



## A SUCCESS CASE OF PCOS THROUGH AYURVEDIC APPROACH

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## ABSTRACT

Polycystic ovarian syndrome is a heterogeneous collection of signs and symptoms. When gathered together form a spectrum of a disorder with a mild presentation in some, and a severe disturbance of reproductive, endocrine and metabolic function in others. In present era drastic changes in lifestyle, food habits, environmental exposure to toxins along with hereditary predisposition for metabolic syndrome and stress have contributed to the common problem faced by today's female population. In Ayurvedic text, *ArtavaKshayaca* can be to some extent compared to the symptoms explained under PCOS. PCOS maximum symptoms resemble *PushpaghniJathaharini*. PCOS occurs due to the vitiation of *Vata* and *KaphaDosh* as they do *Margavarodha* (obstruction) to *ArtavavahaSrotas* (female reproductive micro channels) leading to absence of flow of *Artava*. *Shatpushpa* is *Vata Kapha Shamak* and has FSH stimulant activity and *Chandraprabha* also *Vata Kapha Shamak* and *Vatanulomak*, it also corrects all *Dosha*. *KanchnarhasGranthibhedhan* (anti tumour) activity, *Kumaryasava* is *Bhutagnideepak* (liver stimulant). So, we had choose this drugs to normalize *ApanaVata* and destroy the *Avarana* (obstruction) of *Kapha* and correct H-P-O axis.

**Keywords:** PCOS, *PushpaghniJatharini*, *ArtavaKshaya*, *Shatpushpa*, *Shatavari*, *Chandraprabha*, *Kumaryasav*.

## INTRODUCTION

This case study of a 24-year girl comes in R.N. Kapoor Memorial Ayurvedic Medical College & Hospital, Indore for the complaint of scanty menses (only spotting) in present cycle with history of delayed cycle at interval of 2 -4 months or even 6 month (180 days) and hirsutism on face with h/o heavy menstrual bleeding or sometime scanty flow. The bleeding phase is 7-8 days. She also complains that she has frequent mood swing and irritation. She gives history of sedentary lifestyle that is taking fast food and sleeping time was 1 to 2 PM and awake timing 9 to 10 AM and had so much stress and mood swing. She took allopathic treatment but only got relief till taking medicine. On USG changes of PCOD showed. So, all this indicates this is a case of PCOS.

In recent times, there has been a noticeable increase in the number of reported cases of menstrual complaints among females. This issue is showing a significant upward trend and can be attributed to various factors, such as dietary choices, sedentary lifestyle, and heightened stress levels, among others. Consequently, these factors contribute to both physical and emotional disturbances experienced by the affected individuals, obesity. Moreover, the prolonged pres-

ence of such complications can potentially lead to menstrual irregularities and Polycystic Ovary Syndrome (PCOS). [1,2]

PCOS is a multifaceted condition that has repercussions on reproductive, metabolic, and psychological health, impacting individuals throughout their lives. Diagnosis is recommended based on the 2003 Rotterdam criteria and confirmed with two of three criteria: hyperandrogenism (clinical or biochemical), irregular cycles, and polycystic ovary[3,4,5 ]. In Ayurveda PCOS symptoms resemble '*PushpaghniJataharini*' is having regular cycles, but it is fruitless i.e., ovulation does not occur. She has corpulent and hairy cheeks. *Jataharini* was described by *AcharyaKashyapa*. *Jataharini* is a group of disease that affects the women during their different stages of life. It not only affects the women but also their foetuses, neonates and children. *Adharma* (unrighteousness) is a most important cause for affliction by *Jataharini*. [6,7] *Adharma* may be said to some extent as lifestyle changes in present time. Other conditions like *Ar-tavaKshaya* its symptom *YathochitaKalaAdarshanam* that is menses do not occur on date (delayed cycle), *Alpata*(scanty menses), resembles to PCOS.[8]

### Material and method:

For scanty flow-

Give *Rajapravartini* and *Nashtapushpantak Ras Vati* for 3 days 1 BD dose.

after stoppage of menses treatment plan according to menstrual phase

In Follicular phase we used this drug -

Drug	Dose	Anupan	Kal
1. <i>Nagkeshar + Trikatu</i>	2+3 gm BD for 5 days after menses	Lukewarm water	Before 2 hours of food
2. <i>Shatpushpa</i>	6 gm BD for 14 days	<i>Goghrit</i>	Empty stomach
3. <i>Chandraprabha vati</i>	2-tab (250 mg) BD 14 days	Lukewarm water	After food
4. <i>Kumaryasav</i>	20 ml BD for whole cycle	With equal amount of water	After food

In day 13th and 14th used *Chitrakadivati* 1 BD

In secretary phase

Drug	Dose	Anupan	Kal (Timing)
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1. <i>Shatavari</i> + <i>Ashvagandhachurna</i>	2 + 2 gm	Milk	After breakfast and dinner
2. <i>Chandraprabha vati</i>	2 tab (250 mg each)	Lukewarm water	After food
3. <i>Kumaryasav</i>	20 ml BD till next cycle	Equal amount of water	After food

This all-drug repeat for 3 consecutive cycles

**Surya Namaskar:** 20 sets in morning and 10 - 10 sets of *Anulom Vilom* and *Bhramari Pranayam*.

**Pathya:** *Draksha* (raisin), *Tila* (sesamum indicum), *Guda* (jaggary), *Mudaga* (*Vigna radiata*), *Lasuna* (*Alium sativum*)

**Apathya:** Fast food (Pizza , burger, deep fried food), late night awakening, curd at night.

### Result:

Observation is carried out before treatment and during treatment and after treatment then results get in following symptoms-

Symptoms	Before treatment	After treatment
1. Cycle interval	2- 6 month	32 -40 days
2. Duration	7-8 days	5 - 6 days
3. Blood flow	Scanty or sometime heavy	Normal flow
4. Irritability	Excessive	No
5. Hirsutism	Present	Less than previous

Then patient get regular menses and after 3 months advises USG pelvis which was normal.

### DISCUSSION

First, we see thickness of endometrium and plan of treatment. In this patient ET 8.2 mm; so, for current situation that is scanty flow we give *Raja Pravartini* and *Nastapushpantak* rasa for 3 days. On the second day the patient has increase flow 2 pad/ day used fully soaked but had severe pain and pass big clot looks like *Granthibhuta Artava*. The menses stop after 6 days spontaneously. After menses, we used drug according to follicular and secretary phase *Shsatpushpa* enhance secretion of FSH, so it used in follicular phase and *Shatavari* promote to secrete progesterone and due to presence of phytoestrogen regularize estrogen level, so it more beneficial in secretary phase. We can understand the mode of action of this drug as follows-

**Shatpushpa Churna:** In many research it has been proven it stimulates ovulation. Due to *Ushna* and *Tikshna Guna*, it acts as *Kapha-Vatashamaka*. It has *Deepana*, *Pachana* (increase digestive function), *Anuloman* (normalize excretory function) and *Krimighna* (vermicide) properties so; it helps to normalize function of female reproductive system. It

acts as *Artavajanana* (helps in commencement of menstruation). [9,10,11]

**Chandraprabha Vati:** It is one of the important formulations used in the classics. It is considered as *Sarva Roga Pranashini* which cures all types of diseases. *Tridosha Chandraprabha Vati* has synergetic action. It has anti-inflammatory, antibacterial, antiseptic, astringent, diuretic, healing and cooling properties. It detoxicates the genitourinary tract and restores its normal functions. [11, 13] *Chandraprabha Vati* is proved to be effective in menstrual disorders explained by *Sharangdhar* that is *Streenam Artava Ruja*. [14] It means *Chandrabrabha Vati* normalize *Apana Vata* and due to its *Katu Tikta Ras*, *Laghu*, *Ruksha Guna* and due to *Ushna Veerya Tridhosha Shamak* (normalise all *Doshas*) predominantly *Vata Kapha Shamak*. Due to the presence of *Sheelajatu* and *Guggul*, it works as a *Rasayan* and *Stroto Shodhan Guna* (remove obstruction). In *Artava Kshaya* due to vitiation of *Apana Vata* there is obstructed by *Kapha*, so there is need of *Agnideepak* drug and it has content this drug so it correct *Agni* (digestion) and remove *Ama* from *Srotas*. It acts as a *Granthibedan*

(destruct the tumour) due to *Kshedan* and *Kledashoshan* property of *Sheelajatu* and *Loha*.

*Shatavari*: The precise mechanism by which *shatavari* rejuvenates ovaries, increases secretion of progesterone and oestrogen and development compact endometrium, it is proposed that anti-stress and antioxidant properties may protect against stress-mediated negative reproductive health consequences in women. So it more effective when used in secretary phase. [15, 16, 17]

*Ashvagandha*: It has anti-stress activity, it corrects H-P-O axis that is through proper release of GnRH from hypothalamus and FSH and LH in balance manor from pituitary and indirectly regulate estrogen and progesterone secretion. It also inhibits the stress hormone cortisol. [18]

*Kumaryasava*: It has *Agni Deepak Amapachak* property. In many studies it has been proven as a hepatoprotective. It helps in secretion of digestive enzyme and SHBG (Sex hormone binding globulin) secreted from liver which bind the oestrogen and normalize estrogen level. [19, 20, 21]

*Chitrakadi Vati*: In *Ayurveda Artava* is *Agneya* (hot potency) and for rupture of follicle *Granthi Bhedan* and *Ushna Tikshna* drugs are helpful.

*Surya Namaskar* helps to stretch the supporting muscles of the uterus and vaginal walls. The blood supply is improved to the pelvic region thus exerting a toning effect on the ovaries. *Yoga* also normalizes the psychological state of patient, so it corrects the hypothalamus and pituitary which release gonadotropin and stimulate ovary and correct ovulation.

## CONCLUSION

Due to sedentary lifestyle as eating fast food and improper sleeping habit and dietary and stress habit develop many metabolic disorders and PCOS most common in young girls. In *Ayurveda* its signs and symptoms similar to *Pushpaghni Jataharini* and *Artava Kshaya* condition vitiate mainly *Vata Kapha* leads of improper function of *Apana Vata*. Drug should choose according to lean and obese PCOS and condition of endometrium and menstrual phase. *Shatpushpa* is more effective in follicular phase and

*Shatavari* more effective in secretary phase. *Kumaryasava* stimulates the liver and release SHBG. *Chandraprabha Vati* acts as a *Rasayan* and maximum drug works as a *Vatakapha Shamak* and *Vatanulomak*. *Surya Namaskar* by stretching increase blood supply towards pelvic organ and release stress. So, this drug successfully corrects the symptoms that is regularised cycle, reduce stress and decrease excessive hair growth.

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