

Ayurveda Management of *Garbhashagatha Arbuda* (Uterine Fibroids): A Case Report

S.M.D.N.P. Senaratna¹, Y.A.U.D. Karunaratne²

¹*Postgraduate Institute of Indigenous Medicine, University of Colombo, Sri Lanka*

²*Institute of Indigenous Medicine, University of Colombo, Sri Lanka*

In Ayurveda, uterine fibroids are referred to as “*Garbhashagatha arbuda*” and are considered benign uterine growths. A 43-year-old female patient presented with heavy menstrual bleeding and pelvic discomfort due to uterine fibroids, which she had been experiencing for 2 years. Uterine fibroids can significantly affect a woman’s quality of life, causing symptoms such as heavy menstrual bleeding, pelvic pain, and reproductive issues. The objective of this study was to observe the effects of a selected drug on fibroid size, symptom severity, overall health, and to document any adverse effects or improvements in quality of life. This study was designed as a prospective, single-drug intervention, observational study focussing on the impact of *Agraraja kwatha* on uterine fibroids. *Agraraja kwatha* is traditionally used in Ayurveda for gynaecological issues. Its astringent and hemostatic properties are believed to help in shrinking fibroids and reducing excessive menstrual bleeding. The patient was instructed to take 60 ml of *Agraraja kwatha* twice daily on an empty stomach for 3 months with a one-month follow-up. Post treatment, the patient showed a reduction in the number of fibroids from two to one and the average volume decreased from 210cc to 104cc. Significant improvements were observed in quality-of-life scores and menstrual regularity was reported. Other symptoms, such as pain and heavy bleeding were also significantly reduced. After 4 months of data analysis, the baseline assessment was compared with a follow-up assessment. The primary and secondary outcomes showed improvement without adverse effects. The shrinking and anti-inflammatory properties of *Agraraja kwatha* may contribute to the shrinkage of fibroid tissue by reducing *Kapha* and promoting healthy tissue turnover. Compared to conventional treatments like surgery or hormonal therapies, *Agraraja kwatha* offers a non-surgical, low-cost, and well-tolerated alternative. Its holistic approach targets the fibroid and improves overall reproductive health. The study aimed to provide evidence for the efficacy and safety of using *Agraraja kwatha* as a single-drug treatment for uterine fibroids. Future research should focus on long-term outcomes and larger sample size.

Keywords: *Garbhashagatha Arbuda*, *Uterine Fibroid*, *Agraraja Kawatha*