Ayurveda treatment for endometriosis associated pain: A randomized clinical trial

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Endometriosis is a chronic gynecological disease characterized by the growth of endometrial tissue outside the uterine cavity. As endometriosis is the disease described by western medicine, it is also essential to analyze according to the theory of Ayurveda based on Ayurvedic concepts. Although there are treatments in Ayurveda, an effective and practically usable medicine for Endometriosis has not been identified yet. Maduyashtyadi treatment is long traditional use in health-related conditions and beneficial effects in Endometriosis. The aim of this study is to introduce a most effective and qualitative drug for Endometriosis. This clinical research was conducted among randomly selected 100 married females age range 20-40 years of age. Subjected to selection criteria, 64 patients were given the questionnaire and Ultra Sound Scan was done. They were given Maduyashtyadi treatment at a dose of 2gms twice a day for 2 months and feedbacks were taken through questionnaires and Ultra Sound Scan reports. The statistical software, MINITAB was used for analysis. Examining the sign of each Z statistic, following conclusions can be drawn at 5% level of significance. Significantly a large number of patients has shown positive HCG (38%) and have shown significant improvements of reducing chronic pelvic pain (80%) after the treatment. Any adverse effect had not been reported during the period of treatment and the follow up period. Therefore, this study has confirmed that Maduyashtyadi treatment is effective in the management of Endometriosis.

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