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Measures to Prevent Uterine Prolapse: Exercises, Precautions & Natural Cures

Mohini Mishra^{1*}, Deepika Anand² and Dinesh Choudhari³

¹⁻³Dept. of Rachana Sharir, Rani Dullaiya Smriti Ayurved PG College and Hospital Bhopal, M.P., India

ABSTRACT

Ayurved is the oldest system of medicine. All other practices are derived from Ayurved tradition. In Ayurvedic literature we find detailed description of Garbhashaya (Uterus) and deformities related to uterus such as uterine GarbhashayaBhransh (Prolapsed uterus). In Ayurved we find a brief description of Garbhashaya (Uterus) and diseases such as Garbhashaya bhransh. The uterus is the site where the fertilized egg is implanted for gestation Uterine prolapsed is a condition that has likely affected women for all of time as it is documented in the oldest medical literature. Uterus or womb or Garbhashya is a muscular structure that's held in place by pelvic muscles and ligaments. These muscles or ligaments stretch or become weak, they're no longer able to support the uterus, causing prolapsed. And the best way of treatment is exercise and yoga.

KEYWORD

Uterine prolapse, Uterine ligament, Uterine muscles, Garbhashayabhransh.



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INTRODUCTION

1. What is uterus and Uterine Prolapse¹ :

In layman's language the uterus is called the womb. It is also called hystera, on which word hysterectomy is based. The uterus is a hollow pyriform muscular organ situated in the pelvis between the bladder in front and the rectum behind.

The function of the uterus is to accept the fertilized ovum which will turn into a fetus and hold it during development, it also helps supports the fetus during the gestation period. The uterus is the site where the fertilized egg is implanted for gestation.

In the Sharangadhara Samhita, it is mentioned as the 3rd aavarta or circle (layer) of the Yoni (vaginal canal) is known as Garbhashaya and it is like wheel shaped. Anatomically the lower part of the uterus i.e. cervix opens into the upper portion of vaginal canal which can be considered as 3rd avarta of Yoni. Yoni resembles the shape of a Shankha Nabhi (conch shell) and is having 3 spirals. In the 3rd of these three, the Garbhashaya is located. Garbhashaya resembles the shape of the mouth of a type of fish called Rohita . In Ayurvedic literature we find detailed description of uterus (Garbhashya) and deformities related to uterus such as uterine prolapsed (Garbhashya Bhransh) under the heading of Yonivyapada².

Types of Uterine prolapse³ :

There are two types: Uterovaginal prolapse is the prolapse of the uterus, cervix and upper vagina. This is the commonest type. Cystocele occurs first followed by traction effect on the cervix causing retroversion of the uterus. Intra-abdominal pressure has got piston like action on the uterus thereby pushing it down into the vagina.

Congenital: There is usually no cystocele. The uterus herniates down along with inverted upper vagina. This is often met in nulliparous women and hence called nulliparous prolapse. The cause is congenital weakness of the supporting structures holding the uterus in position.

DEGREES OF UTERINE PROLAPSE (CLINICAL)

Three degrees are described:

First degree - The uterus descends down from its normal anatomical position (external os at the level of ischial spines) but the external os still remains inside the vagina.

Second degree - The external os protrudes outside the vaginal introitus but the uterine body still remains inside the vaginas.

Third degree (Syn: Procidentia, Complete prolapse) - The uterine cervix and body descends to lie outside the introitus. Procidentia involves prolapse of the uterus with eversion of the entire vagina.



Complex prolapse is one when prolapse is associated with some other specific defects. Complex prolapse includes the following: prolapse with urinary or fecal incontinence, nulliparous prolapse, recurrent prolapse, vaginal and rectal prolapse, or prolapse in a frail woman.

2. Garbhashyabhransh complains⁴:

- Relieved by lying down.
- Sensation of swelling or fullness in vagina.
- Dragging discomfort in lower abdomen and pelvis.
- Frequent urination.
- Inability to conceive.
- Reduced sexual pleasure.
- Pain and heaviness in lower abdomen.
- Feeling of something coming out of vagina.
- Loss of urine with stress such as coughing.

3. Treatment of Garbhashyabhransh:-

Treatment is of two type one is surgical other is natural. Surgery is indicated only when the prolapse is causing significant symptoms where non surgical method fail. Nature cure such as yoga, exercise, change in life style and diet etc. is the best mode of treatment of prolapsed.

- 1) Mild prolapse: Strengthen pelvic floor muscles through exercise.
- 2) If uterine prolapse is caused by estrogen deficiency – The lack of

estrogens during menopause thins the support structure (like ligaments etc.) and tissue that hold pelvic organ in place.

3) If displacement is moderate than advice surgery: 1. Uterine suspension (tighting of ligament). 2. Hysterectomy
Other mode of treatment is Pessary (it is a prosthetic device inserted into the vagina to reduce the protrusion of pelvic structure into the vagina). Pessary may be of various size and shape.

4. Exercises of prolapsed uterus⁵:

The best mode of treatment of uterine displacement is Exercises and yoga .Surgery has its own complication and it cannot be advice to anyone. It is not recommended for women who plan on having children in the future.

However, we cannot get immediate result from exercise. It May take up to 6 months for good results. The more advanced the displacement, the longer h it takes for recovery.

a) Exercise: In this exercise we have to change the sleeping position:- keeping a hard pillow under the buttocks , instead of keeping it under head .This is the Easiest and simplest exercise which will allow the uterus to return to its normal position under the effect of gravity.

b) Exercise “Kegel Exercise”: Kegel exercises also known as Pelvic floor exercise. It is one of the best exercises to



revitalize the pelvic muscle. Doing this exercise 10 times a day will make significant changes. For doing this exercise we have to find the right muscles, for that we have to place a clean finger inside the vagina and tightening the vaginal muscles around the finger. We can also locate the muscle by trying to stop the flow of urine. The muscles that contract to stop urine flow are the muscles that hold the uterus. Method for kegel exercise:- First lie on a bed, tighten the pelvic muscles and holding it for 3-5 seconds and relax for another few seconds repeat this exercise for 3 sessions a day. Try to gradually increase the 10-15 repetitions in each session. No need to hold the breath or stretch other muscles doing kegel exercise, stretching the wrong muscle can aggravate stress on bladder.

c) Exercise 3: This exercise should be done on an empty stomach (morning). For doing this exercise :- First lie on your back on a hard floor and lift your legs alternately without bending your knees, and do it for a minute, now lift and move both legs as if you are cycling. Now relax after a few minutes, lift your waist, so that your body arches upwards while your head and heels still remain in contact with the floor. Push your belly in and out alternately in that arched position, as you continue to breathe deeply. Repeat this for a few minutes.

d) Exercise 4: Lie on the floor with face downward. Now raise your abdomen, while keeping the feet and thighs in contact with the floor. Move your abdomen up and down for around 10 minutes or as long as possible.

5. Some Yogasanas for Prolapsed Uterus⁶

Salambasirsasana or sirsasana or Headstand, Suptabaddhakonasana or reclining fixed angle pose, ViparitaDandasana (viparita=reversed or invert, danda=staff) or Inverted staff pose, SuptaVirasana or Reclining hero pose, SuptaPadangusthasana, Dandasana or Staff pose, UrdhavamukhaJanuSirsasana, Prasarita Padottanasana or Intense leg stretch, Tadasana Samasthithi or Steady and firm mountain pose, Tadasana Urdhava Hastasana or Mountain pose with arms stretched).

6. Precautions to prevent prolapse of uterus

Perform household activity in sitting position. Do regular exercise and walking. Try to sit in vajrasana after meals for at least 15 minutes. Avoid heavy weight lifting. Lose weight if overweight or obese, Avoid constipation, smoking.

7. Natural Cure for Uterine Prolapse

Bed rest, Fasting, epsom salt bath (Epsom salt is rich in magnesium and sulphates), Hip/ Sitz bath, massage of



abdomen with olive oil, in ayurvedic therapy PICHU DHARNA (of majuphal, mushakadi oil are very significant in prolapsed uterus).

8. Food to be taken and avoid in prolapsed uterus

Food with high in estrogen, Proteins and Minerals for natural treatment of Uterine Prolapse: Zinc rich food, Magnesium rich food, Calcium rich food. Fat rich food and estrogen inhibiting food should be avoided.

CONCLUSION

Uterine prolapse is a condition where ligament stretch and become weak, they are no longer able to support the uterus causing prolapse. It may be complete or incomplete. Mostly the hysterectomy is advised as treatment for such condition, but it is not recommended for women who plan on having children in future. So the conservative method is the correct choice of treatment strengthening of uterine ligaments with the help of yoga, exercises and proper management of dietary habits.



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