

A SUCCESSFUL MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME (PCOS) INDUCED INFERTILITY THROUGH AYURVEDA - A CASE REPORT

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ABSTRACT

Polycystic Ovarian Syndrome (PCOS) is a common endocrine disorder that affects females of reproductive age. In India polycystic ovarian syndrome (PCOS) prevalence varies from 2% to 35%, depending on the diagnostic criteria, geographic location and other factors. Now a days young adults are affected soon after hitting puberty and the incidence is progressively increasing due to the lifestyle changes, mental stress, obesity, insulin resistance and other endocrine disorders. Management of PCOS induced infertility in Ayurveda involves a holistic approach that addresses physical, mental and emotional aspects of individual. According to Ayurveda, PCOS is considered a *tridoshik* disorder mainly involving *vata* and *kapha prakopa*. **Materials and Methods:** A 29-yr female presented with irregular menstruation for 6 years, diagnosed with Anovulatory PCOS induced infertility. Amenorrhea was corrected with *Rajaprabharthini vati*, *Agnitundi vati* and *Kumaryasava* initially followed by tablet *Pushpadhanva rasa*, *Shatapushpa churna* and *Shatavaryadi ghrita* along with yoga, brisk walk for 40 min and diet modification was suggested. **Conclusion:** Patient showed complete recovery from PCOS with USG confirmation.

Within a year of Ayurvedic management, she got conceived, pregnancy was uneventful and delivered a healthy male baby with 3.5kg baby weight.

KEYWORD: Ayurveda, PCOS, Infertility, Diet.

INTRODUCTION

Indian society from time immemorial gives utmost importance to progeny. One's life becomes complete only after having progeny. Choosing to have a baby means choosing to begin one of life's most challenging experiences. During this tough journey many women get depressed and stressful just because they were unable to conceive. Hormonal imbalance is the utmost cause and culprit for the same. PCOS has become the most common cause for hormonal imbalance leading to anovulation and female infertility. PCOS is one of the common endocrine and metabolic disorder which is believed to be caused due to Lifestyle modifications. In contemporary science, based on symptomatology the treatment plans are available for PCOS. Along with hormonal therapy, it is recommended to follow low carb diet and physical exercises to maintain healthy and normal weight. Still many women feel difficult to lose weight and regain their menstrual regularities. Prolonged exposure to hormonal therapy poses certain adverse effects physically and mentally too. To combat the adverse effects of hormonal therapy, Ayurveda offers an excellent treatment protocol, which not only helps for menstrual cycle correction but also makes the cycle ovulatory from anovulatory.

Polycystic ovarian syndrome (PCOS) is a medical condition in which ovaries produce immature or partially mature follicles that do not grow during ovulation leading to cyst formation due to hormonal imbalance. Females with childbearing age are commonly affected by PCOS, symptoms include menstrual irregularities (amenorrhea/oligo ovulation), insulin resistance, hirsutism, hair loss, acne, infertility and weight gain.^[1] PCOS is caused by disturbance in HPO (hypothalamic pituitary- ovarian) axis and hyperinsulinemia. The exact cause for PCOS is not known, it is multifactorial.^[2] It is believed to be caused by lifestyle and diet modification. The sedentary lifestyle followed by younger generation are at highest risk for PCOS. Hence the prevalence of PCOS is increasing drastically and silently. 10-25% remain asymptomatic,^[3] remaining will be able to find the physical changes like weight gain and menstrual irregularities. According to *ayurveda* PCOS is caused due to impairment in *tridoshas* (*vata*, *pitta*, *kapha*) mainly *kapha* and *vata*. *Dusti of Artavavaha srotas* can lead to anovulation, amenorrhea and infertility. *Stree vandhyatva* or female infertility, a gynaecological disorder is not a fatal one but delays the conception or failure to conceive. Ayurvedic treatment for PCOS includes combination of herbs, therapies like *shodhana chikitsa* involving *panchakarma*, *shamana chikitsa* in the form of oral medication and yoga and lifestyle changes such as diet.

CASE REPORT

Chief complaints

A 29-year-old female patient who is married for 6 years, trying to conceive in the past 4 years.

Associated complaints

Patient also complaints of irregular menstrual cycles, weight gain, hair fall and hirsutism in the past 6 years.

History of present illness

Patient was healthy 6 years before, gradually she noticed weight gain and irregular menstrual cycles. She gradually noticed hirsutism, hair fall and occasional acne. She consulted a Gynecologist and USG was done and was diagnosed with PCOS. She had prescribed with 6 cycles of OCP for menstrual cycle correction. Meanwhile she was trying to conceive for more than 4 years. She could not achieve pregnancy even without any contraceptive measures. So, she discontinued Allopathic treatment and opted Ayurvedic approach.

Past history

No H/O Hypertension, Diabetes mellitus, chronic illness. No H/O Surgery, blood transfusion and drug allergy.

Family history

Nothing specific.

Personal history: shown in Table no.01

Table 1: Showing Subject's personal history.

| | |
|--------------------------|-----------------------|
| Name - XYZ | Appetite - good |
| Age – 29 years | Bowel - Constipated |
| Occupation – House wife | Micturition - Regular |
| Marital status - married | Sleep - Sound |
| Diet - mixed | Habits – none. |

Menstrual history: Shown in table no.02.

Menarche – 13 years.

Table 2: Subjects' Menstrual history.

| | |
|-----------------------------------|------------------------------------|
| Previous history – Regular cycles | Present history – Irregular cycles |
| Interval – 30 days | Interval – 3-4 months. |

| | |
|---------------------------|--|
| Bleeding phase – 4-5 days | Bleeding phase – 2-3 days |
| Nature of flow - Normal | Nature of flow – Scanty with more clots. |
| Dysmenorrhea - Mild | Dysmenorrhea – Intensity of pain increased |

Table 3: Showing *asta sthana pariksha*.

| | |
|--|---------------------------|
| <i>Nadi – Prakruta, 72bpm</i> | <i>Shabda - Prakruta</i> |
| <i>Mutra – Prakruti, 5-6 times/day</i> | <i>Sparsha - Prakruta</i> |
| <i>Mala – Vibandha +</i> | <i>Drik - Prakruta</i> |
| <i>Jihwa - Aipta</i> | <i>Akriti - Madhyama</i> |

Table 4: Showing *dasha vidhi pariksha*.

| | |
|--------------------------------|--|
| <i>Prakruthi – Pitta kapha</i> | <i>Satmya – Sarva rasa</i> |
| <i>Vikruthi – vata kapha</i> | <i>Ahara Shakti - Madhyama</i> |
| <i>Sara - Madhyama</i> | <i>Vyayama Shakti – Madhyama</i> |
| <i>Samhanana - Madhyama</i> | <i>Vaya – Yuva (29 years)</i> |
| <i>Satva - Madhyama</i> | <i>Pramana – Ht – 155cm, Wt – 76Kg</i> |

Systemic examination

On examination, CNS - patient was conscious and well oriented, no abnormality detected. CVS – S1 S2 heard, no abnormality detected. Respiratory system – NVBS noted. Gastro intestinal system – P/A – Non tender, No scars.

Local examination

P/S examination: Cervix healthy, No white discharge. P/V examination: uterus- normal size, Ante verted position, no tenderness, Fornices free.

Table 5: Showing *nidana panchaka*.

| | |
|--------------------|--|
| <i>Nidana</i> | Intake of <i>vata</i> and <i>kapha kara ahara vihara's</i> like chocolates, ice cream, fast food, following sedentary lifestyle with <i>diwaswapna</i> . |
| <i>Purva roopa</i> | Weight gain |
| <i>Roopa</i> | Menstrual irregularity, Infertility |
| <i>Upashaya</i> | Physical activity. |
| <i>Anupashaya</i> | Being Sedentary |

Table 6: Showing *samprapti ghataka*.

| | | | |
|-------------|---------------------------------|-----------------|-----------------|
| Dosha | Vata Kapha | Udbhava Sthana | Ama-pakwashaya. |
| Dushya | Rasa, rakta, mamsa, artava | Sanchara Sthana | Sarva Shareera |
| Agni | Jataragni, Dhatvagni | Vyaktha Sthana | Garbhashaya |
| Srotas | Rasa, rakta, mamsa, Artavavaha. | Sadhyasadyata | Kriccha Sadhya. |
| Sroto dusti | Sanga | Roga marga | Madhyama. |

Investigations

Routine hematological and Thyroid function test were within normal limits. Semen Analysis of Husband revealed semen quantitative and qualitative assay with good quality sperm and morphology.

Diagnosis

Symptoms of PCOS include Irregular menstrual cycles, weight gain, hirsutism, acne, infertility. Patient had almost all the symptoms of PCOS with textual quoted etiological factors. Along with these Symptoms, USG abdomen and pelvis confirmed Bilateral Polycystic ovarian Syndrome in 2018.

Therapeutic intervention

After analyzing her symptoms and *vyadhi*, *Shamana chikitsa* was followed initially with Tab. *Rajapravarthini vati*, *Agnitundi vati* and *Kumaryasava* for 1 month to induce menstruation and to correct amenorrhea. After a course of *Agni deepaka dravyas*, menstruation attained successfully and further *shamana* treatment followed. Oral medications like Tab. *Pushpadhanva rasa*, *Shatapushpa Churna* and *Shatavaryadi Ghritha* were prescribed to regularize menstrual cycles with the strict diet correction, *Yoga* and physical exercises. After 3 months of treatment, patient started responding to the therapy and gradually cycles were regularized. She was instructed strictly not to indulge in any of *vata kapha kara nidanas*. Patient was under treatment and followed all the instructions for complete 10 months. Delivered a healthy male baby with weight of 3.5kg.

Table 7: Showing Time line.

| Visit date | Elaborations | Treatment | Duration |
|------------|--|--|---------------------------|
| 27/3/2018 | To induce menstruation | Tab <i>Rajapravarthini Vati</i> 1tid, Tab <i>Agnitundi Vati</i> 1tid (b/f), <i>Kumaryasava</i> 3tsp tid with 3tsp water. | 30 days |
| 24/4/2018 | To regularize menstrual cycles | Tab <i>Pushpadhanva Rasa</i> 1bd, <i>Shatapushpa churna</i> 1tsp bd+ <i>Shatavaryadi Ghritha</i> 2tsp bd with hot water. | Continued till pregnancy. |
| 23/3/2019 | LMP-18/1/2019 USG-single live gestational sac with fetal pole found AGA Of 9weeks. | Stopped all the medications. | FTND in October 2019 |

Table 8: Showing comparison of symptoms Before and After treatment.

| Symptoms | Before treatment | After treatment |
|------------------------|------------------|-----------------|
| Irregular menstruation | Present | absent |
| Hair fall | Present | absent |

| | | |
|-------------|-----------|----------------------------|
| Weight gain | 8 kg gain | Lost 5 kg |
| Anovulation | Present | Ovulatory cycles |
| Infertility | Present | Conceived after 10 months. |

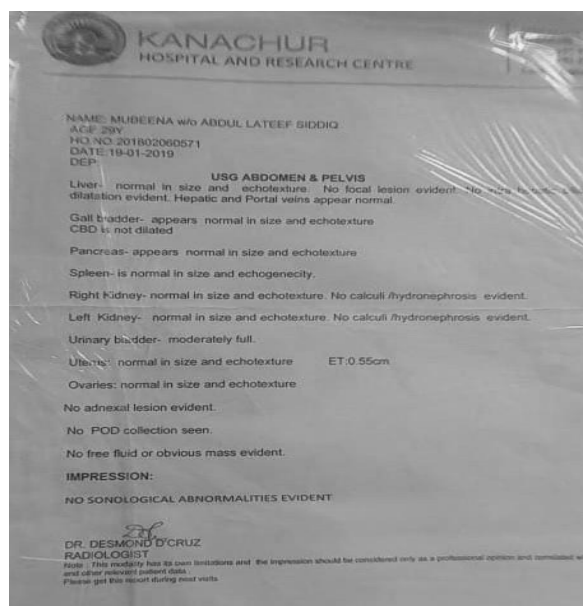
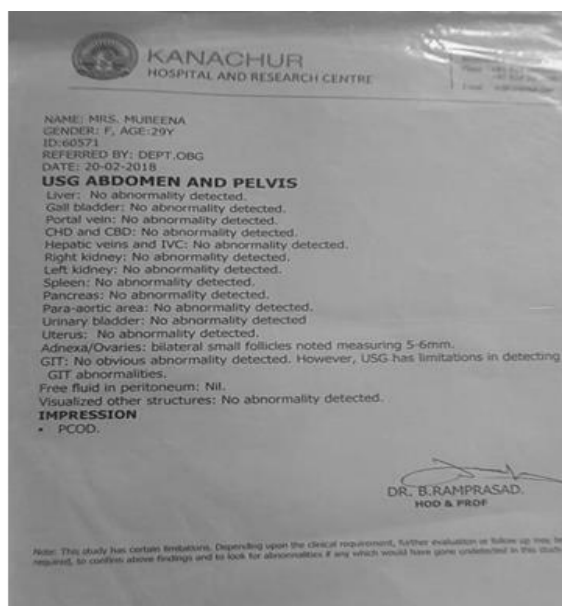


Image 1 and 2: USG reports before and after treatment.

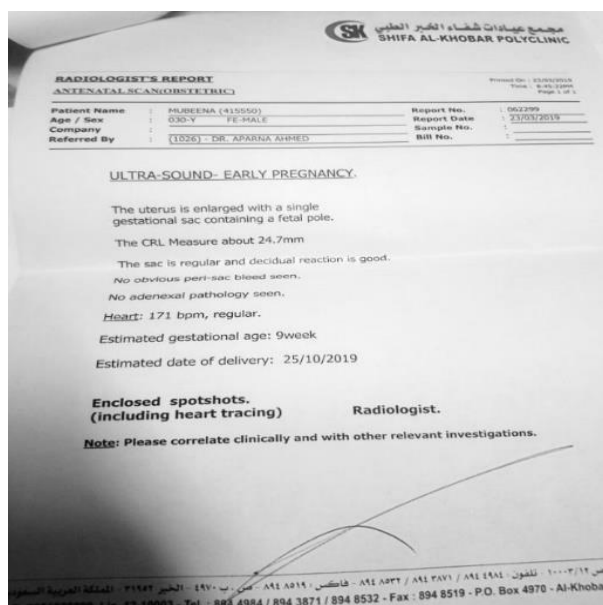


Image 3: USG report to confirm the presence of gestation.

Outcomes

Only with Ayurvedic approach, she achieved complete cure from PCOS with shift in anovulatory to ovulatory cycles. Simultaneously with the same medication and guidelines, patient got conceived naturally without the help of any assisted reproductive technologies. She delivered to a healthy male baby; it was full term normal delivery. Pregnancy and post-partum period were uneventful.

DISCUSSION

By considering symptomatic representation of PCOS, it can be co related to Kapha-Vata Janya vikara. Lack of physical activity, sedentary life style contributes to PCOS manifestation. Human body is built in such a way that humans should be physically active throughout the day and sound sleep is needed for 6-8 hours in a day. Our ancestors were following such a healthy life style with hard physical tasks or activities in a way all the fat and carbohydrates take will be burnt in the same day as a source of energy. So that there will not be fat deposition. Now mind set and working environment got changed with huge differences in Life style and food intake. Opting fast food, processed food and ready to eat food has become trend rather than cooking and eating freshly prepared food. All these results in obesity, cardiovascular disorders, Diabetes Mellitus, PCOD etc.

Probable mode of action of drugs

To induce menstruation, Agni deepana dravyas were prescribed initially. Agni deepana chikitsa is indicated in case of Artava kshaya, as patient was also having scanty flow along with irregular cycles. *Rajapravarthini vati* being Ushna veerya helps in inducing menstruation. It is indicated in secondary amenorrhea, irregular menstrual cycles with scanty flow.^[4] *Agnitundi vati* contains *Agni vardhaka dravyas* helps to boost metabolism, as PCOS is a metabolic disorder. It helps in correcting *Agni*, balances tridoshas and improves metabolic rate.^[5] *Kumaryasava* being ushna veerya and having Agni pravarthaka gunas. It is indicated in shukra and arthava dusti. Agni vardhana guna helps to induce menstruation and thus helps in maintaining menstrual cycles regular.

Pushpadhanva rasa, as name says it helps to restore ovulation by inducing ovulation successfully. It also helps for the proper growth and development of follicles gear up for ovulation.^[7] *Shatapushpa* is having sweet taste, improves strength, promotes nutrition, complexion, digestive power. Initiator of ovulation and menstruation, improves quality of *Shukra* (sperm), gives progeny, eradicates the evil deeds.^[8] *Shatapushpa churna* balances vata and kapha, increases Pitta dosha. *Shatavari* is rich in steroidal saponins, which is proved to have antitumor activity, anti-inflammatory property, hypoglycemic and lipid lowering effects.^[9] *Shatapushpa* having essential oils, flavonoids, monoterpenes, phenolic compounds, vitamins and minerals,^[10] indicated in all types of menstrual irregularities and reproductive system pathologies. *Shatavaryadi ghritha* being vatahara mainly indicated in all gynecological disorders as per *Acharya Kashyapa*. By considering the properties of above

said drugs we can assume that these drugs will be helpful in folliculogenesis and induction of ovulation by correcting irregularity of menstruation. *Acharya Kashyapa* contributed one entire chapter for *Shatapushpa* and *Shatavari* in *Kalpa sthana*. Both the drugs are widely used in all gynecological disorders including menstrual irregularities.

CONCLUSION

PCOS is the leading cause for anovulation, which will be the leading cause for infertility. Ayurvedic therapy helps to activate HPO axis without further elevating hormonal levels, thus maintaining HPO axis in rhythm. Many experts say, PCOS is an irreversible condition. But definitely it can be reversible with the proper care through Ayurvedic Management and with the necessary diet and Lifestyle correction. PCOS induced infertility can be well prevented by changing certain food and lifestyle and can be treated in the initial stages itself. Hence treating Infertility and producing healthy off springs will be in our hands and it's our responsibility to produce healthy generation.

Patient consent

Written informed consent was obtained in English and local language from the patient before the commencement of the treatment. Also, the consent form stated that the details of the case presentation may be used for academic or research.

Financial Support and Sponsorship

Authors have declared it to be self-funded publication purposes given that the personal identity of the patient is kept confidential.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given her consent for her USG reports and other clinical information to be reported in the journal. The patient understands that her name and initials will not be published and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

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Nil.

Conflicts of interest

There are no conflicts of interest.

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