

PCOS – AN AYURVEDIC OVERVIEW

Apurwa Saini^{1*}, Shaveta Sawhney² and Neha Verma³

¹Post Graduate Scholar, Department of Kriya Sharir, Patanjali Bhartiya Ayurvedigyan evam Anusandhan Sansthan, Haridwar, Uttarakhand.

²Associate Professor, Department of Kriya Sharir, Patanjali Bhartiya Ayurvedigyan evam Anusandhan Sansthan, Haridwar, Uttarakhand.

³Assistant Professor, Department of Stri Evam Prasuti tantra, Patanjali Bhartiya Ayurvedigyan evam Anusandhan Sansthan, Haridwar, Uttarakhand.

Article Received on
09 August 2023,

Revised on 29 August 2023,
Accepted on 19 Sept. 2023

DOI: 10.20959/wjpr202317-29723

*Corresponding Author

Dr. Apurwa Saini

Post Graduate Scholar,
Department of Kriya Sharir,
Patanjali Bhartiya
Ayurvedigyan evam
Anusandhan Sansthan,
Haridwar, Uttarakhand.

ABSTRACT

Polycystic ovarian syndrome (PCOS) is fastest growing health hazard endocrinological disorder in genetically susceptible women of reproductive age, following negative exposures to nutritional and environmental factor related to their sedentary lifestyle. PCOS is characterized by anovulation, hyperandrogenism, polycystic ovaries, hirsutism etc. Today every second girl or women suffering from PCOS due to their sedentary lifestyle, mental stress, lack of physical activity, lack of nutritional food, weight gain, obesity leading to metabolic disorder. In *Ayurveda* this disease is not directly explained but we can correlate with *Kaphaj granthi*, *Vandhya yonivyapad*, *Aartav Kshya*, *Nastartava* etc. An attempt is made to understand the cause of PCOS.

KEYWORDS:- PCOS, Artav, Dhatwaagnimandya, Rasa dhatu, Ayurveda.

INTRODUCTION

Polycystic ovarian syndrome is considered as a multifactorial disorder with various genetic, endocrinological and environmental abnormality in females of reproductive age group. PCOS was described by Stein and Leventhal in 1935 manifested by anovulation, infertility, irregular cycles, hirsutism, acne, insulin resistance androgen excess and obesity. PCOS affect the entire life of women, can begin in womb genetically, clinically manifests at puberty and continues during the reproductive years. Now it is widely recognized that insulin resistance in obese or overweight women but also in lean PCOS woman leading to metabolic disorder.

In ayurvedic classics, there is no direct description of PCOS, but we can correlate it with certain conditions like *Kaphaj Granthi*, *Vandhya Yonivyapad*, *Arajaska yonivyapada*, *Artava kshaya*, *Nastaratav*, *Pushpaghni*, *Jataharini* etc. due to *mithya aahar vihar*. *Vikrit dhatwagni* plays an important role in causing PCOS, thus PCOS can be considered as *Dhatwaagni mandya janya beejagranthi vikar*.

MATERIAL AND METHOD

All available references have been collected from *Ayurvedic Samhitas*, textbooks and modern textbooks, published article, literature, and websites.

AIM

The primary aim of this research endeavor is to delve deeply into the multifaceted factors that contribute to Polycystic Ovary Syndrome (PCOS). PCOS is a complex and prevalent endocrine disorder affecting reproductive-aged women, yet its exact etiology remains elusive. By meticulously examining the various genetic, hormonal, lifestyle, and environmental elements that may influence the development and manifestation of PCOS, we aspire to gain comprehensive insights into the root causes of this condition. This understanding is not only crucial for advancing medical knowledge but also holds the potential to guide the development of more effective diagnostic, preventative, and therapeutic interventions to improve the quality of life for those affected by PCOS.

Literature review

Kaphameda kara Ahara Vihar causes the *Agnimandaya*, which is responsible for the *Amoutpatti*, this Aam causes the *Srotoavarodha*, which later is responsible for the *Dhatvaagnimandyatv* which *Apachit rasdhatu* and *Uttrotardhatu Apachan* leads to *Medodusti* and *Nastaartav* like *lakshan*.

Hetu of pcos

➤ **Mithya ahara vihar:** Faulty diet plays a prime role in the manifestation of PCOS. Vata and *kaphakar Aahara* are the causative factors for this disease due to which disturbance in status of *Tridosha* which alter the normal metabolism leading to abnormal *Ahara Rasa* i.e *Amotpatti*. Aggravate *kapha* leads to *Agnimandya* → accumulation of *Ama* → *Ama* obstruct *Artavvaha srotas* vitiation of *Artav Dhatu* *Dushti* of *Aartav, Rasa* and *Meda dhatu* disturbance in hormonal regulation which leads to PCOS.

- **Pradushtartav:** Aartav as it is considered in ayurveda classic in two terms i.e., one related to menstrual blood and other related to ovarian hormone, so here we are taking it as a ovarian hormone. Pradustartav indicate hormonal imbalance or ovarian disorder, dysregulation of CYP17 (which directly act on gonads and helps in the regulation of estrogen), androgen forming enzyme in both adrenal and ovaries.
- **Beeja dosha:** According to *Aacharya Charak* any abnormality in *Beeja*, *Beejabhaag*, *Beejbhagaavayava* can lead to *Sahaj vyadhi*. Here we can correlate *Beeja* with ovum and sperm, *Beejabhaga*
- **Vihara:** It includes sedentary lifestyle generally classified *Shareerika* and *Manshik*. *Abnormal life style, psychological factors are the reason for* many metabolic disorders. Changes in biological clock i.e change in sleeping pattern *Diwaswapan* increases *kapha dosha* and *Ratrijagran* vitiate *Vata dosha*. *Atichinta* (stress) may leads to excess anxiety or thinking are also contribute such type of ailment which result in *Rasavaha Srotodusti*. Lack of *Vyayam* and with chromosome and *Beejabhaagavayava* with gene coding. During intrauterine life excessive androgen exposure can have permanent effect on gene expression which can lead to PCOS. Any *Vikriti* in *Beejabhaag* of ovum which is responsible for the anomaly in *Garbhasaya* and *Artav*(menstruation), then she gives birth to *Vandhya* child.
- **Daiva:/ Unknown or idiopathic cause:** When the aetiology of manifestation of diseases cannot be sustained, then they are termed as '*Doshakarmaja Vyadhi*'. As there is some difficulty in relating the exact etios for PCOS, so it is considered undered *Daiva*. fatty food may vitiate *Meda dhatu* and other *Manshik bhawa* like *Irshya*, *krodh*, *dwesh*, *shoka* may lead to improper *Aahara Parinam* may leads to *amotpatti* resulting in *Aartavaha Srotodusti* and *Anapatyaa*.

Role of tridosha in manifestation of disease

1. **Role of vata dosha:** As *Samana vayu* gives *bala* to *Pachaka agni* and *Dhatwagnis*. Sedentary lifestyle and dietary habits *causes the utpatti of aam*, which later causes the vitiation of *Samana vayu*. Along with this *Samana vayu* also carries dosha, *mala*, *sukra* and *artava*. Any vitiation can lead to *agnimandhya*, feeling of fullness in abdomen and *gulm*(*raktaj gulm* – Anartav).
- Vitiation of *Apana vayu* can leads to anovulation polycystic ovaries and menstrual disorders like oligomenorrhoea, Amenorrhoea etc.
- Vitiation of *Vyana vayu* can lead to infertility and black heads.

➤ Irritability and unstable mind can be seen due to vitiation of *Prana Vayu*.

According to *Acharya's*, the *Karma* of *Udana Vayu* is *Bala*, *Varna*, *Smriti* etc., so any vitiation can lead to decrease Libido, Discoloration of skin, Depression, forgetfulness etc.

2. Role of pitta dosha: The vitiation of *Pachaka Pitta* at the level of *Ranjaka* and *Bhrajaka Pitta* can lead to Acne, Hirsutism, Greying of hair. *Karma* of *Pitta* are *Mardava*, *Prabha*, *varna* etc., any vitiation *Pachak Pitta* can lead to *Prabhahani* and *Varna Hani* etc., which can be correlated with Acanthosis Nigricans.

3. Role of kapha dosha: As *Kapha Dosha* is predominant during *Ritukala* (Follicular phase). During this phase there is predominance of *Prithvi* and *Jal Mahabhut*. Any vitiation in *Kapha Dosha* can lead to its accumulation and this results in formation of multiple cysts in ovaries, weight gain, central obesity etc. *Kledak kapha* is vitiated mainly in PCOD. *Kledak Kapha* helps in the digestion of food and its vitiation can lead to the formation of *Ama* and this *Ama* is considered as the main cause for the PCOS. If *Kapha* is predominant due to its *Seeta* and *Snighda Guna* then function of *pitta* is impaired due to which *Artav Darshan* does not take place.

Pathophysiology

PCOS occurs due to the *Kapha* blocking the *Vata* and *Pitta* this results in the obstruction of movement of *Vata* and *Pitta* and suppress the transformation process.

1. Role of agni: excessive use of *Kapha Vardhak Ahara* and *Vihar* increases *Kapha Dosha*. *Kapha Dosha* because of its property like *Manda*, *Sheet*, *Sthir* causes the *Jathragni Mandya* and thus *Dhatwaagni Mandya* which causes *Aamsanchaya* in body. This *Aamotprtti* causes the *Srotordha* and result in *Apachit Rasadhatu* which further leads to *Medodhusti* and *Alpaartaav* like *Lakshanas*. *Ama* at a cellular level cause the *Rasadhatu* coating over the cells which results in the decreased permeability of cell membrane and because of this the insulin secreted in body is unable to engage with the cellular receptor. Thus, there is an increase level of insulin.

2. Role of kledak kapha: This *Agnimandhya* results in the formation of excessive *Kledak Kapha* when this *Kledak Kapha* moves out of GI tract and enter the channel of *Rasvaha Srotasa* and effects the *Rasdhatwagni*. The *Updhatu* of *Rasdhatu* is *Raja* which is a menstrual blood. Because of the dominance of *Kapha Dosha* in body the flowing

menstrual blood will ultimately takes the *Guna* of *Kapha* which in turn blocks the *Apana Vayu* in *Artavvaha Srotas*.

Samprapti

- **Hetu:** *Tridosha Prakopak Hetu (Manshik or Aharaj Viharaj Nidana)*
- **Dosh dushti:** Vitiaton of *Vata* and *Kapha* *Dosha* leads to *Agnimandhya*.
- Formation of *Ama*.
- Sign and symptom according to respective *Dushti* of *Dosha*
- **Pcos:** *Ras, Rakta, Mamsa, Medo dhatu dushti – Granthi Nirman*
- **Rasa dhatu** – The *Dushti* of *Rasadhatu* will leads to the improper formation of *Raja Updhatu* and causes the *Aartav kshaya / Nastartav*, a common symptom of PCOS patient.
- **Rakta dhatu / Mamsa dhatu** -Symptom like acne complexion and Acanthosis Nigricans.
- **Medo dhatu**- leads to the improper fat deposition and causes Obesity.
- **Asthi dhtau**- As *Kesh* is a *Updhatu* of *Asthi Dhatu* symptoms like Hirsutism and greying of hairs and Alopecia occurs.
- **Majjaa dhatu**- Responsible for the nourishment of brain tissues so symptom like depression, mood swings, are seen in PCOS.
- **Sukra dhatu**- Improper nourishment of *Sukrdhatu* leads to anovulation which is also a common symptom of PCOS.

DISCUSSION

Polycystic ovarian syndrome is an emerging complex endocrinological disorder and the main culprit causing this is fast changing life style, faulty food habits, sedentary life style, lack of physical work, mental stress etc.

It affects almost all the system of body resulting in reproductive, metabolic and psychological troubles. Metabolic process of body is under combined control of *Jatharagni*, *Bhutagni*, and , so the cause *Dhatwagnis*. of disease is function alteration of metabolic activity which according to ayurveda, is vitiation of, *Dhatwagnis*. so, one can say that PCOS is caused by *Dhatwagnis*. *Vikriti* and *Adhisthan* of disease are *Beejagranthi* thus the disease can be considered as *Dhatvagnimandya Janya Vikara*.