



## TO EVALUATE THE RELEVANCE OF MEDOSARATA IN CURRENT SCENARIO W.S.R. TO PCOS

<sup>1</sup>Tejalrani Jaiswal, <sup>2</sup>Babita Sharma, <sup>3</sup>Nitin Ujjaliya

<sup>1</sup>MD Scholar 1<sup>st</sup> year, Dept. of Kriya Sharir, Pt. Khushilal Sharma Govt. Ayurveda Institute, Bhopal (MP).

<sup>2</sup>Associate Professor, Dept. of Kriya Sharir, Pt. Khushilal Sharma Govt. Ayurveda Institute, Bhopal (MP)

<sup>3</sup>Assistant Professor, Dept. of Dravyaguna, Pt. Khushilal Sharma Govt. Ayurveda Institute, Bhopal (MP)

Corresponding Author: [tejalrani777@gmail.com](mailto:tejalrani777@gmail.com)

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## ABSTRACT

*Ayurveda* is a living science with a big concern to follow the **Siddhant** of “*Swasthya Swasthya Rakshan.*” The *Ayurvedic* concept of preventive aspect of health is very useful now a days as the people in the modern era are unable to pay attention to their health due to their hectic lifestyles & may suffer from a number of lifestyle disorders. *Ayurveda* proposed many measures to protect health. For the diagnosis & prevention of diseases there should be knowledge of *Tridoshas*, *Saptadhatus*, *Malas* as well as an understanding of *Sarata* is also crucial. *Dhatu Sarata* is an assessment of body by examine the excellent and fine quality status of *Dhatu*. It is a component of *Dashavidha Pariksha*. Both physical and emotional health are impacted by *Dhatu's Sara-Asara* state, we can observe a *dhatu's* impacts on many bodily parts while it is in the *Asar* state. So, different kinds of lifestyle & metabolic diseases are caused by impaired *Dhatu's*. PCOS is common lifestyle and metabolic disorders in female & is characterized by a combination of hyperandrogenism, irregular menses, chronic anovulation, hyperinsulinemia, obesity, polycystic ovaries, infertility. As per our classical texts, a few diseases may be correlated with PCOS like *Pushpaghnijataharini*<sup>1</sup> (*kashyap samhita*), *Aartavakshay*<sup>2</sup>, *Granthi*, *Bandhya*<sup>3</sup> *yonivyapad*, *Sthaulya* etc. The proposed pathogenesis of PCOS is as follows, due to *Visham Aahar vihar Agni* getting vitiated causing *Agnimandya* which leads to the formation of *Aamras* resulting *Dhatvagni mandya*. This *Samaras dhatu* vitiated the *Aartava(Updhatu of Ras)* & *Kapha Dosha*. METHODOLOGY: This papers content is

based on Ayurveda classics with the accessible commentaries, textbook of contemporary medical sciences, and a number of articles to better comprehend the idea *Medosarata*, *Mandagni*, *Mans-Medodusthi* & the pathogenesis, symptoms etc of PCOS. RESULT: Thus, sedentary lifestyle is a precipitating factor for *Dhatvagni Mandya* and *Medodhatu Dushti* in the pathogenesis of PCOS. Therefore, the purpose of present article is exploring awareness about lifestyle as well as the medical perspective of PCOS.

**Keywords:** *Medodhatu Sarata*, *Dhatvagni Mandya*, *Obesity*, *PCOS*.

## INTRODUCTION

Ayurvedic *Kriya Sharir* is based on *Dosha* (governing energies), *Dhatu* (organs & structures), *Mala* i.e., functional **principle**, constitutional **principle** and waste products respectively. Functional assessment of all *Dhatus* is called as *Dhatu Sarata* or tissue excellence. The body's strength is determined by the excellent and fine quality status of *Dhatu*. The human body contains various tissues that are high in lipids, including the *Vasa(updhatu)*, *Majja*, and *Meda* (*Dhatu*). Among the aforementioned, *Meda* is crucial since it plays a vital role in the development of several metabolic disorders.

PCOS is a common lifestyle and metabolic disorders. Patients with PCOS experience a wide range of

symptoms including hyperandrogenism, irregular menses, chronic anovulation, polycystic ovaries, obesity, hyperinsulinemia, infertility. Although PCOS is not directly linked to any of the **gynecological** disorders mentioned in Ayurveda, but clinical features of its are nearer to *Pushpaghni Jataharini*. From the reproductive perspective, the pathogenesis of PCOS is comparable to the state of *Nashtartava*<sup>4</sup> and *Bandhaya*. PCOS can be related as *Tridosha beejadhatu dushti vikar*. The physiological system mainly involved in PCOS as per modern and Ayurveda science are as follows:<sup>5</sup>

MODERN	AYURVEDA
Lymph and plasma	<i>Ras Dhatu</i>
Fat tissue	<i>Medo Dhatu</i>
Female reproductive system	<i>Aartava Dhatu</i>

**PREVALENCE:** Non communicable diseases (NCDs) kill around 40 million people each year, which is around 70% of all deaths. Globally, the prevalence of PCOS is estimated to be between 5.5% to 12.6% in women in the age group of 17-45 years. In India the prevalence estimates between 8.2% to 22.5%.

## METHODOLOGY

This papers content is based on Ayurveda classics with the accessible commentaries, textbook of contemporary medical sciences, and a number of articles to better comprehend the idea *Medosarata*, *Mandagni*, *Mans-Medodusthi* & the pathogenesis, symptoms etc of PCOS.

## ETIOLOGY:

The general etiology of *Yonirogas* includes *Mithyachara*, *Pradushata Artava* and *Beejdoshaj*.

- **Mithyaahara:** - Food with *Madhura*, *Snigdha*, *Abhishyandi gunas* will cause *Kapha Dosha Kopa* while *Katu*, *Ruksha* (fried and dried items) *Guna* leads to *Vatakopa*. Another *Santharpanajanya* & *Virudhha Ahara* intake will cause *Tridosha Kopa*. In present era intake of unwholesome food like spicy, oily & junk food etc are regarded as *Mithyaahara*.
- **MithyaVihar:** - Sedentary lifestyle along with excessive food intake, *Diwaswapna*, *Vegadhara* and psychological factors like *Bhaya*, *Chinta*, *Soka* etc are the predisposing factors for pathology of PCOS.

- **Pradusta Artava:** - The Androgen forming enzyme is dysregulated in PCOD patients, resulting in hyperandrogenism.
- **Beejadushti:** - Chromosomal and genetic abnormality is also considered as the etiological factor of PCOS.

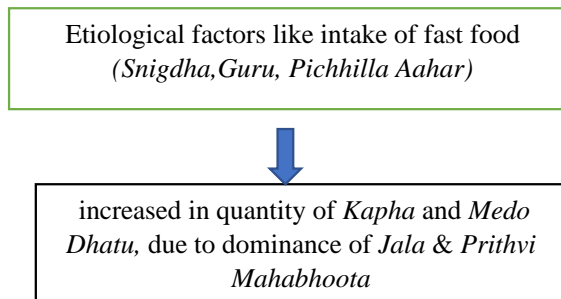
Vitiation of *Vata-Kapha* leading to *Avarana* of *Artava* resulting in *Nastartava*.

### Nidana and Samprapti Ghataka of symptoms of PCOS as per Ayurveda.

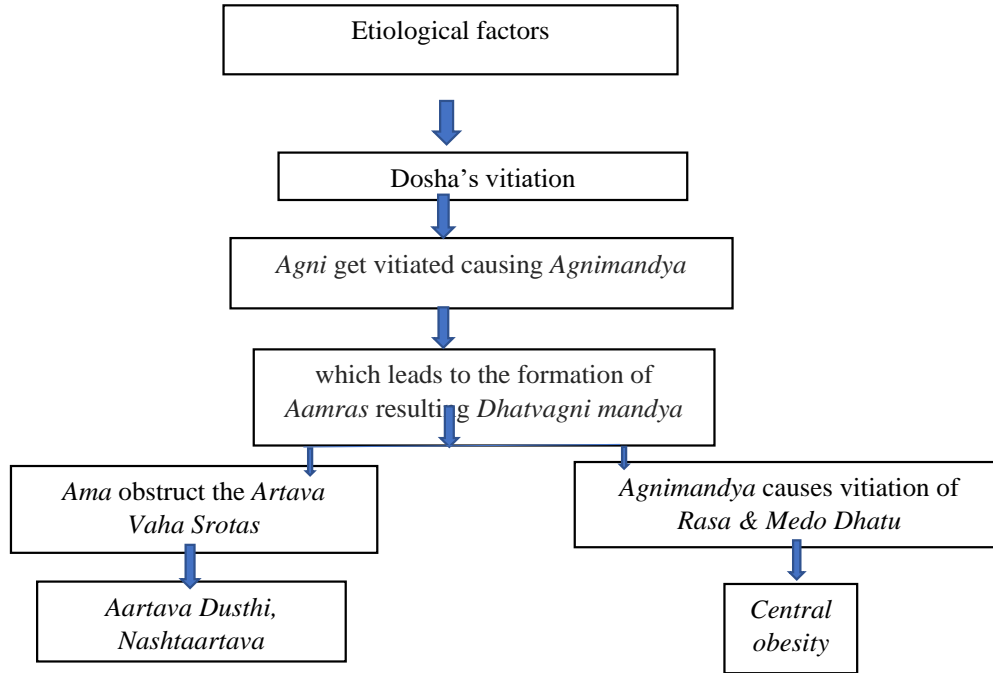
S. NO.	CAUSATIVE FACTOR	DESCRIPTION
1	<i>Mithyaachar</i>	Unwholesome food, <i>Vegadharana</i> , <i>Ratrijagrana</i> , <i>Divaswapna</i> .
2	<i>Pradusta Artava/ Nastaartava</i>	Obstruction in <i>Artava-vaha Srotas</i>
3	<i>Beejadushti</i>	Chromosomal and genetic abnormality
4	<i>Ras Dhatu Dushti</i>	Abnormalities in lymph and plasma
5	<i>Medo Dhatu Dushti</i>	Central obesity & prediabetic condition

### PATHOPHYSIOLOGY OF PCOS:

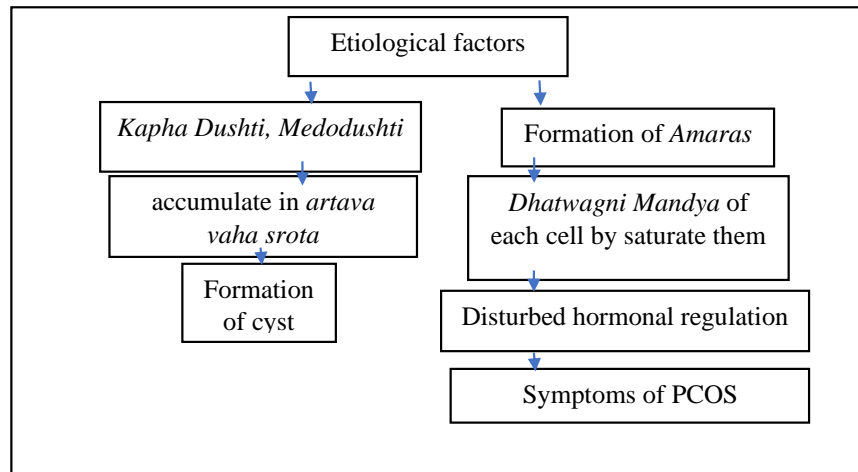
- Consuming *Guru*(heavy), *Snigdha* (unctuous), *Seetha* (cold), *Madhura* (sweet) and *Kaphavardhaka ahara* along with no regular exercise and sedentary lifestyle leads to *Sthoulya* where *Medo dhatu* only gets over nourished while other *Dhatu pushti* gets hindered.
- *Dhatwagni Mandya* leads to *Mamsa medo vriddhi* which gets deposited on *Stana*, *Udara* and *Sphik pradesha*. It can be correlated with central obesity among PCOS patients, and it may gradually lead to insulin resistance among them.



- Acharya said that “*Roga Sarve Api Mande Agnou*” which means Agni is the Major factor in production of many diseases. Irregular dietary habits and *Mithya viharas* results in *Jataragnimandhya*, due to which food will not digest properly and foam *Ama*(toxin) which in turn lead to formation of *Sama Ras Dhatu*. This *Sama Ras Dhatu* vitiate the *Aartava* (*updhatu of ras dhatu*) as well as *dushit kapha dosha*.



- *Dushit Kapha* has thus accumulated in *Artava vaha srotas* leads to formation of cyst. When the cystic formation occurs in ovary it involves only *Aartavaha srotas (dushti in rasa dhatu only)* but when the disease progress (in *uttarotar dhatu*) other feature like acne, hirsutism etc will also originate and it seems that whole metabolic process gets disturbed which is considered as *Dhatwagni vikar* in *Ayurveda*.



**SIGNS AND SYMPTOMS OF PCOS:**

1. Amenorrhea (*Nashtarhava*) & Oligomenorrhea (*Arthavakshya*):- The *kapha and vata dosha* cause *Aavarna* of the *artavaha srotas* leading to obstruction which result in amenorrhea, oligomenorrhea, irregular menstrual cycle and infertility.

2. Anovulatory cycle (*Vridha pushpam* in *Pushpagni jathaharini*):- long running amenorrhoea due to unopposed oestrogen which result in endometrial hyperplasia and occasionally when there is a menses it will be heavy and prolong anovulatory bleeding.

वृथा पुष्पं तु या नारी यथाकालं प्रणश्यति ।

स्थुललोमशगण्डा वा पुष्पघ्नी साऽपि रेवती ॥ का.क.६. रेवती

3. *Akala khalitya*:- Premature balding due to high level of androgen.
4. *Neelika (rakta vaha stoto dushti lakshan)*:- Darkening and thickening of skin around the neck, groin, underarms or skin folds called Acanthosis nigricans.
5. Hirsutism (*Lomasha ganda in Pushpagni jathaharini*)
6. *Obesity (Sthaulya)*.
7. *Prameha purvaroop*:- *Kapha medo dushti* (Hyperinsulinemia)

#### DIAGNOSIS OF PCOD: -

- A. Patients fulfilling the revised Rotterdam criteria<sup>6</sup> (2003): The criteria state that two out of the following three criteria should be present in diagnosis of PCOD.
1. Oligo ovulation or Anovulation.
  2. Androgen excess
  3. USG show polycystic ovary (antral follicle count >12 and/or ovarian volume >10cm<sup>3</sup>).

#### B. Lipid profile & Blood test:

Lipid deposition and disturbed level of cells due to the inflammatory events involved in PCOS.

#### TREATMENT

Treatment protocol for PCOS patients based on their symptoms.

According to Acharya *Charaka* every disease can't be named, so *Vaidyas* should know the diseases condition according to the involvement of *Dosh*, *Dhatu*, *Strotas* etc. (Ch.su 18/44)

#### Treatment principle: -

1. **Nidanparivarjana**: - "Samkshepata kriyayogo nidana parivarjana"<sup>7</sup>.
2. Treatment of *Agnimandya* at *Jatharagni* and *Dhatwagni* level and *Ama Pachana*.
3. Alleviating of *Srotavarodha*.
4. Regulating the *Apana Vata*
5. "Tatra Samsodhanam agneyanam dravyanam vidhivat upayoga"<sup>8</sup>:- usage of drugs which are Agneya in nature.

6. Healthy lifestyle regimen: Proper dietary pattern, Proper sleep pattern, exercise etc.

#### 1 NIDANPARIVARJANA: -

Avoiding the causes of diseases is crucial, especially for those who are suffering with lifestyle issues. Lifestyle habits like irregular and unhealthy diets like canned food, other junk food & soft beverages should strictly be prohibited to control *Agnimandya* in patients of PCOS.

#### 2 ALLEVIATING OF SROTAVARODHA: -

- **Vaman**:- Remove metabolic waste and vitiate *Kapha* Dosh from body.
- **Basti**:- It works on the whole body and also regulates *Vata* Dosh. It helps in normalization of ovarian and menstrual cycle.

PCOS is regarded as *Kapha Vata Pradhana* condition, so *Vaman* and *Basti* both procedures are helpful in regulating the vitiated *Kapha* & *Vata* dosha's respectively.

#### 3 SHAMANA CHIKITSA (Treating *Agnimandya*, *Ama Pachana* and *regulating Apana Vata*)

- **Chitrakadi Vati**:- Helps in *Agnimandya* & *Amapachana*.

*Marich* present in *Chitrakadi Vati* stimulates the secretion of pancreatic enzymes & release of bile acids, which improves digestion, and also helps in managing cholesterol level.

- **Panchakola Churna**:- It improves digestion and balances *Vata* & *Kapha* Dosh.
- **Haritaki Churna**:- Its *Prabhav* is *Tridoshghna* & *Pramukha karma* are *Anuloman* & *Srotovishodhan*.

**Action of Haritaki (Bha. Ni.)**:- when taken by chewing it promotes digestive fire.

- **Shivakshara Pachan Churna**:- It is Useful to correct digestive disturbance, enhances appetite and improves metabolism.
- **Takrarishta**:- It stimulates the power of digestion and cures *shotha*, *Meha*, *udara vikar* and helps in downward movement of *Vata*.
- **Kanchnar Guggulu**:- It has *Vata kaphaghna* property. The *sang* (obstruction) type *vikruti* can be resolved with this medicine. It reduces swelling and lumps by drying the excess *kapha* and fluid

in the body and promotes healthy function of Agni.

- **Rajpravarthni Vati:** - It is Vata kapha nashak in action, it acts on Aartavaha strotas & balances the Apan vayu.
- Ashoka, dashmool, shatavari etc drugs are useful in correcting hormonal imbalance.
- **Use of Agneya dravyas:-** “Tatra Samsodhanam agneyanam dravyanam vidhivat upayoga” Aagneya Dravya is said to be having Vata, Kapha Shamaka and Pitta Prakopaka properties. & Causes increase in amount of Aartva and also helps in removal of Kapha and Vata Aavarna and cure the disease.

#### Healthy lifestyle regimen:

- **Pathya Ahara:** - Dietic advice like intake of Salianna, Yava, Madya, Gomutra, Panchkaul Siddha Yavagu is very useful for correcting Agnimandya & Aartavakshaya.
- **Pathya Vihara:** - Following proper schedule of Dincharya, Ritucharya and good eating habits, regular exercise are useful in management of Agni & weight reduction.
- Proper sleep pattern,
- **Yoga<sup>9</sup>:** - Yoga can play an important role in the prevention & management of PCOS. It can maintain the physiology of H-P-O axis. The following Yogasana are especially beneficiary: Bhujangasan, Upavishta konasan, Baddha Konasan, Dhanurasana, Utkatasana etc.
- Ayurveda has defined a special code of conduct to be followed during menstrual period (Rajaswalaparicharya) and after menstruation should be followed. Rajaswalaparicraya includes Havisya bhojan and Yava pradhan food products. Havisya is a meal made up of Ghee, shali rice and milk. This should be given to the Rajaswala stree. Havisya or Yavaka are good Agnivardhaka ahara, Yava is Guru, Seetha, Madhura and Sara and these Gunas will increase faeces and Vata. The Vataprakopa can be diminished by adding milk and ghee<sup>10</sup>.

## RESULT

Ultimately, Dhatwagni Mandya of each individual cell decreases their responsiveness to insulin and other hormones. Furthermore, Dushit Kapha vitiates the Meda Dhatu, resulting in Medo Dhatu vriddhi or Medo Dhatu Kshaya. Kapha has thus accumulated in Artava Vaha Srotas, leading to the formation of cysts. So, PCOS is a condition that involves Srotas Dushti, Dhatwagni Mandya, Vata Kapha Dosha vitiation, and Medodushti. On the basis of the involvement of the Dosha treatment should be aimed to pacify the vitiated Kapha dosha& Medodhatu, initiate the Vataanulomana.

## DISCUSSION

Now a days PCOS is one of the growing lifestyle disorders and a public health hazard in women that contributes to infertility in a significant portion of the population. Although it cannot be directly linked to any of the gynaecological disorders mentioned in Ayurveda. But depending on Ayurveda basic principles of Dosha, Dhatu & Agni, any disease can be diagnosed and treated as well. On the basis of the involvement of the Dosha treatment should be aimed to pacify the vitiated Kapha dosha& Medodhatu, initiate the Vataanulomana and raise the Guna of Pitta. So, the treatment protocol including Nidanparivarjana, Agnideepana, Amapachana, regulation of Apana Vata etc are important approach of Ayurveda towards the management of PCOS. Dhatu Sarata determines the strength of person<sup>11</sup>. Yoga Abhyas help to tone up the whole system and give strength to a person.

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