

A CRITICAL UNDERSTANDING OF PCOS AND ITS EFFECTIVE AYURVEDIC MANAGEMENT- A CASE STUDY

[Vaishnavi Vinayak Joshi](#)

3rd Year PG Scholar Panchakarma

Tilak Ayurved Mahavidyala Pune

Dr. Rajendra Huparikar. HOD Panchakarma, Tilak Ayurved Mahavidyala, Pune, Maharashtra, India

Corresponding Author: drjo1995@gmail.com

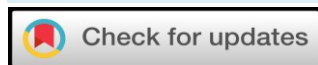
<https://doi.org/10.46607/iamj3309052021>

(Published Online: May 2021)

Open Access

© International Ayurvedic Medical Journal, India 2021

Article Received: 12/04/2021 - Peer Reviewed: 04/05/2021 - Accepted for Publication: 05/05/2021



ABSTRACT

Polycystic ovarian syndrome is the most common endocrine disorder in India. It causes due to hormonal imbalance, there are enlarged ovaries with small cysts on the outer edge. Basically, cysts are formed due to thickening of tunica albugenia. In this syndrome there is a combination of excess of androgen and ovarian dysfunction. An etiology of syndrome remains largely unknown. It might be disorder with strong environmental influence, including diet, lifestyle, lack of exercise and heredity. While considering Ayurvedic perspectives, one should understand concept of *Jathragni mandya* as well as *Dhatvagni mandya*. It occurs due to defective *Rutu*, *Kshetra*, *Ambu* and *Beeja*. PCOS may occurs due to *Santarpanjanya hetu* or sometimes due to *Apatarpanjanya hetu*. Principle of treatment is based upon *Hetu Sevana* and either *Stotorodhjanya samprapti* or *Dhatukshayajanya samprapti*. According to *Acharya kashyap* it can be compared with *Pushpaghni* and *Revati*.

Keywords: PCOS, PCOD, *Dhatvagnimandya*, *Pradar*.

INTRODUCTION

Polycystic ovarian syndrome is relative common endocrine disorder found in around 70% of women. It is the condition in which ovary fails to perform its normal function due to multiple cysts on the ovary. An estimated one in five (20%). Indian women suffer from PCOS. PCOS was firstly described in 1935. However, there is general lack of awareness regarding the condition in India and it often remains undetected for years. Prevalence of polycystic ovarian syndrome in India adolescents ranging from 2 -26% and age ranged from 18 to 45 years. It is also called as

‘Stein Leventhal’ syndrome. Symptoms may include irregular scanty menses, menorrhagia, oligomenorrhea, amenorrhoea, dysmenorrhoea, obesity, dark patches on skin, loss of hairs, unwanted hair growth, acne, lower abdominal pain.

Understanding Concept of PCOS: -

There are following types of PCOS-

1. Insulin resistance –most common type
2. Pill- induced PCOS – second most common type
3. Inflammatory PCOS
4. Hidden PCOS

Difference between PCOD and PCOS

PCOD	PCOS
1. In this, ovaries produce androgen in minute quantities. Ovaries release lot of immature /partially mature eggs which eventually turns into cysts.	It is the metabolic disorder that is more severe than PCOD. In this ovary produces higher quantity of androgen and leads to formation of more than 10 follicular cysts in ovary, this stops release of egg leading to anovulation.
2. Common symptoms include weight gain, irregular menses, loss of hairs, infertility.	Common symptoms include loss of hairs, weight gain, irregular menses.
3. It is the condition developed by hormonal imbalance.	It is the disorder of endocrine system and more severe than PCOD.

CASE STUDY –

Chief Complaints: - Irregular menses, weight gain around 8 to10 kg, dark patches on nape of neck, loss of hairs, acne, abdominal pain, growth of unwanted hairs. All symptoms were present since 8 months.

H/O Present Illness: - A female patient aged about 18 years, c/o irregular menses like scanty and delayed menses. She started symptoms like weight gain, abdominal pain, loss of hairs, growth of unwanted hairs, dark patches on nape of neck since 8 months. She took metformin for 3 months and stopped since 5 months.

Etiology And Its Ayurvedic Parlance: -

●spicy food, non-vegetarian food, junk food.

Acharya charak says in 30th chapter of *chikitsa sthana*, if female consumes *Lavan, Amla, Guru, Katu, Vidhahi, Atisnighdha, Pishita ahara* then it may lead to *Pradar*.

● excessive consumption of curd, milk products, slumber, excessive water consumption.

If a woman consumes *Gramya, Udaka, Krushara, Paya*, excessive *Dadhi sevan* (curd), *Shukta, Mastu, Sura* (alcohol), it may lead to *Vataprakopa* acquiring *Apan Kshetra*.

Symptomatology and Ayurvedic Parlance: -

There is not any specific description about PCOS in Ayurvedic texts.

Hence,

“*Vikarnamkushalo n jivhiyat kadachan* |

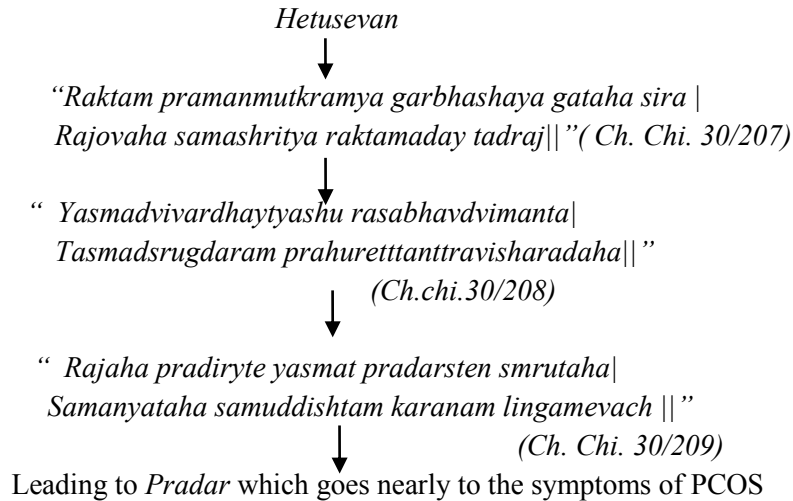
N hi sarvavikaranam namtosti dhruva sthithi ||”

(*Ch. Su .18/44*)

“*Sa eva kupito dosha samuthanvisheshtaha* |

Sthanantaragatashchaiva janaytyaamyam bahun ||
Tasmadvikarprakrutirdhishthanaantarani ch |
Samuthhan visheshashcha budhva karma samacharet||”
 (Ch. Su. 18/45,46)

Samprapti :-



Samprapti Ghatak:-

Nidan –Kaphapitta Prakopak Hetusevn
Dosh - Tridosh
Dushya – Rasa, Rakta, Meda, Artava
Srotas - Rasa, Rakta, Meda, Artava
Strotodushti – Sanga, Atipravrutti
Agni – Angimandya
Doshagati – Koshttha
Rogmarga – Aabhyantara
Aam – Sam Kapha, Sam Pitta
Udbhava sthan – Garbhashay

Vyakta sthan – Garbhashay, Twak, Mamsa, Meda, Artava

Mode of Treatment: -

Principles of treatment are as follows.

1. To decrease *Samata* of body.
2. To treat *Samkapha, Sampitta* by *Langhana, Pachana*.
3. To treat *Rasa dhatvagnimandya, Rakta, Meda dhatvagnimandya*.
4. To use drugs having properties like *Agneya, Ushna, Sukshma, Snighdha* targeting *Aartva Vaha Strotas*.

Name of drug	Dosage	Time
1. <i>Kuberaksha vati</i>	250mg	3 times a day
2. <i>Shatapushpa churna</i>	2gm	2times a day after, meal
3. <i>Laghmalini vasant</i>	250mg	<i>Rasayankaal</i>
4. <i>Syp.M2 tone</i>	20ml	2 times after meal

Above treatment given to patient for 3 months.

Name of drug	Pharmokinetics	Pharmodynamics
1. <i>Kuberaksha vati</i>	<i>Ushna, Snigha, Grahi, Deepan, Pachan, Vatanuloman, Vibandha nashak</i>	<i>Latakarnja-Laghu, Ruksha, Ushna, Katuvipaki.</i> <i>Rason –Ushna, Grahi, Deepan</i> <i>Shunthi- Pachani, Aamvatghni,</i>

		<i>Vrushya, Laghu, Kaphvatvibandhbhedini, Agneygunbhuyishtha Hingu– Ushna, Pachani, Katu-shleshma anilhara.</i>
2. <i>Laghmalini vasant</i>	<i>Ushna, Snigdha, Rasashudhhikara, Navaneet (Butter)-Sheet Snighdhara-sadhatuposhak</i>	<i>Rasak-Balya, Rasayan, Kaphapitanashak, Avarodhnashak</i>
3. <i>Shatapushpa</i>	<i>Madhura, Bruhan, Balya, Ushna</i>	<i>Pushtivarna, Agnivardhini, Rutupravartani, Yonshukra Vishodhini, Vataprashamani, Putraprada, Veeryakari (ka.sh.)</i>
4. Syp.M2 tone	<i>Madhura Ushna, Snigdha, Kashay, Katurasatmak drvya</i>	<i>Yonishukrapradoshvikar prasham, Ayushya, Paushtik, Medya. (viz. Ashwagandha, Kasis, Druharidra, Gduchi, Sarviva, Shatavari) all drugs having property of Rasa, Rak-tadhatvagnivardhan.</i>

Result: -

Before treatment (USG FINDINGS)	After treatment (USG FINDINGS)
1. Uterus 2.2*7. o*3.6cm	1. Uterus 2.6*6.5*3.6cm
2. Endometrial echo 7mm	2. Endometrial echo 4mm
3. Both ovaries appear polycystic	3. Both ovaries appear normal
4. Right ovary volume - 4.6cc, left ovary volume – 8.5cc	4. Right ovary volume -1.5 cc, left ovary volume-2.4 cc
5. Bilateral polycystic ovaries + delayed menses	5. No significant abnormality is seen

DISCUSSION

PCOS is the disease in which there is endocrine impairment. Due to such condition there is need to give artificial hormones. While considering Ayurvedic perspective, Acharya Sushruta says *Kshina Dosh* should be increase by *Bruhana*, *Sam dosha* should maintain as it is, *Kupita dosh* should be treat by *Prasham* and *Vrudd dosh* should be eliminate. In Ayurveda balance of all doshas, dhatu and mala are important for health. In PCOS there is *Dhatu Vaishamya* present in *Artava vaha Strotasa*. There is need to treat the site of *Dosha-Dushya Samurchana*. In Ayurveda we do not treat only disease, but we treat individual as a whole. Hence this paper highlights that PCOS can be treated by understanding its *Samprapti* and *Samprapti Vighatan* can be done by correcting *Jatharagnimandya, Rasa, Rakta, Meda, Artava Dhatvagnimandya*. Also, it can be treated by using drugs which have properties like *Aagneya, Ushna, Snigdha, Laghu* and *Vibandhanashak*.

CONCLUSION

Ayurvedic treatment which includes purification process, *Agnideepan, Aampachan*, regulate metabolism of affected *Dhatu, Balavardhan* and most important is *Rejuvenation* can be achieved in such conditions like PCOS. It is observed the following effects on this patient like increase in metabolic power (*Agnideepan*), *Vatashaman, Kaphapitta Vibandha nashan*, restoration of glandular activity and *Ojovardhan*. To sum up, the line of treatment was successful in this patient and eventually this patient has started regular menses without any health problems.

REFERENCES

1. Yadavaji Trikamaji Acharya, Charak Samhita Of Agnivesha Revised By Charak And Dhruhbala With Ayurved Dipika Commentary By Chakrapani Datta, Choukhambha Surabharati Prakashan, Varanasi, 2016, Chikitsa Sthana, Chapter 30, Shloka 205 P 642.

2. Yadavaji Trikamaji Acharya, Charak Samhita Of Agnivesha Revised By Charak And Dhruhbala With Ayurved Dipika Commentary By Chakrapani Datta, Choukhambha Surabharati Prakashan, Varanasi, 2016, Chikitsa Sthana, Chapter 30, Shloka 206, P 642.
3. Yadavaji Trikamaji Acharya, Charak Samhita Of Agnivesha Revised By Charak And Dhruhbala With Ayurved Dipika Commentary By Chakrapani Datta, Choukhambha Surabharati Prakashan, Varanasi, 2016, Sutra Sthana, Chapter 18, Shloka 44 To 46, P 108.
4. Yadavaji Trikamaji Acharya, Charak Samhita Of Agnivesha Revised By Charak And Dhruhbala With Ayurved Dipika Commentary By Chakrapani Datta, Choukhambha Surabharati Prakashan, Varanasi, 2016, Chikitsa Sthana, Chapter 30, Shloka 207, P 643.
5. Yadavaji Trikamaji Acharya, Charak Samhita Of Agnivesha Revised By Charak And Dhruhbala With Ayurved Dipika Commentary By Chakrapani Datta, Choukhambha Surabharati Prakashan, Varanasi, 2016, Chikitsa Sthana, Chapter 30, Shloka 208, P 643.
6. Yadavaji Trikamaji Acharya, Charak Samhita Of Agnivesha Revised By Charak And Dhruhbala With Ayurved Dipika Commentary By Chakrapani Datta, Choukhambha Surabharati Prakashan, Varanasi, 2016, Chikitsa Sthana, Chapter 30, Shloka 209, P 643.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Dr. Vaishnavi Vinayak Joshi: A Critical Understanding Of PCOS And Its Effective Ayurvedic Management- A Case Study. International Ayurvedic Medical Journal {online} 2021 {cited May, 2021} Available from: http://www.iamj.in/posts/images/upload/1136_1140.pdf