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 Vriyayapad. 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 20 years unmarried visited to our OPD with complaints 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

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 Yoniyapad and Aartavadashti. Based on these principles PCOS and infertility can be considered as Rasa, Rakta, Vataadushti 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, Pancha, Vatanuloma and Rasaraktapradasa

Table 1: Internal medicines.

<table>
<thead>
<tr>
<th>Visit</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>First visit</td>
<td>i. rajapravartini vati 2 BD</td>
</tr>
<tr>
<td></td>
<td>ii. Varunadi kashaya15 ml BD</td>
</tr>
<tr>
<td>Second visit</td>
<td>i. kanchanara guggulu 2 BD</td>
</tr>
<tr>
<td></td>
<td>ii. Varunadi kashaya 15 ml BD</td>
</tr>
<tr>
<td></td>
<td>iii. roofer xt</td>
</tr>
<tr>
<td>Third visit</td>
<td>i. Saptasaara kashaya 15ml BD</td>
</tr>
<tr>
<td></td>
<td>ii. Hinguvastaka vati 2 BD</td>
</tr>
<tr>
<td></td>
<td>iii. Orrofer xt 1 BD</td>
</tr>
</tbody>
</table>

The line of treatment for PCOS patient depends 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 Urddhvanarg. Here we used Adhomarga Samshodhan ie Virechana. (3)Agrneyadraya Aartva is Aagneya in nature. Aagneya Dravya is having properties like Vata, Kapha Shamaka and Pitta Prakopaka properties. (4)Administration of Swavonivardhandraya: means those measures which are help for Aartava Vridhi such as Tila, Kalatha which help to increase quantity of Artava

CONCLUSION
Depending on Ayurveda basic principles of Doshha, Dhata, 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.

REFERENCES

Table 2: properties of internal medicines administered.

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