

ASSESSMENT OF THE EFFICACY OF SPECIFIC YOGASANASA - SINGLE CASE STUDY ON PCOSSushma¹, Shivani Chaudhary², Satish Jalihal³^{1,2}3rd year PG scholar, Dept of PTSR, AAMC Moodbidri, Dakshinakannada, Karnataka, India³Associate Professor, Dept of PTSR, SVM Ayurveda Medical College & Hospital, Ilkal, Karnataka, IndiaCorresponding Author: shivanichaudhary538@gmail.com<https://doi.org/10.46607/iamj15p4052020>

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**ABSTRACT**

Due to sedentary lifestyle and stress, the incidence of metabolic disorders is increasing day by day. Among these, polycystic ovarian syndrome (PCOS) is one of them. PCOS is a disease, which is related to cystic changes in the ovary. The follicles develop from primordial follicle, but the development stops at an early antral stage due to disturbed ovarian function. Women with PCOS have irregular menstrual cycle, excess of androgen, anovulation, acne, hirsutism and infertility. According to Ayurveda, this type of clinical features is found in *Pushpagani*, *Jataharani* and *Artavakshaya*. It can be considered as *rasa Medodhatuvikara* and has to be managed depending on *Doshadushya* vitiation. Ayurvedic management principles as *Amaharachikitsa*, *Shodhana* and *Samana* therapies along with *Vata-Kaphahara Dravyas*. Diet and lifestyle modifications are also proving to be beneficial in PCOS. The present study highlights the effect of *Samana* therapy in PCOS.

Keyword: PCOS, *Artavakshaya*, Anovulation, *Samana***INTRODUCTION**

Menstrual cycle is a natural process but due to change in the lifestyle, women are cursed with vari-

ous menstrual irregularities, which even lead to secondary amenorrhoea. PCOS is considered to be the

most common lifestyle disorder, and the worldwide prevalence of PCOS is 6.5-6.8% according to NIH criteria¹. It occurs among all the races and nationalities. It is an endocrine disorder affecting women in their reproductive life. It is an ovarian cause of secondary amenorrhoea which not only hampers the normal menstrual cycle but also has significant affliction on the fertility of the lady. The exact pathophysiology of PCOS is not clearly understood but it can be assumed that PCOS occurred due to excess of production of androgen by the ovaries. Considering the contemporary science, it is known to feature several hormonal disturbances including hyperandrogenemia, insulin resistance and hyperinsulinemia² and accordingly the treatment is given like hormonal therapy, anti-diabetic drugs & surgical ovarian drilling technique etc., which is of cost effective. Considering the symptoms of PCOS, it can be correlated with *Pushpaghni Jaataharini*³, in this *Avastha*, there is *Avarodha* of *Pushpa* and *Vata* by the *Dushitakapha* & *Medas*. So, the management in PCOS should be targeted at *Agnideepana*, *Pachana*, *Vatanulomona* and *Rasa-Rakta Prasadana*.

Case Report

A female patient aged 22 years attending the outpatient department, presenting with the complain of irregular menstruation and hair fall since 3 years. Before 3 years she didn't get periods for 4 months then she consulted allopathic doctor they advised to do USG. In USG PCOD was diagnosed. She took hormonal treatment for 3 cycles then her period become regular. After completion of 3 months of treatment, next 2 cycle period was normal but after that it became irregular. So, she came for ayurvedic treatment.

Menstrual History: 2-3/ 50-60 days, 2 pads/day, irregular cycle, moderate flow sometime with clots

Personal History: Occupation- housewife, Diet-mixed diet, more junk food, Sleep- sound sleep, Bowel-sometimes constipated, Appetite – normal, Micturition – normal, 4-5 times/day

Clinical Examination: Patient well conscious, oriented, hemodynamically stable O/E – PR- 74/min, B.P – 110/70 mm of hg, Ht- 152 cm, Wt- 62 kg, BMI -26.8, P/A – Soft, Non tender

Prakriti – *Vatakapha*, *Jaran Shakti*, *Madhyam*, *Agnidushti*

Investigation

Hb- 11.6 gm%, TSH – 2.45mIU, Prolactin – WNL, USG – B/L polycystic ovaries, Rt ovary – 16 cc, Lft ovary- 14.2 cc

Treatment:

1st visit- 2-8-2019, LMP- 1-6-2019

1. *Gandharvahastadi Kashaya*⁴ + 1 tsp *Vilangtan-duladi Churna*⁵ at 6 am on empty stomach (15 ml of *Kashaya* + 80 ml of lukewarm water)
2. *Saptasara Kashaya*⁶ + 1 tsp *Hinguvachadi Churna*⁷ at 6 pm on empty stomach (15 ml of *Kashaya* + 80 ml of lukewarm water)
3. *Abhayarista* + *Kumara Asava* (20 ml – 0 – 20 ml) A/F
4. Tab *Chandraprabha Vati* 2-0-2 A/F with lukewarm water
5. *Astha Churna*⁸ 1 tsp BD in between food

Treatment given for 2 months with *Pathya-Ahara-Vihara* (avoid medicine during periods)

2nd visit 2- 10-2019

1st LMP – 17-8-2019, 2nd LMP 24-9-2019, Repeat same medicine for 1 more month.

3rd visit 3-11-2019

LMP 22-10-2019

Advised for USG

USG- Both ovaries appear normal in size, rt ovary – 9.4 cc, Lt ovary- 9 cc

DISCUSSION

PCOS is also the cause of infertility. It is associated with anovulation, excess of androgen, obesity. In this there is increased free testosterone, free estradiol, estrone and androgen. its favouring LH secretion and steady state follicle stimulating hormone levels which effects follicular maturation. This hyperandrogenic, normoestrogenic environment results in anovulatory state. According to Ayurveda in this condition there is imbalance of *Vata* and *Kapha Doshas* and *Sroto-Avarodha*. So, the line of management was *Vata-Kapha Shamaka*, *Pitta Vardhaka* and *Dhatavagni-Vardhan* (which improve digestive power and act as *Deepana* and *Pachana*. Clinical examination and his-

tory revealed *Dhatuagnimandya*, *Rasa Dhatudusti*, *Vata-Kaphavaigunya* (abnormal *Vata* and *Kapha Dosh*) specially *Apanavayuvaigunya*. *Gandharvahastadi Kashaya* helps to pacify the *Vata* and acts as *Deepana*, *Pachana* and *Mala Shodhaka*. So, it helps to regulate the *Apana Vata* and relieve the constipation. *Vilangatanduladi Choorna* which is mentioned in *Ashtang Hridaya* helps to pacify both *Vata* and *Kapha Dosh*. *Saptasara Kashaya* acts as *Pitta Vardhaka* and helps in *Artavajanana*. *Hinguvachadi Choorna* which is indicated in *Vridhi Rogas*, helps to remove the obstruction in *Srotasa*. *Abhayarista* and *Kumaryasava* helps in *Apanavayu Anulomana* and regulate the menstruation. *Ashtachoorna* remove *Srotoavrodha* and increase the *Jatharagni & Dhatuvagni*. *Chandraprabha Vati* acts as *Tridosahara*, *Balya*, *Rasayana* and it helps to regulate the hormones.

CONCLUSION

Depending on basic principle of Ayurveda *Dosha*, *Dhatu*, *Agni* any disease can be diagnosed and treated as well. In this case Ayurveda treatment helped in balance the *Doshas* and improving ovarian function as well as hormonal function and regularizing the normal menstrual cycle.

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