



**AYURVEDA PERSPECTIVE ON NIDAN, SAMPRAPTI AND CHIKITSA OF POLY
CYSTIC OVARIAN SYNDROME (PCOS)**

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ABSTRACT

Poly Cystic Ovarian Syndrome (PCOS) is one of the common health problems of women especially of reproductive age group. It is believed that around 10% women world widely facing such issues and incidences increases due to the adverse effects of modern life style. The modern concept of cyst (excessive & uncommon growth of cells) in ovary resembles symptomatic similarities with *Beejakosha Granthi*. As per ayurveda the symptoms of PCOS are *Anartava*, *Alpa artava*, *Asrikdosha* and *Granthi Vikara* means it comes under category of *Aartavadushti & Yonivyapadas*. The disease involves hormonal imbalances & *Dhatus Dushti* leading to the cysts formation in ovary which ultimately hampers functioning of female reproductive system. Indulgence in improper menstrual conduct, awful dietary and daily regimen, poor hygiene, drug adverse effects, injury of reproductive organ and surgical trauma, etc. can be considered as causative factors of PCOS. Ayurveda suggested various options for the management of PCOS such as; obeying rules of *Pathya-Apathya*, pacification of *Doshas & Rakta* through herbs and ayurveda formulations and detoxification by *Shodhna-Chikitsa*, etc. The increasing prevalence of PCOS seeking attentions of researchers in this area therefore present article explored awareness about medical perspective of PCOS.

KEYWORDS: *Ayurveda, PCOS, Aartavadushti, Yonivyapadas.*

INTRODUCTION

The Indian medical science Ayurveda focuses towards the restoration of health & well being, in this connection Ayurveda gives prime importance of health of women since healthy women not only contributes towards her family but also involved in the growth and development of society and nation. Ayurveda emphasizes many issues related to the health of women and some gynecological problems acquiring great attention of Ayurveda physician now a day's and PCOS is one of them. Poly Cystic Ovarian Syndrome (PCOS) is emerging health problem of current scenario mainly seen in women of reproductive age group.^[1-2]

PCOS is pathological condition which mainly involves formation of cysts in ovary which resulted irregular menstrual cycle and other gynecological problems. Hormonal imbalance, hereditary factor, excessive use of contraceptive pills, environmental hazards and disturbed daily regimen, etc. can initiate pathogenesis of disease.

Ayurveda described term *Beejakosha Granthi* for similar types of manifestation; in this regards ayurveda

suggested that symptoms of PCOS arises when vitiation of *Rakta & Mamsa* take places. Ayurveda philosopher advocated therapeutic importance of *Granthihara & Lekhana* medicines for the management of *Beejakosha Granthi*.^[3-6]

Ayurveda mentioned PCOS as *Kapha* disorder where vitiation of *Vata* play significant role towards the disease pathogenesis. The physiological system mainly involved in PCOS as per modern and Ayurveda science are as follows:

Modern science

✚ Lymph and plasma

✚ Fat tissue

✚ Female reproductive system

Ayurveda correlation

Rasa Dhatu

Medo Dhatu

Artava Dhatu

Nidana

PCOS is basically a lifestyle disorder. It is believed that due *Mithyaaharvihar* like intake of junk foods, packaged food, sedentary lifestyle, no physical exercise, day sleep overnight work, stress and not obeying the rules of *Rajaswalaparicharya* i.e.; menstrual regimen described in ayurveda *Doshas* get vitiated which in turn results in

PCOS. In nutshell the main reason behind this disturbed eating and sleeping habits and lack of exercise give rise to generation of *Agnimandya*, which leads to *Ama* formation. *Kapha* obstruct path of other *Doshas*; *Vata* and *Pitta* these vitiated *Doshas* along with *Dushita rasa*

leads pathological initiation of PCOS in which *Rasvaha strotas* and *Aartava Dhatu* get hampered significantly.^[5-8] The causative factors and their descriptions depicted in **Table 1** while pathological consequences of causative factors mentioned in **Table 2**.

Table 1: *Nidana* and *Samprapti Ghataka* of symptoms of PCOS as per Ayurveda.

S. No.	Causative factors	Description
1	<i>Mithyaahara</i>	Consumption of oily, spicy & junk food
2	<i>Mithyavihar</i>	<i>Mansikbhawa</i> , <i>Diwaswapna</i> and <i>Ratrijagrana</i>
3	<i>Bijadosha</i>	Genetic abnormalities
4	<i>Pradushtartava</i>	Abnormalities in androgen system & hyperandrogenism
5	<i>Artava Dushti</i>	<i>Anartava</i> & <i>Alpa artava</i>
6	<i>Rasa Dhatu Dushti</i>	Abnormalities in lymph and plasma
7	<i>Meda Dhatu Dushti</i>	Abnormal aggravation of fat & lipids
8	<i>Strotas Dushti</i>	Obstruction in <i>Aartava Vaha Strotas</i>

Table 2: Some etiological factors and their pathological consequences towards PCOS manifestations.

S. No.	Etiological Factors	Pathological Consequences	Role in PCOS Symptoms
1	<i>Ratri Jagarana</i>	<i>Vata Prakopakara</i>	<i>Ruksha Guna</i> can cause <i>Rukshata</i> of <i>Artava</i> which resulted scanty menstruation
2	<i>Abhojana</i> (Nutritional insufficiency)	<i>Vata Prakopa</i> & Diminishes state of <i>Pitta</i>	<i>Ksheena Artava</i>
3	<i>Atichinta</i>	Hormonal Changes/ <i>Rasvahastrotodushi</i>	<i>Artavavaha Sroto Dushti</i> / <i>Granthi</i>
4	<i>Mootra Vegadharana</i>	Vitiation of <i>Apanavata</i>	<i>Ayathakala Artava Darshana</i>
5	<i>Avyayama</i> & <i>Divaswapna</i>	<i>Kapha Prakopa</i> & <i>Snigdhatva</i> vitiation	<i>Sthoulya</i> in PCOS

Pathogenesis

The popularity of fast foods is increasing in diet and so *Aahara* with *Guru Madhura*, *Sheeta*, *Pichhil* and *Snigdha* properties are dominant with and *Jala* and *Prithvi Mahabhootas* and which in turn quantity of *Meda* and *Kapha* of the body. Faulty food habits like *Adyashana* and *Virudhaashana*, stress and anxiety leads vitiation of *Jatharagni* which further leads production of *Ama* which starts the pathogenesis of obesity. Lack of exercise, day sleep and overnight work promotes fat

deposition ultimately converted in *Vata kapha Artava dusti* (PCOS). Vitiation of *Vata*, *Kapha*, and *Pitta* with *Artava Dhatu Dushti* mainly involves in diseases pathogenesis as mentioned in **Figure 1**. Disturbed dietary pattern vitiates *Agni* which can leads production of *Ama* this results obstruction in *Artavavaha Srota* and *Artava Dhatu Dushti* arises. These all events together affect hormonal system and *Meda Dhatu Dushti* leads deposition of fat in the form of cyst in ovary.^[9-11]

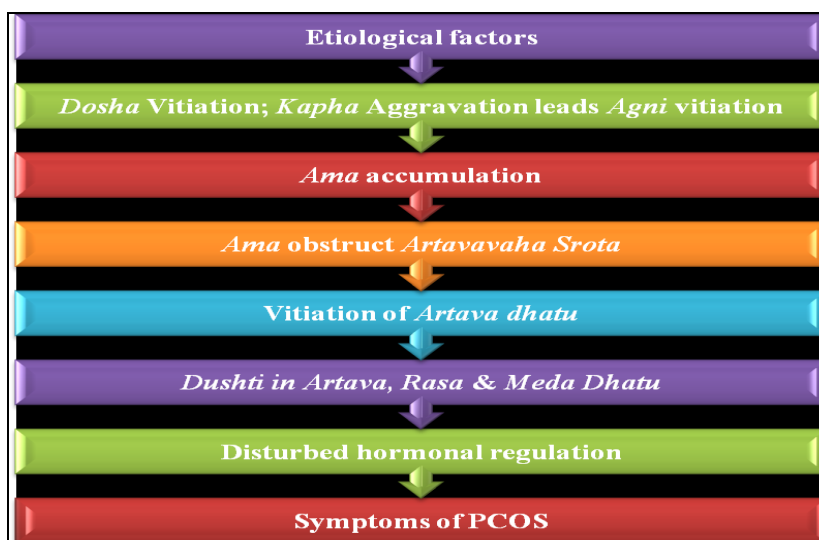


Figure 1: Pathological events involved in PCOS.

As per Ayurveda it is disease which involves vitiation of *Dosha*, *Dhatu* and *Upadhatu*. The particular symptoms of PCOS arise due to the specific pathological events as mentioned follows:

- ✚ **Strotas Dushti:** Leads *Anartava* in PCOS
- ✚ **Vitiation of Vatadosha:** Initiates consequences of *Arjaska*
- ✚ **Vitiation of Vata-pitta Dosha:** Causes *Lohitakshaya* & *Vandhya*
- ✚ **Granthibhoot artava** :Responsible for menstrual flow abnormalities
- ✚ **Aggravation of Ranjaka Pitta:**Acne and abnormal hair growth

Symptoms of PCOS

- Amenorrhoea or oligomenorrhoea
- Ovary enlargement
- Hirsutism
- Abnormal hair growth
- Acne or skin manifestation
- Pelvic pain

Diagnosis of PCOS

- ✓ **Pelvic ultrasound**
Ovary may be 2 times larger than normal size with appearance of cysts
- ✓ **Testosterone level**
High value represents pathological initiation of condition like PCOS
- ✓ **Test for Follicle stimulating hormone (FSH)**
May observe at low level in PCOS
- ✓ **Test for Luteinizing hormone (LH)**
May be elevated; the ratio of LH: FSH becomes greater than 1:3
- ✓ **Test for Estrogens**
May be elevated in PCOS
- ✓ **Lipid profile & Blood test**
Lipid deposition and disturbed level of cells due to the inflammatory events involved in PCOS

Consequences of PCOS

- ❖ Infertility
- ❖ Abnormal hair growth
- ❖ Weight gain tendency
- ❖ Depression and social isolation

Management of PCOS

It is believed that aggravation of *Vata* mainly responsible for disorders related to the female genital organs therefore it is suggested to treat *Vata* first before *Pitta* and *Kapha*.

Line of treatment as per modern:

- ✚ Uses of anti-inflammatory drugs to cure swelling, pain and inflammation
- ✚ Correction of hormonal imbalances using hormonal therapy
- ✚ Ovarian drilling
- ✚ Uses of mood elevators to pacify stress and anxiety
- ✚ Hypoglycemic Drugs for insulin resistance

Line of treatment as per Ayurveda

- ✚ Potentiating *Agni* to boost nutritional supply
- ✚ Correction of aggravated *Dosha* especially *Kapha* & *Vata*
- ✚ Correction of *Aartava Dhatu Dushti* / menstrual irregularities
- ✚ Correction of *Meda Dhatu Dushti* to reduces excessive deposition of weight
- ✚ Removal of *Ama* to clears obstruction of *Strotas Dushti*

Ayurveda recommended uses of natural medicines, good conduction of dietary & daily regimen, *Yoga* and *Panchakarma* therapy for relieving symptoms of PCOS. Low-fat milk, *turmeric*, fruits like; grapes, apples and oranges, pure honey, grains and fresh vegetables recommended which improves nutritional supply and cure digestive problems. It is also advised to limit uses of contraceptives and hormonal pills, stress and anxiety also to be avoided since mental depression can trigger pathogenesis of PCOS. Smoking, alcohol consumption and late night awakening must be avoided to restore normal hormonal regulation.^[9-13]

Ayurveda management of *Nidana* associated with PCOS

1. *Nidanparivarjana*

Eradication of causative factors of disease is considered as prime approach in Ayurveda for curing any health ailments. Avoidance of *Mithaya Ahara* & *Vihara* is recommended along with daily conduction of *Yoga* practices and meditation to relieve stress. Ayurveda has defined a special code of conduct to be followed during menstrual period (*Rajaswalaparicharya*) and after menstruation should be followed. *Rajaswalaparicraya* includes *Havisya bhojan* and *Yava pradhan* food products. The *Havisya* is the meals made up of *ghee*, *shali* rice and milk. This should be given to the *Rajaswala stree*. *Havisya* or *Yavaka* are good *Agnivardhaka ahara*, *Yava* is *Guru*, *Seetha*, *Madhura* and *Sara* and these *Gunas* will increase faeces and *Vata*. The *Vataprakopa* can be diminished by adding milk and *ghee*. She should avoid *Tikshna* (pungent), *Katu* (spicy) and *Lavana* (salty) foods because it increases the menstrual flow and thus results in *Vataprakopa*. *Rajaswala paricharya* help women to cope up with physiological changes during the menstrual cycle.

2. *Management of hormonal imbalance*

Many natural drugs are recommended for hormonal imbalance including *Ashoka*, *Ashwagandha*, *Shatavari* and *Eranda*, etc.

3. *Management of obstruction of Aartvavaha Strotsa*

Samshodhana is recommended as detoxification process which not only removes waste from body but also channelizes functioning of *Strotas*. *Shodhana* process detoxifies body through *Adhomarga* or *Urdhwamarga* thus clear obstruction of *Aartvavaha Strotsa*; one of the cause of PCOS. Detoxification measures like; *Vamana*,

Virechana and *Basti chikitsa* also suggested for the management of symptoms of PCOS. *Vamana* helps to balances hormonal regulation, reduces tendency of weight gain. *Virechana* removes *Ama* thus clears minute channels and cure menstrual irregularity. *Basti* improves chances of fertility and regularizes hormonal sequences. *Basti* also nourishes reproductive organs and improves circulatory system thus cure *Rasa Dhatu Dushti*.

4. Management of Ksheena Artava

Agneyadravya can be used for improving quality of *Aartva*, moreover these drugs impart *Vata & Kapha Shamaka* effects. *Aagenya Dravya* improves functioning of digestive system thus enhances quantity and quality of *Artava* and prevent consequences of menstrual abnormalities. *Tila & Kulatha*, etc. are recommended to increase *Pramana* of *Aartava*.

Some Classical Ayurveda Formulations for PCOS

- ✓ *Pushpadhanva Rasa*
- ✓ *Kanchnara Guggulu*
- ✓ *Nashtapushpantaka Rasa*
- ✓ *Chaturbeeja Choorna*
- ✓ *Rajah Pravartani Vati*
- ✓ *Nishaamalki*

Probable mode of action of ayurveda drugs in PCOS

Ayurveda drugs possess *Vatashamaka & Srotoshodhana* effects along with *Gulmahara & Granthihara* properties. These drugs reduce size of cyst and restrict its growth by virtue of their *Lekhana & Bhedana Guna*. Similarly *Laghu Guna, Tikta Rasa* and *Ushna Virya* of Ayurveda drugs help to pacifies *Kapha & Medha* thus relives symptoms of ovarian cyst. *Kapha Medohara, Tridoshashamaka* and *Vedana Sthapana* etc. effects restrict pathogenesis of cyst induced by *Dosha* vitiation. *Ruksha Guna Dravya* prevents excessive cell growth thus restrict growth of ovarian cyst.^[11-15]

Probable mode of action of Panchkarma in PCOS

Basti improves quality of *Aartava* by regulating *Apan Vayu* thus regulate menses, prevent dysmenorrhea, clears *Aartava Vaha Srotas* and reduces symptomatic manifestation related to the PCOS. *Basti* removes obstructions in the path of *Vata dosha* therefore reduce pathological severity of female genital disorders

Virechan eliminates toxins and control vitiation of *Pitta* and maintain functioning of hormonal system therefore helps to manage diseases originated from hormonal imbalances.

Vaman is very effective to removes vitiated *Kapha*. It is well evident that aggravation of *Kapha* can leads obesity which further trigger pathogenesis of PCOS therefore pacification of *Kapha* through *Vaman* help to limit progression of PCOS. Moreover *Vaman* acts on Thyroid and stimulates Pancreas therefore maintain normal level of hormones and decreases chances of PCOS.

CONCLUSION

PCOS is health issue related to the female reproductive system mainly involves *Strotas Dushti*, vitiation of *Vata-kapha Dosha, Rajodushti* and *Ashtartava Dushti*. *Alpa artava, Asrikdosha* and *Anartava* are associated symptoms of disease along with *Granthi Vikara* which is considered as major manifestation of disease. Poor dietary habits, not following the code of conduct for menstruation, poor menstrual hygiene and adverse effects of medicines, and hormonal disturbances, etc. can leads pathogenesis of PCOS. Ayurveda suggested removal of *Ama*, balancing *Tridoshas*, potentiating *Rasa Dhatu* and curing *Agnimandya* as line of treatment which can helps to relives PCOS symptoms. PCOS is a psychosomatic disorder, so *Suryanamaskar, Yoga* and meditation can also impart beneficial effects in the management of PCOS, since these approaches not only gives physical benefits but also pacifies the psychological factors involved in PCOS. As other conventional treatments have many side effects and are difficult to be treated, ayurveda can provide a very right solution to this burning issue of present era.

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