

## **A BRIEF REVIEW ON PCOD ACCORDING TO AYURVEDA AND MODERN**

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### **ABSTRACT**

Now a days PCOD is common health problem in female in menstruating age. Incidence of PCOD is increasing due to change in lifestyle and stress. The prevalence of PCOD in general population is about 5%-15% world-wide, but it is relatively high in Indian subcontinent. Women with PCOD suffers from infertility, menstrual irregularities and Hirsutism. As this condition is not described word to word in Ayurveda. We can correlate it with some diseases which is explain in Ayurveda in relation to Aartava like Nashtartava, Bandhya Yonivyapad, Bijkosha granthi, Aartava dushti, Strotas dushti, Anartava. The chikitsa paddhati of Ayurveda like Shodhan (Virachan, Basti, Vaman), some drug formulation should be the best treatment in PCOD.

**KEYWORDS:** Ayurveda, PCOD, Anartava.

### **INTRODUCTION**

Now a days incidence of PCOD (5%-15%) is increasing fast lately due to change in lifestyle and stress. Ovary is ductless reproductive gland of female reproductive system. It produce ovum per month and also produce hormones which are responsible for maturation of graffian follicle, ovulation, menstruation and maintenance of pregnancy in early stage. Ovaries can be site of variety of diseases. These diseases includes functional cyst, ovarian endometriosis, polycystic ovaries and neoplastic diseases. Among all these PCOD is common problem among adolescents, developing soon after puberty and in reproductive age. This condition is receiving so much attention because in reproductive age women with PCOD suffers from infertility, menstrual irregularities and Hirsutism. As aetiology of PCOD is poorly

understood and the management of it is difficult by modern gynecologist. So Ayurveda approach is demanded.

In Ayurveda PCOD can be named as Bijkosha granthi but on the basis of sign and symptoms it comes under heading of Aartava dushti, Yonivyapad, Rajadushti, Strotas dushti and vitiation of Ras Dhatu. Acharya Charaka has mentioned in Sutra Sthana 18/41-45 that there are APARISANKHEYA diseases on the basis of ruja, vran, samuthan, sthan, sansthan so one should not hesitate to consider and treat unnamed diseases.

### WHAT IS PCOD?

It is multisystem endocrinopathy and metabolic disorder in women of adolescent age, soon after puberty and reproductive age. In PCOD there are multiple small cyst less than 1 cm develops on single or both ovaries. PCOD may sets in early adolescent life, but manifest in reproductive age with symptoms like obesity, infertility, menstrual abnormalities, Hyperandrogenism and it also leads to long term complications such as diabetes, hypertension, hyperlipidemia and cardiovascular diseases.

In Ayurveda as per above mentioned it comes under Aartava dushti, Yonivyapad mainly Bandhya Yonivyapad. There is hormonal imbalance along with Dosh and Dhatu dushti results in cyst in ovary.

Tridosha vardhak (mainly Kapha) aahar and vihar



Mandagni



Ama formation



Vitiates in Aartava



Obstruction in Aartava vaha strotas



Amaratava and Alpa aartava



Kapha and Ama further vitiates Medo Dhatu



Medovridhi and Granthi (Medo vikar)

## Causes of PCOD

### According to Modern

- 1) **Genetics:** Some genes like CYP21, CYP19, CYP18 shows altered expression suggesting that the genetic abnormality in PCOD affects signal transduction pathways controlling steroidogenesis, steroid hormones action, gonadotropins action and regulation, insulin action and secretion, energy homeostasis, chronic inflammation and others.
- 2) **Obesity:** Obesity is related to PCOD. More than 60-70% patients with PCOD tends to be obese. The adipose tissue (i.e. Fat) is considered as endocrine and immunomodulatory organ, it secretes some hormones like leptin, adiponectin and protein like cytokines which interfere with insulin transduction pathways in liver and muscles resulting in insulin resistance and hyperinsulinaemia.
- 3) **Raised LH secretion:** Normal level of LH hormone in early follicular stage is 2-8 IU/L, in mid cycle peak is 10-75 IU/L. But these LH secretion raised due to insulin which causes infertility, miscarriage through improper oocyte maturation.
- 4) **Hyperandrogenism:** It lowers the level of hepatic sex hormone binding globin (SHBG), results in rise of level of free testosterone leading to Hirsutism. Androgens also suppress the growth of dominant follicle.

### According to Ayurveda

- 1) **Mithyachar:** It means abnormal aachar i.e. aahar and vihar. If we talk about aahar like western countries, India has become a fast food nation. Our healthy Indian food replacing day by day with unhealthy fast food (i.e. Tridoshvardhak aahar) and abnormal vihar like ratrijagaran, unnecessarily stress, anger, anxiety, addiction like smoking, alcohol consumption this all giving rise to life style disorders like diabetes, obesity, PCOD, Infertility etc.
- 2) **Pradushtartava:** It means dushit aartava, which is updhatu or should be taken as rajorupa aartava or hormones. So hormonal imbalance leads to disorders like PCOD etc.
- 3) **Bijdosha:** Here Bij means gametes i.e. genetics and chromosomal level abnormality taken as nidan in Vandhya in Ayurveda.
- 4) **Daiva:** It is unknown factor leads to PCOD.

### Symptoms of PCOD

- 1) Early Adrenarche: In form of early pubertal hair and early menarche.
- 2) Oligomenorrhea

- 3) May develops a short periods of amenorrhea followed by prolonged or heavy periods.
- 4) Infertility
- 5) Appearance of Acne, Hirsutism.
- 6) Acanthosis Nigricans (due to insulin resistance thick pigmented skin develops over nape of neck, inner thigh and axilla.)
- 7) Obesity (BP in Obese woman)
- 8) Hormonal Imbalance: Hormones which affect in PCOD are increase in Oestrogen level, increase in LH, increase in FSH/LH ratio, increase in androgens, testosterone, prolactin, sex hormone binding globin.
- 9) Thyroid Enlargement.

Simply we can correlate above symptoms with dosha's dominance as below,

- a. Obesity, Infertility, and Hirsutism ➡ **Kapha Dominance.**
- b. Hair loss, Baldness, Painful menses, Acne ➡ **Pitta Dominance.**
- c. Painful menses, scanty menstrual blood flow, menstrual irregularities ➡ **Vata Dominance.**

### Effect on Fertility

Ovaries function are to produce ovum per month and produce hormones which are responsible for maturation of graffian follicle, ovulation, and maintenance of pregnancy in early stage of pregnancy i.e. Oestrogen and Progesterone. But due to insulin resistance insulin induces LH surge which cause theca cell hyperplasia and secrete androgens, testosterone, and androstenedione which finally rise Oestrogen and Inhibin level. These in turn cause again high LH surge( under normal level of LH, primary Oocyte completes its first meiotic division and gives rise to second meiotic division which take's place after fertilization in fallopian tube) leads to improper oocyte maturation so pregnancy doesn't takes place i.e. infertility.

### Pregnancy with PCOD

If woman with PCOD conceives, she develops carbohydrate intolerance, diabetes, hypertension. Pregnancy loss occurs in 20%-30% cases due to miscarriage or there may be premature delivery.

### Diagnostic Criteria

- 1) Oligomenorrhea
- 2) Anovulation

- 3) Infertility
- 4) Hirsutism, acne, Acanthosis nigricans.

### **Investigation**

#### **1) USG**

It confirms all structural abnormality of ovary like enlarged ovaries, their size and increased stroma, ovarian volume, tumor. It also shows endometrial hyperplasia.

#### **2) Hormonal Study**

Hormones which mentioned earlier is not performed routinely, but specific hormones studies are undertaken when required.

#### **3) Thyroid function test**

Mostly in an obese women.

#### **4) Laproscopy**

It is reserved for a therapeutic purpose also.

### **Treatment**

Aim of treatment according to modern:

- 1) To cure a woman with menstrual disorders
- 2) To treat Hirsutism
- 3) To treat infertility
- 4) To prevent long term effects.

### **According to Ayurveda**

**1) Nidan parivarjan:** it means completely cut off of causative factor. It is the first line of treatment given in Ayurveda. Not only food but also habits due to which agnimandya, Medovridhi takes pace should be avoided or eradicated from diet.

**2) Sanshodhan:** It is the process in which waste or harmful product thrown away from body either by Urdhwamarga or Adhomarga. Among which Vaman removes vitiated Kapha dosha and balance hormonal regulation, Virechana removes vitiated Pitta dosha and also clears minute channels of body, Basti controls Vata and relieves Rasa Dhatu dushti thus helps in PCOD. Uttarbasti is most effective as it clears aartava vaha strotas, pacifies Apana vayu, boost follicular maturity and regulates circulatory function.

**3) Angnivardhan:** According to Ayurveda not only Jatharangi but also Dhatwagni and Panchmahabhutagni should be swasth for a swasth life. Here as we see that vitiation of Ras Dhatu takes place and also alpaartava should be there in PCOD so with Sanshodhan we have to use vatakaphahar dravyas which are also Agni potentiating which cures manda dhatwagni. Agni vardhak dravya also acts like amapachak so amavaran breakdown.

**4) Aartava Vridhi:** It comes under category of Swayoni vardhan means administration of ushna, tikshna, katu gun, amla rasatmaka dravya like Til, Kulath so that increase in pramana of Aartava because it is also of same gun.

### Some Classical formulation

Chandraprabha vati

Kanchnar Guggul

Rajpravartini Vati

Kumari Aasava

Dashmulaarishta

Pushpadhanva Ras

Nashtapushpantaka Ras

### How naturally we control PCOD

#### Does & Don't in PCOD

##### 1) Diet

**Does-** one can add high fiber food in diet like fruits- sapota, apple, berries. Vegetable- sweet potatoes, pumpkin, carrots, leafy veg, tomatoes. Other varieties like Sprouts, lentils, beans, almonds, walnuts, dates. High protein sources like tofu, chicken, fish, eggs. Increase intake of cinnamon, turmeric, vit B sources, zinc, berberine, cod liver oil.

**Don't-** It is must needed to cure any health issues so here food which causes insulin resistance, obesity are avoided or cut off completely from diet. Food like sugar, items made from Maida (refined flour) like noodles, pasta, bakery products like cakes, biscuits, rusks, muffins. Also avoid food with sucrose, dextrose, high fructose corn syrup, fried food, processed meat.

## 2) Daily habits

a) **Does-** Yoga – One should add yoga in her dincharya, some yoga's which are helpful to cure PCOD are like Matsyasan, Aardhmatsyasan, Sarvangasan, Ushtrasan and of course last but not least i.e. Suryanamaskar.

Meditation – As we know that stress, anger, anxiety these all leads to hormonal irregularities so mental control is necessary which we achieve by Meditation.

b) **Don't-** one should avoid Ratrijagaran, anger, stress.

## CONCLUSION

PCOD is a gynecological health issue. In Ayurveda PCOD can be named as Bijkosh granthi but on the basis of sign and symptoms it comes under heading of Aartava dushti, Yonivyapad, Rajadushti, Strotas dushti and vitiation of Ras Dhatu. Mithya Aahar and Vihar, hormonal imbalance, genetic factors can lead to pathogenesis. Obesity, Oligomenorrhea, Amenorrhea, anovulation, acne, Hirsutism, infertility are some major symptoms of disease. Nidan parivarjan, Sanshodhan like Vaman, Virechana, Basti and Uttarbasti, Agnivardhak chikitsa, removal of Ama are line of treatment in Ayurveda. Some dietary and daily habits have to change and also adaptation of yoga and meditation in daily habits gives benefits in PCOD.

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