



## CONCEPTUAL STUDY OF POLYCYSTIC OVARIAN SYNDROME WITH SPECIAL REFERENCE TO KRIYASHARIR

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Article Received on 03/05/2017

Article Revised on 23/05/2017

Article Accepted on 12/06/2017

### ABSTRACT

PolyCystic Ovarian Syndrome (PCOS) in which women struggle with imbalanced hormones. Its prevalence in India is about 70%. The endocrine system works very closely with nervous system. As the nervous system is primarily related to the *Vata dosha*- the humour of movement- much of the hormonal function relates to *Vata*. As *Pitta* is primarily related to metabolic change and control in the body, those endocrine glands and hormones directly control metabolism, relate to *Pitta*. PCOS is the most common endocrinopathy in reproductive age resulting severe irregularity in menses, hair loss, acne, weight gain, hirsutism, diabetic tendencies, depression, mood swings and subfertility also. *Ayurveda* classifies PCOS as a *Kapha* disorder. *Kapha* having first affected in *Jatharagni* to affect the metabolic aspect of the seven tissues called *Dhatu agni*. Each *Dhatu agni* is responsible for the nourishment and formation of that particular tissue that it resides in. In case of PCOS, *Rasa dhatu*, *Meda dhatu* and *Aartava- Upadhatu* of *Rasa* are involved. *Aam* entering the cells of *Aartava*, begins to affect the cellular intelligence of the cell, causes error in cellular function and intelligence. Mistake of cellular intelligence is also expressed in the inhibiting of apoptosis i. e. death of defective cells. Though it is very challenging disorder, *Ayurveda* has a wide range of phyto-sterols to strengthen ovarian functions.

**KEYWORDS:** PCOS, *Jatharagni*, *Dhatwagni*, *Rasa Dhatu*, *Artava*.

### INTRODUCTION

Poly Cystic Ovarian Syndrome (PCOS) in which young women struggle with imbalanced hormones specially in child bearing age. It is one of the difficult syndrome to tackle by women as hormonal imbalance and has severe and multifold effects. It is one of the leading causes of infertility in women. Due to hormonal imbalance follicular growth is affected during ovarian cycle causing the affected follicle to remain in the ovary. The retained follicle form a cyst is formed leading to multiple ovarian cyst. The endocrine system works very closely with nervous system. As the nervous system is primarily related to the *Vatadosha* which is meant for movement and most of the hormonal function relates to *Vatadosha* and *Pittadosha* is primarily related to metabolic changes and endocrine glands, and hormones directly control metabolism.

*Ayurveda* classifies PCOS as a *kapha* disorder. *Kapha* having first affected in *Jatharagni* to affect the metabolic aspect of the seven tissues called *Dhatuagni*. Each *Dhatuagni* nourishes and forms particular tissue that it resides in. According to *ayurveda* PCOS can be correlated with *Vandhya* type of *Yonivyapada*<sup>1</sup> which is

mentioned whose symptoms are amenorrhoea or oligomenorrhoea and also with *Arajaska* type of *yonivyapada* which is mentioned indicating amenorrhoea.<sup>[2]</sup>

### AIM

To study the Poly Cystic Ovarian Syndrome according to *ayurveda* with special reference to Kriya Sharir.

### OBJECTIVES

1. To study the correlation between PCOS and *Doshdhatuvrudhi*, *Srotodushti* and *Dhatwagnimandya* with special reference to Kriya Sharir.
2. To study the PCOS according to modern science.
3. To evaluate probable *Ayurvedic* treatment for PCOS.

### REVIEW OF LITERATURE

Prevalence of PCOS in India is about 70% and throughout world 1 out of 10 women suffers from this. The disorder accounts for 30% of all infertility cases with 73% of women suffering from PCOS experiencing infertility due to anovulation.

**Causes of PCOS:** No one is quite sure what causes PCOS, although women with PCOS often have a mother or a sister with the condition. There is not enough scientific evidence to prove that the condition may be inherited.

- All the factors responsible for *Dhatudushti*, *Kaphavruddhi* and *Medovruddhi* are the basic causes of PCOS.
- Quantitatively and qualitatively heavy diet, too much cool and fatty diet in spite of impaired digestive fire.
- Lack of exercise and deep sleep immediately after meals specially during day.
- Prolonged and excess stress which is the major cause of majority of disorders along with diseases of endocrine system.

According to *Ayurveda* these are some of the causes of *Vatadosha* vitiation and *Rasavahsrotodushti*.

#### Pathophysiology of PCOS

- Though *Ayurveda* classifies PCOS as a *Kapha* disorder, imbalance between *Tridoshas* is there. Aggravated *Kaphadosha* blocks *vata* and *Pitta*, so the movement is obstructed and the transformation process is suppressed.

- In PCOS, *Rasa Dhatu* which can be correlated with lymph and plasma; *Medadhatu* which can be correlated with adipose tissue.

- The factors or organs responsible for reproduction in female body are *Artava* can be correlated with ovum. The channel which supplies, nourishes and supports the functional action of carrying the ovum to the uterus is called *Artavavahsrotas*. *Vatadosha* specially *apanvayu* which is the main force or energy behind downward movement, is responsible for the movement of the follicle during the ovarian cycle, the rupture of the ovarian wall releasing the matured ovum, the movement of fimbriae, and the movement of ovum towards uterus.

- Due to factors that aggravate *Kapha*, *Kledak Kapha* is increased in quantity which resides in the GI tract and affects the digestive fire – *Jatharagni* and ingested food is not properly digested and result is *Aamnirmiti* (toxins).

- As *Aam* entering the cell of *Artava* begins to affect the cellular function and intelligence and it is expressed in the inhibiting of apoptosis i.e. natural process of death of defective cells. Increased *Kledak Kapha* mixes with *Aam* and begins to move out of the gastrointestinal tract entering the channel of the first tissue *Rasavahsrotas*, and *Rasa Dhatuagni* is affected and metabolism of *Rasa Dhatu* is impaired and *Rasa Dhatu* increases in quantity.

- Increased *Rasa Dhatu* circulating the body via the circulatory system being mixed with already increased *Kledak kapha* and *Aam* begins to coat the cell of the

body and hence cellular intelligence is affected. Aggravated *Kapha* and *Aam* having affecting *Rasa Dhatu* move through the channels to *Medadhatu* as *Kapha*, *Aam* and *Medadhatu* have similar properties hence they are easily attracted to each other. Here *Medadhatuagni* is also affected by the presence of increased *kapha Dosha* and *Aam* resulting *Medadhatuvruddhi* and finally obesity. As *Medadhatuvruddhi* is continued it allows to increase the *Medadhatu*, *Kapha* and *Aam* which are already in increased level and they start to block the channels of the body.

- As we know *Vata Dosha* is the principle in the body and nature that move things. Both *Pitta* and *Kapha* are immobile without *Vata*.<sup>[4]</sup> *Aartava* is affected by the heavy sticky quantities of *Kapha* and *Aam* creates *Artavavah Srotas dushti*. *Apanvayu* in the *Artavavahsrotas* become stagnant- *sanga* due to excessive *kapha* and *Aam* accumulation blocking the channel impeding the flow of *Vata* in the ovarian cycle. Because *Vata* is blocked, *Pitta* is blocked as well as *Pitta* in order to act as the intelligence behind transformation needs the movement of *Vata* in order for its energy to have potential. As *Pitta* is blocked the hormones that carry the energy of transformation are unable to initiate their action. The accumulated *Kapha* is expressed in the form of cyst in the ovary. Due to *Vata*, *Pitta* being blocked in *Artava*, the other functions of both *Doshas* also aggravated. *Pitta* aggravation at the level of *Bhrajak pitta* manifests as acne and increased body hair specially facial hair growth is observed. Due to vitiation of all three *Doshas* mainly *Apanvayu*, the menstrual problems are manifested.

#### Symptoms PCOS with predominance of *Doshas*

Sr. No.	Predominance of	Symptoms
1.	<i>Kapha</i>	increase in weight, irregular menses, sub fertility, hirsutism, diabetic tendencies and coldness etc.
2.	<i>Vata</i>	painful menses, severe menstrual irregularity, scanty or less menstrual bleeding etc.
3.	<i>Pitta</i>	as hair loss, acne, painful menses, clots, heart problems i.e. palpitation etc.

#### Ayurvedic treatment of PCOS

Though PCOS is very challenging disorder, *Ayurveda* has a wide range of phytosterols to strengthen the ovarian functions and whole female reproductive system. The treatment principle is based upon in clearance of obstruction in the pelvis, normalize metabolism and assist cleansing and regularizing the menstrual cycle.

According to *Aashtang Hridaya*, without the aggravation of *Vata*, the vagina and the whole female reproductive

system doesn't get vitiation, hence it should be treated before *Pitta* and *Kapha*.

• **Basti:** It is the best choice to bring *Vata* in physiological proportion which calm down the aggravated *Vatadosha*. *Matrabasti* and in case of married women *Uttarbasti* is the most effective treatment, it helps in purification and clears the *Aartavavahsrotas*, pacifies vitiated *Apanavayu* and improves follicular maturity and hormonal injections. *Basti* of *Sahchar* tail improves quality of ovulation within normal days.<sup>5</sup>

• **Herbs and Preparations:** Herbs like *Aloe Vera*, *cinnamon*, *fenugreek*, *Aamalki*, *honey*, *Shilajit*, *Ashwagandha*, *Vidarikanda*, *Ashok*, *Latakaranj* has shown encouraging results in PCOS. Some other useful medicines include *Arogyavardhini*, *Dashmoolpreparations*, *Kanchnarguggul*, *pushyanugchurna*, *Chandraprabhavati* etc also play an important role to cure PCOS cases.<sup>[6]</sup>

• **Ghritpan**– Various *Ghritas* like *Phalaghrita* is useful to balance out hormones.

• **Abhyang, Upnah and Swedan**– with *Vatahar* oils and herbs are also helpful to normalize *Aggravated Vatadosha*.

• **Yogasana** –*Sarvangasan*, *Matsyasan*, *Ardhamatsyendrasan*, *Suryanamaskar* and all backward bending *Asanas* are helpful to correct *Vatadosha*. The goal of all these medicines and treatment is to reduce circulating androgens, optimizing ovarian functions and supporting optimal endocrine function.

## DISCUSSION

• PCOS can be correlated with *Kaphaj* disorder caused due to heavy diet, excess cool diet, lack of exercise etc which vitiates *Vatadosha* too.

• *Aamnirmiti* and *kaphavruddhi*, *Medavruddhi* blocks *Vatadosha* and normal functioning of *Artava* and *Artavavahsrotas* is hampered.

• Absence of menstruation, irregularity in menses along with other symptoms of PCOS are then expressed.

## CONCLUSION

• As per classical texts we can say that in PCOS there is *Apanushti* and involvement of other *Doshas* is also present which can be corrected with *Shaman*, *Shodhanchikitsa*.

• Treatment principle is to clear obstruction in the pelvis, normalize metabolism and regulate the menstrual system – *Artava*, *Kapha* reducing, insulin enhancing and hormone rebalancing drugs helps to relieve symptoms of PCOS.

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