

**MANAGEMENT OF ARTAV DUSHTI (W.S.R. TO PCOS) BY VIRECHANA AND STANYA SOADHANA GANA: A SINGLE CASE STUDY**

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**ABSTRACT**

Now a day's prevalence of PCOS is increased in women of reproductive agegroup. Etiology is unknown may be due to defective life style. Features are found Obesity and Acanthosis Nigricans Amenorrhoea / Oligomenorrhoea; Hirsutism, anovulation leads to Infertility<sup>1</sup> Modern medicines provides though symptomatic treatments i.e. for controlling hyper insulinemia, O.C. pills, CC+ metformin combination therapy for induction of ovulation, surgical intervention like drilling for correcting the PCOS but no definitive permanent solution are available till date. So one patient with infertility, scanty menses, obesity, high BMI with PCOS is selected for study. Eight types of Artavdusti are mentioned in Ayurvedic classics. Stanya and Artav both are Updhatu of Rasa Dhatu and again Artava has all the qualities of Sonita (Rakata). Under Artava; menstrual blood and Ovum are included. Drugs under Stanya Shodhan Gana mentioned by Charkacharya may have properties of both Rasa & Raktshodhan due to Stanya purification property and both Stanya and Artav are Upadhatu of Rasdhatu. So Stanya Shodhan gana was taken for study of Artav dushti in PCOS. As Artav is Ushna Gunatmaka Pitta Dosh Pradhan. Virechan is main procedure for Pitta Dosh. So in current study Virechan as Shodhan and Stanya Shodhan gana as Shaman Chikitsa had planned. After taking Shodhan and Shaman Chikitsa patient got conceived.

**KEY WORDS:** PCOS, Artav Dushti, Virechana, Stanya Shodhan Gana.

**INTRODUCTION**

Polycystic Ovarian Syndrome (PCOS) is the most common disorder among women of reproductive age. It is also known as Stein-Leventhal Syndrome, as first described in 1935 by American gynaecologists Irving F Stein, Sr. and Michael L. Leventhal, among 7 patients with irregularities in menstrual pattern and anovulation. PCOS is a syndrome of ovarian dysfunction along with the cardinal features of hyperandrogenism and polycystic ovarian morphology. The common features found in PCOS are menstrual disorders (Amenorrhoea or Oligomenorrhoea); Hirsutism, Obesity, Anovulation & Infertility. Though aetiology is unknown stress, depression, food habits, lack of exercise leading to obesity are the contributing factors.

In obese women with PCOS weight loss help to restore ovulation, improves pregnancy rates and lowers levels of androgens. In spite of the high prevalence of PCOS even among young adult females the patho-physiology is

poorly understood. In Ayurvedic classic Acharya's explain the Artav Dushti with its management. Sushruta describe Artavam Sonitam and both Artav & stanya are Updhatu of Rasa Dhatu. In Charak Samhita Charkacharya mention Stanya Shodhan Gana under the heading of Mahakashay's. So Stanya Shodhan gana may also be effective in management of Artav dushti.

**DRUG REVIEW**

पाठा महौषध सुरदारु मुस्ता मुर्वा गुडूची वत्सकफल।  
किराततिक्त कटुरोहिणी सारिवा दशेमानी स्तन्यशोधनानी  
भवन्ती॥  
च. सू. ४/१२

Drugs in Stanya Shodhan Gana are Patha, Shunthi, Devdaru, Nagarmotha, Murva, Guduchi, Vatsak, Kirattikta, Kutaki and Sariva.

No.	Drug	Rasa	Virya	Vipak	Guna
1.	Patha	Tikta, Katu	Ushna	Katu	Laghu, Tikshna
2.	Sunthi	Katu	Ushna	Madhur	Laghu, Snigdha
3.	Devdaru	Tikta	Ushna	Katu	Laghu, Snigdha

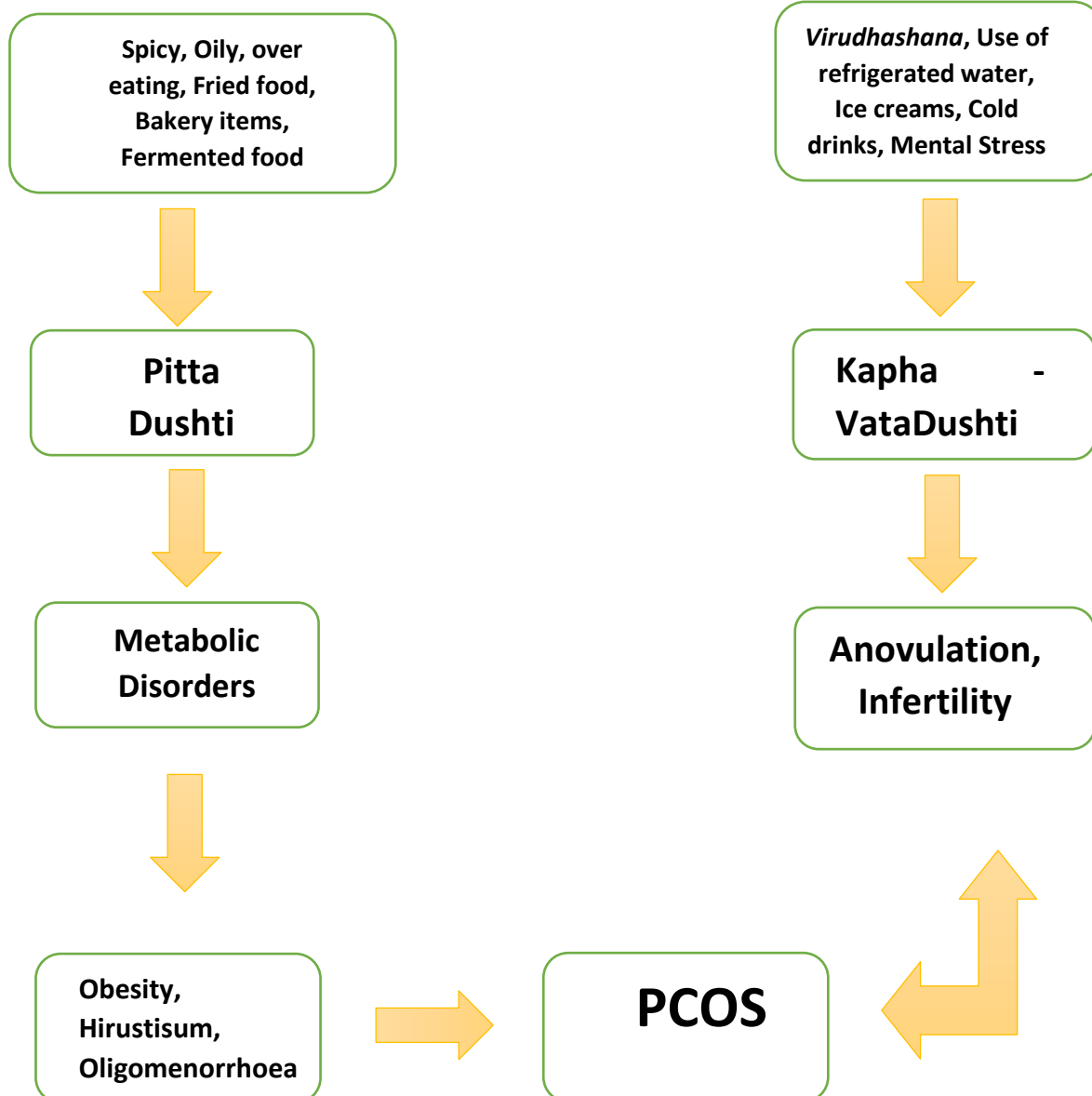
4.	Nagarmotha	Tikta, Katu, Kashya	Sheet	Katu	Laghu, Ruksha
5.	Murva	Madhur, Tikta	Ushna	Madhur	Guru, Sara
6.	Guduchi	Tikta, Kashya	Ushna	Madhur	Laghu
7.	Vatsak (Kutaj)	Tikta, Kashya	Sheet	Katu	Laghu, Ruksha
8.	Kirattikta	Tikta	Sheet	Katu	Laghu, Ruksha
9.	Kutaki	Tikta, Katu	Ushna	Katu	Laghu
10.	Sariva	Madhur	Sheet	Madhur	Snigdha, Guru

Drug	<i>Stanya Shodhangana Churna</i>
Dose	10 gm bd in empty stomach
Anupan	<i>Koshnajala</i> (Luke warm water)
Duration	3 months
Follow up	1 month

### CASE STUDY

A 30 yrs old married woman came to OPD of Streeroga & Prasutitantra, IPGT & RA, Jamnagar, C/O secondary infertility 10yrs. Marital life of patient is 11<sup>th</sup> year. In obstetric history patient has one child of age 10 years. In present complaint patient has less menstruation

blood flow with 1 pad per day for 3 days (oligomenorrhoea), Acne, acanthosis nigricans, Patient had taken allopathic treatment for last 8 years. In that treatment patient undergo many investigation and hormonal treatment. But patient did not conceive after high expenditure. So the patient was in depression and she discontinued allopathic treatment. In general, examination patient height was 162 c.m. and weight 76 k.g. with B.M.I. 28.95 i.e. patient was overweight. On Ultrasound study of abdomen and pelvic cavity patient diagnosed as bilateral polycystic ovaries.



According to complaint of patient *Shodhanand shaman Chikitsawas* planned. For *Shodhan Chikitsa Virechan* was done. But *Virechan karma* was done in 3 steps; *Deepana pachana* of *dosas* was done for 7days with *Trikatu Churna* (1/2 tsf with luke warm water b.d. before meal) , *Snehpan* with *Goghрут* (Cow Ghee ) for 7 days in increasing dose as per *Agni* (1st day 30 ml, 2nd day 60 ml, 3rd day 90 ml, 4th day 120 ml, 5th day 150 ml, 6th day 180 ml, 7th day 210 ml). After *Snehpana* was

completed then 3 days *swranga snehana* with *bala tail* and *Sarvanga vaspasweda karma* was done. Next day *Virechan* done with *Trivrutta Avleha* 100 gm with luke warm water. After completion of *Sansarjan karma* *Shaman Chikitsa* start with *Stanya Shodhangana Gana Churna (fine powder)* 10 gms(2tsf) bd in empty stomach *Koshnajala* (Luke warm water) in morning and evening for three months.

#### During the course of treatment patient had advised.

Pathy ahara	Apathy
<i>Godhuma, Shali, Mudga, Tila, Masha, Yavanna, Amalaki, Dadima, Green Leafy Vegetables &amp; Easily digestible food. Exercise regularly, Yoga and Prayanama.</i>	Spicy, Oily, Over eating, Fried food, Bakery items, Fermented items, Carbonated drinks, <i>Virudhashana</i> , Use of refrigerated water, Ice creams, Cold drinks, Mental Stress, Worries, Over Anxiousness.

After regular treatment patient conceived and delivered female child with full term normal delivery.

#### RESULT

Main pathology of PCOS disturbed hormonal and metabolic function of the body. Also due disturbed *Vata dhosha* function of H-P-O axis is get irregular causing symptoms like anovulation. *Dushta Kapha Dosha* results in *Medo Dushti* results in *Sthaulya* (Obesity). *Pitta dosha* is mainly responsible for any metabolic & hormonal changes in body. Due to *Pitta Dosha vikruti* there is *vikruti* in *Stanya* and *Artavutpati* from *Rasdhatu*. So in the management of PCOS first action required is *Pitta & Vata Dosha Shaman*. Drugs in *Stanya Shodhan Gana* are having properties of *Rasayan, Raktshodhan*. As it has the property of *Stanya* purification property and both *Stanya & Artav are Upadhatu* of *Ras dhatu*. Also *VataShaman* action helps in ovulation.

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