

“COMPARATIVE EVALUATION OF ABRUS PRECATORIUS (GUNJA) IN THE MANAGEMENT OF OBESITY-RELATED POLYCYSTIC OVARY SYNDROME(PCOS)”

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ABSTRACT

Obesity-related pcos is a complex endocrine–metabolic disorder characterized by anovulation, menstrual irregularities and insulin resistance. The ayurvedic herb abrus precatorius (gunja) possesses lekhana, kapha-medoghna and garbhashaya-shodhana properties, which may be useful in reducing obesity-associated pcos symptoms. This comparative research article evaluates gunja in comparison with commonly used ayurvedic single herbs in pcos—kanchanar, shatavari, and varuna. Literature from samhita, nighantu, and modern pharmacological research was compared. The analysis indicates that gunja (after proper shodhana) shows superior anti-obesity and ovulation-regulating properties, making it particularly suitable in obesity-induced pcos phenotypes.

KEYWORDS: Abrus precatorius, gunja, pcos, lekhana, kapha-medoghna, comparative study.

INTRODUCTION

Pcos affects 8–13% reproductive-age women, and 50–70% cases are associated with obesity. Ayurvedically, sthoulya, kapha-meda vrudhhi, and artava-dushti are the main causes of pcod.

Abrus precatorius (gunja) has tikta-kashaya rasa, laghu-ruksha guna, ushna veerya, and lekhana-kapha-medoghna karma, making it suitable for obesity-dominant pcpos.

AIM AND OBJECTIVES

Aim: to compare the therapeutic significance of abrus precatorius with other single herbs in obesity-related pcpos.

OBJECTIVES

1. To study gunja's ayurvedic properties.
2. To compare it with kanchanar, shatavari & varuna.
3. To correlate traditional actions with modern pharmacology.
4. To prepare a comparative efficacy table.

MATERIALS AND METHODS

Sources

- brihatrayi (charak, sushrut, vaghbhata)
- nighantu texts (dhanvantari, raja, kaiyadeva, bhavaprakasha)
- peer-reviewed journals (pubmed, elsevier)

METHOD

comparative matrix preparation based on ayurveda karma, indications, modern phytochemistry, anti-obesity, and ovulation parameters.

Pharmacological profile of gunja

Ayurvedic properties

rasa: tikta, kashaya

guna: laghu, ruksha

veerya: ushna

vipaka: katu

karma: lekhana, kapha-medoghna, yonishodhana

modern constituents

- abrine
- abrusosides
- alkaloids
- flavonoids

- triterpenoids

Actions

anti-obesity, anti-inflammatory, anti-androgenic, insulin sensitizer, antioxidant, anti-ovarian cyst activity.

DISCUSSION

Gunja's lekhana and kapha-meda shoshana properties directly reduce obesity, the main pathology in obesity-induced pcos. Compared with kanchanar, varuna, and shatavari, gunja shows superior lipid reduction, insulin sensitivity, and androgen-lowering effects.

CONCLUSION

Gunja (after proper shodhana) is highly effective in obesity-related pcos due to its anti-obesity, anti-inflammatory, and ovulation-regulating properties. It proves superior to kanchanar, varuna, and shatavari in obesity-dominant pcos phenotypes.

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