



**A LITERARY SURVEY ON TUMOR (IN LOWER ABDOMEN) ARISING FROM THE
MENSTRUAL BLOOD (*ARTAVAJA GULMA*) BASED ON AYURVEDA CLASSICS**

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Abstract

RaktaGulma is a tumor arising from the blood in the Artavavahasrota and occurs only in women. This is the term used to describe ovarian cysts and uterine fibroids. The condition is described as being like a false pregnancy where a mass forms instead of an embryo. The aim of this literary review was to scientifically describe the disease RaktaGulma mentioned from Vriddhatri and Laghutri. Information was gathered regarding common causes and signs and symptoms from classics by analyzing the collected data. Specific signs and symptoms of RaktaGulma were identified. (from gathered common signs and symptoms) Finally; RaktaGulmawas compared with the modern Physiological and Pathological conditions those tally with above mentioned common signs and symptoms. According to the results could be concluded that RaktaGulma can occur in both male and female and Haemetometra, Abdominal tumor, ovarian cysts, ovarian fibroma and Pregnancy could be correlated with RaktaGulma.

Key words - RaktaGulma, Artavavahasrota, abdominal tumor, Haemetometra

INTRODUCTION:

A mass present in between the heart and urinary bladder, either moving or stationary, undergoing increase or decrease (sometimes) and round in shape is describe as Gulma. (Tumor of the abdomen) The two flanks, regions of the heart, umbilicus and pelvic region are the seat of Gulma. It has five types. (Susrutha Uttarasthana - 42) Gulma originated from accumulation of menstrual blood in women is known as Rakta Gulma. So, it occurs only in women. (Charaka Chikitsa - 5) But it can occur in men also. (Bhavaprakasha Madhya Khanda) Common signs and symptoms (Rupa) of RaktaGulma was that which pulsates lately as a lump and not with limbs, doesn't make movements in parts (as of the fetus), pain or pain at long intervals, burning sensation and symptoms similar to those of aggravation of Pitta, abdomen does not enlarge / Longings (desires of pregnancy), appearance of breast milk, emaciation, stiffness, nausea, diarrhea, thirst and fever and other secondary diseases (severe pain in the uterus by accumulation of vitiated blood, exudation, foul smell, tearing and pulsating pain in the vagina).

The study was aimed to scientifically describe the disease RaktaGulma mentioned from Vriddhatti and Laghuttri and to compare RaktaGulma with modern diseases. According to Ayurveda classics, in case of RaktaGulma, there is no enlargement seen in abdomen

except lower abdominal region. Also, in modern view haemetometra, abdominal tumor, ovarian cysts, ovarian fibroma and pregnancy correlated with RaktaGulma.

METHODOLOGY

Data about RaktaGulma were collected from Vriddhatti and Laghuttri. Thengathered the common causes and signs and symptoms from classics by analyzing the collected data. Specific signs and symptoms of RaktaGulma were separated. Identify the modern physiological and pathological those tally with above mentioned common signs and symptoms. (Modern Gynecology texts and internet were used)

RESULTS AND DISCUSSION***Etiological factors (Nidana)***

- Fasting or indulges in unsuitable foods during ;
 - The period of menses
 - Recently delivered woman
 - Frequent abortions or quick deliveries
 - Premature fetus (abortion or miscarriage)
- Suppression of urges
- Emetics (Excessive)
- Other uterine disorders.
- Who are having diseases of the *Yōni*(uterus and vagina) indulge in foods and activities

Unique features

Features	1	2	3	4	5	6
1. Abdominal growth	x	x	x	√	x	-
2. Movements of lump	x	x	x	x	x	-
3. Amenorrhoea / Dysmenorrhoea	√	√	√	√	√	-
4. Occur in women only	√	√	√	√	x	√
5. Pain and Burning sensation	√	√	√	x	√	-
6. Nausea / Vomiting / Thirst / Longings etc.	√	√	√	√	√	-
7. Appearance of breast milk	√	?	?	?	?	-
8. Emaciation	x	x	√	x	x	-
9. Stiffness	x	x	√	x	x	-

1. Charaka Samhita
2. Susruta Samhita
3. AstangaHridaya Samhita
4. MadhawaNidana
5. Bhava Prakasha
6. Sharangadhara Samhita

According to the above table, following points (features) can be specified as Unique features of the *RaktaGulma*.

1. Mainly occur in women.
2. Do not appear entire abdominal growth (growth appear in lower part of the abdomen)
3. Can't identify any movements of enlargement (lump) and not pulsates limbs, head etc.

4. Amenorrhoea / Dysmenorrhoea
5. Pain and Burning sensation
6. Other symptoms of pregnancy like Nausea, Vomiting, Thirst, Longing and Appearance of breast milk.

CONCLUSION

According to the results could be concluded that RaktaGulma can occur in both male and female and Haemetometra, Abdominal tumor, ovarian cysts, ovarian fibroma and Pregnancy could be correlated with RaktaGulma.

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