

AYURVEDIC MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME (PCOS): A SINGLE CASE STUDY

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ABSTRACT

POLYCYSTIC OVARIAN SYNDROME (PCOS) is common problems among the reproductive age (15-40 year) of women. PCOS become lifestyle disorders now a day's because of sedentary habits, fast food eating, faulty life style follow. PCOS – A metabolic malady the mother of all Lifestyle disorders affecting mainly the women of childbearing age and teenage girls. In Ayurveda PCOS is not direct term coined but clinically it is resemble with *Yonivyapad*, *Artavavaha strotas dushti*, *Santaropnnth vyadhi*, *Jataharini* etc. According to *Ayurveda*, PCOS is a disorder which involves the three *Doshas*, *Dhatus* like *Rasa*, *Rakta* and *Medas*. Present case of 20 year old female patient came with symptoms of irregular delayed menstruation, acne on face, darkening of skin. USG report shows Bilateral Polycystic Ovarian Syndrome (PCOS) with Right ovary volume 47×26 mm and Left ovary volume 42×27 mm, both ovaries are mildly bulky. Undergo

for *Ayurveda* Treatment for 2 months. Result analysis was done on clinical symptoms relief and USG report. This case aim to study PCOS according to *Ayurveda* and Study the safe and effective *Ayurveda* treatment for PCOS.

KEYWORDS: Life style disorders, Polycystic Ovarian Syndrome (PCOS), *Yonivyapad*, *Artavavaha strotas dushti*, *Ayurveda*.

INTRODUCTION

Polycystic ovarian Syndrome (PCOS), an emerging lifestyle disorder involving multiple systems affecting 5- 10% of the women exhibiting the full blown syndrome of hyperandrogenism, chronic anovulation, and Polycystic ovaries.^[1] PCOS is a psychosomatic disorder of uncertain etiology characterized by Obesity, Anovulation associated with Primary of Secondary infertility, hirsutism, abnormal menstrual pattern, increased incidence of pregnancy loss, and pregnancy related complications. Polycystic ovarian syndrome is a most prevalent endocrinopathy. Incidence of this disease is increasing nowadays because of sedentary lifestyles, pollution, and excessive intake of junk food. PCOS is affecting 4 to 6 % of unselected women of reproductive age.^[2] In Ayurveda, there is no direct reference about PCOS but when we go through the literature there are many references which are nearer to sign and symptom on PCOS. Clinical features of PCOS are nearer to *Pushpaghni Jataharini*.^[3] According to the reproductive point of view, the pathogenesis of PCOS is similar to condition of *Nashtartva*.^[4] Vitiation of *Vatakapha* (↑ estrogenic state) leads to *Avarana* of *artava* (inhibition of FSH) leads to *Nashtartva* (no proper growth of follicles and chronic anovulation). According to Ayurvedic view PCOS is *Santarpanjanya vyadhi* and it required *Kaphanashak*, *Medonashak chikitsa* primarily.

The treatment of PCOS is not totally satisfactory in spite of advanced modern technology and medicine. Here in this case study of PCOS the following *Ayurvedic* management proved successful.

AIMS AND OBJECTIVES

Aim

To evaluate the *Ayurvedic* treatment modalities in the management of Polycystic Ovarian Syndrome (PCOS).

Objectives

1. To Study the *Ayurvedic* Management of Polycystic Ovarian Syndrome (PCOS).
2. To Study Polycystic Ovarian Syndrome (PCOS) through *Ayurvedic* point of view.
3. To provide safe, cost effective treatment.

MATERIALS AND METHODS

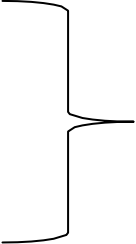
1. Literary information about the study has compiled from *Ayurvedic* texts.
2. Various publications, textbooks, research papers have considered to collect the literary material.
3. For all the procedures various *Ayurvedic* text are referred.

Centre of study: SNKD Trust's Nallasopara Ayurved Medical College & Hospital. Department of *Stree Roga* and *Prasutitantra*. Simple random single case study.

CASE REPORT

A 20 Y/F patient come at OPD of *StreeRoga* and *Prasutitantra*, SNKD Trust's Nallasopara Ayurved Medical College & Hospital, Taluka - Vasai, Dist. Palghar, and Maharashtra on 03/06/21.

Chief complain

- 1) Irregular infrequent Menses
 - 2) Blackish discoloration on neck & axilla
 - 3) Pimples on Face (Acne)
 - 4) Abdominal Pain
 - 5) Psychological S/S- Stress, Sleep Disturbance
- 
- since 1 year

NO H/O – HTN, DM, Asthma, and TB.

History of present illness

The patient was normal 1 year back. Since then patient have been suffering from above complaints. For this patient took treatment from different Doctors. Then she comes to our hospital-SNKD Trust's Nallasopara Ayurved Medical College & Hospital, Taluka - Vasai, Dist. Palghar, Maharashtra in *Prasuti Tantra* and *Stree Roga* department OPD.

Personal History – Occupation – Student

O/E (On Examination)

GC –Fair

BP-120/80 mm of hg

Pulse-78/min

RR-19/min

S/E (Systemic examination)

AEBE= Clear

CVS-S₁S₂ Normal

CNS-Conscious Oriented

Local Examination (L/E)

- 1) Blackish discoloration on neck (acanthosis nigricans)
- 2) Blackish discoloration on B/L axillary & groin region.
- 3) Pimples on face (acne)

Per Speculum / Per Vaginal Examination- Not done due to patient is unmarried**Ashtavidh Pariksha**

1. *NADI* (pulse) - 80/min
2. *MALA* (stool) - Normal
3. *MUTRA* (urine) - *Normal*
4. *JIVHA* (tongue) - *Niram*
5. *SHABDA* (speech) - Normal
6. *SPARSH* (skin) - *Khara, Anushna*
7. *DRUK* (eyes) - Normal
8. *AKRITI* - *Madhyam*

Weight- 49 Kg**Height-** 165 Cms**Built** – Thin**BMI-** 18 Kg/m²**Menstrual History**

1 to 2 days	→	Irregular cycle
3 to 4 months	→	Painful bleeding
	→	Avg. 1-2 pads

L.M.P.-22/ 02/2021**O/H-** G₀P₀L₀A₀**Menarche History** – at the age of 13 years**Marital Status-** unmarried

Contraceptive history (CO/H) - Nil History of previous treatment – nil.

USG

Patient Came Along With USG Reports Dated On- 02/06/2021 As Follows- Ovaries: Both Ovaries Visualized, Appears Mildly Bulky.

RT Ovary: 47×26 Mm, LT Ovary: 42×27 Mm

Both Ovaries Shows Peripherally Arranged Multiple Smaller Sized Follicles with Central Echogenic Stroma

S/O Polycystic Ovarian Disease. IMPRESSION- F/S/O PCO

Treatment Given

Deepan and Pachan (Table no.1)

Aushadhi	Matra/ Kala	Kala	Anupana
Lashunadi Vati	250mg, TDS	Vyanodana	Koshna jala
Dashamool Jeerakam	10 ml BD	Vyanodana	Koshna jala

Saman Chikitsa (Table no.2)

Aushadhi	Matra/ Kala	Kala	Anupana
Rajahpravartini	250mg, BD	Apana	Koshna Jala
Phala Ghrita	10ml BD	Rasayan	Koshna Jala
Kamdudha Ras	250mg, BD	Apana	Koshna Jala

Shodhan Chikitsa

1. Sarvang Snehana & Swedan
2. Matra Basti with Til Tail (60ml) for 3 days
3. Shirodhara with Brahmi + Til Tail for 7 days

Pathya-Apathya: - During this period the patient was advised to take balanced and nutritive diet containing *Ragi*, *Lahsuna*, Ghee, milk, fruits, green vegetables, and Luke warm water. Avoid oily, spicy, junk food. She was also advised to do early sleep in night and early wake-up in morning, morning walk, Yoga therapy, Meditation, Pranayama: - During this period the patient was advised Yoga therapy [*Suryanamaskara*, Butterfly pose (*Suptbandhkonasana*), *Chakki chalasana*]Meditation and Pranayama (*kapalbhati*, *Anuloma Viloma*).

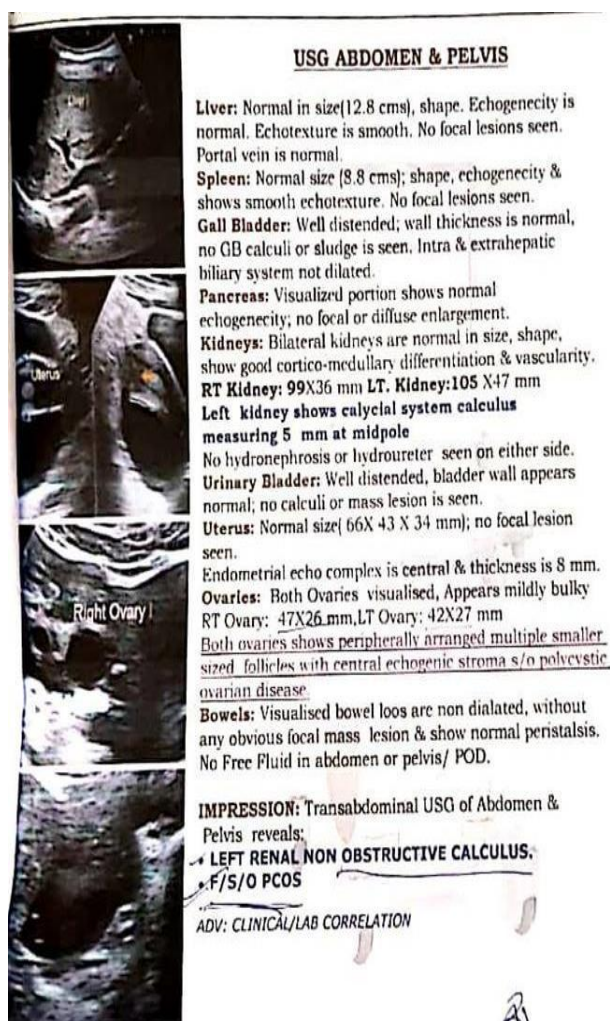
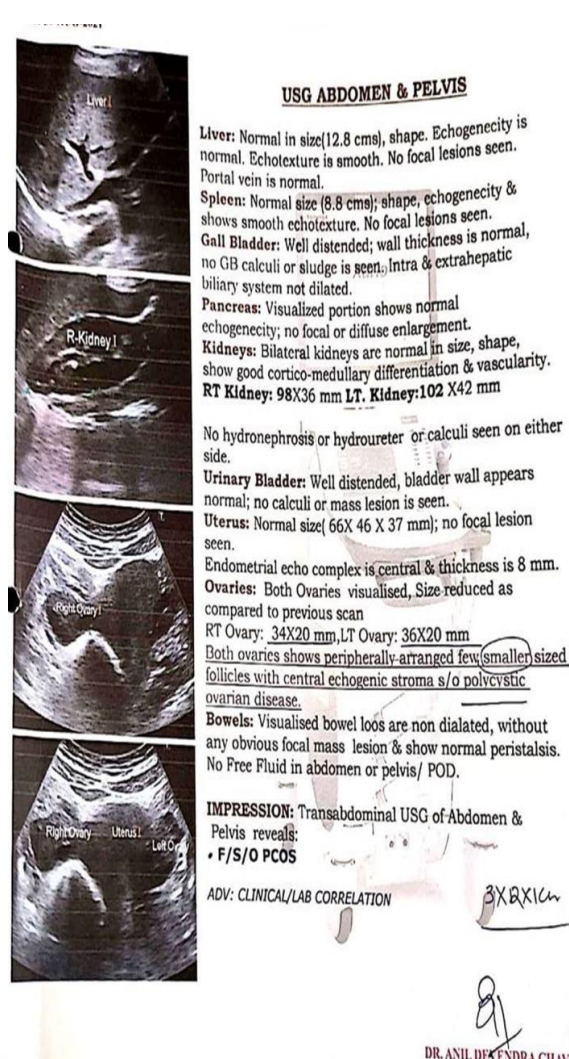
Duration: - Management for 2 months.

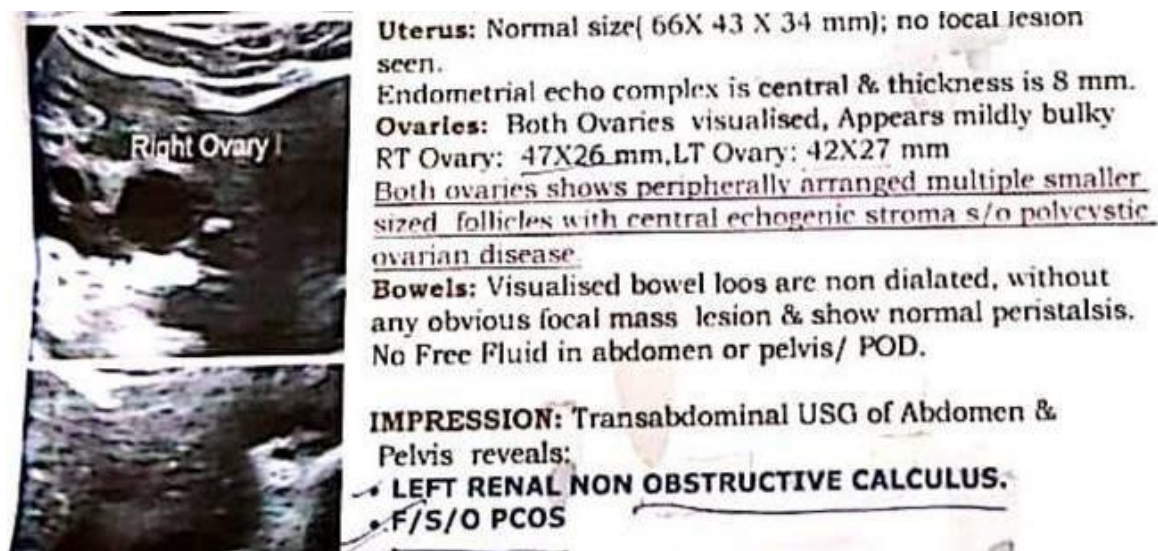
OBSERVATION AND RESULTS (Table no.3)

Sr. No.	Complaints	Before Treatment	After Treatment
1.	menses day	1-2 days	3-5 days
2.	menses duration	60 days	35 days
3.	No of pad changed /day	Pad 1/day(only spotting)	Pad 2 /day (complete soaked)
4.	Abdominal Pain	+++	+
5.	Acanthosis Nigricans, Acne	+++	++
6.	Psychological Symptoms	++	+

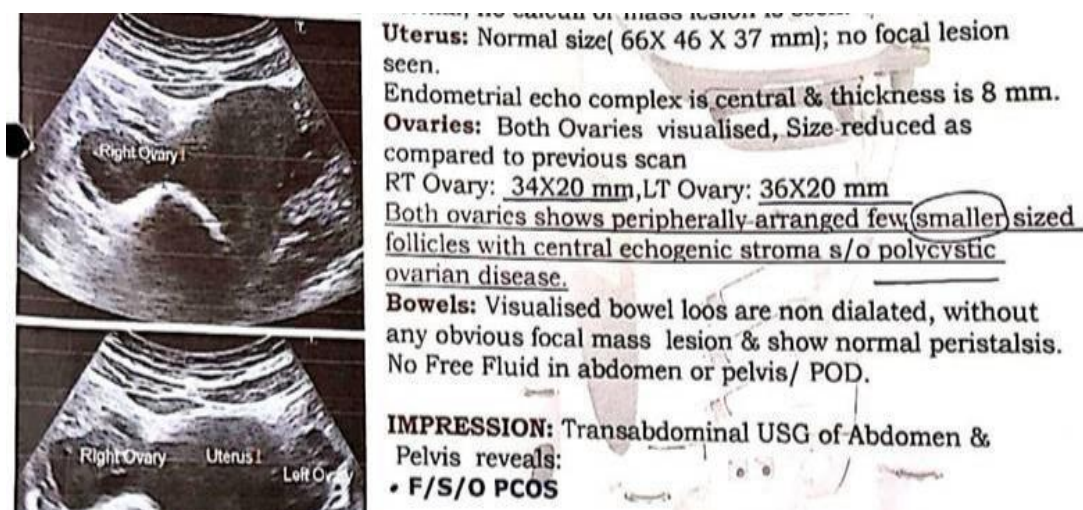
Results of Investigation (Table no.4)

Investigation	Before Treatment	After treatment (2 months)
USG	-Endometrial Thickness 8 mm -Right ovary volume 47×26 mm -Left ovary volume 42×27 mm -Multiple smaller sized follicles -Bilateral PCOS.	-Endometrial Thickness 8 mm -Right ovary volume 34×20 mm -Left ovary volume 36×20 mm -Few smaller sized follicles -Residual mild changes PCOS

**USG Report Before treatment (Fig.1)****USG Report After treatment (Fig.2)**



USG Report Before treatment (Fig.3)



USG Report After treatment (Fig.4)

DISCUSSION

There is always a high level of inflammatory changes in patients with PCOS. Inflammation is also linked to excessive weight gain which can be correlated with *Samavastha* (metabolic toxins) in Ayurveda. *Apathya Aahara Viharas* (unwholesome diet and lifestyle) causes the formation of *Aama* in *Rasadhathu* which in turn causes *Arthava Upadathu Dushti*. This vitiated condition leads to improper selection and maturation of ovum. The *Aama* thus produced, vitiates the remaining *Dhathus* which manifests as excessive weight gain and hair loss. Hair being the *Mala Roopa* of *Asthi*, unwanted hair and hair loss occurs in *Asthi Dhathu Dushti* (bone tissue degeneration). *Kapha* and *Medho Dushti* happen due to excessive intake of *Mamsahara* along with *Avyayama* and *Divaswapna* (day sleep). These vitiated *Dosha* and *Dhathus* reaches the ovary which hampers its morphology. To normalize this condition drugs

having the action such as *Aamapachana*, *Agni deepana* (carminative), *Pachana* (digestive), *Vatanulomana*, *Lekhana* and *Artava janana* (ovulation induction) properties should be used.^[5]

Mode of Action of *Dashamool Jeerakam*

Dashamool Jeerakam is *Deepan*, *Pachan* in action. It balances the *Apan vayu*. It has Carminative, digestive property.^[6]

Mode of Action of *Rajpravartini Vati*

Kumari (Aloe vera), *Kasisa bhasma* (Blue Vitriol), *Tankana* (Borax), *Hingu* (Asa foetida) the contents of *Rajpravartini Vati* is *ushna*.so it is *Vata*, *kapha nashak*. it acts on *Aartavaha Strotas*, balance the *Apan vayu*. It is useful in Oligomenorrhea, delayed menstruation.^[7]

Mode of Action of *Phala Ghrita*

Sharangadhara, *Vagabhatta*, *Yogaratanakar* and *Bhavaprakash* mentioned *Phalaghrita* in the treatment of *Vandhyatva*. 9-13 *Vandhyatva* is a *Vata* dominated *Sannipataja vyadhi*.^[8] *Ghrita* is *Tridoshaghna*^[9] due to its properties and milk is also *Vata-pitta shamaka*, *Jivaniya* and *Rasayana*.^[10] So, *Phala-ghrita* has the properties of *Ghrita*, milk and other ingredients. *Phala- ghrita* contains mainly *Tikta*, *Madhura* and *Katu rasa*, *Laghu*, *Snigdha*guna, both *Katu* and *Madhuravipaka* and also *Ushna* and *Sheetavirya*. It also has *Dipana*, *Pachana*, *Lekhana*, *Anulomana*, *Shothahara*, *Krimighna*, *Balya*, *Prajasthapana* and *yoni Pradoshanashaka* actions. Hence this drug was selected for oral administration in the present study.

Mode of Action of *Matra Basti*

As the basis of Ayurveda, *Vata* plays a major role in all kinds of gynecological disorders, and it governs *Pitta* and *Kapha* also. When considering PCOS, same theory can be applicable as *Vata* stands for proliferation, division of cells and rupture of the follicles. Hence *Vata Shaman Basti* is the best treatment for Ovulation Induction of PCOS. As mentioned in *Charaka Samhita Siddhithana*, *Basti* effects are not limited only up to rectum, and it produced widespread systemic effects.^[11] Therefore, in this study *Matra basti* which is reduced by half in quantity (day after day or at suitable periods), does not produce any complications which cannot be prevented, used as *panchakarma* procedure at the Ovulation Period.

Mode of Action of *Shirodhara*

A standardized *Shirodhara* leads to a state of alert calmness similar to the relaxation response observed in meditation. The clinical benefits observed with *Shirodhara* in anxiety neurosis, hypertension, and stress aggravation due to chronic degenerative diseases could be mediated through these adaptive physiological effects.^[12] The procedure of *Shirodhara* brings the *Sanjnavaha Srotas* in peaceful state of rest which helps in inducing sleep.

CONCLUSION

PCOS is an increasing public health problem which is very common and leading cause of infertility in women. Polycystic ovarian syndrome or PCOS is a condition in which a women's level of sex hormone like oestrogens and progesterone are imbalanced. Allopathic medicines are limited, comparatively Ayurveda have various options of medicine without any side effects for every symptom of PCOS. In Ayurveda there is no direct description of this disease in the ancient text. But clinically it resembles with *Yonivyapad*, *Artavavaha strotas dushti*, *Santaropnnth vyadhi*, *Jataharini* etc. From this case study Polycystic Ovary Syndrome (PCOS), Patients can be managed by *Ayurveda* Treatment. This is single Case Study but large study need with more number of patients of Polycystic Ovary Syndrome (PCOS).

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