

CLINICAL TRIAL OF "UTRO V"

Evaluation of the efficacy of "UTRO V" in the management of Gynaecological complications"

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Reason: (HETU)

Ayurved is a science that considers any disease from its origin to its treatment. It is to prevent disease from its recurrence. This is the need of today's mankind suffering from various diseases to get treated by natural way of healing. So is our step further to use modern technology, knowledge available, diagnostic help combine with Non Toxic, Non Narcotics, Non Metallic, Non Animal ingredient, purely Herbal Ayurvedic formulations to achieve this goal.

Introduction:

Dysfunctional uterine bleeding and Menstrual dysfunction

- The uterus is the internal female reproductive organ in which a foetus grows during pregnancy. Some examples of conditions that can affect the uterus are uterine cancer, pregnancy and endometriosis etc. Dysfunctional uterus would then be a very broad range of problems covering most of fertility, obstetrics and gynaecology is abnormal genital tract bleeding based in the uterus and found in the absence of demonstrable structural or organic pathology. It is usually due to hormonal disturbances: reduced levels of progesterone causes low levels of prostaglandin F₂alpha and causes menorrhagia; increased levels of tissue plasminogen activator (TPA) (a fibrinolytic enzyme) leads to more fibrinolysis. Diagnosis must be made by exclusion, since organic pathology must first be ruled out. It can be classified as *ovulatory* or *anovulatory*, depending on whether ovulation is occurring or not. Some sources state that the term implies a hormonal mechanism. 10% of cases occur in women who are ovulating, but progesterone secretion is prolonged because estrogen levels are low. This causes irregular shedding of the uterine lining and break-through bleeding. Some evidence has associated Ovulatory DUB with more fragile blood vessels in the uterus.
- It may represent a possible endocrine dysfunction, resulting in menorrhagia or metrorrhagia. Mid-cycle bleeding may indicate a transient estrogen decline, while late-cycle bleeding may indicate progesterone deficiency.

- Anovulatory menstrual cycles are common at the extremes of reproductive age, such as early puberty and peri menopause (period around menopause). In such cases, women do not properly develop and release a mature egg. When this happens, the corpus luteum, which is a mound of tissue that produces progesterone, does not form. As a result, oestrogen is produced continuously, causing an overgrowth of the uterus lining. The period is delayed in such cases, and when it occurs menstruation can be very heavy and prolonged. Sometimes anovulatory DUB is due to a delay in the full maturation of the reproductive system in teenagers.

Cause: (KARAN)

Causes of Uterine Dysfunctions:

Physical:

- Uterus cancer
- Uterine fibroids
- Hysterectomy
- Uterine polyp
- Uterine prolapse
- Pregnancy
- Breech pregnancy
- Caesarian Section

Others:

- Citrus fruits, Tamarind, Pickles,
- Spicy, fatty, or fried foods
- Garlic, Onions, Chillies
- Obesity
- Lack of exercise
- Excess food intake
- Certain medications

Predisposing factors: (NIDAN):

- Adolescence age
- Premature hormones
- Multiple deliveries
- Uterine Fibroids
- Endometriosis
- Enlarged uterus
- History of gestational Uterine Dysfunctions
- Use of certain medications

Symptoms and Complications (LAKSHAN and Upadrav)

- Metrorrhagia Excessive menstruation
- Dysmenorrhoea Painful menstruation
- Oligomenorrhea Frequent menstruation
- Amenorrhea Less menstruation
- P C O S / P C O D Polycystic ovarian syndrome (PCOS), also known as PCOD (polycystic ovarian disease)
- Hyper Acidity, Nausea, Vomiting
- Sever Stomach, Back ache
- Migraine, Head Ache, Fever

Pathogenesis: (SAMPRAPTI)

Ruksh, Ushna, Tikshna, Viruddh ahar, Undigested food material, mal baddhata, excess spicy food, alcohol, Tobacco, some medication and many other causes increases the bastigat vaat and disturbs the agni in artav vah strotas. Where the dushit vaat increasing the pitta dosh which causing the symptoms of Various artav Dysfunctions.

Nidan: (Etiology)

- The etiology can be psychological stress, weight obesity, anorexia, or a rapid change), exercise, endocrinopathy, neoplasm, drugs, or it may be otherwise idiopathic.
- Menstrual dysfunction • Normal menstruation lasts 2 to 7 days • Occurs between 21 to 35 days • Results in blood loss of 30 mL per period
- Abnormalities: • Oligomenorrhea • Polymenorrhea • Menorrhagia
- Technically > 80 mL blood loss or > 7 days of flow • Metrorrhagia Menstrual dysfunction • 50% of women presenting with menorrhagia has bleeding within normal range but unacceptable to them
- Objective measurement of menorrhagia is clinically meaningless outside the context of research, as we have to Treat the patient, not the definition

Investigations: (PARIKSHAN)

- U S G
- H S G
- C T SCAN
- M R I
- LAPROSCOPY
- C B C
- T3, T4, TSH
- F B S, P P B S, Hb1Ac
- FSH, L H, PROLACTIN, TESTOSTERON
- B 12, D 3, VITA C, FOLIC ACID DEFICIENCY

Many other blood investigations as per symptoms

Prevention: (NIDAN PARIVARJAN)

- ✓ Uterine Dysfunctions can be prevented by adopting lifestyle changes that include eating a healthy diet and exercising.
- ✓ More than most conditions, treating Uterine Dysfunctions require a significant amount of real effort on the person's part. Coping with Uterine Dysfunctions are a challenge but not difficult.
- ✓ In addition, many studies have shown that certain oral Ayurvedic anti Uterine Dysfunctions medications may play a role in preventing and development of Uterine Dysfunctions for the females who are at the risk of it.
- ✓ Lifestyle changes and proper medications may prevent approximately 40% to 80% of Uterine Dysfunctions.
- ✓ This prevents the symptoms of Uterine Dysfunctions and the long-term complications of the condition.

TREATMENT: CHIKITSA

The goal of therapy should be to arrest bleeding, replace lost iron to avoid anaemia, and prevent future bleeding, Pain, Frustration and other symptoms

- Make lifestyle changes such as diet and exercise
- Use medication
- Monitor food intake
- Regular walk and exercise
- Getting de stressed
- Mental relaxation
- Ayurvedic Medications are very effective at treating Uterine Dysfunctions and reducing the symptoms and long-term effects of the condition.

Ayurvedic treatment: (CHIKITSA)

Apart from various drugs available in Ayurved we have selected a patented Ayurvedic herbal medicine named "UTRO V", manufactured by "Veer Health Care", Ahmedabad, India.

Drug review: (AUSHADHI VIVECHAN)

Contains of UTRO V SYRUP

Hindi Name	Botanical Name	Weight	Properties
ASHOKA CHHAL	Saraca Indica	112 mg	It is a healer of all female troubles. It is strongly astringent and uterine sedative. It acts directly upon muscular fibbers of the uterus. It has a stimulating effect on the endometrial and ovarian tissue
DASHMOOL		53 mg	Good for women in post delivery, weakness. Rejuvenator, Revitalizer. Strengthens Mind & Body, Improves digestion, Provide

			s stamina and Glow , General weakness and fatigue in women, Loss of appetite
NAGKESHAR	Ochrocarpus Longifolius	10 mg	It is an excellent remedy for metrorrhagea, menorrhagia. It has astringent, digestant, ant poisonous, antimicrobial, anti-inflammatory, antipyretic and anthelmintic activity. It is used in fever, itching, nausea, leprosy, skin Dysfunctions, erysipelas, bleeding piles, , excessive thirst, and sweating.
ROHETAK	Tecomella Undulata	30 mg	It is an Astringent, works excellent in Spleen Dysfunctions, liver Dysfunctions. Used against inflammation, diseases of the liver, breast cancer. It cures of intestinal worms, skin diseases, diabetes and various eye diseases. In addition to that it is also used for curing various diseases like jaundice, haemorrhoids, burning sensation, rheumatoid arthritis and leucorrhoea.
JEERAK	Cuminum Cyminum	5 mg	Digestive, increases concentration, enhances memory, reduces cholesterol, helps in weight loss, relieves stress, pain reliever, detoxify liver, reduce menstrual cramps, increases lactation in new mother.
KHUS	Vetiveria Zizaniodes	20 mg	Relieves thirst and burning sensations Purifies and invigorates the blood, skin and genitourinary tract. Strengthens the digestive fire and calms both vomiting and diarrhoea. Khus is also used to treat boils, fever, skin rashes. It has anti-inflammatory and antiseptic effects relieves from inflammations in circulatory system, it combats lice. It helps in rheumatism, arthritis, gout, muscular aches, dryness and cracking of skin etc. It has sedative effect and aids in the treatment of emotional outbursts, anger, anxiety, epileptic and hysteric attacks, restlessness, nervousness.
DARUHARIDRA	Berberis Aristata	10 mg	It has hypoglycaemic, antibacterial, antifungal, antipyretic, anti-inflammatory, hepato protective and

			antioxidant activities. It is useful in eye diseases, Stomach infection, Dysentery, acute diarrhoea in children, Piles, Ulcerative Colitis, Duodenal Ulcer, Infection in intestine, Remittent fevers. It also has positive effect of liver function, Jaundice. Boils, Ulcer, Skin diseases, wound and Painful urination.
DEODAR	Cedrus Deodara	10 mg	Deodar proves to be a good remedy in remittent and intermittent fevers, diarrhoea and dysentery, ulcers. Anti fungal,carminative,antispasmodic. It creates sweating and urination. Promote digestive, cures skin Dysfunctions, eczema and psoriasis, anti-obesity agent, clears respiratory tract and reducing cough and cold.

Method:

The clinical study was planned by VAIDYA VINOD C MEHTA, BAMS (MUMBAI UNI) and DR MANAN V MEHTA, MBBS (MUMBAI UNI), in and around Mumbai and Ahmedabad.

Plan of Study:

The study was planned by the doctors and volunteers to evaluate the clinical efficacy of “UTRO V” SYRUP in the management of Uterine Dysfunctions.

Inclusion criteria:

Patients suffering from Uterine Dysfunctions, At least from 6 or more months.

Exclusion criteria:

Patients with severe bleeding, Toxic symptoms, sub or unconscious, Renal failure, sever hypoglycaemia.

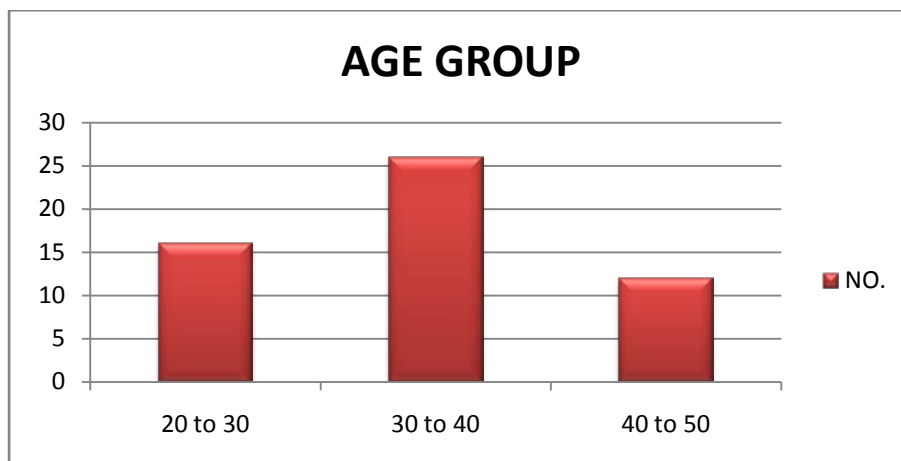
Study procedure:

Total 54 patients were selected for the study.

Each patient’s complete medical history including personal data, a description of symptoms was taken. All the patients underwent a thorough clinical and pathological examination.

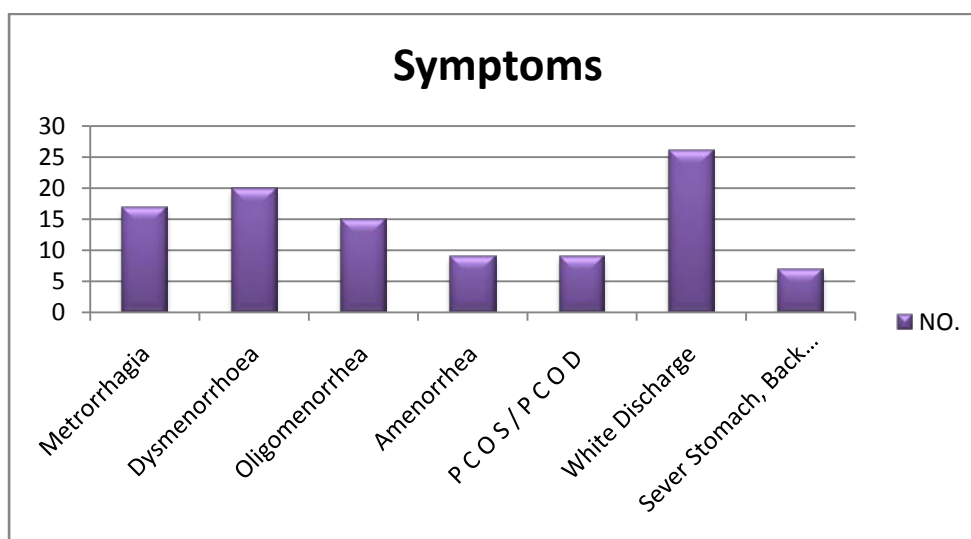
Age Group:

20 to 30	16
30 to 40	26
40 to 50	12
Total	54



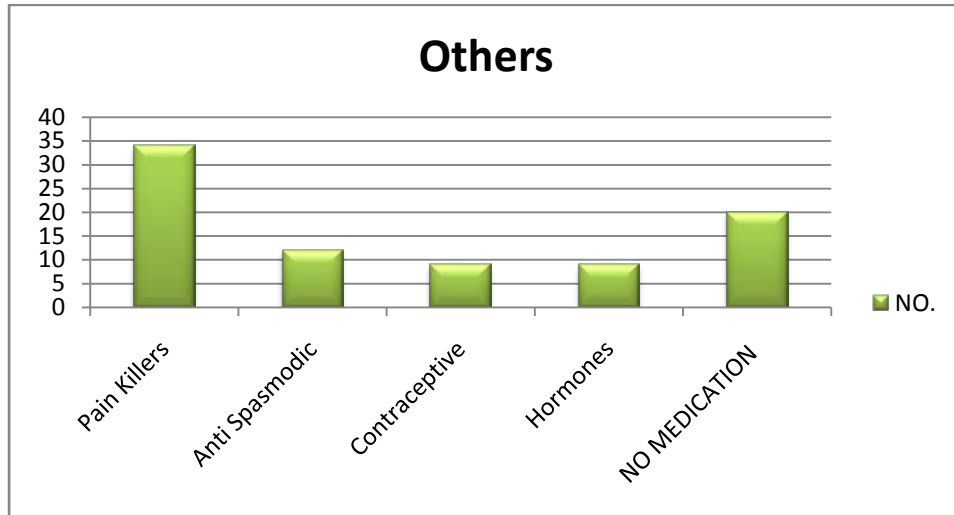
SYMPTOMS

SYMPTOMS	NO OF PERSONS	%
Metrorrhagia	17	31.48 %
Dysmenorrhoea	20	37 %
Oligomenorrhea	15	27.77 %
Amenorrhea	9	17.64 %
P C O S / P C O D	9	17.64 %
White Discharge	26	48 %
Sever Stomach, Back Head Ache, Fever	7	12.9 %
TOTAL	54	



OTHER

Pain Killers	34	62.96 %
Anti Spasmodic	12	22.22 %
Contraceptive	9	17.64 %
Hormones	9	17.64 %
NO MEDICATION	20	37.03 %
TOTAL	54	



Dosage:

2 Tea Spoons of "UTRO V" were given to every one 2 times a day. With water, after Lunch and After Dinner.

Health Plan: (VIHAR)

Physical activity Is crucial for a person with Uterine Dysfunctions

- Fast walking
- Swimming
- Regular exercise
- Yoga
- Aerobics
- Meditation
- Counselling
- Increased water intake
- Proper meal timings
- Proper sleep

(AHAR): To have: (PATHYA)

Three things were explained to patients.

- What they eat
- How much they eat

- When they eat
- A diet plan was tailored according to patients diet habit, working condition, daily routine, weight, age and gender.
- At the base there are foods rich in carbohydrates, such as grains, fruit and vegetables, Fibre, Dark green leafy vegetables was suggested.

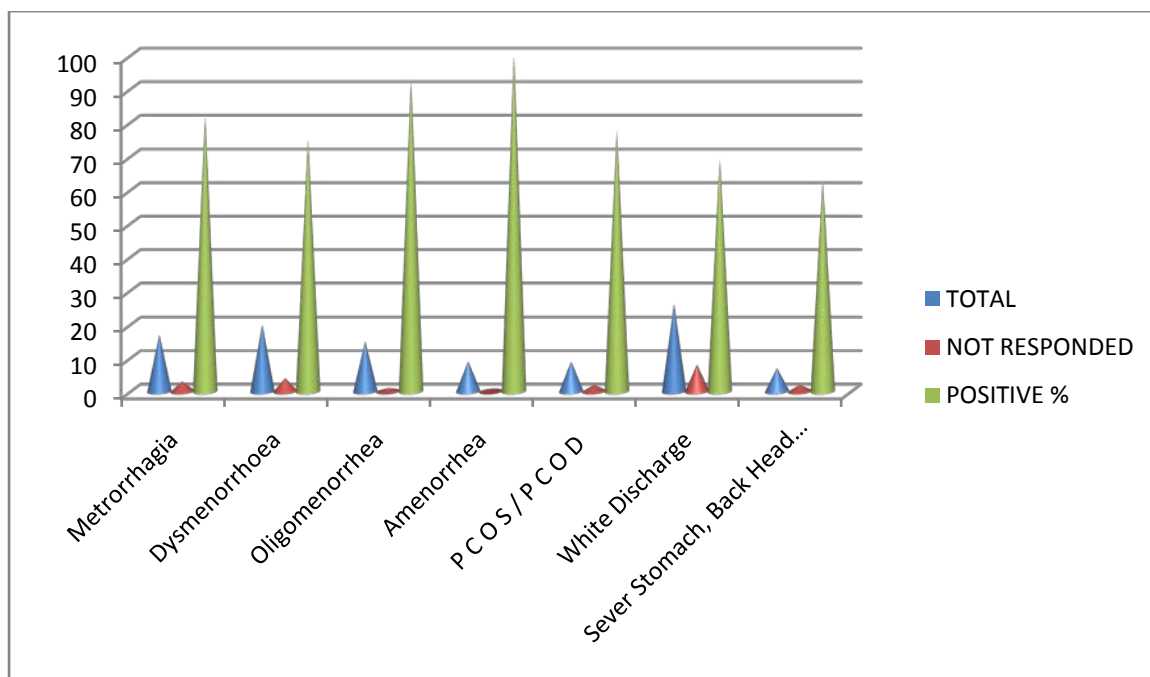
Diet not to have: (APATHYA)

- Fried food
- Excess chillies
- Citrus fruits, Tamarind, Pickles
- Spicy, fatty food
- Onion , garlic
- Chutney, papad
- Eggs, Fish, Mutton, Chicken
- Fried, stalled food
- Outside eatables
- Late night diner

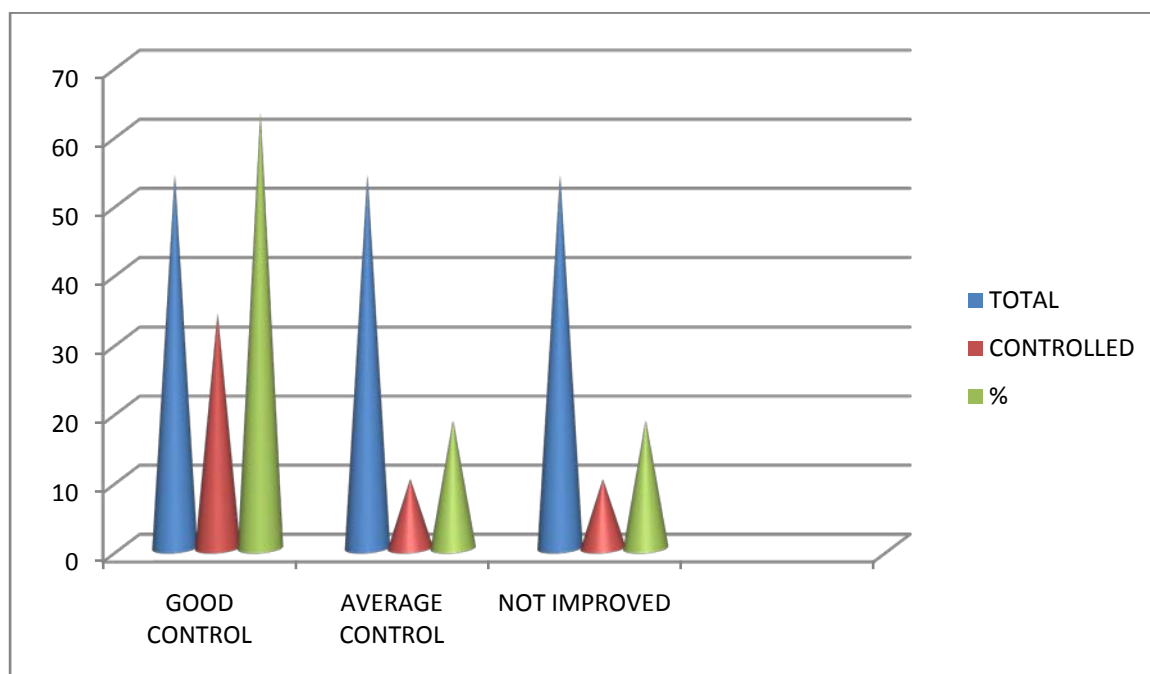
Assessment of result: (UPSHAY) After administration of UTRO V for 30 days, the following result was achieved.

SYMPTOMS

SYMPTOMS	NO OF PERSONS	DECREASED %
Metrorrhagia	3/17	82.35 %
Dysmenorrhoea	4 / 20	75 %
Oligomenorrhea	1 /15	93.33 %
Amenorrhea	0 / 9	100 %
P C O S / P C O D	2 / 9	77.77 %
White Discharge	8 / 26	69.23 %
Sever Stomach, Back Head Ache, Fever	2 / 7	71.42. %
TOTAL	20 / 54	62.96 %



GOOD CONTROL	34	62.96 %
AVERAGE CONTROL	10	18.51 %
NOT IMPROVED	10	18.51 %
Total	54	100 %



Conclusion:

According to result data it is established that “UTRO V”

Is effective in curing Uterine Dysfunctions in 63 % of patients, shown average control in 18 % and was not found effective in 18 %. 87 % patients became independent of any other medications. 75 % Patients left chewing tobacco and 78 % patients gave up alcohol after reasonable counselling, diet, exercise, and encouragement.

Text Reference :

<http://www.iloveindia.com/indian-herbs>

Arya Bhishak – Hindustan No Vaidraj

Vanoaushadhi Gunadarsh. Purvardh

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