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## An Ayurvedic Approach to Manage PCOS- A Case Study

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### ABSTRACT:

**Background** Polycystic ovary syndrome (PCOS) is a common endocrine disorder in women of reproductive age. PCOS is also a leading cause of infertility. It occurs 20-30% more frequently in young people of childbearing age. According to Ayurveda, PCOS is related to *Nastartava* or *Anartava*. *Nashtartava* or *Anartava* is the main characteristic of *Bandhya Yonivapada* and *Pushpgni Jatharini*. The word *Aartava* is used in the Samhita in connection with menstrual blood, ovum, and ovarian hormones. PCOS is mainly due to *Avrana* of *Vata* and *Kapha* so *Vatanulomak*, *Kapha Shaman*, and *Pitta Vardhan*, *Aamapachana*, *Artava Janana Chikitsa*, are effective.

**Main observations:** A 31 Years Old Female Patient, Housewife by Occupation. With Polycystic Ovarian Syndrome Was Arrived to OPD of Prasuti Tantra and Stri Rog for Ayurvedic Treatment. Chief Complaint Was Irregular Menses, Scanty Menses, Backache, Hair falls and Constipation in the last 4 Years. Physical Examination Revealed Pulse, Blood Pressure, Temperature Within Normal Limits. No History of Any Chronic Disease or Any Other Medical or Surgical History.

**Result:** This patient was treated with ayurvedic formulations like *Punarnava Mandoor*, *Panchkol Churna*, *Chaturbeej Churna*, *Panchtik Ghrith Guggulu*, *Triphala Guggulu*, *Dashmool Kwath*, *Haridrakhand*. Only traditional Ayurvedic medicines were used during the treatment. So, Patient's condition was assessed through improvement in symptoms. Therefore, this study was conducted to evaluate one of the treatment regimens for polycystic ovarian syndrome (PCOS).

**Conclusion:** The study reached the conclusion that ayurvedic treatment was significantly effective in the treatment of polycystic ovarian syndrome (PCOS).

**Keywords:** polycystic ovarian syndrome (PCOS), *Ayurveda*, *Aartava*, *Srota*

### INTRODUCTION

Polycystic ovary disease is the most common endocrine disease affecting women of reproductive age.<sup>1</sup> It was described by Stein and Leventhal in 1935 as a syndrome associated with amenorrhea, hirsutism, and enlarged Polycystic ovaries, and is often associated with insulin

resistance and obesity.<sup>2</sup> According to the 2003 Rotterdam criteria, the definition of PCOS is based on clinical and/or biochemical hyperandrogenism, oligo/anovulation, and polycystic ovaries. The presence of two of these three criteria diagnoses a patient with PCOS.<sup>3</sup> It is common in 20-30% of young people of childbearing age. the



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polycystic disease is seen in about 20% of normal women.<sup>4</sup> Ayurveda emphasizes on preserving *Shudha Artava* (healthy ovum) during the fertile period. *Ritumaticharya*, *Dinacharya* and *Rajswalacharya* helps to achieve and maintain a healthy life.<sup>5</sup> Failure to follow these *Charyas* (manners) leads to stress and tension, leading to intake of unhealthy food affecting the formation of *Rasa Dhatu*, which affects all *Dhatu*, especially *Medho Dhatu* (fat tissue) and *Rakta Dhatu* (blood cells). As per *Asrayi Asraya Bhavas*, *Kapha Dosha* is affected which leads to blockage *Strotas*, which leads to *Vata* get aggravated and cause *Dhatu kshya* because of this *Dhatu Kshya Rasa Dhatu* decreases and that ultimately causes the *Kshya* of its *Upadhatu* i.e., *Artava Kshya* (Anovulation). *Pitta Dushti* occurs as a hormonal imbalance. allopathic treatments include the use of oral contraceptives, hormone replacement therapy and surgical procedures.

## AIMS & OBJECTIVE

To study the effect of given Ayurveda treatment regime of *Nastartava* or *Anartava*.

## MATERIALS AND METHODS

For the case study, patients were selected from the O.P.D. of the Department of *Prasutitantra and Striroga* M.M.M. Govt. Ayurved College and relevant history was taken.

## CASE PRESENTATION

A female patient, 31 years old, came to *Prasutitantra and Striroga* OPD of MMM Govt. Ayurveda College, Udaipur, on 05 march 2021 with chief complaint of Irregular Menses, Scanty Menses, wants to conceive, Backache, Hair fall and Constipation in the last 4 Years.

### Menstrual History –

Age Of Menarche -13year

LMP:13-06-2021

Interval-30 Days

Duration-2days

Pain-Mild

Clots- Nil

History of past illness- NIL

Obstetric History-G2P1L1A1\

### Personal History

Diet- Vegetarian

Appetite- Normal

Bowel Habits- Constipated

Bladder-Normal

Sleep- Normal

### ➤ Clinical findings:

General examinations: Built – Normal, Weight – 48 kg, height – 159 cm, pulse rate- 70/min,

B.P. - 110 /70 mm of hg, respiration rate- 18/min, temp.- 98.6F

**O/E-** P/S- Cervix- thick white discharge

Nabothian cyst on both cervical lips

Cervix slightly eroded and inflamed

P/V – Not done

### ➤ Investigations-

Uterus- Anteverted, Anteflexed in Size Measuring 71×36×45 mm With Homogenous Echotexture

Endometrial Thickness- 9.9mm

Ovaries- Both Ovaries Are Normal in Size and Show Peripheral Arranged Multiple Small Sized Follicles.

Right Ovary Vol. 8.8cc

left ovary vol. 8.2cc

A dominant follicle measuring 23 × 18 mm is seen in the right ovary.

The impression is of the normal size of bilateral ovaries with a polycystic component.

Serum prolactin is normal

- Serum LH-9.69 mIU/ml
- Serum FSH-7.91 mU/ml
- Serum TSH - 4.27 µm/ml
- A Pap smear shows an acute inflammatory smear.

### ➤ Physical examination –

*Ashtavidhpariksha Nadi* (pulse)– VK, *Mutra* (urine) –

*Samyakmutrapravriti*, **Mala**(stool)– *Sama*, *Jihwa*

(tongue)- *Sama*, *Shabda*–*Samyak* ,*Sparsha*(touch)- *Ushma*,

*Drika*(eye)– *Samanya*, *Aakriti*(physical appearance)–

*Samanya*

*Dashvidhpariksha* – *Prakriti*(nature)-*Vatakaphaja*, *Sara*

(Purest body tissue) - *Madhyama*(medium),

*Samhanana*(Body compact) – *Madhyam* (medium),

*Pramana* (Body proportion)- *Madhyam* (medium), *Satmya*

(homologation) -*Madhyam*(medium) ,*Satva* (mental

strength) – *Madhyam* (medium), *Vaya*(age)-31years

### Plan Of Treatment

Internal Medicine: In the First Visit

1. *Punarnava Mandoor*- 250mg

*Panchkol Churna*- 1gm

*Chaturbeej Churna*- 2gm

BD With Lukewarm Water after meal

2. *Panchtik Ghrut Guggulu*- 1tab Bd with Lukewarm Water after a meal

3. *Triphala Guggulu*- 1 tab BD With Lukewarm Water after a meal

4. *Dashmool Kwath*- 30ml BD Empty Stomach
5. *Haridrakhand*-1 tsf with Milk at Night

## RESULT

after 12 months of treatment. she reported amenorrhea and found urine pregnancy test positive, subsequently, confirming the pregnancy by USG, as a single live intrauterine foetus.

## DISCUSSION

PCOS patients always show high levels of inflammatory changes. Inflammation is also associated with excess weight gain, which can be linked to *Samavastha* (metabolic toxin) in Ayurveda. *Apathya Aahara Viharas* (improper diet and lifestyle) causes *Aama* in *Rasa Dhatu* which causes *Artava Upadathu Dushti*. This disease state leads to improper selection and maturation of the ovum. The *Aama* thus produced, vitiates the remaining *Dhathus* which manifests as excessive weight gain and hair loss., which appears as overweight, hair growth, and loss. Unwanted hair and hair loss (distortion of bone tissue) occur in *Asthi Dhathu Dushti* as hair is the *Mala Roopa* of *Asthi*. *Kapha* and *Medho Dushti* are caused by excessive intake of junk food along with *Avyayama* and *Divasvapna* (Daytime Sleep). These disturbed *Doshas* and *Dhatus* reach the ovaries which hamper their morphology. Medicines with *Aamapachana*, *Agni deepana* (carminative), *Pachana* (digestive), *Vatanulomana*, *Lekhana*, and *Artava Janana* (ovulation inducer) properties should be used to normalize this condition.<sup>6</sup> The combination of *Punarnava mandoor*, *Chaturbeej churna*, and *Panchkol churna* normalizes *Vata Kapha* dosha and *Aamapachak* and most of the content has attributes like *Teekshna*, *Ushna*, *Deepana*, *Pachan*, *Aamadosh Nashak*.

- *Punarnava mandoor*<sup>7</sup> - many ingredients of *punarnava mandoor* have *Aampachak*, *Vata Kapha Dosh Nashak*, *Ushna*, and *Teekshna* properties and *Punarnava* have anti-inflammatory property, improves appetite, corrects digestive system, removes excess *Kapha*, balances *Kapha* and *Vata*, and corrects anaemia. *Panchkol churna*<sup>8</sup> – has *Katu* in *Rasa* and *Vipaka*, *Teekshna*, *Ushna*, *Deepana*, *Kapha-vatahara*, *Shoolagna*, *Pittakopana* properties. All these are antagonistic to *Aama*. By destroying *Aama*, *Panchkol* removes the blocks created by *Aama* in the cells and channels.

- *Chaturbeej churna*<sup>9</sup> – has *Vata roga nashak*, *Ajeerna* (indigestion) *nashak*, *Shool nashak*, *Kativyatha* (backache) *nashak* properties.
- *Dashmool kwath*<sup>10</sup> - contains *Brihat Panchmoola* and *Laghu Panchmool*. The combination of these ten roots is used widely in Ayurveda which acts on *Vata doshas*. it's had *Vata Kapha shaman*, and *Medo nashak* properties. Its anti-inflammatory and analgesic property is all potent it's also reduced back pain.<sup>11</sup>
- *Panchtikht ghrith Guggulu*<sup>12</sup> – it has *Agnideepaka*, *Krimi nashak*, *Vatahara*, *Prameh nashak*, *Medonashak* properties. *Panchtikht ghrith guggulu* possesses so many medicinal properties- antipruritic, anti-inflammtory, depurative, antibacterial, analgesic. Its works on cervical infection.
- *Haridrakhand*<sup>13</sup> – works on relieving insulin resistance and cervical infection by its *Ushna*, *Krimigna*, antibacterial, *Pramehhar*, *Kandunashak*, (*shopphara*) anti-inflammatory, *Vrinhara*(wound healing) properties.
- *Triphala Guggulu*<sup>14</sup> - helps to heal wounds, reduction in pain associated with wounds, anti-inflammatory action, relieve constipation, reduce weight it also have to reduce cyst of ovary. By its *Medohara*, *Lekhana*, *Katu vipaka*, *Tikshna*, *Ushna*, *Granthihara*, *Shophara* properties. Some healthy habits like regular exercise and yoga, Avoid processed foods, junk foods and high-calorie foods, Avoid all forms of refined sugar, Salt restriction is another major aspect, Use of natural salt like *Saindhav* (Himalayan Crystal Salt) gives more benefit, Avoid sleeping after lunch or during daytime, Avoid late night exposure to artificial lights, Green leafy vegetables such as spinach, cabbage, broccoli, Low glycaemic index foods Barley, cauliflower, tomatoes, onions, peaches, apples, and grapefruit are effective to prevention Polycystic ovarian syndrome.

## CONCLUSION

PCOS is mainly due to *Avrana* of *Vata* and *Kapha* so *Vatanulomak*, *Kapha Shaman*, and *Pitta Vardhan*, *Aamapachana*, *Artava Janana Chikitsa*, are effective. Therefore, we are giving this treatment regime for polycystic ovarian syndrome all these drugs have properties which helps easily reduce weight and also the symptoms of PCOS. It helps to lower insulin resistance more efficiently thereby favoring ovulation which is one of the prime factors for the maintenance of fertility.

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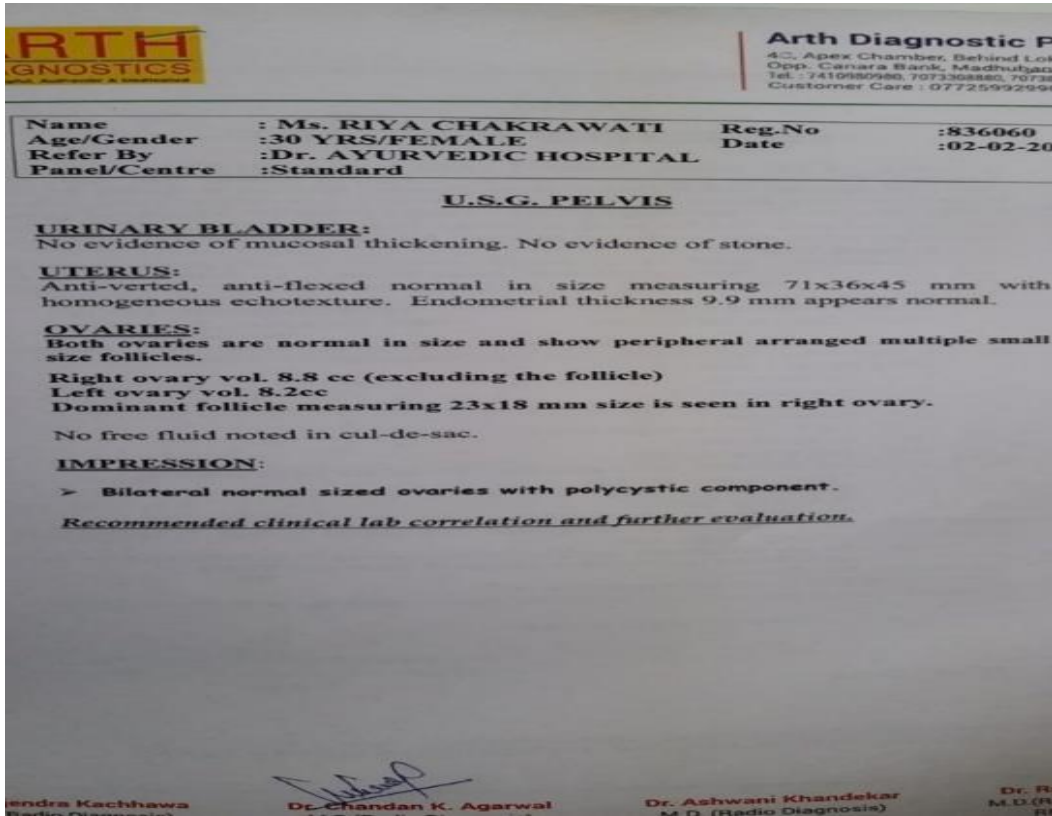
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Before treatment (image no.-1)



After treatment (image no.-2)

