



CASE REPORT ON AYURVEDA MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME (PCOS) WITH WEIGHT GAIN

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ABSTRACT

PCOS, also known as polycystic ovarian syndrome, is a common health problem caused by an imbalance of reproductive hormones. The hormonal imbalance creates problems in the ovaries. The ovaries make the egg that is released each month as part of a healthy menstrual cycle. With PCOS, the egg, may not develop as it should or it may be released during ovulation as it should be. The exact cause of PCOS is unknown but high levels of insulin, hyper androgen (Male hormone), and LH (Luteinizing hormone) are the main causes. The symptoms of PCOS are Delayed Menstruation, Oligomenorrhea, Acne, hirsutism, thinning of hair, obesity, and constipation. In *Ayurveda*, PCOS is not a direct term coined but clinically it resembles *Aartavavaha strotas dushti*, *Vishamaartava*, *Granthi*, *Santarponnth vyadhi*, *Yonivyapad*. The present study deals with a female patient age 26 years who was detected with PCOS in the year 2014. She takes allopathic and ayurvedic treatment but got temporary relief. Now she came to Rishikul Campus in May 2022 and has complaint of Irregular, Delayed menstruation for 1 year, Hair growth on the Face, Weight gain, and Constipation. She visited Modern and advice USG. USG report shows Bilateral Polycystic Ovarian syndrome PCOS with a Right ovary volume of 13.29cc and Left ovary volume of 6.34cc, both ovaries are bulky with multiple thin-walled cysts. Undergo *Ayurveda* Treatment for 3 months. Result analysis was done on Clinical symptoms relief and USG report. This Case aims to study PCOS according to *Ayurveda* and study the Safe and effective *Ayurveda*.

Keywords: Oligomenorrhea, PCOS, USG, *Ayurveda*.

INTRODUCTION

Polycystic Ovarian Syndrome is a major cause of infertility. This disease is characterized by the formation of single or multiple cysts in ovaries which in turn causes irregular menstrual cycles. The size of the ovary increases and it secretes androgen and estrogen hormones in great amounts. Generally, androgen is a male hormone but it is also found in the female body in very small quantities in this condition due to more production of the hormone, a cyst is formed in the ovaries. The main symptoms may include Excessive weight gain, Acne, and pimple, Extra growth of facial and body hair, Depression and anxiety, and Infertility. There is no particular cause responsible for this disease, a few factors may be responsible like Family history, Lifestyle, Insulin resistance, Overweight, etc. Prevalance of PCOS is highly variable ranging from 2.2% to 26% globally. According to *the Ayurvedic* aspect, it can be correlated with *Artava Kshaya*. *Artava Kshaya* is a condition where menstruation does not occur at the appropriate time, is less in quantity, or occurs causing pain and discomfort.

Case study

A 26-year-old female Patient came in OPD with the symptoms of

- Delayed and irregular Menstruation (1 year)
- Weight gaining
- Hair growth on the face
- Constipation

History of present Illness

The patient was apparently alright 1 year before. Gradually she experienced weight gaining, and de-

layed menstruation for 1 year. She consults modern, advice for USG. USG report shows suggestive of Bilateral Polycystic ovary Disease (PCOD). Then she undergoes *Ayurveda* Treatment.

Family History

Father- DM

Mother- Not Any

O/E (On Examination)

GC -Fair

Pulse-74/min

Bp-120/80 mm Hg

Spo2- 98

RR-18/min

Asthvidha pariksha

Nadi- Pitta- Kapha

Mala-Mala Stambh

Mutra-Prakrut

Jiva-Sam

Shabd-Prakrut

Sparsh-Ushna

Druka-Prakrut

Aakruti-Sthool

S/E (Systemic examination)

CVS-S1S2 NORMAL

CNS-Conscious Oriented

GIT-Liver, Spleen Not Palpable

Investigation was done T3- 118.11 ng/ml, T4- 8.80 ug/ml, and TSH- 1.24 mIU/L

USG shows Bilateral Polycystic ovarian Disease.

MATERIAL AND METHODS

Presenting Complaints of Patient Treatment Plan as mainly *Vata* and *Kaphahar*.

Sr. No	Name of Drug	Dose of Drug	Kala	Frequency and Anupana
1	<i>Yogaraj Guggulu</i>	2 Tab	After Food	Twice a day with Lukewarm water
2	<i>Raja Pravartini Vati</i>	2 Tab.	After Food	Twice a day with water
3	<i>Shatapushpa churan</i> (3 gm) <i>Ashwagandha churan</i> (2gm) <i>Punarnava Mandur</i> (150mg)	5gm	After Food	Twice a day with Lukewarm water

Advice-

Green leafy vegetables like spinach and broccoli are advised to be taken.
 High fibre-rich foods.
 Regular exercise and Yoga like- *Suryanamaskar, Kapalbhaati*, etc.
 Avoid processed and high-calorie food.
 Take proper sleep for 7-8 hours.

Result of investigation	Before Treatment	After treatment (3 months)
USG	-Endometrial Thickness 5.6mm -Right ovary volume 13.29cc -Left ovary volume 6.34cc -Both ovaries are bulky(R>L) -Bilateral Polycystic ovarian Disease.	-Endometrial Thickness 4 mm -Right ovary volume 7.3cc -Left ovary volume 5.8 cc -Residual mild changes PCOD

RESULT Sr. no.	Symptoms Before Treatment	Before Treatment	After 1 month	After 2 month	After 3 month
1	Delayed Menstruation	+++	Delayed for 10 days	Delayed for 7 days	Normal Menstruation (5 days)
2	Weight gaining	65kg	61kg	58 kg	56 kg
3	Constipation	++	+	-	-

Before Treatment-

After Treatment-



DISCUSSION

There is always a high level of inflammatory changes in patients with PCOS. Inflammation is also linked to excessive weight gain which can be correlated with *Samavastha* (metabolic toxins) in *Ayurveda*. *Apathya Aahara Viharas* (unwholesome diet and lifestyle) causes the formation of *Aama* in *Rasadhathu* which

in turn causes *Arthava Upadathu Dushti*. This vitiated condition leads to improper selection and maturation of the ovum. The *Aama* thus produced, vitiates the remaining *Dhathus* which manifests as excessive weight gain and hair loss. Hair being the *Mala Roopa* of *Asthi*, unwanted hair and hair loss occur in *Asthi Dhathu Dushti* (bone tissue degeneration). *Kapha* and *Medho Dushti* happen due to excessive intake of *Mamsahara* along with *Avyayama* and *Divaswapna*

(day sleep). These vitiated *Dosha* and *Dhathus* reach the ovary which hampers its morphology. To normalize this condition drugs having action such as *Aamapachana*, *Agni deepana* (carminative), *Pachana* (digestive), *Vatanulomana*, *Lekhana*, and *Artava janana* (ovulation induction) properties should be used.

Action of Medicine

1. Yograj Guggulu

Guggulu, the main ingredient of this medicine is very well known to reduce cholesterol and fat deposition in the body. Apart from *guggulu*, it contains *Gokshura*, *Leadwort*, *kushta*, etc. herbs that are very effective in obesity treatment. So this product is very useful for weight loss therapy.

2. Rajpravartini Vati

Kumari (Aloe vera), *Kasisa bhasma* (Blue Vitriol), *Tankana* (Borax), *Hingu* (Asa foetida) The contents of *Rajpravartini Vati* is *ushna*. So it is *Vata*, *kapha nashak*. It acts on *Aartavaha Strotas*, balance the *Apanvayu*. It is useful in Oligomenorrhea, delayed menstruation.

3. i) Combination of Shatapushpa churan + ii)

Ashwagandha churan + iii) Punarnava Mandura

i) *Shatapushpa* is an effective single drug for curing many gynaecological disorders. It is *Vataprashamani*, *Vata* which is the prime factor involved in the development of all *yonirogas*.

ii) *Ashwagandha* has *Rasayana* property which helps in the formation of proper *rasa dhatu*, as a result, its *updhatu artava* will also be *prakuta*. It is *Vata anulomak* and decreases *kapha avarodha*.

iii) *Punarnava*, *Triphala*, and *Trikatu* are used in making this formulation which balances *Kapha* and *Pitta dosha*. It helps synergistically in reducing the cyst size and balancing the hormonal imbalance. In ovarian cysts there is heavy blood loss thus *punarnava mandoor* helps in increasing hemoglobin and restricts the excessive blood flow.

CONCLUSION

From this Case study, *Ayurvedic* management is found to be very fruitful in the management of PCOS

and associated conditions. As it is often associated with excessive weight gain, a healthy diet, and appropriate physical activities are also found to be effective. *Ayurvedic* therapies can easily reduce weight and also the symptoms of PCOS. For proper functioning of *Aartava vaha srotas* balance *Apan vayu* is needed. Imbalance causes *Dushti* in *Aartava vaha srotas*.

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