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KANCHANAR GUGGUL WITH CONDUCTION OF *PATHYA/APATHYA* IN POLYCYSTIC OVARIAN SYNDROME

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ABSTRACT
Polycystic ovarian syndrome (PCOS) is one of the severe medical problems related to the female population. Young women in reproductive age mostly affected by this condition and associated with infertility, irregular menstrual cycle and disturbed body mass indexed. The prevalence of disease mainly increases day by day due to the undisciplined life styles. The modern therapy offers various treatment options for the management of disease but there is a need to evaluate natural therapies (ayurveda) for same purpose with minimal side effects. Therefore the present study was planned to evaluate clinical efficacy of *Kanchanar Guggul* in PCOS. The result of study revealed that the PCOS can be treat using ayurveda remedy such as; *Kanchanar Guggul.*

KEYWORDS: *Ayurveda, polycystic ovarian syndrome, kanchanar guggul, female infertility.*

INTRODUCTION

Polycystic ovarian syndrome (PCOS) is a disorder related to the endocrine system of women belongs from reproductive age group. Women with PCOS having enlarged ovaries with fluid accumulated in it. Irregular menstrual period, hair growth, obesity, acne & infertility are other clinical feature of PCOS. Dyspareunia, lower abdominal pain and abdominal enlargement are also associated with disease. Pathologically disease involve imbalance of hormonal system affecting follicular growth during ovarian cycle & these affected follicles remain intact with ovary, formation of cyst take places continuously leading to multiple ovarian cysts. The disease associated with follicle stimulating hormone (FSH) & lutenizing hormone (LH) secreted from anterior pituitary gland.[1,3] The modern treatment approaches involve use of hormonal therapy and surgical intervention.

The ayurveda described disease under the heading *Raktagulma*. *Vata* vitiated due to *Nidansevan* then aggravated & enters into *Garbhashaya* leads obstruction in *Artavvaha Srotas*. The vitiated *Vata* and *Dushti Rakta* accumulated gradually and develop as *Pinda* around the wall of uterus; *Raktagulma, Pitta, Kapha, Medas, Ambhuvahasrotas* & *Artava Dhatu* are also associated with PCOS. Ayurveda described that aggravation of etiological factors leads vitiation of *Vata, Pitta* & *Kapha Dosha*, these vitiated *Dosha* along with *Dushti Rakta* may trigger PCOS.[4,8]

AIMS AND OBJECTIVE

To verify the efficacy of *Kanchanar Guggul* in PCOS.
To provide safe & non surgical treatment option for the management of PCOS.

MATERIALS AND METHODS

Total 06 patients were registered from OPD fulfilling the criteria of study. Patients were divided into two groups A & B, group A patients were advised to follow suggested daily regimen (*Pathya/ Apathya*) only while group B patient advised to follow suggested daily regimen (*Pathya/ Apathya*) along with use of *Kanchanar Guggul*.

Treatment Protocol

Patients advised to take *Kanchnar Guggulu* daily till the duration of treatment, it consisted of: *Kanchanara, Shunti, Maricha, Pippali, Haritaki, Vibhitaki, Amalaki, Varuna, Ela, Twak, Patra* and *Guggulu.*

To do advise (*Pathya*)

- ***Ahaar****: Shali, Kshar, Hingu* & *Mansa Rasa.*
- ***Vihar****: Snehapan, Snehan* & *Swedan.*

Not to do advise (*Apathya*)

- ***Ahaar****: Viruddha Anna, Visthambhi, Guru* & *Sheetal Jal*
- ***Vihar****: Ratri-Jagaran, Vegadharan* & *Ati-Shrama.*

Selection of patients

The patients of PCOS were registered irrespective of occupation and religion. A well written informed consent

was taken from all the patients related to the protocol of study.

Inclusion Criteria
- Female with typical complaints of P.C.O.S.
- Married patients
- Irregular menstrual cycle
- Elevated LH level
- Regular patient or wished to participate actively.

Exclusion Criteria
- Unmarried patients
- Patient with uterine fibroid
- Patient with other sever disease
- Irregular Patient or those does not wish to participate.

Discontinuous Criteria
- An acute or severe illness
- Adverse effects.

Investigations
- CBC & ESR
- HIV/ VDRL
- LH, FSH ratio.
- USG (Pelvis & Abdomen)

Duration of treatment
Patients were assessed on a monthly interval up to 6 months.

Assessment Criteria
- Irregular menstruation
- Acne
- Obesity
- Pain

Statistical test
For the assessment of the results of study statistical analysis (t-test) was performed.

OBSERVATIONS
The typical clinical manifestations of PCOS were observed in all patients. The 66.66% patients were found to be housewives & 33.33% were of professionals. Use of contraceptives was also reported amongst the patients. All patient complaints regarding irregular menstrual cycle with less menstrual blood, acne & disturbed BMI (obesity). The patients also complaints pain however severity of pain differ. The pathological data ensured disturbed hormonal balances.

RESULTS
The assessment criteria for present study were selected on the basis of typical symptoms of PCOS; irregular menstruation, acne, disturbed BMI (obesity) & pain. The applied treatment normalizes hormonal balances and reduces polycystic appearance of ovaries. The symptoms like irregular menstruation improved by 71%, the % relief in acne & pain was found to be 62% & 73% respectively. However improvement in BMI (obesity) was not remarkable but 57% relief in obese symptoms was reported which was significant.

Table 1. Assessment criteria and improvement of descriptive symptoms.

S. No.	Assessment Criteria/ Evolutionary Parameters	SD	SE	P
1	Irregular menstruation	0.723	0.0126	< 0.001
2	Acne	0.569	0.0898	
3	Obesity	0.156	0.0212	
4	Pain	0.6121	0.0951	
% Relief in descriptive symptoms				
S. No.	**Assessment Criteria/ Evolutionary Parameters**	**% Relief (Group A)**	**% Relief (Group B)**	
1	Irregular menstruation	42	71	
2	Acne	31	62	
3	Obesity	29	57	
4	Pain	27	73	
*All results were found to be significant.				

DISCUSSION
As per ayurveda PCOS is a disorder which involves *Pitta, Kapha & Vata Doshas* along with *Rasa & Meda Dhatu, Rakta* & *Artava Vaha Strotasa*. The given treatment helps to improve hormonal regulation. The *Kanchanar Guggul* also offers beneficial effects in menstrual system, it helps to balance aggravated *Doshas* & regulate *Artava Dhatu*. The immune boosting effect of *Kanchanar Guggul* offer *Prajasthapana, Garbhashayyadaurbalyahara, Balya Bruhana & Ojovardhana* effects. *Kanchanar Guggul* possesses *Tikta-Kashaya-Katu Rasa* & *Ushnaveerya* thus offer *Kapha-hara, Lekhana, Chedana* & *Granthi-hara* properties which help to reduces *Gulma.*

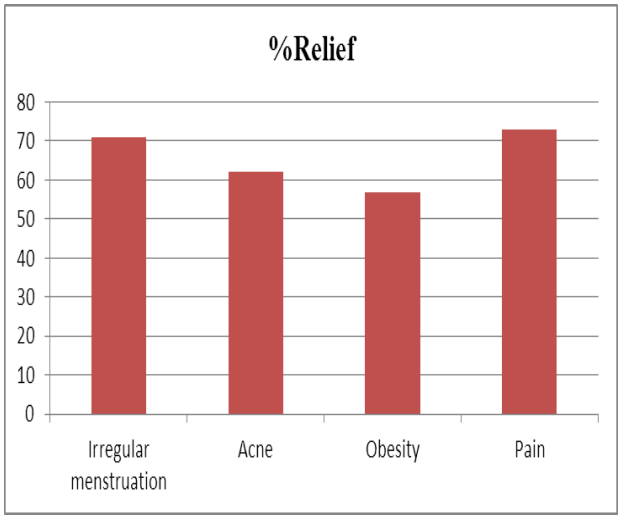

Figure 1: Relief in PCOS symptoms after treatment.

CONCLUSION

The results of study concluded that the ayurveda treatment such as; *Kanchanar Guggul* may be effectively employed in the management of PCOS with lesser risk of adverse drug reaction, however it is also recommended that the use of other modalities along with *Kanchanar Guggul* offer more beneficial. The study on large population also recommended to established beneficial effects of *Kanchanar Guggul* in PCOS.

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