

## ABSTRACT

**Title : A CLINICAL STUDY TO EVALUATE THE EFFECT OF MULAKA KSHARA IN THE MANAGEMENT OF UTERINE FIBROID.**

### **Introduction:**

Uterine fibroid (fibromyoma/leomyoma) is the most common benign neoplasm, found approximately 20% to 40% women of reproductive age group. *Garbhashaya Arbuda* is not directly mentioned in *Ayurveda*, but on the basis of etiopathology, *Doshas*, *Dushyas*, *Srotodusti*, symptoms and complication for *Arbuda* can be correlated with uterine fibroid. It is the need of the era that, a secure, less expensive more effective therapy for this sensitive problem should be developed. Thus, now, women are looking for non - invasive treatment methods which do not require hospitalization and lengthy recovery. It becomes the necessity of the time to find out an efficacious and harmless therapy to manage this condition. This is where an Ayurvedic approach is needed. From different drugs mentioned in Ayurvedic classics *Mulaka kshara* due to its *Ushna*, *Teekshna* properties, is selected for this research work.

**Material and methods:** Patients of reproductive or perimenopausal age with having complaint of menstrual abnormality, dysmenorrhoea, dyspareunia, pressure symptoms, lower abdominal or pelvic pain, abdominal enlargement, infertility etc., investigated with the help of Ultrasonography for confirmation were selected. Total 30 patients were registered for the course of treatment. *Mulaka kshara* was given internally. The drug had shown significant result on symptoms like, Excessive bleeding, dysmenorrhoea, irregular menses, lower abdominal pain and reducing fibroid size.

**Results:** With success of the treatment, Menorrhagia, Dysmenorrhoea, Backache and Pain in lower abdomen were found relief of 73%, 76%, 83% and 68% respectively. Size of fibroids, 21% and 17% relief were found on fibromyoma size between 3.46-3.53 cm and 2.43-2.53 cm respectively in vertical and horizontal diameter.

**Conclusion:** From the above study it is concluded that the drug *Mulaka kshara* is effective to manage symptoms as well as growth of *Garbhashaya Arbuda* (Uterine fibroid) with no apparent evidence of complication.