

Efficacy of Sri Lankan Ayurveda treatment on cases with recurrent adnexal simple cyst with endometriosis: A case study

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Endometriosis is an unusual feature of retrograde menstruation that affects nearly every woman of reproductive age. Women with endometriosis are usually confronted with one or both of the two major problems: pain and infertility. This study was aimed to showcase the outcome of an observational case study on endometriosis managed by Sri Lankan Ayurveda treatment regimen. A 23-year-old unmarried girl with Body Mass Index of 21 kg/m², had a left-sided septate endometrioma (8.0 cm × 3.8 cm) diagnosed recently by trans abdominal scan. She complained of premenstrual lower abdominal and pelvic pain (Visual Analog Scale 09) 1 week before menstruation, with vomiting and increased pain with menstruation. In 2022, she had undergone laparoscopic cystectomy for right adnexal mass; 2.3 cm x 1.3 cm, with right salpingectomy. Her menstruation was regular with normal flow. In the Ayurveda Gynecology clinic, she was diagnosed as *Udavartha yoni vyapada*. With her consent, a 3 ½ month treatment protocol involving *Ama pachana*, *Agni deepana*, *Lekana*, and *Karshana* treatments were adopted orally; *Kasaya*, *Choorna*, *Guli*, *Thaila*, externally *Abhyanga*, *Sweda*, *Paththu*, *Pitchu*, and *Mathra basti*. The case was assessed every 2 weeks before introducing the new drug regimen for 3 months. The case was well tolerated with the management protocol, with blood pressure 120/80 mmHg, body mass index was 21 kg/m² and all other basic parameters remained intact. Her symptoms were reduced by 91% according to Endometriosis Health Profile-30 Scale, menstrual pain was controlled (Visual Analog Scale 0-2), and cyst disappeared at the final Trans abdominal scan report. After the 02-month follow-up period, the condition remained intact. The results of this case study provided an encouraging outcome for further studies on Sri Lankan Ayurveda treatment on Endometriosis and Ovarian cysts.

Keywords: *Endometriosis, Simple cyst, Udavarta, Sri Lankan Ayurveda management*