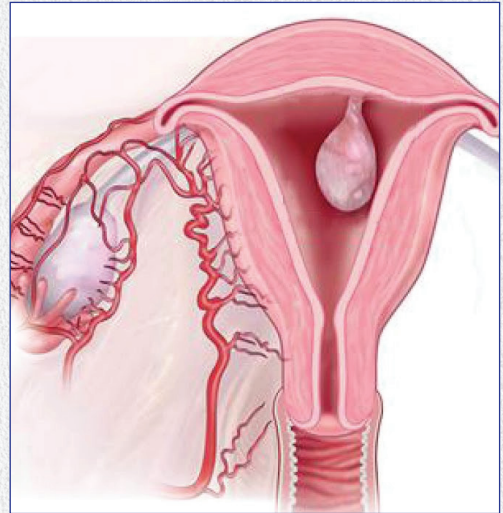




DR SHIVANAAND'S
Sexual Disorders & Infertility Clinic
Pleasure Explored - Pride Restored

Uterine Fibroids

Uterine fibroids are prevalent noncancerous tumors that can develop within or on the uterus. While not all fibroids exhibit symptoms, those that do may cause heavy menstrual bleeding, back pain, frequent urination, and discomfort during sexual intercourse. Treatment may not be necessary for small fibroids, but larger ones can be addressed through medications or surgical interventions.



Overview

What are uterine fibroids?

Uterine fibroids, also known as leiomyomas, are noncancerous growths composed of muscle and tissue, appearing in or on the uterine wall. They are the most prevalent noncancerous tumors among women and individuals assigned female at birth (AFAB). Symptoms may include pain and irregular, heavy vaginal bleeding, though some individuals may be asymptomatic. Treatment is determined based on individual symptoms.

Where do fibroids grow?

Fibroids can appear individually or in clusters, varying in size from 1 millimeter to over 20 centimeters in diameter. They can range from as small as a seed to as large as a watermelon. These growths may emerge within the uterine wall, inside the uterine cavity, or on the outer surface of the uterus.

Types of uterine fibroids -

Uterine fibroids come in various types based on their location and attachment:

- **Intramural Fibroids:** These fibroids are within the muscular wall of the uterus, representing the most common type.
- **Submucosal Fibroids:** Growing beneath the inner lining of the uterus, these fibroids have a specific location.
- **Subserosal Fibroids:** Found under the outer surface lining of the uterus, this type can grow significantly, extending into the pelvic region.
- **Pedunculated Fibroids:** Characterized as the least common type, these fibroids attach to the uterus through a stalk or stem, resembling a mushroom with a stalk and a broader top.

Symptoms and Causes

Excessive or painful bleeding during menstruation

Bleeding between menstrual periods

Frequent urination, often due to pressure on the bladder

Pain during sexual intercourse

Low back pain

Constipation or feeling pressure on the rectum

Long-term (chronic) vaginal discharge

Difficulty urinating or incomplete bladder emptying

Increased abdominal distention, causing the abdomen to appear pregnant

Symptoms of uterine fibroids usually stabilize or diminish after menopause due to declining hormone levels.

Risk factors for uterine fibroids?

- Obesity and a higher body mass index (BMI)
- Family history of fibroids
- Nulliparity (not having children)
- Early onset of menstruation (getting your period at a young age)
- Late age for menopause

Unique Treatment Protocol at Dr. Shivanand's Clinic

In all female infertility conditions, Dr Shivanand's Sexual Disorders & Infertility clinic has developed a unique treatment protocol

1. Disease diagnosis on the basis of **Ayurvedic Principles and Modern Techniques**
2. Authentic Ayurvedic medicines to pacify aggravated doshas
3. Panchakarma treatment to purify (detoxify) the body and eliminate the doshas from their roots
4. '**Uttarbasti**' to promote Fertilization
5. Local treatments like Avagaha, Yonidhavan, Yonidhupan, Yonipichu etc
6. Fertility Diet plan
7. Guidance - Pelvic Floor Exercises
8. Yoga & Meditation
9. गर्भस्थापन चिकित्सा - Unique Research based treatment protocol developed by Rajvaidya Dr. Shivanand Patil sir. This treatment not only promotes fertility but also helps in stabilizing the Garbha



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