

**CONCEPTUAL REVIEW OF VAMAN KARMA IN PCOS
(POLYCYSTIC OVARIAN SYNDROME) IN CORELATION TO
ARTAVA KSHAYA**

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ABSTARCT

In today's era lack of physical activity, unhealthy eating, alcohol, smoking all are becoming day to day lifestyle of present generation leading to many non –communicable diseases. PCOS (Polycystic Ovarian Syndrome) is such a hormonal imbalance lifestyle disorder of women of child bearing age which is one of the leading cause of infertility. So it becomes necessity of today's era, that along with healthy lifestyle, it becomes important to study the Ayurvedic literature mentioning the treatment of PCOS and for improving pregnancy rate in women with infertility due to PCOS. **Aims and Objectives:** 1. To assess knowledge and awareness about PCOS. 2. Correlate the PCOS with the artavakshaya in ayurveda aiming to increase efficacy of

treating PCOS with the help of ayurvedic principles. **Material and Method:** Literature Review – Available Ayurvedic Literature About Artav Kshaya And Its Treatment From Sushrut Samhita. 1) Modern literature review about PCOS. **Conclusion:** Giving samshodhana karma specially vaman karma with hot and sharp drugs in PCOS will help in eliminating toxins and toxic conditions.

KEYWORDS: PCOS, Artav Kshaya, Vaman Karma, Samshodhana.

INTRODUCTION

A Healthy Lifestyle Is a Valuable Resource for Reducing the Incidence and Impact of Health Problems, For Recovery, For Coping with Stresses in Life for Improving of Life's Quality.

Ayurveda Is 'Science Of Life' Have Solutions For Maintaining Balanced Life. Ayurveda Suggests Various Natural Remedies And Disease Treatment Methods To Help Cure The Disease By Balancing The Doshas.

'Panchkarma' is one of the Ayurvedic treatment method. The aim of the panchakarma therapies is to purify and detoxify the body. It helps to get rid of many chronic diseases as well as it helps the healthy person as a preventive treatment. The importance of Panchakarma can be stated as follows.

Unbalanced doshas cannot be balanced completely with the help of samshamana (langahnpachana) i.e only but samshodhana i.e purification helps to restore complete balance of doshas and dhatus.^[1] After samshodhana treatment if any medication is given it has better efficacy with lesser side effects. thus panchakarma is an essential treatment method of ayurvedic cure. In today's civilized and fast era the lifestyle has totally changed. No one follows the ahara and vihara prescribed by ayurveda. This in turn creates many health problems. PCOS (polycystic ovarian syndrome) is one of the gynecological problem created due to this unhealthy lifestyle. PCOS is a condition characterised by an imbalance of hormones in women which can affect menstrual periods and ovulation. It is also one of the leading causes of infertility because of these distressing symptoms. Women may also experience depression and anxiety. PCOS affects about one in ten women of child bearing age. It is very common problem. If not treated early, serious health complications such as diabetes and cardiovascular disease can develop.

AIMS AND OBJECTIVES

1. To assess knowledge and awareness about PCOS and
2. Correlate the PCOS with the Artavakshaya in Ayurveda aiming to increase efficacy of treating PCOS with the help of Ayurvedic Principles.

MATERIAL AND METHOD

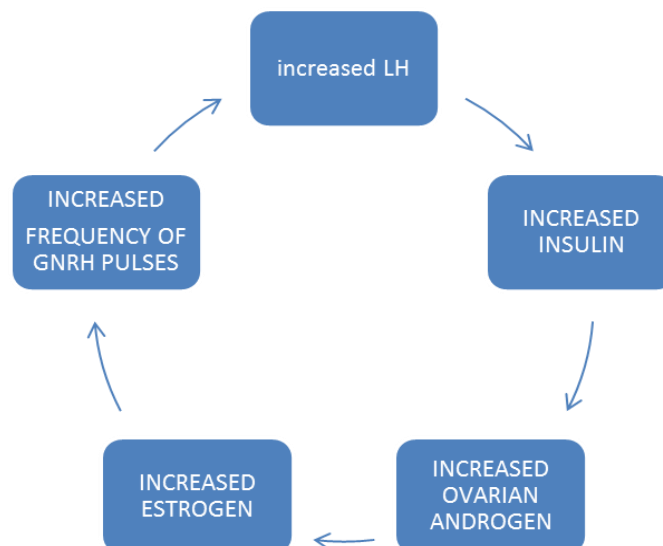
1. Literature Review – available Ayurvedic literature about Artav kshaya and its treatment from Sushrut Samhita

2. Modern Literature Review about PCOS.

LITERATURE REVIEW

What Is Pcos?^[2]

PCOS (Polycystic Ovarian Syndrome) is a hormonal imbalance disease and is characterized by changes that cause accumulation of multiple follicles in the ovaries without ovulation. The principal function of ovary is production of an egg each month for ovulation and that of all hormones necessary for reproduction. In PCOS the ovary fails to expel the matured egg and a small amount fluid begins to accumulate inside the immature follicles to form multiple cysts. Patients with PCOS have increased androgen and estrogen, which set up a vicious cycle. these women also have high level of insulin in their blood because their cells do not respond normally to insulin.



Causes of PCOS In Correlation To Ayurveda

- 1) Eating excessive sweet and kaphagenic foods-guru and sheet ahar
- 2) Eating food in quantity exceeding the digestive capacity –atimatra
- 3) Long term weakness of digestive functions (MANDANGI)
- 4) Anxious Nature –Chinta

Symptoms of PCOS^[3]

Irregularities in menstrual cycle (uchit kale adarshanam)

- 1) Mild pain on ovulation (yonivedana)
- 2) Weight gain (sthaulya)

- 3) Irregular Appetite (Agnisad)
- 4) Constipation
- 5) Mild Acne
- 6) Hirsutism
- 7) Infertility
- 8) Anxiety

Ayurvedic Review of PCOS

According to ayurveda pcos is a disorder involving vata, pitta, kapha, medas, rasavaha srotas and artava dhatu, kapha predominance manifests increased weight, infertility, hirsutism, coldness, diabetic tendencies, pita predominance manifests hair loss, acne, painful menses, vata predominance manifests painful menses, severe menstrual irregularity. Indirect references comparing to the symptoms of pcos in the sushrut samhita are irregularities in the menses and yonivedana(dysmenorrhoea)^[4] As Artava is the 'updhatu' of 'Ras' ahar-vihar which causes Rasdhatu dushti (due to Ras dhatvagni dushti) will also affect artava. Thus irregular ahar –vihar causes disturbance in the formation of Ras dhatu which causes Artava kshaya. Also in Acharya Dalhans view Artava kshaya is due to Vata and Pitta Kshaya.^[5]

DISCUSSION

Importance of Samshodhana for PCOS

The most common treatment for pcos is the Hormonal imbalance control pills. But it is not a complete treatment as it does not eliminate toxins and toxic conditions which is the main root cause of the syndrome. There is no any satisfactory effective medicine available till date. Ayurveda has a very effective approach to manage weight and thus maintain regular menstrual cycles by regulating hormonal circulation and thus improve pregnancy rate. Vamana karma is given in PCOS as stated in Dalhan commentary.^[6] Vaman karma with agneya (ushna –tikshana) i.e hot and sharp drugs will give effect resulting in soumya dhatu (kapha)kshaya and agneya dhatu vridhi. It helps to improve the Jatharagni and dhatvagni of the patient as it is a metabolic disorder it helps to improve metabolism of the body. Thus if we try this concept to detoxify the body it will play important role in controlling PCOS and its symptoms. Female reproductive health can also be improved.

CONCLUSION

Giving samshodhana karma specially vaman karma with hot and sharp drugs in PCOS will help in eliminating toxins and toxic conditions, both physical and mental, clearing

obstructions and keeping the srotas clean and intact. Further clinical research and new ideas can give more effective and safe treatment.

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Conflicts of interest –Nil.

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