



EFFECT OF AYURVEDIC INTERVENTION IN THE MANAGEMENT OF PCOS: A CASE STUDY

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ABSTRACT:

"Stree" being the fundamental source of progeny, she should be protected from any disorders that damage her motherhood. One of the disorders impacting this particular ability of women is PCOS. The condition is undoubtedly a major contributor to infertility and is most likely the most prevalent hormonal imbalance in women of reproductive age. The term PCOS is not specifically mentioned in the Ayurveda classics; instead, symptoms are found under a various descriptions in Ayurveda literature. PCOS can be diagnosed and treated using these principles. This case study presents a female patient with 18mm cyst in left ovary. She was given proper *Ayurvedic* interventions which showed remarkable improvements.

KEYWORDS: *Ayurveda, Dashmoolarishta, Kanchanar Guggulu, PCOS.*

INTRODUCTION:

Polycystic ovarian syndrome is gynecological problem in which cyst formation take places in ovary due to the irregular menstrual cycle, disturbed lifestyle and use of contraceptive pills etc. The treatment in allopathic medicine mainly includes hormonal therapy with synthetic derivatives of estrogen and oral pills like clomiphene. Moreover, it may fail in preventing the long-term consequences of PCOS^[1].

In ayurvedic classics there is no direct mentioning of this disease rather, symptoms are found under various references i.e. menstrual irregularities are described under the broad heading of *Ashtoartavadushti*, while the description of infertility due to anovulation is scattered. *Pushpaghni, Jataharini* mentioned in *Kashyapa Samhita*, bears similitude to the symptoms of hyperandrogenism.

Ayurveda described PCOS as *Kapha* predominant disorder, *Kapha* blocking *Vata* and *Pitta* in PCOS thus movement is obstructed. *Artava dhatu* hampered by *Kapha* possessing sticky qualities and *Ama* causes *Srotodushti* in *Artavavahasrotas*, leading to formation of ovarian cysts. *Artava-kshaya* observed in PCOS along with pain in vagina and depending upon *Doshas* predominance disease possess following symptoms:

- Obesity, infertility and hirsutism in *Kapha* dominance.
- Hair loss, painful menses and acne, etc. may observe when *Pitta* is predominant.

- Painful menses, scanty menstrual blood and menstrual irregularity, etc. observe when *Vata* is predominant^{[2], [3],[4]}.

Ayurveda suggested many therapeutic approaches in PCOS which helps to clear obstruction of *Vata dosha* by pacifying *Kapha Dosh*, thereby normalizes *Agni* and metabolism which helps to regulate formation and flow of *Arthavadhatu*, however good daily lifestyle is recommended as preventive approach to restrict its pathogenesis. *Ayurveda* describes the term *BijaKosha Granthi* for similar sign and symptoms. *Bija Kosha Granthi* resembles symptomatically with PCOS since it is associated with irregular menses, amenorrhea or oligomenorrhoea, anovulation, abnormal hair growth, acne and pelvic pain. Diagnostic techniques such as Ultrasonography, Hormonal assays which including FSH, LH, Estrogens etc. can be used for diagnostic purpose of PCOS^[5].

MATERIAL AND METHODS

Case Presentation

A female of 22-years-old came to *Kayachikitsa* OPD (OPD No. 2459, CR-8412) of A & U Tibbia College and Hospital. She was experiencing scanty menses, unwanted facial-hair growth, acne, pelvic pain from last 4 months alongwith mood swings, nausea, pain abdomen.

Menstrual history

Age of menarche - 12.5 year

Days of flow - 3-5 days, (moderate flow sometimes with clots)

Cycle length- 26-36 days

Regularity- Irregular

Number of pad changed/day - 1-2

LMP- 16/02/22

Therapeutic Intervention

Associated symptoms- Pain at lower abdomen, thighs and lower back area.

Table 1: Therapeutic Intervention

| S.N. | Drug | Dose | Time | Sevan kal | Anupan | Route |
|------|------------------------------|-------|---------|----------------------|-----------------|-------|
| 1 | <i>Kanchanar Guggulu</i> | 500mg | 3 times | 15-30min after meal | Water | Oral |
| 2 | <i>Saubhagya-Shunthi Pak</i> | 3gm | 2times | 15-30min after meal | Water | Oral |
| 3 | <i>Dashmoolarishtha</i> | 15ml | 2times | 15-30min after meal | With equalwater | Oral |
| 4 | <i>Chitrakadi Vati</i> | 500mg | 2times | 10-15min before meal | Water | Oral |
| 5 | <i>Navayasa Lauha</i> | 250mg | 2times | 15-30min after meal | Water | Oral |

RESULT:

Following treatment, the patient had alleviation of all symptoms as well as resolution of the cyst of ovary ultrasonically. [Table 2]

Table 2: Ultrasonographical Reports

| Before treatment | After treatment |
|---|--|
| <p>USG report (22/02/2022) (LMP- 16/02/2022)</p> <ul style="list-style-type: none"> ● Small cyst is seen in left ovary measuring 18mm- follicular. ● No fluid is seen in pouch of Douglas. | <p>USG report-27.06.2022 (LMP-26/06/2022)</p> <ul style="list-style-type: none"> ● Both ovaries are normally outlined and measures 36x16 mm on right side and 40x16mm on left side ● No fluid is seen in pouch of Douglas. |

DISCUSSION:

PCOS is considered as the most frequently encountered health disorders by the women in their reproductive age in present days. It is associated with important reproductive morbidities like infertility, higher incidence of conception failure and various pregnancy complications. The aim of this study was to assess the effectiveness of *Kanchanar Guggulu*, *Dashmoolarishta*, *Saubhagya-shunthi pak*, *Chitrakadi vati* and *Navayasa lauha* on various cardinal signs and symptoms of PCOS.

Bauhinia variegata, also known as *Kanchanar*, is a tree found in the Indian subcontinent's tropical and temperate regions that has long been used for medicinal purposes in *Ayurveda*^[6]. *KanchanarGuggulu* is a formulation of *Kanchanar* that is used for a variety of conditions such as PCOS, uterine cysts, various joint pains, and hormonal imbalances. '*Guggulu*' is the *Sanskrit* term, which means to 'protect from the diseases'. *Guggulu* also helps to eliminate toxins from the body. *Kanchanar guggulu* contains the herbs *Varuna*, black pepper, long pepper, *Triphala Kwatha*, pure *Guggulu* resin, cardamom, and cinnamon^[7].

Dashmoolarishta is thought to be an excellent prenatal and perimenopausal tonic for women. It inhibits bacterial growth, reduce

soreness, and act as *Vedana Sthapaka*. It regulates menstrual disorders and infertility in women by rebalancing hormone levels. *Ayurveda* classifies PCOS as a gynaecological disease and treats the entire female reproductive system^[7]

Saubhagya-shunthipak is a medicine mentioned in *Bhaishajya Ratnavali*^[8]. It exhibits *angiprada*, *sutikagadaapaha* and other applications such as treating diseases such as *krumi*, *daaha*, and *shula* affecting the mother^[9]. This formulation contains *shunthi* (dry ginger) and *goghrita* as the main active ingredient, both of which act as *deepana* and *pachana* medications, restoring *agni*^[10].

According to *Ayurveda*, it is a vitiated state of the *agni*, which leads to indigestion and *ama* in the body^[11]. This leads to a *dosha* imbalance and the onset of disease. The restoration of *agni* aids enhancing the body's inherent strength and immunity. Other ingredients such as *godugdha*, *shatapushpa*, *shatavari*, *lohabhasma*, and *abhraka bhasma* nourishes the *dhaatu* and *upadhaatu* while also increasing breastmilk secretion. *Shunthi* is well known for its *vedanahara* and *vranashodhak* properties. With several studies conducted till date, ginger has been analyzed and proved to be good analgesic^[12].

Chitrakadi vati contains drugs with properties to balance *Kapha* and *Vata*, hence it is useful

to improve *Agni*. This relieves indigestion and *Ama* conditions in the body^[13].

The majority of the drugs in the *Navayas Lauha* are *Deepana*, *Pachana*, *Srotoshodhaka*, *Tridoshghana*, *Rasaraktaavardhana*, *Rasayana*, *Balya*, and *Panduhara*. The *Raktavardhaka* property is also present in *Lauha Bhasma*. *Vidanga* and *Vibhitaki* are known *Krumihara* drug that can prevent anaemia because worm infestation is a major cause of anaemia. The presence of ascorbic acid (vitamin C) in *Amla* has a significant effect on iron bioavailability. *Musta* also contains copper and manganese, which may help with iron metabolism and haemoglobin synthesis. *Lauha bhasma* has a high rate of huminitic and haemoglobin regeneration. The results of the studies provided significant effect in increasing hemoglobin percentage and improving nutrition anemia^[14].

CONCLUSION

Any disease can be diagnosed and treated according to the basic principles of *Ayurveda*: *Dosha*, *Dhatu*, *Agni*. In present case, *Ayurvedic* treatment helped improve ovarian function, fight hormonal imbalances and regulate menstrual cycles. The study suggests that the use of combination of *Kanchanar guggulu*, *Dashmoolarishta*, *Saubhagya shunthipak*, *Chitrakadi vati*, *Navayasa lauha* are effective in management of PCOS. Further studies on

larger sample size shall be performed to conclude the same.

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