

**ANARTAVA OR PCOS AS A SEQUEL OF STHAULYA-
CONJUGATING LIFESTYLE DISEASES****¹*Dr. Palak Arora and ²Dr. Kritika Pandey**¹Associate Curofy Content, Roundglass.²MRes Clinical Science, Faculty of Medicine and Health Sciences, University of East Anglia,
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Corresponding Author*Dr. Palak Arora**Associate Curofy Content,
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An investigation directed by AIIMS demonstrates that overweight/Obesity is prevalent in nearly 60 percent ladies who experience the ill effects of PCOS; 50 percent have fatty liver; around 70 percent have high insulin resistance; 60-70 percent have abnormal amounts of male hormones; and 40 to 60 percent have glucose intolerance. More than 70% of females of world suffer from PCOS at some or other point in their life. These days, there is a hurry to be great at everything and this has presumably influenced individuals to overlook that it is so vital to eat right, work out, rest and have a decent passionate equalization in

life. The expanding commonness of PCOS in youthful grown-ups would straightaway be because of sedentary/inactive way of life and absence of healthy food in diet. Ayurveda depicts PCOS as association of the dosha, dhatus and updhatu, it does not correspond the state of single disease however the indications are like yonivyapad (arajaska, lohitakshaya vandhya puspaghni and jatiharini). The terms raja and artava are equivalent word, though artava is the updhatu of rakta dhatu in this discussion raja has been considered as the menstrual stream and artava as ovum. Ayurveda is not only about herbal medicines. Ayurveda advises on healthy ways to live life. The word "Ayurveda" itself means the "Science of Life." Medicines are a last resort for treating these kind of lifestyle conditions. The ailment can be relieved in a much better way by following the prevention and control methods of diet and lifestyle changes, along with regular shodhan therapies of Vaman & Virechana. This may also include following proper Dinacharya, Ritucharya and performing yoga asanas.

KEYWORDS: *Anartava, Lifestyle disease, Vaman, Virechan, Yoga, PCOS, Obesity.*

INTRODUCTION

(PCOS) or Polycystic Ovarian Disease (PCOD) is found among individuals from the youthful age, with nearly 10 million individuals influenced comprehensively. Its overall predominance shifts from 2.2 percent to 26 percent and, as indicated by most recent measurements, in India one in each four young ladies is said to have PCOD. The ailment is said to influence urban populace more than rural people, which implies, as we become progressively modern and improve our financial status, we are becoming unhealthier.^[1]

PCOS is unquestionably a lifestyle issue. One should attempt to control and anticipate it as the disorder that can prompt a great deal of long lasting health issues, similar to diabetes, heart disease, infertility, other gynecological malignancies, hypertension, anxiety and gestational diabetes.

These days, there is a hurry to be great at everything and this has presumably influenced individuals to overlook that it is so vital to eat right, work out, rest and have a decent passionate equalization in life. The expanding commonness of PCOS in youthful grown-ups would straightaway be because of sedentary/inactive way of life and absence of healthy food in diet.

Absence of activity, weight gain and corpulence lead to metabolic irregular characteristics, for example, insulin resistance, which is high in urban Indian populace. Insulin obstruction prompts disturbed hormones and builds the odds of diabetes and other metabolic disorders.

An investigation directed by AIIMS demonstrates that over weight/ Obesity is available in nearly 60 percent ladies who experience the ill effects of PCOS; 50 percent have fatty liver; around 70 percent have high insulin resistance; 60-70 percent have abnormal amounts of male hormones; and 40 to 60 percent have glucose intolerance.

Here we are going to discuss how the doshas and dhatus are influenced by our lifestyle, which in turn affects the jatharagni. This vicious cycle leads to dosha aavarana which causes manifestation of sthaulya. The deadly sthaulya gives rise to much aggravated symptoms of PCOS.

Characteristics of PCOS

1. Menstrual cycle ranging from more than 35 days or less than 8 cycles in a year with sometimes complete absence of menses.
2. Other menstrual abnormalities, irregular bleeding, scanty flow and dysmenorrhea.
3. Excess androgenic features, such as acne, hirsutism, alopecia, acanthosis nigricans, or increased serum testosterone levels.
4. Abnormal weight gain or weight loss, sudden onset of diabetes, lipid abnormalities and abnormal high blood pressure.
5. Polycystic ovaries noticed on an USG examination.

Clinical Criteria of diagnostics

It includes presence of at least 3 of the following;

1. Polycystic ovaries on a USG.
2. Oligomenorrhoea or Anovulation.
3. Clinical or bio-chemical evidence of Hyperandrogenism.
4. Elevated LH and FSH ratio, >3 .^[2]

References of PCOS in Ayurveda

Ayurveda depicts pcos as association of the dosha, dhatus and updhatu, it does not correspond the state of single disease however the indications are like yonivyapad (arajaska, lohitaakshaya vandhya puspaghni and jatiharini). The terms raja and artava are equivalent word, though artava is the updhatu of rakta dhatus in this discussion raja has been considered as the menstrual stream and artava is indicated as ovum. Ayurvedic texts have mentioned this condition as Anartava or Dushuita artava. It is defined as the deficiency of artava or loss of artava in body. This means artava does not appear in time, is delayed or scanty. Ayurvedic texts have also mentioned pain in vagina as one of the symptoms.^[3]

Lohitaakshaya yonivyapad:- due to nidana seven of vata pitta pradhana aahar vihar causes a vitiation of these dosha bringing about raj ksheena, the lady experiences daah, krishta and vaivarnata this might be displayed in both of the recently talked about ways, due to this a similitude of the side effects of menstrual anomaly is noted this leads to oligomenorrhoea.

Arajaska yonivyapad:- as described by acharya chakrapani amenorrhoea is a side effect when pitta arranged in garbhashaya and yoni is disturbed. Nidana seven of pitta prakopaka aahar vihar brings about the vitiation of pitta, thereby influencing the garbhashaya shukata.

Pathophysiologically it may cause an abnormality in menses in two different ways; scanty menstrual flow, increase in the time period between two cycles.^[4]

Vandhya yonivyapad:- Sushruta cited this sort of yoni vyapad exhibiting as nasht artava Rasratna samucchaya explained nine sorts of vandhya Harita mentioned six sorts of vandhya

Jatharni:- The women suffering from this gets menses with irregularity in terms of Duration, Colour and amount. having explicit highlights, the executives and forecast. One of them is anapatya vandhya. Where dhatukshaya is etiological factor of nastartava here. Artava is considered as ovum and its misfortune bringing about infertility, however hopeless the previously mentioned anapatya vandhya yoni can be decently compared with pcos because of comparable component of an-ovulation and unpredictable menses.^[6]

Pathophysiology of PCOS according to Ayurveda

It is said in ayurvedic texts that the cardinal sign of this vyadhi is said to be prolonged agnimandya. This is considered as a lifestyle disorder where dysfunction of jatharagni and dhatvagni is the major causative factor behind almost all the symptoms. The Anartava darshana is considered as the major factor responsible for bandhyatva or infertility.^[6]

Bhela Samhita has described factors pertaining to fertility in females when she practices Pathyahara, Laghubhojana, Anudvathanshila, Apradushta, Yathagarbhashya, Suvishuddha srotasa.

Anartava (PCOs) as sequel of Sthaulya

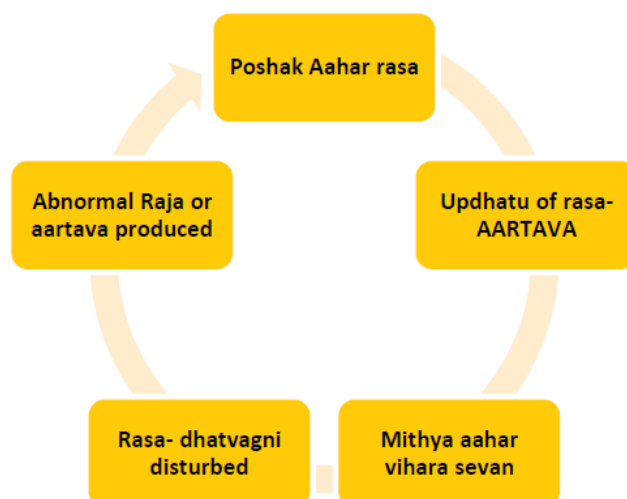
There's a subtle description of sthauilya regarding the etiopathogenesis given by Acharya Sushruta;

“रस निमित्त एव स्थौल्यम् कार्श्यम् च।”

There's poshak rasa formed after Agnisamskaar which is responsible of obese or lean body. Aartava or Raja is the updhatu of this rasa dhatu. Here aartava corresponds to ovum and Raja corresponds to menstruation. This disturbance in Rasdhatvagni leads to derangement of Raja and Aartava.^[6]

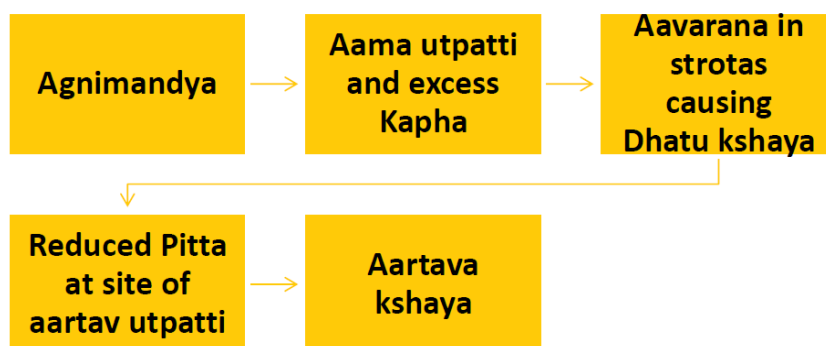
The aapana vayu controls the normal functioning of Aartava formed. Sushrut has mentioned that there is aavarna of kapha and meda which obstructs the normal functioning of Vata

thereby leading to Aartava Kshaya.



Samprapti

Santarpanottha Samprapti: The etiological variables offer ascent to jatharagni and dhatavaganimandyaam utpatti bringing about medoroga like sthaulya. Agnimandya janya aamotpatti cause an ill-advised sustenance of the dhatus and artava which prompts artava ksheena. Sthaulya is the vitiation of kapha that causes a prolongation in the ritukala of the rituchakra. This in turn obstructs the impact of pitta in this manner hampering development and bursting of the follicles. Then artavakshaya is seen, thus it very well may be expressed that Kapha dosha shows as weight gain, infertility, hirsutism, diabetic tendency. Pitta dosha shows as male pattern baldness, skin break out, difficult menses. Vata dosha shows with excruciating menses, inadequate or less and unpredictable menses.^[5]



Aartava-kshaya, which can be related with PCOS has been portrayed as inadequacy or loss of artava, artava portion not shows up in time or is postponed, is inadequate in portion & does not even take place for three days. Torment in vagina additionally can be seen. As indicated by Ayurveda, Aartava-kshaya is a confusion including Pitta and Kapha doshas, Medas,

Ambu/Rasa, Shukra/Artava Dhatu and Rasa, Rakta, Artava Vaha Srotas.^[8]

Treatment

1. Nidana Parivarjana (avoiding the causative factors) such as Sheleshmal aahara mainly junk food eg; breads, cakes, puddings, sweets, rice, processed foods, oily foods, breakfast cereals, etc.
2. Adhyashana- overeating without taking a considerable time gap between two meals, or eating even when not hungry, Ajirna bhojana Adhyasahana.
3. Avoid Diwaswapna, sleeping during the day time, or abnormal sleep schedule that leads to disturbed biological clock.
4. Samshodhana Chikitsa- undergo a seasonal therapy like Vaman in vasant Ritu and Virechana in Sharad ritu also Basti chikitsa in Varsha ritu. These therapies help to expel the aama and thus brings about harmony in body even when doshas are naturally disturbed due to ritu. This may also include following proper Dincharya and Ritucharya.^[9]
5. Stress also acts as one of the major causative factors. As stress is considered as major reason for hormonal imbalance and also over eating.^[14]

Use of following ayurvedic drugs can be carried out for achieving this. The medication drugs of Ayurveda along with their mode of action are mentioned below.^[10,11]

Drug	Properties	Role in PCOS treatment
Shilajit (Purified Asphaltum)	Anti-inflammatory and boosts iron levels	It also boosts immunity and energy levels and rejuvenates the female reproductive system. PCOS causes heavy bleeding, which increases the risk of an iron deficiency.
Shatavri	Vrishya, shukral, stanya, medhya	Shatavari is rich in various steroidal saponins, vitamins A, B1, B2, folic acid, C, E and minerals such as magnesium, phosphorus, calcium and iron. These act as antioxidants and protect the female reproductive system. It also improves fertility
Karavellaka	Deepana, Bhedana	This bitter fruit has potent anti-diabetic properties. It also treats digestive disorders, lowers inflammation, boosts immunity and prevents cancer. It helps women with PCOS by regulating their periods and assisting in weight loss.
Haridra	Vatapittakaphahara, vishanu, vishodhini, vishothajita	Turmeric is known as the “friend of women.” Its benefits for women with PCOS are immense. It helps pacify acne, removes aama from the raja and helps rule out sthaulya and improves insulin resistance.

Vibhataki	Bhadeniya, kaphapittahara	Among the many health benefits of this plant, it has a positive effect on improving sugar metabolism. It also promotes hair growth and stops hairfall. This properties makes it an ideal herb for PCOS. Vibhitaki also has anti-inflammatory and antimicrobial properties and also cures digestive ailments.
Darushita twaka	Vishpaha, pittala, kaphapitta hara	Regulates blood sugar level and boosts fertility
Guduchi	Rasayani, snagrahini, agnideepak, vata kapha hara	It is an immune booster and also boost female sex hormones.
Neem	Bhedaniya, Raktapittanut, Shothhara	Neem is an effective blood purifier, it helps hair growth and regulate blood sugar levels.
Amalki	Parushakadi, vatapittakapha hara, laghu	. The fruit is rich in vitamin C, a potent antioxidant. It reduces inflammation and oxidative stress. It is also helpful in reducing weight. It is good for the heart, aids digestion and strengthens the immune system.
Ashoka	Vedanasthapak, grahi, daahahara	Saraca indica helps in repairing the endometrium and heals the damage caused to its sensitive lining by inflammation. It also helps in regulating estrogen levels
Lodhra	Shothahara, shuddhashukra	Lodhra is rich in compounds called flavonol glucosides that are highly beneficial in reducing uterine disorders. It also helps in regulating ovarian hormones and improves fertility.
Haritaki	Deepaniya, bruhaniya, vranya, shothanut	Terminalia chebula is rich in vitamin C and minerals like selenium, potassium, manganese and copper, It has antibacterial, anti-tumor and anti-inflammatory properties
Usheer	Angamardaprashamana, shukrashodhaka	Vetiver oil has muscle-relaxing activity and reduces uterine cramping. It has a cooling effect on the body.
Nagara	Raktajit, kaphapittahara	Women with PCOS are at an increased risk of developing endometrial cancer as opposed to normal women. With its potent anti-cancer activity, it protects the uterus from cancer and also from infections. It is a digestive tonic, protects the heart, relieves constipation and helps reduce menstrual pain
Devadaru	Stanya shodhana, anuvasonapaga, vata hara	Known for its anti-inflammatory and muscle-relaxing activities, this herb reduces menstrual cramping and pain and also relieves inflammation. It is also useful against diabetes as well in treating obesity.

5. Nitya vyayama – this includes regular exercises and practice of yoga.

One of the essential drivers of PCOS is emotional stresses of day to day life in this modern world, and yoga is an extraordinary method for fending off stress consequently bringing about improvement in PCOS. This type of exercise can do something amazing in aversion. Worrying, in all ways overstates PCOS manifestations, so yoga can viably work in providing a bit relief from the symptoms.^[13]

These aasans help in gushing out the obstructed vata and kapha which in turn helps in prevention of Aartava kshaya lakshanas.

Nadi shodhana anulomaviloma pranayama,

Suryanamaskara,

Bhadrasana

Sarvangasana

Shalabhasana

Bharadvajasana

Chakrasana

Padmasana

Baddhakonasana

Bhujangasana

Naukasana

Dhanurasana

CONCLUSION

Ayurveda is not only about herbal medicines. In fact, the basic philosophy of Ayurveda advises on healthy ways to live life. The word “Ayurveda” itself means the “Science of Life.” Medicines are a last resort for treating these kind of lifestyle conditions. The ailment can be relieved in a much better way by following the prevention and control methods of diet and lifestyle changes, along with regular shodhan therapies.^[11]

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