E6: Efficacy of DC treatment in the management of Uterine Fibroids

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Abstract

Uterine fibroids are the most common solid pelvic tumors that affect women during their reproductive period. Fibroids may be asymptomatic and found incidentally on pelvic examination or pelvic imaging studies. They are associated with heavy menstrual bleeding and sub-fertility. According to Ayurveda fibroids are known as Arbuda which is a disease characterized by a mass of growth of mamsa. This clinical research was conducted among 50 randomly selected married females above 18 years of age. Subjected to selection criteria, the 50 patients were given the questionnaire and Trans-vaginal ultrasound scans were conducted. They were given DC treatment, acronym for "Dhashamuli Chinnaruha", a widely used medicine in traditional system, at a dose of 2 tea spoons twice a day for 4 months and feedbacks were taken through questionnaires, and Trans-vaginal Scan reports. Minitab was used for analysis. Paired sample t-test was used to assess the efficacy of the treatment procedure. Since all the p-values were less than 0.05, it can be concluded that the above hypotheses of the study are statistically significant at 5% level. This suggests that the treatment has a positive effect after a period of 2 months. Also it has further reduced the size of fibroids after 4 month period of treatments.

Key Words: sub-fertility, tumor, fibroid