



## Fallopian Tubes

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### Introduction

Fallopian tubes also called as uterine tubes refers to the pair of two long tubes that connects the ovaries to the uterus in a female pelvis. There is one ovary and one fallopian tube on the either side of the uterus. Fallopian tubes help to pass the eggs from the ovaries to the uterus. It is around 14 to 15 cm in length with diameter of 1cm. Fallopian tubes are one of the parts of female's reproductive system. In human beings it is called as fallopian tubes but in other mammals they are referred to as oviducts.

### Functions

Some of the functions of the fallopian tubes are;

1. It collects the mature ovum from the ovaries. It stores it and releases it. The process of releasing the ovum from the ovary is referred to as ovulation.
2. It acts as the tubes that transfers the eggs from the ovaries to the uterus. The eggs that are transferred stores in the uterus and later on turns into an embryo.

Fallopian tubes are the main source for passage of eggs. They pass the eggs to the uterus where the fertilization happens and later on it turns into an embryo. If there were no fallopian tubes the eggs wouldn't have passed to the uterus. Also, there are many negative effects if the fallopian tubes get damaged. The damage of fallopian tubes causes many issues and diseases.

Some of the effects of fallopian tubes are mentioned below:

### Fertility problems

If the fallopian tubes in a female are damaged the eggs will not be passed to the uterus and can cause fertility problems. The blocked or damaged fallopian tubes stops the eggs to pass through the tubes. Later on, the eggs will not be fertilized into a zygote. This will cause a women prevent from pregnancy.

## Ectopic pregnancy

Ectopic pregnancy refers to where the fetus is being developed outside the uterus usually in fallopian tube. Due the damage of the fallopian tubes the eggs will not be able to pass to the uterus rather the start developing in the fallopian tube. In this the embryo cannot survive outside the uterus. Immediate treatment should be done as it has a risk for mothers' life too. As the zygote starts developing in the fallopian tube, the fallopian tube bursts and starts to internal bleeding which can cause death of a person.

## Pelvic pain

As the main effects of damaged fallopian tubes is infertility. We can also see that there is a chronic pelvic pain too. Usually, the doctors give them treatment and therapies. Some of them includes: physical therapy, stretching exercises, relaxation, meditation, and sometimes surgery too. Usually, all these diseases and treatment will be done by the gynecologists. These were some of the problems that are faced when the fallopian tubes are blocked or damaged.

Treatment for blocked or damaged fallopian tubes can be done as follows:

### Natural treatment

#### Vitamin C

when a person is suffering from this issue, they should take more foods which has vitamin C in it. For example: citrus fruits such as oranges and sweet lime, strawberries, broccoli, bell peppers, tomatoes, potatoes, etc.

#### Turmeric

As we know turmeric is a natural ingredient that is used to cure diseases. Usage of turmeric can reduce the allergy and infections. When a person takes turmeric the bacteria which are in their body will be killed naturally.

#### Ginger and garlic

Intake of ginger and garlic consists of anti-inflammatory, antiviral, and anti-microbial properties. Using ginger and garlic in our diet can help out immune system to work properly. It also helps in treatment of blocked fallopian tubes.

### Ayurveda Treatment

#### Lodhra

Lodhra is an Ayurveda treatment basically used to treat blocked fallopian tubes. This is not particularly meant to treat the blocked fallopian tubes rather it sometimes helps in treatment of this disease.

## Uttar Basti

This is also an ayurveda treatment used to treat blocked fallopian tubes. In this treatment the medicated oil is inserted into the uterus on the day 6, 7, 8 of the cycles and a gap of 3 days. In this process there is 90% of changes to unblock the tubes.

## Medical Treatment

### Laparoscopic surgery

This surgery is commonly used by doctors to treat the blocked tubes. This treatment is possible only if the blockage is caused by a smaller number of scar tissues but if the blockage is caused by a greater number of tissues this surgery will not be helpful.

### Tubal Cannulation

Tubal cannulation is a non-surgical treatment for blocked fallopian tubes. In this procedure the doctor guides the catheter through the vagina and uterus to reach the exact blocked tubes. Then a small balloon is sent to it to clear the blockage. This is a good source of treatment but it also has negative effects as it can tear the tube or does infection in it.

There is very rare disease called tubal cancer which happens in the fallopian tubes. Only 1% or 2% of people have experienced it. There are around 1500 to 2000 cases around worldwide. This is a rare disease and is hard or difficult to cure. Some of the symptoms of tubal cancer are: pain in pelvic, lump in pelvic area, pressure, swelling, etc. A surgery is used to treat this cancer.

## Conclusion

Fallopian tubes are the main source which helps women to get pregnant. If these are damaged the sperms cannot be passed and meet the eggs and the fertilization process will not take place. The fallopian tubes play an essential role in transport of sperms and eggs to the uterus. A person cannot get pregnant if the fallopian tubes are blocked. If one tube is blocked, they have a chance to get pregnant as the eggs can pass through the other tube but if both the tubes are blocked the person will not have any chance to get pregnant. Some of the various techniques to treat blocked fallopian tubes are mentioned above...one should take care of themselves and avoid this blockage. We should eat healthy food, vegetables, cereals, fruits, high protein food. Thus, fallopian tubes are the very important part of female reproductive system.

## Reference

Roberts, A. Fallopian tube recanalization for the management of infertility. CVIR Endovasc 6, 13 (2023).