

## Current progress of Ayurveda treatments on uterine fibroids: a comprehensive review

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### Abstract

This study aimed to provide comprehensive review on current progress of treating uterine fibroids with Ayurveda treatments. Present review adhered to PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) guidelines. Literature was searched in PubMed®, MEDLINE, and Web of Science® up to October 2019 with specific key words. Articles published in peer-reviewed journals written in English were included. Total 16 articles were included for present review after following the search strategies, 56.25% were case reports with zero randomized control trials. Common features identified by the trials; most of the trials based on Ayurveda treatment regimens, changes of the fibroid size was measured by ultra sonography but details on research methodology of the trials were limited. The current reviewed research works do not strongly support the effectiveness of Ayurveda treatment as a management option for uterine fibroids in scientific background, even some positive findings were observed. Therefore, there is a need of a well-designed randomized controlled trials to prove the effect of Ayurveda interventions to control uterine fibroids and related clinical features in the future.

**Keywords:** Uterine fibroids, Ayurveda treatments, Comprehensive review

### Introduction

Uterine fibroids, the most common genital tract tumor of reproductive age women, are being treated with herbal medicine in many traditions and countries<sup>1</sup> mainly because options on current medical therapy for uterine fibroids in other medicine systems are presenting its own advantages and disadvantages<sup>2,3,4</sup>.

Further, women prefer to preserve their fertility by avoiding surgical procedures including hysterectomy<sup>5</sup>. The ideal treatment option would be minimally invasive, cost effective, efficacious, and tolerable with minimal side effects and have low incidence of fibroid recurrence<sup>6</sup>. At this point study the utility of Ayurveda treatment on uterine fibroids seems to be an important area.

Ayurveda is the science or a time-tested traditional system of medicine that originated in India around 6000 years ago. This system has been practiced for many centuries in the island nation. Treatment on uterine fibroids with Ayurveda drugs have shown encouraging results by previous studies. Before coming to the idea of efficacy and safety of Ayurveda treatment on uterine fibroids, it is important to carry out a methodological review on studies done up to date. Consulting a review removes the need to try and understand difference between results from various items of research. A systematic review provide evidence from a number of studies are gathered together in one report and the available data is analyzed to assess the strength of evidence than single studies as it attempts to bring the same level of precision to review research evidence as should be used in producing that research evidence in the first place<sup>7</sup>.

To fulfill the above need it was decided to conduct a comprehensive review on the current progress of treating uterine fibroids with Ayurveda treatments.

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