



## AN AYURVEDIC APPROACH OF PCOS: A REVIEW ARTICLE

Pooja Mukayanamath <sup>1</sup>, Sunita D. Ram <sup>2</sup>

<sup>1</sup>Second Year Post Graduate Scholar, Dept. Of PG studies in Dravyaguna, Govt. Dhanvantari Ayurveda College, Ujjain, Madhyapradesh.

<sup>2</sup> Professor & HOD, Dept. Of PG studies in Dravyaguna, Govt. Dhanvantari Ayurveda College, Ujjain, Madhyapradesh.

Corresponding Author: [poojarmukayanamath@gmail.com](mailto:poojarmukayanamath@gmail.com)

<https://doi.org/10.46607/iamj0712102024>

(Published Online: October 2024)

### Open Access

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Article Received: 08/09/2024 - Peer Reviewed: 29/09/2024 - Accepted for Publication: 13/10/2024.



## ABSTRACT

Polycystic ovarian syndrome is multifactorial endocrine disorder affecting one in every five women between 15-30 years of age in India. As PCOS may lead to infertility-like conditions, it becomes essential to contrive remedies for these conditions. *Ayurveda*, being a traditional science, can help treat such conditions. Using different *Ayurvedic* principles, we can diagnose & treat such conditions as PCOS.

**Keywords:** *Ras Dhatu*, *Rasvaha Strotas*, *Raja*, PCOS, *Panchkarma*

## INTRODUCTION

Polycystic ovarian syndrome (PCOS) is a multisystem endocrinologic disorder affecting women between 15-30 years of age. The Rotterdam criterion for a diagnosis of PCOS includes the presence of the following criteria –

Hyperandrogenism

Ovulatory dysfunction

Polycystic ovaries on ultrasonography

Polycystic ovarian syndrome may have varied clinical presentations like hirsutism, menstrual abnormality such as oligomenorrhoea, amenorrhoea, dysfunctional uterine bleeding or obesity. It is also associated with hyperinsulinemia & insulin resistance. High insulin level probably acts at multiple sites like the ova-

ry, liver, hypothalamopituitary axis & adrenal cortex, which results in increased androgen production by the ovary and adrenals. On the other hand, reduced production of Insulin growth factor binding protein – 1 (IGBF-1) & sex hormone binding globulin ( SHBG ) by the liver ultimately leads to increased free androgen levels. Due to increased androgen in the ovary, the follicle undergoing maturation in the ovarian cycle is affected, causing anovulation of a particular follicle. The retained follicle forms into a cyst & with each ovarian cycle, a new cyst is formed, leading to multiple ovarian cysts.

*Ayurvedic point of view of PCOS*

According to *Ayurveda*, *Raja* is considered *Upadhatu*. Different *Acharyas* have different points of view regarding *Raja*. Some thought of it as the 8th *Dhatu* (*Bha. pra*), while some considered it the *Upadhatu* of *Rasa* (*Charaka* ) and some the *Upadhatu* of *Rakta* ( *Sharangadhara* ). But among these, *Charaka Samhita* is considered the foremost *Samhita* in *Chikitsa* point of view.

As *Aacharya Charaka* mentioned, *Raja* is the *Upadhatu* of *Rasa dhatu*, so we can conclude that when there are any symptoms regarding menstrual flow, there must be *Rasa dhatu* & along with *Rasavaha strotas dushti* is responsible.

According to modern science, cysts are seen in PCOS, which can be considered the *Granthi* according to the *Ayurvedic* point of view. When we go through the *Charaka Samhita*, *Aacharya Charaka* explained *Granthi* in *Adhyaya 12, Shothachikitsitam*. He mentioned that *Granthi* is nothing but the *Shotha*. Also, he mentioned *Arbuda* in the 18th *Adhyaya* of *Sutrasthana, Trishothiya Adhyaya*. From these references, we can conclude that *Shotha* produces *Samprapti* and is involved in PCOS.

Nowadays, due to faulty lifestyle, bad eating habits, junk food stress, sedentary work, suppressing natural urges, and not taking proper rest during menstruation, etc. due to all these reasons *Dosha prakopa*, especially *Vata prakopa*, takes place in the body. This *dushta Vata dosha* lodges into the *Strotas* by making *Kapha*, *Pitta*, and *Rakta dushti*, resulting in *Srotorodha*. *Srotorodha* is one of the causes of *Rasa Dhatu* &

*Rasavaha Strotas dushti*. This *Rasa Dhatu dushti* interferes with the formation of *Raja*, resulting in irregularities in menstrual flow & irregular functioning of cystic ovaries. So, we must consider *Rasa Dhatu* & *Rasavaha strotas dushti* while treating conditions like PCOS.

Treatment according to *Ayurveda*:-

As *Rasa Dhatu* & *Rasavaha Strotas dushti* is involved in PCOS for that, the following references from *Charak Samhita* can help treat *Rasa Dhatu dushti*.

रसजानां विकाराणां सर्वं लंघनमौषधम्।

( च.सू.२८/२५ )

*Langhana Karma* mentioned in the above *Shloka* is explained by the *Shloka* below.

चतुष्प्रकारा संशुद्धि पिपासा मारुतातपौ।

पाचनान्युपवासश्च व्यायामश्चेति लंघनम्॥

(च.सू.२२/१८)

Among the above types of *Langhana* which will be helpful in PCOS is mentioned in the *Shloka* below.

प्रभूतश्लेष्मपित्तास्रमलाः संसृष्टमारुताः।

बृहत् शरीर बलिनो लंघनीया विशुद्धिभिः॥

(च.सू.२२/१९)

According to *Shloka*, if there is a large amount of *Dushta Dosha* and the patient has sufficient *Bala*, we can prefer *Vamana*, *Virechana*, or *Niruha basti* to treat the diseased condition.

The above condition is seen in PCOS patients. So, we can treat PCOS by the *Panchakarma* procedure according to the patient's condition.

Formulations: -

Some formulations which can be used in PCOS are mentioned below.

*Kashaya Kalpana*

- 1) *Lashuna erandadi kashayam*
- 2) *Chitrakagrathyadi kashayam*
- 3) *Varunadi kashayam*

*Vati kalpana*

- 1) *Chandraprabha vati*
- 2) *Yogaraj guggulu*
- 3) *Hinguvachadi vati*
- 4) *Rajapravartini vati*

*Aasava / Arishta kalpana*

- 1) *Dantyarishtha*
- 2) *Jirakarishtha*
- 3) *Kumaryasava*  
*Ghritha kalpana*
- 1) *Varunadi ghritha*
- 2) *Hapusadi ghritha*
- 3) *Dadimadi ghritha*

Preventive measures: -

PCOS is one of the leading disorders among the women. So, we have to focus on preventive measures to avoid such conditions.

Ayurvedic science, always talks first about स्वस्थस्य स्वास्थ्य रक्षणं then आतुरस्य विकार प्रशमनं। On this context Ayurvedic literature mentioned different *Charyas* among this *Rajaswala paricharya* also mentioned.

*Rajaswala paricharya* is nothing but the dos and don'ts that must be followed by menstruating women for better reproductive health. As we know, the leading cause of the menstrual disorders is lifestyle changes that can be corrected by following *Rajaswala paricharya*.

The dos and don'ts during *Rajaswala paricharya* and the principles are as follows.

Paricharya	Principle
1. A light diet and fewer quantities mean avoiding spicy, oily, and junk food.	1. <i>Deepana, Pachana, Vatanulomana</i>
2. Avoid excessive exercise, laughing and talking too much	2. To rest, restore energy and avoid <i>Vata</i> vitiation.
3. No crying, good and virtual thoughts	3. To keep the mind calm and relaxed to avoid stress and anxiety
4. Sleep on <i>Darbha</i> mat, no bathing	4. Instigate aseptic thoughts, not to have a complete bath but follow basic hygiene like cleaning genitalia, hands, legs & face.
5. No listening to loud voices.	5. To avoid <i>Vataprakopa</i>
6. <i>Swedana, Vamana, Nasyakarma</i> are contraindicated	6. As it causes <i>Dosha prakopa</i>
7. Coitus is contraindicated	7. To avoid infection and for the well-being of women & future progeny.

## DISCUSSION

In today's era, PCOS is one of the major disorders from which many women are suffering. However, modern science does not have effective remedies for conditions like PCOS.

So, our ancient science works wonders compared to contemporary science to treat such conditions. Different *Ayurvedic* formulations and *Panchakarma* help to treat PCOS. As it occurs due to an unhealthy lifestyle, we can prevent it by following healthy lifestyles, like following *Rajaswala paricharya*, avoiding excessive work during menstruation, etc., which can help to solve the problem related to menstruation.

## CONCLUSION

PCOS is not explained in the *Samhita*, but in the *Samhitas*, we also get the references that unnamed diseases should be understood by their *Dosha* and *Dushya*; thus, treatment should be planned according-

ly. Therefore, the present Review discusses the anticipation of the disease by prevention of causative factors, drugs from plant sources, and *Panchakarma* treatment, which are significantly effective, safer, and low-cost for proper management of PCOS.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Pooja Mukayanamath & Sunita D. Ram: An Ayurvedic Approach of PCOS: A Review Article. International Ayurvedic Medical Journal {online} 2024 {cited October 2024} Available from: [http://www.iamj.in/posts/images/upload/1849\\_1852.pdf](http://www.iamj.in/posts/images/upload/1849_1852.pdf)