

Management of chocolate cyst with application of leeches (Jaluka): A case study

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Abstract

This case study presents a 24-year-old unmarried female patient with abdominal pain localized to the left iliac fossa during menstruation, diagnosed with a chocolate cyst (endometrioma) of 3×2 cm on the left ovary via ultrasound on 7/8/2024. The patient's Prakruti is identified as Pitta. She reported no abnormalities in her thyroid profile, CA-125 levels, complete blood count (CBC), or blood sugar levels (BSL). Clinical findings included tenderness in the left iliac fossa with a blood pressure of 110/70 mmHg, pulse of 88/min, and SpO₂ of 98%. The treatment plan involved the application of leeches (Jaluka) to the mid-point between the pubic symphysis and anterior superior iliac spine on the left side for two consecutive days each month over three months. Additionally, oral Ayurvedic medicines—Kamdhuda Vati 2 tablets twice daily and Avipatkar Churna 3 gm twice daily before meals—were administered. Post-treatment ultrasound on 28/10/2024 revealed complete resolution of the chocolate cyst and significant reduction in menstrual pain. This case highlights the effectiveness of Ayurvedic management, combining Jaluka therapy and oral medications, in treating ovarian endometriomas and alleviating dysmenorrhea.

Keywords: Jaluka; Chocolate cyst; Kamdhuda Vati; Avipatkar Churna; Pitta

1. Introduction

Endometriomas, commonly referred to as chocolate cysts, are a type of ovarian cyst associated with endometriosis, which causes significant pelvic pain, especially during menstruation. Ayurvedic management offers alternative treatments focused on balancing bodily humors (Doshas) and promoting the body's self-healing processes. This case study examines the treatment of a chocolate cyst using Ayurvedic modalities.

2. Patient Information

- Age: 24 years
- Sex: Female
- Marital Status: Unmarried
- Weight: 65 kg
- Constitution (Prakruti): Pitta
- Clinical Findings:
 - Abdominal pain in the left iliac fossa during menses
 - Tenderness in the left iliac fossa upon palpation
 - Normal thyroid profile, CA-125, CBC, and BSL
 - Blood pressure: 110/70 mmHg
 - Pulse: 88/min

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- SpO₂: 98%
- Menstrual History:
- Last menstrual period (LMP): 1/8/2024
- Duration of menstruation: 3 days
- Associated pain during menstruation

3. Investigations

An ultrasound on 7/8/2024 confirmed a chocolate cyst measuring 3×2 cm on the left ovary. Additional laboratory results, including CA-125 (a marker for endometriosis), were within normal limits, indicating no malignancy.

4. Treatment Plan

Jaluka (Leech Therapy): Applied to the mid-point between the pubic symphysis and anterior superior iliac spine on the left side for 2 consecutive days in each month over a 3-month period.

- Oral Medications:
- Kamdhuda Vati: 2 tablets twice daily
- Avipatikar Churna: 3 gm twice daily before meals
- Duration: 3 months

Possible mechanism of action, the combination of Leech Therapy (Jalaukavacharana), Kamdudha Ras, and Avipattikara Churna offers a multi-dimensional approach for managing endometrioma (chocolate cyst).

Leech therapy is effective in blood purification by removing toxic blood and reducing the buildup of Pitta dosha. Leeches secrete hirudin, which prevents blood clotting and improves circulation, thus purifying the blood and alleviating rakta dushti. This blood-purifying action can reduce inflammation, potentially decreasing the size of the chocolate cyst by removing the stagnation of Pitta and Rakta (blood), which contributes to cyst formation.

Kamdudha Ras, with ingredients like Prawal Bhasma and Mukta Bhasma, is cooling (Shitvirya) and balances excess Pitta, which is often aggravated in conditions like endometriosis. Its Raktastambhak and Raktaprasadak properties, mainly due to Suvarna Gairik Bhasma, help control bleeding and purify the blood. The cooling and anti-inflammatory properties reduce the heat and irritation caused by Pitta and support the management of chocolate cysts by controlling the abnormal growth of endometrial tissue.

Avipattikara Churna's Virechana (purgative) action, primarily through Trivrut and Triphala, assists in eliminating excess Kleda (moisture) and metabolic waste, which are considered contributing factors to abnormal tissue growth. Its anti-inflammatory and digestive properties, particularly from Shunthi and Maricha, aid in maintaining digestive health, which supports hormonal balance. The Vatanulomana and Shothahara (anti-inflammatory) actions alleviate pelvic pain and reduce inflammation, which are common in endometriosis.

Together, these therapies act synergistically to balance Pitta and Vata, reduce inflammation, cleanse the blood, regulate hormone levels, and minimize the risk of further endometrial tissue buildup. This holistic approach helps reduce the size and symptoms of chocolate cysts, offering relief from pain and potential improvement in the condition.

5. Results

After the prescribed 3-month treatment, the patient underwent a repeat ultrasound on 28/10/2024. The results showed the complete disappearance of the chocolate cyst. Additionally, the patient reported a significant reduction in pain during menstruation.

6. Discussion

Endometriomas are challenging to manage, and surgical interventions are often considered. However, this case demonstrates the potential of Ayurvedic interventions to provide non-invasive treatment options. Jaluka therapy, known for its ability to relieve inflammation and improve blood circulation, likely contributed to the resolution of the

cyst. The oral administration of Kamdhuda Vati and Avipatkar Churna helped balance the Pitta Dosha and support digestive health, which is crucial in Ayurvedic treatment for gynecological conditions

7. Conclusion

This case study underscores the successful management of a chocolate cyst through Ayurvedic treatments, combining Jaluka therapy with oral medications. The disappearance of the cyst and the reduction of menstrual pain demonstrate the efficacy of these interventions, offering a viable alternative to conventional approaches.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Statement of informed consent

informed consent was obtained from all individual participants included in the study

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