

Endometriosis Specialist in PCMC: Symptoms, Diagnosis and Treatment Options



DR. PRADNYA'S
Gynovitaa
FERTILITY & WELLNESS CLINIC

Endometriosis Specialist in PCMC:

Symptoms, Diagnosis and
Treatment Options

-  Symptoms
-  Diagnosis
-  Treatment Options

Endometriosis can affect your fertility & quality of life.

When “Just Period Pain” Starts Taking Over Your Life

You plan your month around your period. You keep painkillers nearby, cancel plans when the cramps become unbearable and tell yourself that the next cycle might be easier. But when the pain keeps coming back—and starts affecting your sleep, work, relationships or peace of mind—it can become exhausting.

You shouldn't have to simply put your life on hold every month.

Severe period pain is sometimes linked to endometriosis, a condition that can also cause pelvic pain, painful sex, bowel or urinary discomfort and difficulty conceiving. Because these symptoms can look different from one woman to another, understanding the pattern of your symptoms is an important first step toward proper evaluation and care.

When Period Pain May Be More Than "Normal"

Most of us grew up hearing that painful periods are just part of life. Mild cramps often are. But if pain makes you miss work, keeps you awake, affects your relationship or shows up alongside trouble conceiving, it deserves a proper look.

Endometriosis is one possible explanation. It is often missed for years because its symptoms overlap with other conditions. This guide walks you through the symptoms, how diagnosis works, the types of endometriosis, its link with fertility, treatment choices and what a consultation looks like. If you're searching for an [endometriosis specialist in PCMC](#) (Pimpri Chinchwad), it should help you decide what to do next.

To be clear, not every painful period means endometriosis. The goal is to help you recognise when it's time to get checked, not to diagnose yourself.

You'll also find guidance on choosing a practitioner and a profile of [Dr. Pradnya Dole](#), Ayurvedic gynaecologist and fertility specialist at Gynovita Fertility & Wellness Clinic, who sees patients from Balewadi, Wakad, Baner and the wider Pimpri Chinchwad area.

Can severe period pain be a sign of endometriosis? Yes, it can be, especially if the pain is worsening or doesn't ease with usual pain relief. Other conditions can cause similar pain, so a clinical assessment is needed.

What Is Endometriosis?

Endometriosis is a long-term condition where tissue similar to the lining of the uterus grows in other places. That can include the ovaries, the lining of the pelvis, the fallopian tubes and, in some women, the bowel or bladder.

This tissue responds to your monthly hormonal changes. It can cause inflammation, irritation and scar tissue (adhesions), which may lead to pain and, for some women, difficulty conceiving.

Symptoms vary a lot:

- Some women have severe pain with only small patches of disease.
- Others have extensive disease and hardly any symptoms.
- How bad your symptoms are doesn't always show how much endometriosis is present.

10 Symptoms of Endometriosis You Shouldn't Ignore

1. Severe or Worsening Period Pain

When period pain starts controlling your day, it deserves attention. Mild cramps may be common, but pain that becomes severe, keeps getting worse or prevents you from working, sleeping or exercising should not simply be ignored. If regular pain relief no longer provides enough comfort, speaking with a gynecologist can help identify the underlying cause.

2. Persistent Pelvic Pain

Pain that stays long after your period ends is worth paying attention to. Persistent pain in the lower abdomen or pelvis can have several causes, including endometriosis. If discomfort continues for weeks or repeatedly returns between periods, make a note of when it occurs. This pattern can provide useful information during a medical evaluation.

3. Pain During or After Sex

Intimacy should not regularly leave you dealing with pelvic pain. Deep pain during or after intercourse can occur in women with endometriosis, although it can also have other causes. If painful intercourse keeps happening or affects your comfort and relationships, discuss it openly with a gynecologist. The timing and location of pain can be important clues.

4. Pain During Bowel Movements

A bathroom visit should not become noticeably more painful every month. Pain while passing stool, particularly around your period, is a symptom worth mentioning to your doctor. Endometriosis can sometimes affect tissues close to the bowel, while digestive conditions can cause similar symptoms. Tracking when the pain appears can help with further evaluation.

5. Painful Urination During Periods

If urination becomes painful whenever your period arrives, don't simply brush it aside. Pain or discomfort while urinating can have several causes, including urinary infections and other conditions. In some cases, urinary symptoms may occur alongside endometriosis. Recurring or cycle-related symptoms should be properly assessed rather than self-diagnosed.

6. Heavy or Irregular Periods

A period that suddenly becomes much heavier or unpredictable deserves a closer look. Heavy or irregular bleeding can occur with endometriosis, but it is not proof of the condition. Fibroids, hormonal changes, thyroid problems and other gynecological issues can also affect periods. If your normal bleeding pattern changes, discuss it with a healthcare professional.

7. Bloating and Digestive Symptoms

Feeling unusually bloated every month may be more than something you simply ate. Some women notice bloating, constipation, diarrhoea or abdominal discomfort around their periods. These symptoms can overlap with digestive problems and other gynecological conditions. If they repeatedly follow your menstrual cycle, recording the pattern can help your doctor understand the bigger picture.

8. Persistent Fatigue

Being tired all the time can be easy to blame on a busy lifestyle, but persistent fatigue deserves attention. When tiredness occurs alongside painful periods, pelvic discomfort or heavy bleeding, it is worth discussing with a doctor. Fatigue has many possible causes, so looking at your other symptoms together can help guide an appropriate evaluation.

9. Difficulty Conceiving

Sometimes, the first sign that something needs checking is difficulty getting pregnant. Endometriosis can be associated with fertility problems, but it does not automatically mean you cannot conceive. If pregnancy has not occurred after an appropriate period of trying, a fertility evaluation can help identify possible factors affecting conception and determine suitable next steps.

10. Symptoms That Affect Daily Life

Your period should not repeatedly force you to cancel plans, miss work or change your routine. When pain, heavy bleeding, digestive symptoms or other cycle-related problems interfere with everyday life, it is worth seeking professional advice. You do not have to simply accept recurring symptoms without understanding what may be causing them.

Try This Before Your Appointment

Your symptoms can tell a story—but a pattern is easier to understand when you write it down. Keep a simple diary for two or three menstrual cycles. Record your pain level from 0–10, bleeding, cycle day, bowel or urinary symptoms and activities affected. Taking these notes to your appointment can make the discussion more useful.

When Should You See an Endometriosis Specialist in PCMC?

See a specialist if period pain regularly disrupts your life, is getting worse, happens outside your periods, or comes with painful sex, bowel or urinary symptoms, or difficulty conceiving. Early evaluation helps find the cause sooner and avoids years of unexplained pain.

Book a consultation if:

- Period pain regularly disrupts work, study or sleep
- The pain is getting worse over time
- You have pelvic pain outside your periods
- Pain during sex keeps happening
- Bowel or urinary symptoms flare around your periods
- Earlier treatment hasn't controlled your symptoms
- You have unexplained fertility concerns

- A scan has shown an ovarian cyst (endometrioma) or suspected endometriosis
- Symptoms continue even though first tests looked normal

Get urgent care for sudden severe abdominal pain, fainting, bleeding that soaks a pad every hour, or fever with pain.

How Is Endometriosis Diagnosed?

Diagnosis has changed in recent years. Current guidance from bodies like ESHRE and ACOG recognises that diagnosis can begin with your history, an examination and imaging. Surgery is no longer always the first step.

Medical and Menstrual History

Expect questions about:

- When your pain happens in your cycle and how it feels
- Your bleeding pattern
- Pain during sex
- Bowel and urinary symptoms
- Pregnancies and fertility history
- Earlier treatments and how you responded

Physical Examination

Your doctor may examine your abdomen and pelvis for tenderness or nodules, only where appropriate and with your consent.

Ultrasound

A pelvic or transvaginal ultrasound can pick up ovarian endometriomas and some deeper disease when done by an experienced operator. A normal scan doesn't rule out endometriosis, because superficial disease often can't be seen.

MRI When Needed

MRI is useful in selected cases, such as suspected deep endometriosis or when surgery is being planned.

Is Laparoscopy Always Needed?

No. Not everyone needs a diagnostic laparoscopy. In many women, history, examination and imaging are enough to guide care. Laparoscopy is generally kept for selected situations, such

as significant symptoms with inconclusive imaging, or when diagnosis and treatment are done together.

Have persistent pelvic pain or fertility concerns? Bring your previous reports and discuss your symptoms with a qualified specialist.

Types of Endometriosis

Endometriosis can look very different from one woman to another. The location, depth and extent of the tissue can influence the symptoms you experience, the investigations your doctor recommends and the treatment options that may be considered.

Importantly, **the amount of disease does not always match the amount of pain**. A woman with a few visible lesions may experience severe symptoms, while another woman with more extensive disease may have relatively little pain.

Superficial Peritoneal Endometriosis

Superficial peritoneal endometriosis develops on the thin lining of the pelvic cavity, known as the peritoneum. The lesions may appear as small patches or spots on the pelvic surfaces.

Although this type may look limited, it can still cause **significant period pain, pelvic discomfort or pain during sex** in some women. Because superficial lesions may not always be visible on routine imaging, symptoms and clinical history remain important during evaluation.

Ovarian Endometriosis (Endometrioma)

When endometriosis develops within an ovary, it can form a cyst known as an **endometrioma**. These are sometimes called “chocolate cysts” because of the old blood that can collect inside them.

Endometriomas can often be identified through ultrasound. Their size, location and effect on the ovary may be considered when discussing treatment and fertility.

If pregnancy is a goal, your doctor may also consider factors such as **ovarian reserve, age, previous ovarian surgery and other fertility factors** before recommending a treatment approach.

Deep Endometriosis

Deep endometriosis occurs when endometriosis grows deeper into the tissues rather than remaining on the surface. It may affect areas around the **bowel, bladder, pelvic ligaments or other structures**.

Depending on its location, it may cause symptoms such as severe pelvic pain, painful bowel movements, urinary discomfort or deep pain during sex.

When deep endometriosis is suspected, detailed imaging such as specialised ultrasound or MRI may be considered to understand where the disease is located and how extensive it may be.

Can the Type of Endometriosis Change Your Symptoms?

Yes. The symptoms you experience can depend partly on **where the endometriosis is located**.

For example, disease affecting the ovary may be associated with an endometrioma, while disease close to the bowel may be linked with painful bowel movements or bowel-related symptoms around menstruation.

However, symptoms alone cannot reliably tell you the type or severity of endometriosis. A proper assessment is needed to understand the overall picture.

Why Type and Location Matter

There is no single pattern of endometriosis and no single treatment that suits everyone.

Your doctor may consider:

- Where the endometriosis is located
- Whether an endometrioma is present
- Whether deeper tissues are involved
- Your pain and other symptoms
- Your age and overall health
- Whether you are currently trying to conceive
- Ovarian reserve and other fertility factors
- Previous treatments or surgery

This is why **individual assessment matters more than a one-size-fits-all approach**. The goal is not simply to identify that endometriosis is present, but to understand how it is affecting you and what your priorities are.

One Important Point to Remember

More endometriosis does not always mean more pain. The size or visible extent of lesions does not necessarily predict how strongly a woman will experience symptoms.

If you have severe or recurring symptoms despite a normal or apparently reassuring scan, it is still worth discussing them with an appropriate healthcare professional rather than assuming that everything is fine.

Can Endometriosis Affect Fertility?

Endometriosis is linked with a higher chance of fertility difficulty, but many women with it do conceive. What matters:

- The type and severity of disease
- Your age and ovarian reserve
- Any previous ovarian surgery
- Tubal health
- Other fertility factors in you or your partner

Can I get pregnant if I have endometriosis? Many women can, either naturally or with treatment. Outcomes depend on age, ovarian reserve and disease type, so nobody can promise a result. If you're trying to conceive and have symptoms, it's sensible to talk about fertility early rather than waiting.

What Should Be Checked in Endometriosis and Infertility?

Fertility assessment should look at both partners, not only the woman. It may include:

- Menstrual and fertility history
- Ovulation assessment when appropriate
- Ovarian reserve testing where clinically indicated
- Pelvic imaging
- Tubal assessment when appropriate
- **Semen analysis for the male partner**
- Previous pregnancy and miscarriage history
- Details of any earlier endometriosis surgery

This prevents every fertility difficulty from being blamed on endometriosis alone.

Endometriosis Treatment Options

There's no single treatment for everyone. The right plan depends on your symptoms, the type of disease, your fertility goals and your preferences.

Pain Management

Pain relief and supportive measures, chosen with your doctor based on your symptoms and health history.

Hormonal Treatment

Hormonal therapy can help control pain and cycle-related symptoms for many women. It usually manages symptoms rather than removing disease, and it isn't suitable if you're trying to conceive.

Surgical Treatment

Surgery, usually laparoscopic, may be considered for pain not controlled by other treatment, for endometriomas or for deep disease. Benefits, risks and the effect on ovarian reserve should be discussed first.

When Fertility Is the Priority

If you want to conceive, choices change. Some hormonal treatments are avoided, and surgery has to be weighed carefully against age and ovarian reserve.

Assisted Reproduction

In selected cases, options like IUI or IVF may be discussed. Timing depends on age, ovarian reserve, how long you've been trying and other factors.

Can endometriosis come back? Yes. Symptoms or disease can return after treatment, so follow-up is part of good care.

Can Ayurveda Help With Endometriosis?

Many women want a holistic approach alongside conventional care, and Ayurveda is widely used this way in India.

At Gynovita, Ayurveda is offered as an **individualised, supportive approach**, not a replacement for proper diagnosis or necessary medical treatment. Areas that may be discussed:

- Diet and lifestyle
- Digestive health
- Stress and sleep
- Individualised Ayurvedic consultation
- Supportive wellness practices
- Tracking symptoms alongside appropriate medical care

Ayurveda is not a cure for endometriosis. It doesn't remove lesions, guarantee pregnancy or replace surgery when surgery is needed. ESHRE guidance notes that evidence is insufficient to recommend non-medical interventions specifically to improve pregnancy chances in endometriosis. Always tell every doctor treating you about all therapies you use.

Meet the Doctor: Dr. Pradnya Dole

When you're choosing an Ayurvedic gynaecologist, qualifications, relevant training and experience matter, especially for personal concerns like pelvic pain, infertility, PCOS and reproductive health.

[Dr. Pradnya Dole](#) is an Ayurvedic Gynaecologist and Fertility Specialist and the founder of [Gynovitaa Fertility & Wellness Clinic in Balewadi, Pune](#). She sees patients from Wakad, Baner and across Pimpri Chinchwad.

Qualifications and Training

- **BAMS:** Bachelor of Ayurvedic Medicine and Surgery
- **Fellowship in Gynecology & Infertility**
- **Master of Ayurvedic Dietetics**
- **MSc Psychology**
- **Training in Yoga & Meditation**

Why This Combination Matters

Together, this brings Ayurveda, women's health, nutrition and psychological wellbeing into one consultation. With endometriosis, long-term pain, stress, sleep, digestion and fertility goals often overlap, so this broader view can help when planning supportive, lifestyle-focused care alongside proper medical evaluation.

Experience

Dr. Dole has **17+ years of personalised Ayurvedic consultation experience**, with a focus on infertility management, gynaecological concerns, women's wellness, lifestyle modification and Panchakarma.

How to Choose the Right Doctor

If you're searching for an Ayurvedic doctor near Pune, don't stop at the clinic name. Look at:

- Qualifications and registration
- Relevant training
- Real hands-on experience
- Whether they explain limits and alternatives honestly

Then decide if that approach suits you. If your symptoms point to endometriosis, a good practitioner will also encourage appropriate imaging and coordinate with a conventional gynaecologist or surgeon when needed.

How an Endometriosis Consultation Works

Step 1: Talking Through Your Symptoms

You describe your pain, cycles, bowel and urinary symptoms and how they affect daily life.

Step 2: Reviewing Your Reports

Earlier scans, blood tests and prescriptions are reviewed so nothing is repeated unnecessarily.

Step 3: Clinical Assessment

An examination is done where appropriate, with your comfort and consent respected.

Step 4: Deciding on Further Tests

Imaging or other tests are advised only if they'll change decisions.

Step 5: Discussing Treatment and Fertility Goals

Options are explained with benefits, limits and alternatives so you can decide with confidence.

Step 6: Follow-Up Plan

You leave with a clear plan and review timeline.

What to Bring to Your Consultation

- Previous ultrasound and MRI reports
- Blood-test reports
- Current medicines and old prescriptions
- Surgery records, if any
- Fertility investigations, including any semen analysis
- Your symptom diary and menstrual history
- Details of earlier treatments and your response

Endometriosis Care for Women in PCMC With Pain and Fertility Concerns

Gynovitaa Fertility & Wellness Clinic, founded by Dr. Pradnya Dole, is in Balewadi, Pune, and is convenient for women from Wakad, Baner, Pimple Saudagar, Hinjewadi, Tathawade and the wider Pimpri Chinchwad area who are looking for an [endometriosis specialist in PCMC](#) or nearby.

A consultation may include:

- A detailed review of your symptoms, cycle and fertility history
- Review of previous scans and reports
- Individualised Ayurvedic gynaecology assessment
- Diet, lifestyle and stress guidance
- Panchakarma where clinically appropriate
- A follow-up plan, with referral for imaging or conventional care when needed

Address: [Sai Ankur, A401, behind F Residences, near Sai Ankur, Balewadi, Pune, Maharashtra 411045](#)

Phone: [+91 88559 55508](#)

Not sure your symptoms are endometriosis? Bring your reports and talk it through in a consultation.

Frequently Asked Questions About Endometriosis

What are the first signs of endometriosis?

Endometriosis can begin with symptoms that are easy to dismiss as “normal” period problems. Common signs include painful periods that become worse over time, pelvic pain between periods, pain during sex, or bowel and urinary discomfort that follows your cycle. Some women also experience fatigue or difficulty conceiving. Since similar symptoms can occur with other conditions, persistent or worsening symptoms should be discussed with a qualified healthcare professional rather than self-diagnosed.

Can painful periods mean endometriosis?

They can, especially when the pain is severe, keeps getting worse or starts interfering with everyday life. However, painful periods do not automatically mean you have endometriosis. Conditions such as fibroids, hormonal problems and other pelvic conditions can cause similar symptoms. If pain regularly affects your work, sleep, exercise or relationships, a proper medical evaluation can help identify the possible cause and guide the next steps.

Can endometriosis cause infertility?

Endometriosis can be associated with fertility difficulties, but it does not mean that pregnancy is impossible. Many women with endometriosis conceive naturally, while others may need fertility support. Your age, ovarian reserve, tubal health, disease location and other fertility factors can all matter. If you are trying to conceive, assessing both partners can provide a clearer picture instead of assuming endometriosis is the only reason for difficulty getting pregnant.

Can endometriosis be diagnosed without surgery?

Yes, surgery is not always necessary to evaluate suspected endometriosis. Your doctor may consider your symptoms, menstrual history, physical examination and imaging such as

ultrasound or MRI. These can provide useful information about endometriomas and some forms of deep endometriosis. Laparoscopy may be considered in selected situations, particularly when symptoms continue despite inconclusive investigations or when diagnosis and treatment can be performed together.

Is an ultrasound enough to diagnose endometriosis?

Not always. An experienced operator may identify ovarian endometriomas and some forms of deep endometriosis during an ultrasound. However, smaller or superficial lesions may not be visible. This means a normal ultrasound does not necessarily rule out endometriosis when symptoms continue. Your doctor may consider your symptoms, examination findings and other investigations together rather than relying on one scan to make a conclusion.

Does endometriosis always require surgery?

No. Surgery is not automatically required for every woman with endometriosis. Depending on your symptoms and goals, treatment may include pain management, hormonal treatment or other supportive approaches. Surgery may be considered when symptoms remain difficult to control, an endometrioma or deep disease is present, or specific fertility considerations apply. Before surgery, it is important to discuss the expected benefits, possible risks and potential effects on ovarian reserve.

Can endometriosis come back after treatment?

Yes, endometriosis can recur after treatment, and symptoms may return over time. The possibility of recurrence can depend on several individual factors, including the extent of disease and the treatment received. This does not mean that treatment has failed. Regular follow-up can help monitor symptoms and address changes early. If pain or other symptoms return, speak with your healthcare professional rather than assuming you simply have to live with them.

Can Ayurveda help manage endometriosis symptoms?

Some women choose Ayurveda as a complementary approach for areas such as diet, lifestyle, digestion, stress management and overall wellbeing. However, Ayurveda should not be presented as a cure for endometriosis or as a replacement for necessary medical treatment. At Gynovita, Ayurvedic care is described as supportive and individualised. If you use Ayurvedic medicines or therapies, tell your other healthcare providers so your overall care can be coordinated appropriately.

When should I consult an endometriosis specialist in PCMC?

Consider seeking professional advice when period pain regularly interferes with your daily life, becomes increasingly severe or occurs outside your periods. Repeated pain during sex, bowel

or urinary symptoms around menstruation, or difficulty conceiving are also reasons to seek evaluation. Women from Pimpri Chinchwad, Wakad and Baner can consult Dr. Pradnya Dole at Gynovitaa Fertility & Wellness Clinic in Balewadi to discuss symptoms and review previous reports.

Who is Dr. Pradnya Dole?

Dr. Pradnya Dole is an Ayurvedic Gynaecologist and Fertility Specialist and the founder of [Gynovitaa Fertility & Wellness Clinic in Balewadi, Pune](#). Her qualifications include BAMS, a Fellowship in Gynecology & Infertility, a Master of Ayurvedic Dietetics and an MSc in Psychology, along with training in Yoga and Meditation. She has **17+ years of personalised Ayurvedic consultation experience**, focusing on infertility management, gynaecological concerns, women's wellness, lifestyle modification and Panchakarma.

Living With Endometriosis Starts With Listening to Your Body

Living with recurring pelvic pain or painful periods can be physically and emotionally exhausting. You may have been told that the pain is “normal,” or you may have learned to work around it every month. But persistent symptoms deserve to be understood, not simply endured.

Remember:

- **Persistent or worsening pain deserves proper evaluation.**
- **Endometriosis can look different from woman to woman.**
- **A diagnosis does not always mean surgery is needed.**
- **Your fertility goals should be part of treatment discussions.**
- **There is no single treatment plan that suits everyone.**
- **Getting the right evaluation can help you understand your options.**

If painful periods, pelvic pain, pain during intercourse, bowel or urinary symptoms, or difficulty conceiving are affecting your life, consider speaking with an appropriate gynaecology or [fertility specialist in PCMC](#).

You don't have to ignore the pain or figure it all out alone. Start by understanding your symptoms and discussing them with a qualified professional.