



A CASE STUDY ON AYURVEDIC MANAGEMENT OF PCOS WITH AMENORRHEA

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ABSTRACT

Polycystic ovarian syndrome(PCOS) is a complex disorder comprising of anovulation, hyperandrogenism and polycystic ovaries. It is the primary cause of infertility nowadays. In Ayurveda all gynecological disorders are explained under *Yonivyapad*. Based on the principles PCOS can be diagnosed and treated as well. Following is a case study of a female having amenorrhea due to PCOS. Her reports showed PCOS and unovulatory cycles. She was treated with *Virechana* followed by internal medicines like *Saptasaara Kashaya*, *Rajapravartini vati* and *Hinguvastaka vati*

KEYWORDS: Polycystic ovarian syndrome, Virechana, Yonivyapad.

INTRODUCTION

Polycystic ovarian syndrome is a disorder of the endocrine system caused by hormonal imbalance. It is characterized by excess androgen production by ovaries or adrenals which interferes growth of ovarian follicles. It consists of three diagnostic criteria – chronic anovulation hyperandrogenism and polycystic ovaries.

Patients with PCOS complaints of increasing obesity, menstrual disorders –like irregular menses, oligomenorrhea or amenorrhea. PCOS patients along with infertility can have long term metabolic consequences. These patients are at risk of developing Diabetes mellitus, endometrial carcinoma, hypertension and cardiovascular diseases. The conventional treatment for PCOS with infertility is metformin, OC pills and ovulation induction drugs. Long term use of these drugs can cause side effects like GIT symptoms, ovarian hyper stimulation syndrome and hepatic toxicity also. But PCOS should be treated for infertility as well as menstrual disorders and to prevent long standing metabolic diseases.

CASE REPORT

A female of 20years un married visited to our OPD with complains of amenorrhea since 5 years associated with *increasing weight*, decreased appetite and hairs over the

chin and increased hairs over the hands and legs. Patient was under allopathic treatment for last 4 years with ovulation induction. Menstrual history: irregular and patient will get periods only after taking hormone pills occupational history: patient is an engineering student. Diet: mixed, examination: Patient well conscious, oriented and Hemodynamically stable.

O/E : P -76/min, BP -100/60, Ht.-152cm, Wt.-54.5 kg, motion - sometimes constipation, urine- WNL , P/A – soft, non -tender,

Prakriti: *kahapittaja, Jaran Shakti* (digestive power) – *Madhyam*,.

Investigations

Haemogram –WNL BSL – Normal Urine–NAD
TSH- 2.45 normal AMH, Sr.E2, Sr. Prolactin –WNL
Sr.FSH,
USG

1. 29/05/18- s/o bilateral polycystic ovaries, Rt ovary- 15.1, left-10.6cc
2. 6/07/18- right ovary- 13cc, left-10.6 cc

MATERIALS AND METHOD

Patient was undergone Virechana with *Panchatiktaka ghritam* followed by internal medications.

Virechana Krama

For *Agni deepana*(3 days)-*Hingwashtaka choorna* with first morsel

Dosage of *Panchatiktaka Ghrita*-30ml(4th day), 60ml(5th day), 90ml(6th day)

Abhyanga for 3days

on 10th day-*Virechana Aushadhi-Trivrit Leha*-50gm attained *Samyak virikta lakshana-Pravara Shudhi*-20 Vega

Table 1: Internal medicines.

Visit	Treatment
First visit	i. <i>rajapravartini vati</i> 2 BD ii. <i>Varunadi kashaya</i> 15 ml BD
Second visit	i. <i>kanchanara guggulu</i> 2 BD ii. <i>Varunadi kashaya</i> 15 ml BD iii. <i>roofer xt</i>
Third visit	i. <i>Saptasaara kashaya</i> 15ml BD ii. <i>Hinguvastaka vati</i> 2 BD iii. <i>Orofer xt</i> 1 BD

Table 2: properties of internal medicines administered.

Name of the Medicine	Rasa	Veerya	Vipaka	Karma
Panchatiktaka Ghrita	Tikta	sheeta	Katu	Balance Tridosha, Cleanses Rakta
Varunadi Kashaya	Mainly Tikta	Sheeta	Katu	Deepana, Pachana, Kaphashoshana, balances vitiated Vata
Kanchanara Guggulu	Tikta, Katu, Kashaya, Madhura	Katu	Katu	Balance Tridosha, Vatakaphahara, Gulma, Gandamala, Apaci, Granthi etc
Rajapravartini vati	Madhura, Tikta and Katu	Ushna	Katu	Artavajanana, medohara and lekhaneya properties.
Saptasaram Kashaya	Katu	Ushna	Katu	Deepana, Pachana, Rasa dhatwagni vardhana, Kaphapittaghna
Hingvashtaka Vati	Katu, Tikta	Ushna	Katu	Restores balance between three Doshas, Deepana, Pachana, liver stimulatory, Bhedana

The line of treatment for PCOS patient depends only on the basis of symptoms. Symptomatically there are three types: menstrual disturbances, symptoms due to hyperandrogenism and infertility. Modern view for treatment is Oral contraceptive pills in menstrual irregularities, anti-androgens and other ovulation induction related drugs in infertility. Careful history taking and minute observation during a clinical examination is the main source for diagnosing.

Treatment in *Ayurveda* for PCOS should be planned with following considerations: (1)*Nidanparivarjana* Eradication of causative factors is foremost treatment of any disease. Life style and dietary modifications should adapt. (2)*Samshodhana*: *Samshodhana* is a process by which waste products or harmful products are thrown out side either by *Adhomarga* or *Urdhwamarga*. Here we used *Adhomarga Samshodhan ie Virechana*. (3)*Agnayadravya Aartva* is *Aagneya* in nature. *Aagneya Dravya* is having properties like *Vata*, *Kapha Shamaka* and *Pita*

RESULT

Patient attained normal Menstrual periods duration of 3 days in 29 days interval and observed weight reduction

DISCUSSION

In *Ayurveda*, PCOS is not described as a separate disease. The clinical features, etiopathogenesis can be correlated to different gynecological disorders. In *Ayurveda* all gynecological disorders are incorporated in *Yonivyapad* and *Aartavadushti*. Based on these principles PCOS and infertility can be considered as *Rasa*, *Rakta*, *Vatadushti* predominantly, associated *Kapha* or *Pitta dushti* and *Dhatavagnimandya*. As all female reproductive organs lie in pelvic area the *Apanavayu* governs all the physiological functions. So the management in PCOS should be targeted at *Agni deepana*, *Pachana*, *Vatanulomona* and *Rasaraktaprasadana*.

Prakopaka properties. (4)Administration of *Swavonivardhandravya*: means those measures which are help for *Aartava Vridhi* such as *Tila*, *Kulatha* which help to increase quantity of *Artava*

CONCLUSION

Depending on *Ayurveda* basic principles of *Dosha*, *Dhatu*, *Agni* any disease can be diagnosed and treated as well. In the case mentioned above *Ayurveda* treatment helped in improving ovarian function as well as in combating hormonal imbalance and regularizing normal menstrual cycles. So, it can be concluded that *Ayurveda* treatment can be successfully applied in PCOS and infertility in today's era for better outcome and with no side effects.

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