

**EFFECT OF VAMAN KARMA IN PCOS-A RESEARCH ARTICLE****Dr. Poonam Kumari\***

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**ABSTRACT**

In day today life, PCOD is a mutual gynaecological disorder in fertile age group of women which contains hormonal imbalance, weight gain and irregular menstrual cycle. PCOD can be correlate to 'Granthi' considered in ayurveda based on its aetiological factor and pathogenesis. Ayurveda tend to indicate Vamana Karma (forceful expulsion of vomiting with medications) for action of Granthi. According to Ayurveda Samhita (classic text) pathogenesis of Granthi is due to vitiation of Kapha dosha and Meda dhatu. On judgement with modern science all the etiological factors of PCOD are same as factors responsible for vitiation of Kapha dosha and Meda dhatu like sedentary life style, excessive consumption of fast foods, day sleep etc. Vaman karma also modifies lessened Kapha dosha and Meda dhatu. Hence Vaman Karma can be very useful in action of PCOD patients. Patients are preserved with Vaman karma sideways with Ayurvedic medicine and workout for three months. Hence an attempt was made to shows

important positive variations in pathogenesis. Vaman karma also adapts hormonal imbalance in greatly level. Vaman karma can be confirmed as a landmark in PCOD along with Ayurveda medicine, diet, and exercise.

**KEYWORDS-** *diet, exercise, vaman, Ayurveda.***INTRODUCTION**

Poly Cystic Ovarian Syndrome is a comparatively common endocrine disorder in women of reproductive age group. It is start in around 70% of women who have ovulation glitches leading to subfertility. Poly Cystic Ovarian Syndrome is a ailment that has cysts on the ovaries that stop the ovaries from execution normally.<sup>[1]</sup> Symptoms of Poly Cystic Ovarian

Syndrome include Amenorrhea or uncommon 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. Now day's polycystic ovarian disorder is a common problem in fertile age group of women. It was first labelled in 1935 by Stein and Leventhal. According to modern science PCOD is start 1% among total female population. While 50% cases of PCOD are initiate within the age of 15 to 25 years of patients. Thus, it shows the severity of illness. If we look at the Grounds of PCOD than they are sedentary life style, lack of exercise, unsuitable eating habits, stress, and mental disturbances. According to Ayurveda all these overhead grounds are described in vitiation of Kapha dosha and Meda dhatu. Pathogenesis of PCOD Demonstrations augmented GnRH causing raised level of LH:FSH ratio. All this results in hyperandrogenism producing increased insulin resistance, obesity, hormonal imbalance, and premature arrest of maturation of follicles in the ovaries. This capture of follicles causes formation of small cysts in the ovaries and increases volume of ovaries. Based on aetiology i.e., Hetu and pathogenesis i.e. Sampriti of PCOD can be corelated with Granthi labelled in Ayurveda (charak chikitsa 12/81-82). According to Ayurveda Samhitas Granthi is a mass formed at any organ of the human body and it is caused by vitiation of Kapha and Meda. Ayurveda described that Kapha dosha is produced as Mala of Rasa dhatu and Raja i.e., endometrium and menstrual blood is Updhatu (secondary element) of Rasa dhatu.<sup>[2]</sup> Hence for treatment of PCOD vitiation of Kapha, Apan vayu, Meda dhatu, Rasa dhatu and Raja should be corrected. Vaman karma is labelled in Ayurveda as one of the Panchkarma process in which vomiting is induced after appropriate Snehan and Swedana considering Prakriti i.e. constitution of patient and pathology of disease.<sup>[8]</sup> According to Vagbhata, Vaman is indicated in Granthi and it corrects vitiation of Kapha dosha, Rasa and Meda dhatu. As in PCOD there is vitiation of Kapha, Meda and Raja mainly and Vaman karma is very much useful to correct the pathology. Hence to evaluate the effect of Vaman karma on the pathology of PCOD in one study by samite et al, 20 female patients of fertile age group were taken for clinical trial. Patients were given Vaman by Madanfala kwath (Rania Dumetorum) in ideal manner. After Vaman karma patients were treated for next three months with Ayurvedic medicines, exercise, and diet. Pathological investigations and clinical examination were done before and after 3 months.<sup>[3]</sup> patient with PCOD came with complaint of menstrual disturbance. 60% shows amenorrhea while 40% patients show irregular menstruation which indicates Raja

dooshti in patient. Raja dooshti is due to blockage (Avrodha) of Aartvavaha srotas by Kapha dosha. Raja (endometrium and menstrual blood) is described as Updhatu (secondary element) of Rasa dhatu (Primary element). Vaman in this affected role corrects the Rasa and Kapha dooshti as Vaman karma is indicated for correction of vitiated Kapha.<sup>[3]</sup> Thus Vaman eliminates blockage (Avrodha) in Aartvavah srotas moulded due to Kapha and Meda and it corrects the menstruation.

Sedentary life style, increased ingesting of fast food, enlarged feeding of packed food with preservatives, lack of exercise, increase stress levels and day sleep were start as causative factors (Hetu) in all patients. Ayurveda ancient books describes above factors as Hetus of vitiation of Kapha Pitta dosha and Rasa Meda dhatu. All above factors are also responsible for formation of Granthi. Hence Granthi can be correlated to PCOD.

## DISCUSSION

### SUPPORTIVE THINGS ALONG WITH VAMAN KARMA INDICATED FOR PCOS

Exercise like suryanamskara, walking with proper diet and meditation also helped in weight loss. As exercise decreases Kapha meda vrudhi (quantitative and qualitative increase).

In PCOD pathogenesis there is arrest of ovulation instigating formation of cysts in the ovaries which increases volume of ovaries.<sup>[4]</sup> It can be judged by USG. These cysts can be correlated with 'Granthi' described in Ayurveda Samhitas. Granthi is formed due to vitiation of Kapha dosha and Meda dhatu. According to Ayurveda all ailments caused by vitiation of Kapha can be treated by Vaman karma.<sup>[5]</sup> Hence in PCOD Vaman karma is useful to treat the Bijashay Granthi. In the same study all the patients showed increased volume of ovaries. After Vaman karma and medicinal treatment 65% patients showed decreased in volume of ovaries in repeat USG. In this study 4 patients were suffering from PCOD for long time therefore it led to infertility in those females.

If we see the results after vaman karma, 3 females got conceived after Vamana karma. It shows that Vaman acts on hormonal imbalance and functions of ovaries. Vaman yog (medicines to induce vomiting) used to give Vaman in patients have properties like Sukshma Tikshna which causes functioning of Vaman drugs at deep level. Hence Vaman karma effects on hormone secretory glands like pituitary and hypothalamus and corrects the hormonal imbalance.

## CONCLUSION

After we saw the causative factors of PCOD, we all can see the effects which increases Kapha dosha and Meda dhatu qualitatively and quantitatively e.g. sedentary life style, lack of exercise. 2) PCOD can be correlated to Granthi (Bijashaya) because of aetiology and pathogenesis. 3) Samprapti (Pathology) of PCOD includes vitiation of Kapha, Pitta dosha, Apan vayu, Meda dhatu, Rakta dhatu and Raja (menstrual blood and endometrium) and Vaman karma corrects all these vitiations. Vaman karma is proven as beneficial in PCOD as it corrects ovulation, helps in weight loss, and improves hormonal imbalance. Hence it is a good medicine in treating medicine.

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