

Herbals are used in Non-Cancerous Fibroids

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Abstract: Fibroids are the benign tumors made of smooth muscle cells and fibrous connective tissue. They develop in the uterus of women. Most women have large or numerous fibroids can cause following symptoms Such as heavy or prolonged periods, pelvic pain and abdomen pressure, frequent urination, low pain back, pain during intercourse and getting difficulty pregnant. Women with these symptoms or problems fibroids can be treated by surgery such as myomectomy, hysterectomy or embolize. By which blood vessels to the uterus blocked. Herbal preparation is commonly used alternatives of drug treatment to surgery or both herbal drugs they releasing gonadotrophin-releasing hormone agonist may use to shrink fibroids and to control bleeding.

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1. Introduction

Uterine fibroids are the most common disease due to compression and reproductive problems such as infertilitancerous uterine leiomyomata, fibromyoma, myoma or fibroids. Around 30% of women of childbearing age have clinically symptomatic uterine fibroids. Common symptoms may include heavy or painful periods, prolonged menstrual periods bleeding between period's pelvic pain and low back pain, fullness in the lower abdomen, with or without urinary or rectal symptoms.

The type of fibroid a woman develops depends on its location in or on the uterus.

- **Intramural fibroids:** Intramural fibroids are the most common type of fibroid. These types appear within the muscular wall of the uterus. Intramural fibroids may grow larger and can stretch your womb.
- **Subserosal fibroids:** Subserosal fibroids form on the outside of your uterus, which is called the serosa. They may grow large enough to make your womb appear bigger on one side.
- **Pedunculated fibroids:** Subserosal tumors can develop a stem, a slender base that supports the tumor. When they do, they're known as pedunculated fibroids.
- **Submucosal fibroids:** These types of tumors develop in the middle muscle layer, or myometrium, of your uterus. Submucosal tumors aren't as common as the other types.

The most important popular herbs to cure fibroids naturally

1. Dong Quai (*Angelica sinesis*): It is one of the very important female Chinese herb as it can be used as painful cramps menopausal symptoms. It brings blood circulation which

brings fresh healthy blood circulation into the uterus.

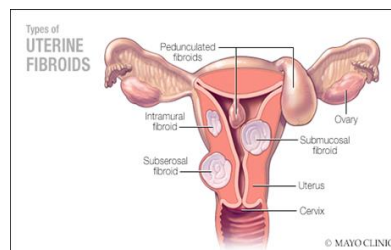


Fig. 1. Types of uterine fibroids



Fig. 2. Dong Quai (*Angelica sinesis*)

2. Green tea (*camellia sinesis*): Green tea contains bioflavonoid Epigallocatechin gallate may help reduce the size and number of fibroids. This may be due to its ability to reduce inflammation and remove toxins from your body. Green tea is a natural product, commonly used by women for multiple purposes. effects, including anti-inflammatory, anti-proliferative, and antioxidant effects. A study conducted by the US Department of Agriculture reported that green tea has potent anticancer effects against a wide range of human cancer cells. Green tea's polyphenols are considered responsible for these positive effects, and most notably EGCG has been shown to inhibit key pathways of tumor growth.



Fig. 3. Green tea

3. Chaste Tree (also known as vitex, wild pepper or monk's pepper). Research has shown that the chaste tree can promote hormone balance. Maintaining hormonal balance is thought to help prevent and eliminate uterine fibroids and chaste tree is thought to help reduce estrogen levels while increasing the levels of progesterone which is another hormone in order to create a state of balance. The hormonal balance provided by chaste tree is why it is also recommended for premenstrual syndrome (PMS), breast pain that is related to the menstrual cycle and can also help reduce heavy bleeding that is caused by uterine fibroids. It also helps prevent spotting between periods.



Fig. 4. Chaste Tree

4. Cinnamon: Cinnamon is widely used as a natural cure for fibroids. It is useful to reduce or eliminate the bleeding associated with fibroids tumors. Cinnamon twig is another remedy used in uterine fibroids treatment. It helps in lowering the estrogen levels without hindering your menstrual cycle. It helps in shrinking the size of existing fibroids.



Fig. 5. Cinnamon

5. Echnacea: This is very beneficial herb is good for treating various issues including many gynecological problems such as fibroids tumors. This north American wild flower which looks like a daisy is a known immune system booster which helps to improve general health and well- being in addition to helping the body eliminate disease causing toxins. Research has also shown that the healing naturally by shrinking the tumors and helping to rid the body of the dissolving matter from these dying properties of Echinacea can.



Fig. 6. Echnacea

6. Garlic: Garlic is one of the best natural cures for fibroids because it helps stop Fibriods growth by preventing fibroids from having access to a robust blood supply and nutrients These tumors will then shrink the longer that they are without what they need to grow This is not called natures penicillin for nothing while it can help with various health issues without the side effects of antibiotic it can also help promote gynecologist health by detoxifying regulating blood pressure, improving blood circulation etc.



Fig. 7. Garlic

7. Turmeric: Turmeric is a spice in Indian curcuminoids are antioxidants present in turmeric curcumin, the principle curcuminoids has a number of pharmacological properties that could be of help during menses curcumin has anti-inflammatory and antioxidant property.



Fig. 8. Turmeric

2. Conclusion

Herbal preparations are commonly used alternatives for drug treatment, Surgery, or both. Compared with allopathic medication, herbal preparations may have beneficial effect on the shrinkage of uterine fibroids or uterus. The effect of herbal preparations for uterine fibroids therefore needs to be studied in further large, good quality trials.

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