

AYURVEDIC CONCEPT OF POLYCYSTIC OVARIAN SYNDROME (PCOS) W.S.R. TO STRI BEEJA DUSHTI A COMPREHENSIVE REVIEW

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ABSTRACT

Polycystic Ovarian Syndrome (PCOS) is a rapidly emerging lifestyle related health problem among women in which ovaries of the adolescent girls and women are getting affected. Small cysts are formed in the ovaries and ovulation does not happen on time. This disease causes hormonal imbalance in the body of the women which can adversely affect both the physical and mental health if women. The level of male hormone (Androgen) starts increasing in the woman's body. The change in the hormones affects menstrual cycle. Due to which, small cysts start forming in the ovaries. In this disease, the inactivity of ovaries (Ovarian failure/ Resistance) starts early. Due to which women have to face difficulty in conceiving later on and it becomes the main cause of infertility. According to Ayurveda, PCOS may be co-related with *Stri Beeja Dushti* as it majorly affects the *Stri Beeja* i.e. ovaries or ovum. According to a study 20-25% of women in India are suffering from this disease. Now the disease is also being found in adolescent girls. For this, there is need to give information and make

everyone aware. This review delves into Ayurvedic formulations like *Pushpadhanva Rasa* and *Ashokarishta* etc. as they have good response in female reproductive disorders according to Ayurvedic texts. Additionally, this review covers the importance of preventing PCOS by making little changes in lifestyle. Keep menstruation regular by following diet, behaviour,

routine, seasonal routine, etc & adopting Ayurveda, stay healthy in body & mind & achieve longevity.

KEYWORDS: *Stri Beeja Dushti*, Polycystic Ovarian Syndrome (PCOS), *Pushpadhanva Rasa*, *Ashokarishta*, Infertility.

INTRODUCTION

The term polycystic ovarian syndrome (PCOS) was first described by Irving Stein and Michael Leventhal as a triad of “Amenorrhoea, Hirsutism, and Obesity” in 1935. Therefore, this disease is also called as ‘Stein-Leventhal Syndrome’ or ‘Hyperandrogenic Anovulation’.^[1] Polycystic Ovarian Syndrome is a relatively common endocrine-metabolic disorder in women of reproductive age group, resulting from insulin resistance and the compensatory hyperinsulinemia.^[1] This results in adverse effect on multiple organ systems and may result in alteration in serum lipids, anovulation, abnormal uterine bleeding and infertility.^[7] It affects the whole life of a female, can begin in utero in genetically predisposed subjects, manifests clinically at puberty and continues during the reproductive years.

Polycystic Ovarian Syndrome is a condition that has cysts on the ovaries that prevent the ovaries from performing normally. Symptoms of Polycystic Ovarian Syndrome include amenorrhoea or infrequent menstruation, irregular bleeding, infrequent or no ovulation, multiple immature follicles, increased levels of male hormones, male pattern baldness or thinning hair, excess facial and body hair growth, acne, oily skin or dandruff, dark coloured patches of skin specially on neck, groin, underarms, chronic pelvic pain, increased weight or obesity, diabetes, lipid abnormalities and high blood pressure.^[1]

In Ayurveda, polycystic ovarian syndrome may co-related with *Stri Beeja Dushti* as this disease majorly affects the ovaries or ovum (*Stri Beeja*).^[2]

Ayurvedic medicine, or Ayurveda, is a holistic healing system developed in India more than 3000 years ago. One of the world’s oldest holistic practices, it’s based on concept that wellness and health are achieved through a balance between your mind, body and spirit.

Pushpadhanva Rasa has a good response in male infertility according to ayurvedic texts.^[3,4] But in Ayurveda, ovum has different synonyms like *Artava*, *Shonita*, *Asrika*, *Pushpa*, *Raja*, *Rakta*, *Lohita* etc.^[2] So, *Pushpa* is the word called for ovum or ovaries and from name also

(*Pushpadhanva*) this drug works on ovum or ovaries and it has a good response in treating PCOS and infertility due to PCOS.

Ashokarishta has a good response in female reproductive disorders according to ayurvedic texts.^[3]

Polycystic ovarian syndrome affects almost 20-25% of women in India. It mostly affects the women ranging in ages of 20-30 years. It is therefore the most frequent cause of anovulation and probably the most common endocrine disorder in women.

PCOS is a lifestyle related health disorder and can be treated or prevented with making little changes with lifestyle and keeping menstruation regular by following a good balanced diet, a good behaviour, routine, seasonal routine, etc and adopting Ayurveda, following *Pathya-Apathya*, stay healthy in body & mind & achieve longevity.

So, field of research in PCOS opens a broad possibility for a researcher. The ancient system of Ayurvedic medicine advocated a variety of natural medication, which may afford results in this aspect. Keeping in view the high prevalence of PCOS and cost-effective treatment modality of *Pushpadhanva Rasa* and *Ashokarishta* for its treatment with following *Pathya-Apathya* and making little changes in lifestyle.

AIM AND OBJECTIVES

Aim

- To explore and review the Ayurvedic approach to the diagnosis, management, and therapeutic intervention for PCOS.

Objective

- To understand the Ayurvedic as well as modern etiology and pathogenesis of PCOS.
- To review herbal formulations used for PCOS.
- To evaluate dietary and lifestyle modification that support menstrual health

MATERIALS AND METHODS

This review is based on comprehensive analysis of classical Ayurvedic texts including Samhitas, along with contemporary research articles on Ayurvedic therapeutics for PCOS. Secondary sources such as published journal articles, research paper and clinical studies relates to Ayurvedic gynaecology have been examined. Modern and Ayurvedic authentic

information is collected on this topic of PCOS. Detail study of information about healthy lifestyle management of a baby girl right from her birth till her adolescence is carried out from various books. Research papers published on internet are also studied. Also, the textbooks of the course of bachelor and masters of Ayurvedic medicines are studied, PCOS having resemblance with many diseases in Ayurveda like *Nashtarthava*, *Artava Kshaya*, *Arajaska*, *Vandhya*, *Pushpagani Jathaharini*, *Sthoulya*, *Prameha*, etc. But in this review PCOS is co-related with *Stri Beeja Dushti*, as this disease majorly affects the ovaries or ovum (*Stri Beeja*).

Etiopathogenesis of *Stri Beeja Dushti* (PCOS)

PCOS is a complex multigenic disorder that results from the interaction between multiple genetic and environmental factors. A high prevalence of PCOS among the first-degree relatives suggestive of genetic predisposition. *Acharya Charaka* states that affliction to *Beeja* or a part of *Beeja* (*Beejabhagavayava*) results in dysfunction in the respective part of individual in due course of development. If there is any *Vikriti* in *Beejabhaga* in the ovum responsible for production of *Gharbhashaya* and *Artava*, the she gives birth to a *Vandhya* child.^[5]

- *Nidana* of all *Vimshati Yonivyapada* are the *Nidana* of *Stri Beeja Dushti*.
- *Kshaya Hetu* like excessive *Vyayama*, *Anashana*, *Chinta*, *Rooksha*, *Alpa Pramitashana*, exposure to *Vata*, *Atapa*, *Bhaya*, *Shoka*, *Rooksha Pana*, etc causes *Stri Beeja Dushti*.^[6]

Mithyaahara

The present-day food habits and their influence in the etiology of PCOS is also significant. As PCOS is a metabolic disorder, the faulty diet lays a prime role in the manifestation of the disease.^[8] *Vata* and *Kaphakara Ahara* are basic causative factors of PCOS. Foods with *Madhura*, *Amla*, *Lavana Rasa* and *Sheetha*, *Snighdha*, *Guru abhishyandi gunas* will cause *Kapha Dosha Kopa* and *Tiktha*, *Katu*, *Kshaya Rasa* and *Ruksha guna* leads to *Vata prakopa*. In PCOS, the dietary factors seem leads to *Dushti* of *Rasa*, *Rakta* and *Meda* in the initial stages which leads to formation of abnormal *Ahara Rasa*.^[8] Excess intake of *Virudha Ahara* (Incompatible food) will lead to *Tridosha Kopa*. According to *Acharya Charaka*, *Virudha Ahara* can cause *Shandatha* (Impotency) or may affect the next generation. Many of the fast food contains incompatible combinations i.e. *Virudha Ahara*.^[9]

Mithya vihara

Many diseases now a days are directly influenced by faulty lifestyle and dietary habits of society. Sedentary lifestyle along with excessive food intake and psychological factors like stress, depression, anxiety, overthinking, lack of exercise, predispose pathology of PCOS. *Vegadharana, Ratrijagrana, Divaswapana, Shoka, Krodha, Bhaya*, etc will leads to *Dosha Prakopa* which causes *Mamsavaha and Medovaha Sroto dushti* which will lead to *Agnimandhya* which is seen on PCOS patients.^[9] Thus, the faulty dietary habits, lifestyle and psychological factors are described as the reason for many metabolic disorders and PCOS is one of those.

Pathogenesis (*Samprapati*) of *Stri Beeja Dushti* (PCOS)

This disease progression follows a systematic pattern

Nidana (Causative factors): Consumption of food which aggravates *Vata* and *Kapha dosha* (junk food, excessive *Madhura, Snigdga, Picchila ahara*^[2] etc), sedentary lifestyle, psychological factors like stress, strain, depression, anxiety, overthinking etc.

Dosha Vitiatiion and Dushya (Affected tissue): Above said *Nidana sevana* will leads to *Vata* and *Kapha Prakopa* which will lead to *Rasa and Rakta dushti*.^[2]

Srotas (Channels) involvement: *Mamsavaha* and *Medovaha Sroto dushti* which leads to *Artavvaha Srotodushti* and cause PCOS.

Lakshana (Symptoms manifestation): Menstrual irregularity, hirsutism, acne, alopecia, loss of appetite, obesity, acanthosis nigricans, infertility, etc.^[1]

Ayurvedic therapeutics for pcos

1. Herbal remedies: Ayurvedic treatment for PCOS is done by doing approach towards:

- Correcting the hormonal imbalance.
- Treatment of obesity.
- Treatment to insulin resistance

1. Correcting the hormonal imbalance: Herbs like *Ashoka, Dashmoola, Ashwagandha, Eranda, Shatavari* etc. are useful for correcting the hormonal imbalance in women's body.^[10]

2. **Treatment of obesity:** Treatment of obesity and specially against cholesterol can be achieved by using Ayurvedic herbal remedy like *Medohara Dravyas* plus diet and lifestyle changes.^[10]
3. **Treatment to insulin resistance:** Treatment for insulin resistance is done by Ayurvedic treatment and diet and lifestyle changes including exercise.^[10]
2. **Classical ayurvedic formulations:** Some of the Ayurvedic classical formulations which helps in treating PCOS are:
 - *Ashokarishta*- it has a good response in female reproductive disorders and is a good uterine tonic.^[3,4]
 - *Pushpadhanva Rasa*- this drug works on ovum or ovaries and it has a good response in treating PCOS and infertility due to PCOS (bu treating anovulation).^[3,4,11]
 - *Ashwagandharishta*- it regulates menstrual cycles, helps reduce androgen levels and improves insulin sensitivity. Thus, helps in treating PCOS.^[3,4]
 - *Kanchanar Guggulu*- it is one of the most potent ayurvedic medicine for treating this disease. It promotes ovum maturation and reduces the chances of PCOS.^[3]
 - *Shatavari Churna*- it helps in normal development of ovarian follicle and helps in regulating periods.^[3]
 - *Varunadi Kshayam*- it helps in treating obesity and hypercholesterolemia.^[4]
 - *Dashmoolarishta*- it is a good uterine tonic and helps in treating hormonal imbalance in body.^[3,4]

3. *Pathya Ahara and Vihara*

You can get relief from PCOS by making small changes in your life style.

- Wake up in *Brahma Muhurta* (45 minutes before sunrise) and sleep on time.
- It is important for the body to be healthy to conceive. A feeling of peace and happiness in the mind is a factor in conceiving.
- Exercise and physical labour controls obesity and increases the secretion of happy hormones.
- Use of fresh fruits and vegetables according to the season.
- Eat nutritious and easily digestible food.
- Use dry fruits like almonds, walnuts, figs and dates.

- Among fruits use amla, apple, lemon and orange.
- Use of spices available at home like fenugreek seeds, turmeric, cinnamon, mustard, rye, flax seeds and basil.
- Diet rich in vitamin B and omega 3 fatty acids.
- Reduce consumption of sweet foods.
- Use mobile as little as possible.
- Listen to your favourite music and keep healthy company to relieve stress.
- Include meditation, Yoga, Surya Namaskar in your daily routine.
- Among the Asanas, Butterfly Asana, Bhujanga Asana, Padmasana, Chakrasana should be practised.
- Avoid excessive fried food, burgers, pizza, pastries, cakes, cookies, cold drinks etc.

DISCUSSION

The management of PCOS in Ayurveda takes a holistic approach that targets both the symptoms and underlying causes of the condition. Ayurvedic preparations like *Ashokarishta*, *Dashmoolarishta*, *Shatavari Churna*, *Ashwagandharishta* etc helps in correcting hormonal imbalance in the body. Furthermore, drugs like *Pushpadhanva Rasa* helps in treating infertility due to PCOS by working on ovaries (Treating anovulation) and drugs like *Kanchanar Guggulu* helps in ovum maturation. PCOS is a lifestyle disorder. A reduction in body fat is often sufficient to restore ovulation and reduce metabolic markers. As, reduction in weight is the biggest challenge for PCOS patients. As PCOS is a metabolic lifestyle disorder, change in lifestyle, following good diet habits and regular exercise is the key of PCOS management, but in today's era many women are dealing with hectic work schedule. For them drug like *Varunadi Kashayam* helps in treating obesity. PCOS can be prevented by doing little changes in our lifestyle. Junk foods like pizza and burgers are the primary cause, so it's necessary to avoid them and eat healthy food. Incorporating yoga, exercise, and avoiding unhealthy habits can help with weight loss and hormonal balance. While conventional hormonal therapies and surgical options may provide temporary relief, they frequently entail side effects and risk of recurrence. In contrast, Ayurveda emphasizes correcting underlying imbalances, thereby decreasing reliance on synthetic drugs and enhancing overall health¹². So, there is necessity of clinical trials and doing research studies focusing on Ayurvedic treatment of PCOS. Ayurvedic treatment along with modern medicine with changes in lifestyle is more comprehensive and effective in managing PCOS.

CONCLUSION

PCOS is not directly described in Ayurveda but it may be correlated with *Stri Beeja Dushti*. Ayurveda presents comprehensive method for addressing PCOS through use of herbal remedies, dietary changes, lifestyle changes, exercise, etc. These approach aims to alleviate symptoms while also rectifying the fundamental Doshic imbalance. Combining Ayurvedic treatment with contemporary medical practices may yield a more effective solution for controlling PCOS. Additional clinical research is needed to confirm the effectiveness of Ayurvedic treatment in the management of PCOS.

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