



## Case Study

### SUCCESSFUL AYURVEDIC MANAGEMENT OF ENDOMETRIOSIS WITH DYSMENORRHEA

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#### ABSTRACT

Endometriosis is a disease where a tissue similar to the lining of the uterus implants and grows in other parts of the body, ovary, fallopian tubes, bladder, bowel etc. **Objective:** The aim of this treatment was to see how Ayurvedic treatment can help in endometriosis by reducing pain, improving flow in periods, regression of cyst size and supporting overall life quality. To present a case of endometriosis managed successfully with Ayurvedic medicines, *Panchkarma* therapies and diet, lifestyle modifications. Ayurveda describes that *Ama pachan*, *Vatanulomana*, *Dosha samya*, *Panchkarma*, restoring *Agni* and *Rasayan*, *Vajikaran* are some approaches that can help to treat Endometriosis. **Methods:** A single case of 31-year-old female diagnosed with endometriosis with severe dysmenorrhea was documented. Detailed case history, physical examination and lab tests were noted. Ayurvedic treatment plan was designed as per classical principles including Ayurvedic oral medicines and *Vastikarma*. Classical formulations targeting *Vata-Kapha dosha* were selected. The treatment protocol was administered over 12 months and patient was regularly assessed for all her symptoms every month. **Results:** After 1 month of treatment, patient reported marked reduction in period pain intensity and after 6-8 weeks, pelvic and back pain also reduced. Menstrual flow normalized after 4 months with no post menstrual spotting per vaginum. After 4, 6 and 12-months ultrasound showed progressive regression in endometriotic lesion size along with significant reduction of symptoms. General health parameters like energy levels, quality of sleep, exercise capacity improved reflecting better life quality. **Conclusion:** Ayurvedic management can provide symptomatic relief, regression in cyst size and inflammation and improve quality of life in endometriosis by addressing the *Dosha* imbalances rather than suppression of merely symptoms. Findings suggest that Ayurvedic treatment offers safe and holistic approach to the management of endometriosis with reduced recurrence.

## INTRODUCTION

Endometriosis<sup>[1]</sup> is a systemic inflammatory condition characterized by the presence of endometrial-like tissue found outside the uterus presenting with pelvic pain, dysmenorrhea and infertility. Prevalence is around 10% in reproductive-age women. In Ayurveda, the condition can be correlated with *Yonivyapads* (especially *Udavarta*<sup>[2]</sup>), which is caused by vitiated *Vata* obstructing the normal flow of *Artava*.

Management involves *Ama pachan*, *Vatanulomana*, *Dosha samya*, *Panchkarma*, restoring *Agni* and *Rasayan*, *Vajikaran* that can help to treat endometriosis.

### Case Report

#### Patient Information

31-year-old married female, G0P1A0, house wife visited OPD on 16<sup>th</sup> April 2024.

#### Complaints

1. Severe dysmenorrhea (VAS score 8/10)
2. Scanty bleeding during menses.
3. Post period pelvic pain for 8-9 days.
4. Constant urge to pass motion during periods.
5. Back pain radiating to legs during periods.
6. Post period spotting p/v for 7-10 days.

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**History**

**Present illness:** Cyclical pelvic pain for last 1 year, gradually worsening.

**Past history:** Dysmenorrhea since menarche

**Family history:** Non-contributory

**Personal history:** Vegetarian diet, irregular meal timings

**Clinical Findings**

**General:** Moderate built

**Per abdomen:** Tenderness in lower abdomen

**Per vaginal exam:** Tenderness in left adnexa

**Prakriti:** Vata-Kapha dominant

**Vikriti:** Vata-Kapha dushti, Rakta dhatu dushti

**Investigations**

Pre-treatment USG pelvis (23<sup>rd</sup> March 2024): left ovarian endometriotic cyst (55\*50\*41 mm) (60.28 ml)

CA-125- (11.6.2024) – 50

USG Pelvis (12<sup>th</sup> august 2024) – Left endometriotic cyst (41\*32\*32 mm) (40.55 ml)

USG Pelvis (25<sup>th</sup> December 2024)- Left endometriotic cyst (44\*26\*34) (21.10 ml)

USG Pelvis (20<sup>th</sup> may 2025)- Left endometriotic cyst (40\*24\*29) (15.43 ml)

**Diagnosis**

**Modern:** Ovarian endometriotic cyst (Endometriosis)

**Ayurvedic:** Udavarta Yonivyapad,<sup>[2]</sup> Kashtartava with Vata-Kapha dushti

**Therapeutic Intervention****Table 1: (Oral Medications + Panchakarma)**

Intervention Type	Procedure / Medication	Duration / Frequency	Ingredients	Purpose / Expected Outcome
Oral medications	Cap Suyog	1 capsule twice daily before meals for 6 months.	Sukumar Kashaya powder potentiated 21 times with Sukumar Kashaya.	Regulates Vata, help clear Sroto-avrodh, helps in Kashtartava
	Cap Endokalp	1 capsule (500 mg) twice daily after meals for 6 months.	Nirgundi panchang, Shunthi, Kumari, Ras sindoor processed in decoction of Nirgundi, Dashmool and Punarnava.	Shrinks abnormal tissue growth and reduces inflammation.
	Cap Endoheal	1 capsule twice daily after meals for 6 months.	Shigru, Nirgundi seeds, Punnarnava, Trikatu, Cinnamon, Tamra Bhasma processed in Dashmool, Mulethi, Musta and Gokshur.	Nourishes reproductive tissues, reduces cyst size
	Tab Shankh vati	1 tablet twice daily for 3 months.	Shankha Bhasma, Hingu, Saindhava, Trikatu, Chitraka, lemon juice	Aam pachan, reduces inflammation, aids gut health.
	Tab Shulvajrini vati	1 tablet twice daily for 3 months	Hingu, Saindhav, Ajwain, Haritaki, Shunthi, Pippali, Maricha, Erand Taila	Used in Udavarta, abdominal cramps, constipation.
Panchakarma (Yog Vasti) (10-7-2024 to 17-7-2024)	Cap Gandharvhashtadi erandam <sup>[4]</sup> Cap Mahatikta Ghritam Abhyanga (Purva karma)	2 capsules at bedtime with warm water. 1-1 Capsule before meals for 5 months. Daily for 8 days	Erandmool, Trivrit, Haritaki, Shunthi, Danti, Erand Tail Nimba, Patol, Katuka, Guduchi, Vasa, Musta, Triphala, Dashmoola Taila	Vata-kapha Anuloman, Shotha Hara, Shul Prashmana heal chronic inflammation, Vrana Ropak. Improves circulation, relieves pelvic stiffness.
	Swedana (Purva karma)	Daily, After-Abhyanga	Dashmoola Kwath steam for 10 min.	Facilitates opening of the Srotas (body channels), reduces pain, removes Ama
	Vasti –	Alternate days for 4 days	Vat shamak Kwath, Punarnava, Eranda Moola	Balances Vata, relieves pelvic congestion,

	Niruha Vasti			reduces dysmenorrhea.
	Vasti – Anuvasana Vasti	Alternate days (alternating with Niruha)	Udavarta Taila	Nourishes tissues, lubricates channels, alleviates pelvic pain.

(Same Yog Vasti cycle repeated again from 21-11-2024 to 28-11-2024)

### Pathya-Apathya

Advised light, easily digestible food, avoidance of curd, paneer, milk shakes, condensed milk, bakery items, excess spicy food, refined flour, processed food, frozen and reheated food, daily yoga and pranayama.

### Follow-up and Outcomes

**Table 2: Pre- and Post-Treatment Findings**

Parameter	Pre-Treatment Findings	Post-Treatment Findings
Pain severity (VAS Score)	8/10 (severe dysmenorrhea, pelvic pain)	2/10 (mild occasional discomfort)
Menstrual cycle pattern	Regular, scanty bleeding, post period spotting p/v	Regular cycle, no post period spotting p/v
Ultrasound / Imaging	Presence of endometriotic cyst	Significant reduction in cyst size
Hormonal profile	Elevated CA-125	Near-normal CA-125
Digestive health	Bloating, constipation, sluggish metabolism.	Improved digestion, regular bowel movements.
Overall quality of life	Fatigue, mood swings, poor energy levels.	Improved energy, better mood, enhanced daily functioning.

**Table 3: VAS Score Assessment in Endometriosis**

Time Point	VAS Score (0–10)	Remarks
Before treatment	8/10	Severe dysmenorrhea, pelvic pain, affecting daily activities
After 2 months medication	6/10	Noticeable reduction in pain, improved mobility
After first cycle of Yog vasti (July 2024)	4/10	Mild discomfort during menstruation, manageable without analgesics
After second cycle of Yogvasthi (Nov. 2024)	1/10	Almost negligible pain, improved quality of life

### DISCUSSION

This case demonstrates that endometriosis, though difficult to manage in conventional practice, can be alleviated using Ayurvedic principles. Ayurveda describes that *Ama pachan*, *Vatanulomana*, *Dosha samya*, *Panchkarma*, restoring *Agni* and *Rasayan* etc. are some approaches that can help to treat Endometriosis. *Vata-Kapha shamana* drugs, combined with *Vasti karma*<sup>[3]</sup>, effectively reduced symptoms and cyst size. The use of Endokalp and Endoheal addresses *Granthi* (cystic growth), while *Gandharvhashtadi erandam*<sup>[4]</sup> balances *Apana vata* and improves Gut health. *Vata* is the main *Dosha* that induces pathogenesis of endometriosis therefore *Vatanulomana* is very important for its management. Various *Panchkarma* procedures, herbs and formulations along with disciplinary daily regimen for

the management of vitiated *Vata*. *Vasti*<sup>[3]</sup> works as the best *Panchkarma* procedure for *Vata vyadhi* and directly targets *Vata* pathology. This individual case aligns with classical knowledge and highlights the need for further clinical studies.

### CONCLUSION

Ayurveda has significant potential in managing Endometriosis. This case report highlights a safe, non-invasive approach leading to symptomatic relief and regression of cyst size.

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