

Uterine Displacement–Mayan Uterine Massage

It has been suggested that uterine retrodisplacement can lead to symptoms of CPP.¹⁹⁸ Although the role of pelvic tension and improper posture in the etiology of CPP is accepted, conventional medicine does not address the potential for uterine displacement, other than prolapse associated with pelvic relaxation as an etiologic factor. Mayan uterine massage is a practice introduced into the United States by Rosita Arviga, after dedicated study with a Belizean shaman who specialized in this technique. Ms. Arviga trains and certifies people in this technique and it has grown in popularity because of many anecdotal reports of success for the treatment of vague but sometimes debilitating complaints such as CPP, as well as for many other gynecologic problems. The treatment is predicated on the belief that uterine displacement, which may occur as a result of childbearing, poor posture, sedentary lifestyle, improper carrying and work habits, etc., can lead to significant pelvic congestion, gynecologic, nervous, circulatory, and digestive problems. No studies have been done to objectively demonstrate efficacy. The practice appears generally noninvasive (it is an intervention); however, it should not be used for pregnant women.

TREATMENT SUMMARY FOR CHRONIC PELVIC PAIN

- Symptomatic pain relief can be achieved with herbal analgesics and antispasmodics. Sedatives can be used if pain interferes with sleep.
- Anxiety and depression commonly associated with CPP can be treated with botanical anxiolytics and

antidepressants which may be combined with herbs for pain relief and sleep promotion.

- Reduce inflammation with herbs, an anti-inflammatory diet, including EFA supplementation.
- Treat underlying or associated digestive problems such as bloating, constipation, or IBS.
- Treat underlying or associated gynecologic or menstrual problems, for example, ovarian cysts, dysmenorrhea, or endometriosis.
- Treat underlying or associated urinary problems such as UTI or interstitial cystitis.
- Treat pelvic congestion syndrome with herbs that stimulate pelvic circulation.
- Use external treatments such as sitz baths and massage with analgesic essential oils to improve pelvic circulation and relieve pain.
- Employ muscle relaxation techniques, pelvic muscle re-education, biofeedback, or electrical stimulation to retrain muscle patterns and relieve pain.
- Mayan uterine massage may be a helpful technique for relieving pain and pelvic adhesions or uterine displacement.
- Achieve a healthy body weight, good posture, and adequate exercise.
- Supplement with calcium and magnesium for relief of muscle spasms.

SUMMARY

A number of conditions of the reproductive organs can be treated with botanical medicine. Table 7-8 includes a summary of the herbs used to treat these conditions.

TABLE 7-8

Condition/Botanical Medicine Summary Table

	BENIGN BREAST DISORDER	CERVICAL DYSPLASIA	CHRONIC PELVIC PAIN	ENDOMETRIOSIS	UTERINE FIBROIDS
<i>Achillea millefolium</i>			X	X	X
<i>Actaea racemosa</i>			X	X	X
<i>Aesculus hippocastanum</i>			X		
<i>Alchemilla vulgaris</i>			X	X	X
<i>Althea officinalis</i>		X	X		
<i>Ananas comosus</i>		X			
<i>Anemone pulsatilla</i>			X	X	
<i>Angelica sinensis</i>	X		X	X	
<i>Astragalus membranaceus</i>				X	
<i>Berberis vulgaris</i>					X
<i>Calendula officinalis</i>	X	X		X	
<i>Camellia chinensis</i>				X	X
<i>Cannabis indica</i>			X		
<i>Capsella bursa-pastoris</i>					X
<i>Caulophyllum thalictroides</i>	X		X		X
<i>Ceanothus</i> spp.					
<i>Chelidonium majus</i>					X
<i>Chionanthus virginicus</i>	X			X	

Continued

TABLE 7-8

Condition/Botanical Medicine Summary Table—cont'd

	BENIGN BREAST DISORDER	CERVICAL DYSPLASIA	CHRONIC PELVIC PAIN	ENDOMETRIOSIS	UTERINE FIBROIDS
<i>Cinnamomum</i> spp and <i>Erigeron</i>					X
<i>Commiphora</i> mol mol					
<i>Curcuma</i> long				X	
<i>Cordyceps</i> sinensis				X	
<i>Corydalis</i> ambigua			X	X	
<i>Dioscorea</i> villosa				X	
<i>Echinacea</i> spp.		X		X	
<i>Eleutherococcus</i> senticosus	X	X	X	X	X
<i>Eschscholzia</i> californica			X	X	
<i>Filipendula</i> ulmaris			X		
<i>Galium</i> aparine	X				
<i>Ganoderma</i> lucidum		X			
<i>Geranium</i> maculatum					X
<i>Glycyrrhiza</i> glabra	X	X	X	X	
<i>Gossypium</i> herbaceum					
<i>Hamamelis</i> virginiana					X
<i>Hydrastis</i> canadensis		X	X		
<i>Hypericum</i> perforatum		X	X	X	X
<i>Lavandula</i> officinalis		X	X		
<i>Leonurus</i> cardiaca	X		X	X	X
<i>Linum</i> ussitissimum	X				X
<i>Lomatium</i> dissectum		X			
<i>Mahonia</i> aquifolium	X				
<i>Matricaria</i> recutita			X	X	
<i>Melaleuca</i> alternifolia		X			
<i>Melilotus</i> officinalis	X				
<i>Melissa</i> officinalis			X		
<i>Mentha</i> piperita			X		
<i>Mitchella</i> repens			X		X
<i>Myrica</i> cerifera					X
<i>Oenothera</i> biennis	X		X	X	
<i>Origanum</i> vulgar		X			
<i>Panax</i> ginseng				X	
<i>Panax</i> quinquefolius	X	X	X	X	X
<i>Paeonia</i> lactiflora			X	X	
<i>Phytolacca</i> americana	X				
<i>Picrorrhiza</i> kurrhoa				X	
<i>Piper</i> methysticum			X	X	
<i>Piscidea</i> piscipula			X	X	
<i>Rehmannia</i> glutinosa				X	
<i>Rhaponticum</i> carthimoides	X	X	X	X	X
<i>Rhodiola</i> rosea	X	X	X	X	X
<i>Rosmarinus</i> officinalis				X	
<i>Rubus</i> idaeus			X		X
<i>Rumex</i> crispus					
<i>Sanguinaria</i> canadensis		X			
<i>Schisandra</i> chinensis	X	X	X	X	X
<i>Silybum</i> marianus				X	
<i>Tanacetum</i> parthenium			X	X	
<i>Taraxacum</i> officinale	X			X	
<i>Thuja</i> occidentalis		X		X	
<i>Thymus</i> vulgaris		X			
<i>Trifolium</i> pratense	X				

TABLE 7-8

Condition/Botanical Medicine Summary Table—cont'd

	BENIGN BREAST DISORDER	CERVICAL DYSPLASIA	CHRONIC PELVIC PAIN	ENDOMETRIOSIS	UTERINE FIBROIDS
<i>Trillium erectum</i>					X
<i>Ulmus rubra</i>			X		
<i>Usnea barbata</i>		X			
<i>Verbena officinalis</i>	X			X	
<i>Viburnum opulus</i>			X	X	
<i>Viburnum prunifolium</i>					
<i>Vitex agnus-castus</i>	X			X	
<i>Withania somnifera</i>	X	X	X	X	X
<i>Zingiber officinale</i>			X	X	