwal V. Asoka: Herbal Boon to Gynecological Problems An Overview of Current Research. Light on Ayurveda- Journal of Health. 2014. 15. 58-62. ]
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5. Nasimi Doost Azgomi R, Zomorodi A, Effects of *Withania somnifera* on Reproductive System: A Systematic Review of the Available Evidence. Biomed Res Int. 2018 Jan 24;2018:4076430.
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# More Evidence Supporting Ayurveda Herbs use in Endometriosis

Herb name (Botanical name)	Ayurvedic actions	Biomedical Pharmacological actions
<b>Shatavari</b> (Asparagus racemosus)	Balya, brimhana, vatapittahara, stanyajanana	Reduces oxidative stress and thereby improve follicular growth, regulate hormones <sup>1</sup>
<b>Manjishtha</b> (Rubia cordifolia)	Raktashodhana, shothahara, yonirogahara, vedanasthapana,	Anti inflammatory, anti oxidant, anti microbial <sup>2</sup>
<b>Lodhra</b> (Symplocos racemosa)	Rakta sthambana, balya, shothaghna, reducing raktapradara, shwetapradara	anti inflammatory, anti oxidant, used in uterine disorders, anti tumor <sup>3</sup>
<b>Licorice</b> (Glycyrrhiza glabra)	Shothaghna, vranaropana, balya, shukrakara, stanyavardhaka	ISL flavonoid anti inflammatory, anti oxidant, anti tumor <sup>4</sup>

1. Pandey AK et al. Impact of stress on female reproductive health disorders: Possible beneficial effects of shatavari (Asparagus racemosus). Biomed Pharmacother. 2018 Jul;103:46-49..
2. Shen CH et al. Evaluation of analgesic and anti-inflammatory activities of Rubia cordifolia L. by spectrum-effect relationships. J Chromatogr B Analyt Technol Biomed Life Sci. 2018 Jul 15;1090:73-80.
3. Mohapatra et al. Efficacy of Shunthi-Lodhra Churna in the Management of Asrigdara (DUB). International Journal of Ayurvedic Medicine, 2019, 10(1), 39-46
4. Hsu YW, Chen HY, Chiang YF, Chang LC, Lin PH, Hsia SM. The effects of isoliquiritigenin on endometriosis in vivo and in vitro study. Phytomedicine. 2020 Oct;77:153214

# Other Evidence Based Therapies

- Hatha yoga<sup>1</sup>
- Acupuncture<sup>2</sup>
- Naturopathy<sup>3</sup>
- Indigenous herbs
- Local remedies used  
by Australian Women<sup>4</sup>
  - Heat, massage
  - CBD/hemp oil
  - Cannabis
  - Meditation
  - Breathing exercises
  - Aroma therapy
  - Rest



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3. Reid R, Steel A, Wardle J, Adams J. Naturopathic Medicine for the Management of Endometriosis, Dysmenorrhea, and Menorrhagia: A Content Analysis. *J Altern Complement Med*. 2019 Feb;25
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# Conclusion

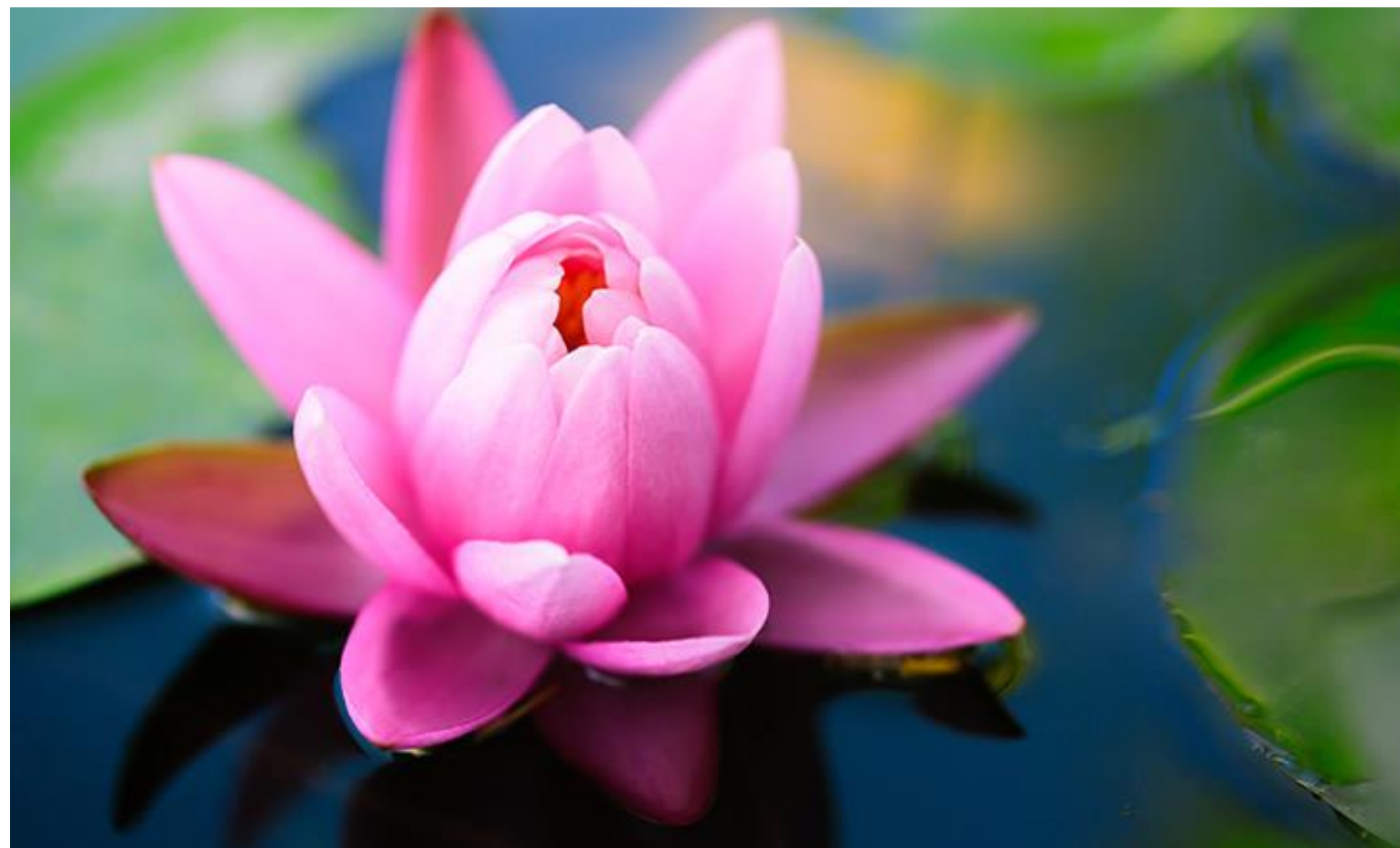


Endometriosis has no direct reference in Ayurveda

Ayurvedic approaches such as panchakarma, herbal therapies, diet and lifestyle have been shown to have positive outcomes in addressing the symptoms related to Endometriosis

Evidence on the Ayurveda herbs is based on very few clinical trials and mostly on experimental studies.

More clinical trials on larger samples is recommended to establish the value of Ayurveda in treating endometriosis



Sarve Bhavantu Sukhinah,  
Sarve Santu Niramayah ||