

Reduction Of Uterine Fibroid Size Through Integrated Yoga And Naturopathy: A Case Report

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Abstract

This case study investigates the possible efficacy of Yoga and Naturopathy therapies for controlling uterine fibroids. A 51-year-old lady with a big subserous fibroid (64mm x 47mm) and symptoms of excessive bleeding and discomfort underwent a six-month treatment regimen that included Yoga, hydrotherapy, mud therapy, and dietary/lifestyle changes. Ultrasound revealed that the fibroid size (58mm x 40mm) had significantly shrunk following the intervention. This instance implies that Yoga and Naturopathy may have a role in the management of fibroids, presumably through their combined impact on inflammation, oxidative stress, and overall health. Further study with bigger cohorts is required to corroborate these results.

Keyword: Uterine Fibroids; Yoga Therapy; Naturopathy; Holistic Health; Fibroid Reduction.

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I. Introduction

Uterine fibroids, also known as leiomyomata, are benign tumors that form in the smooth muscle tissue of the uterus.(1) They are found in 30% to 70% of premenopausal women, with a lifetime risk reaching up to 70%. Each year, between 12.7 and 29.7 per 1,000 women receive a new diagnosis.(2) Fibroids can appear in various locations, including subserosal, intramural, or submucosal areas, and are categorized by FIGO into eight subtypes based on their position in relation to the endometrial cavity.(3) While about half of the women may not show any symptoms, others might suffer from heavy bleeding, pelvic pain, pressure, and issues with fertility.(4) Diagnosis usually involves a physical examination and ultrasound, with MRI providing more detailed information for treatment options.(5) Although Yoga and Naturopathy are commonly sought for various health concerns, there is limited scientific evidence to support their effectiveness in treating fibroids.(6) This study aimed to investigate the potential effects of Yoga and Naturopathy on patients with fibroids.

II. Case Report

A 51-year-old married woman, who has a history of a 64mm x 47mm subserous uterine fibroid, came in for medical help due to heavy menstrual bleeding, abdominal discomfort, and occasional pain. She had previously undergone conventional treatments, including pain relief medication and a multivitamin supplement. After a whole abdomen ultrasound confirmed the presence of the fibroid and also indicated a Grade 1 fatty liver, she visited our outpatient department at the International Institute of Yoga and Naturopathy Medical Sciences in Chengalpattu. Upon evaluation, we suggested a holistic approach that included Yoga, Naturopathy, and lifestyle changes. After discussing the procedures and their benefits, we secured her informed consent to move forward with the treatment plan.

Intervention: The patient participated in Yoga and Naturopathy interventions for six months, attending sessions five days a week. The treatments encompassed Hydrotherapy, Mud Therapy, and various Yoga practices. Below is Table 1, which outlines the interventions provided to the patient.

Table 1: Shows Naturopathy and Yoga intervention given to the patient

S.No	Therapy	Intervention	Duration/Day
01.	Hydrotherapy	Cold Hip Bath (80 °F – 92 °F)	20 minutes each on
		Pelvic pack	Alternate days
02.	Mud Therapy	Mud Pack to Abdomen	10 Minutes
03.	Yoga Therapy	Asanas + Pranayama (Sheetali, Sheetkari, Bhramari, Nadishodhana) + AUM Chanting	30 – 40 Minutes

The treatments were provided consistently five days a week for six months, alongside dietary and lifestyle changes to tackle the patient's health issues.

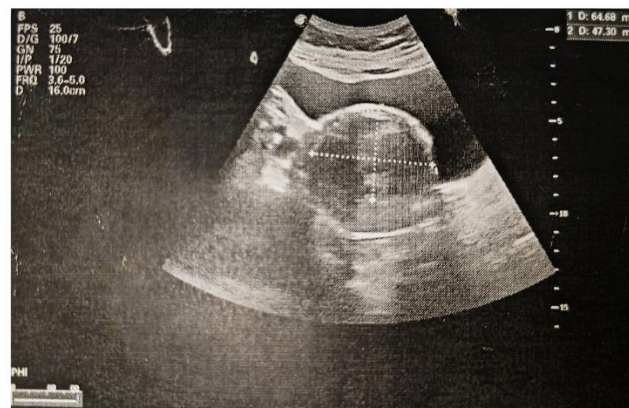
Assessment: Before coming to our hospital, the patient had a baseline assessment and later underwent a whole abdomen ultrasound after completing the treatment.

Follow up: The patient visited the outpatient department five days a week for six months. During this time, she adhered to dietary and lifestyle modifications, including keeping a regular sleep schedule. Throughout the follow-up period, she did not report any negative effects or major health concerns.

III. Results

The study showed a reduction in the size of uterine fibroids from 64 mm × 47 mm to 58 mm × 40 mm following six months of Yoga and Naturopathy intervention, conducted five days a week. The ultrasound results depicting the size of the uterine fibroids at the beginning and after the intervention are presented in Picture 1 and Picture 2, respectively.

Picture 1:



Baseline Ultrasound Provided by Patient

Picture 2:



Uterine Fibroid of the patient after Yoga and Naturopathy Intervention

IV. Discussion

These findings indicate that treatments like Yoga, dietary therapy, hydrotherapy, and mud therapy may effectively decrease the size of uterine fibroids. Previous studies have shown that hydrotherapy can help relieve pain and reduce inflammation.(7) Mud therapy might also aid in alleviating inflammation and pain related to uterine fibroids when applied to the body.(8) Furthermore, Yoga has been found to lower oxidative stress and boost antioxidant defense mechanisms.(9) Changes in diet, such as increasing the intake of fruits and vegetables, are recognized for their ability to diminish oxidative stress and inflammation.(10) The combined effects of these therapies could have played a role in reducing the size of uterine fibroids and improving overall health.

V. Conclusion

This case study shows that a comprehensive approach that includes Yoga, Naturopathy, and changes in lifestyle can significantly decrease the size of uterine fibroids and alleviate associated symptoms. Although the results are encouraging, additional research is necessary to validate these findings and investigate the wider applications of these therapies in managing fibroids.

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