



A CASE STUDY TO ACCESS THE EFFICACY OF VAMANA WITH MADANAPIPALI IN PCOS

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ABSTRACT

PCOS is becoming very common in the reproductive age of women. The prevalence rate varies from 2.2% - 26%. It is considered the most common endocrinal disease. A sedentary lifestyle and stress are contributing factors to its increasing prevalence. The common symptoms of PCOS are Menstrual irregularities, Infertility, Obesity, Hirsutism, Endometrial hyperplasia, Insulin resistance, Anxiety, and Depression. Menstrual disturbances commonly observed in PCOS are oligomenorrhea, amenorrhea, and prolonged erratic menstrual bleeding. A female patient of age 25 years, already diagnosed with PCOS admitted to IPD of Government Ayurveda College, Bilaspur with registration number 15525 in *Prasuti Tantra and Striroga* department. According to Ayurveda, it is the condition of Bahudoshavastha, so Vamana with Madanapippali is considered for *Sodhana* purposes. The response to the treatment was recorded and therapeutic effects were evaluated based on symptomatic relief and through USG, LH, and FSH hormone levels. The results revealed that PCOS could be curable through Vamana chikitsa.

Keywords: PCOS, Bahudoshavastha, Vamana, Madanaphala, Granthi

INTRODUCTION

In the world, Polycystic Ovary Syndrome (PCOS) is becoming the most common endocrine disorder among women. Symptoms include infertility, obesity, alopecia, acne, hirsutism, and menstrual irregularities. Women with the syndrome are also more likely to experience co-morbid physical and psychological conditions such as diabetes, heart disease, also depression, and anxiety. The prevalence of PCOS in the general population is about 5- 10% worldwide. The authors of Ayurveda have explained all the symptoms of PCOS in different contexts like *Yoni Vyapat*, *Artava Dushti*, *Kaphaja Vataja Artava Dushti*, *Kaphaja Granthi*, etc. It's the condition of *Bahudosha avastha* according to *Ayurvedic* pathology. *Bahudosha avastha* condition according to *ayurveda* found in PCOS. Looking into the *Dosha* condition, the symptoms are more of *kapha* and *Vata* vitiation. *Kapha* gets vitiated causing *Srotoavarodha* and leading to *Vata Vaigunyata*. As oligomenorrhea is the most common symptom it can also be compared to *Artavakshaya* told by *Acharya Sushruta*. So here *Sanshodhana* and *Agni Vardhaka chikitsa* are being adopted by the acharyas. Many research works were being conducted on *Vamana* with *Madana pippali* followed by *Shamana chikitsa*. Therefore, here the present study is taken on *Vamana* therapy with *Madana Pippali* in PCOS to observe the results by using subjective & objective parameters. Symptoms of PCOD are taken as subjective whereas USG of the Abdomen is considered an objective parameter. The results of therapy will be discussed in the discussion part.

MATERIAL & METHODS

A female patient of age 25 years, already diagnosed with PCOS and Hirsutism admitted to IPD of Government Ayurveda College, Bilaspur with registration number 15525 in *Prasuti Tantra and Striroga* department. She had been referred to dept. of *Panchkarma* for further management. The patient was suffering from Oligomenorrhea with Hirsutism since 2016 with PCOS. She was undergoing allopathic medicine management for 5 years. Also, she has tak-

en medications from other health management for PCOS for 4 years. So, there was a medical history of PCOS of around 5years. She presented with complains of Oligomenorrhea, Delayed menstrual cycle, constant Weight gain mainly Central obesity, Hirsutism, and maximum associated symptoms of PCOS. Along with she had other associated complains like-hyper acidity, flatulence, disturbed sleep, and heaviness in the body. USG was also suggestive of Polycystic ovarian disease. After a complete examination, blood investigations were done.

Vamana Karma:

Deepana Pachana: *Trikatu churna* (3g) given twice daily for 3 days before 30 min of food with lukewarm water. ***Abhyantara Snehapana:*** *Shuddha Go Ghrita* for five days in *Arohana krama* (Escalating dose), started with 30 ml.

First Day - 30ml

Second Day - 60ml

Third-Day - 90ml

Fourth Day - 120ml

Fifth day – 150ml

After observing *Samyak Snigdha Lakshana* on the 5th day, the patient is advised to rest for the next day. *Sarvanga abhyanga* with *Til* oil and *Bhaspa swedana* with *Dashamoola kwatha* were carried out on a resting day also *Kapha Vridhikara* diet had been advised at dinner. On the 7th day, *Vamana* was conducted after *Sarvanga Abhyanga* and *Bhaspa Swedana*. *Pradhana karma* of *vamana* has been done with the following drugs– *Yavagu* prepared with *Guda* & *Salishastik* rice is given initially. Then Milk is given (*Akanta pana*). One *Muhurta* time gap is maintained after *Vamaka Yoga* (*Madana pippali churna*, *Vacha*, *Saindhava* & Honey). *Yastimadhu phanta* & *Lavanodaka* has given, and the *Vegas* are observed. *Pittantaka Vamana* with *Madhyama suddhi* is observed. *Dhoompana* has been carried out after 30 min of *va-*
mana. *Samsarjana krama* followed for 5 days from the day of *Vamana*.

OBSERVATION

Observations and Results:

Weight: Before Treatment: 78 kg
 After Treatment: 76 kg
 Height of the patient: 1.48 m
 BMI: Before Treatment: 35.60 kg/m²
 After Treatment: 34.70 kg/m²

Ultrasonography report before and after treatment:
 The main change observed in the report was, a decrease in the number of the non-dominant follicle and ovarian volume.

The uterus is normal in shape, size, and contour, other details of USG are given in table no-

No. of Follicles	Right Ovary		Left Ovary	
	B.T.	A.T.	B.T.	A.T.
No. & Size of Dominant follicle	No DF seen	No DF seen	No DF seen	No DF seen
Number of Non- Dominant follicles	11-14	3-5	8-11	3-7
Size of Non- Dominant follicle	6-8 mm	4-7mm	5-7mm	4-7mm
Ovarian Size	4.8cm×1.5cm ×3.4cm	3.7cm×1.5cm× 3.6cm	5.1cm×1.6cm ×3.4cm	4.3cm×1.2cm× 3.4cm
Ovarian Volume	24.48cc	19.98 cc	27.74cc	17.54.cc
Ovarian Stroma	Echogenic	Echogenic	Echogenic	Echogenic

DISCUSSION

PCOS is not described individually in *Ayurvedic* texts. As it is a syndrome so the symptoms of PCOS are found scattered in different texts like *Kashyap Samhita*, *Carak & Shusrut Samhita*, etc. *Acharya Shushruta* has explained *Sodhana chikitsa* in *Artavakshaya*. *Acharya Kashyapa* explained that *Vamana* helps to cure Obesity and *Kaphaja* diseases. Obesity and Oligomenorrhoea are one of the cardinal features of PCOS. *Vamana* plays an eminent role to expel the excess accumulated *Doshas* and also increases the *Agni*. Also, *Vamana* is the *chikitsa* for *Medo*, *Granthi*, and *Kaphaja rogas*. *Ayurvedic* pathology shows the dominance of *Kapha* and *Vata dosha* in *PCOS*. As it is a disease with a group of symptoms so it is considered under *Bahu dosha Avastha* in *Ayurveda*. So, *Vamana* would be the ideal treatment for *samprapti vighatana* of *PCOS*. Hence it can be concluded that *Vamana* with *Madanaphala pippali* (*Randia Dumetorum*) powder is effective in the treatment of *PCOS*

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