CASE REPORT ON AYURVEDA MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME (PCOS)

Ravindra B. Ghaywate*

Associate Professor and HOD, Department of Panchakarma, RK University Ayurved College and Hospital, Bhavnagar Highway, Rajkot, Gujarat.

ABSTRACT

Polycystic Ovarian Syndrome (PCOS) is common problems among the reproductive age (15-40 year) of women. It is endocrine and gynecology problems. PCOS become lifestyle disorders now a day’s because of sedentary habits, fast food eating, faulty life style follow. The exact cause of PCOS is unknown but high levels of insulin, hyper androgen (Male hormone), LH (Luteinizing hormone) are the main causes. The symptoms of PCOS are Delayed Menstruation, Oligomenorrhea, Acne, hirsutism, thinning of hair, obesity, and constipation. In Ayurveda PCOS is not direct term coined but clinically it is resemble with Aartavavaha strotas dushti, Vishamaartava, Granthi, Santarponnth vyadhi, Yonivyapad. Present case of 24 year old female patient came with symptoms of irregular, delayed menstruation, acne on Face, darkening of skin, weight gain. She visited Modern, advice for USG and Hormone test. USG report shows Bilateral Polycystic Ovarian syndrome PCOS with Right ovary volume 17.1cc and Left ovary volume 10.7 cc, both ovaries are bulky. Undergo for hormonal Treatment, but discontinued, undergo for Ayurveda Treatment for 3 months. Result analysis was done on Clinical symptoms relief and USG report. This Case aim to study PCOS according to Ayurveda and study the Safe and effective Ayurveda Treatment for PCOS.

KEYWORDS: Ayurveda, Polycystic Ovarian Syndrome(PCOS), Androgen, Insulin, USG.

INTRODUCTION

Polycystic Ovary Syndrome is the group of symptoms. it is also known as Stein leventhal Disease. PCOS is Disease in which multiple cyst found in ovary. For normal and regular
menstruation balance Hormone (Proper and Balance Apan Vayu) needed. If this balanced hormone disturbed cause irregular and delayed menstruation. Follicle which is sac like structure. In this sac egg mature and released during ovulation. But imbalance of the hormone this follicles immature and egg not released or released but without satisfactory to fertile. Hence this immature follicles make cyst like structure called as cyst of ovary. The Numbers of cyst present 10 or more and increase ovarian volume (>10 mm). The long term side effects of PCO are Infertility, obesity, coronary artery disease, Diabetes, Atherosclerotic changes and the short term side effects are Oligomenorrhea, DUB, acne, thinning of hair.

**Factor for causing PCOS**

**Insulin resistance**

Insulin is a hormone utilized body for glucose absorption. Insulin resistant condition in which body cannot utilized insulin for energy production. Hence body produces more insulin causing hyperinsulinemia (aama) that causes burden on hypothalamic pituitary ovarian axis that lead PCOS.

**Obesity**

Obesity is prime factors for producing PCOS but lean women also suffer from PCOS the complication arise due obesity are Coronary artery disease, diabetes, Hypertension.

**Hereditary**

The chances of PCOS more in women who have family history of PCOS.

**Case study**

A 24 year old female Patient came in OPD with the symptoms of
-Delayed Menstruation (4 Month)
-Acne
-weight gaining
-Hair on face
-darkening of skin
-Constipation

**History of present Illness**

Patient was apparently alright 7 month before. Gradually she experienced weight gaining, delayed menstruation from 4 months. She consult modern, advice for USG and Hormone test.
USG report shows suggestive of Bilateral Polycystic ovary Disease (PCOD). Started hormone treatment but discontinued self, undergo for Ayurveda Treatment.

**Family History**
Father-HTN
Mother-DM

**O/E (On Examination)**
GC -Fair
Pulse-72/min
Bp-120/80 mmhg
Spo2-97
RR-19

**Asthvidh pariksha**
Nadi-Vata-Pitta
Mala-Mala Stambh
Mutra-Prkrut
Jiva-Sam
Shabd-Prkrut
Sparsh-Ushna
Druka-Prkrut
Aakruti-Stchool

**S/E (Systemic examination)**
RS-AE=BS
CVS-S1S2 NORMAL
CNS-Conscious Oriented
GIT-Liver, Spleen Not Palpable
Investigation was done T3-3.13 pg/ml, T4-1.02 ng/ml, and TSH-2.23 uIU/ML
Prolactin-13.72 ng/ml
USG shows Bilateral Polycystic ovarian Disease.
MATERIAL AND METHODS

Presenting Complaints of Patient Treatment Plan as mainly Vata and kaphahar

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Name of Drug</th>
<th>Dose of Drug</th>
<th>Kala</th>
<th>Frequency and Anupan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kanchanar Guggulu</td>
<td>2 Tab</td>
<td>After Food</td>
<td>Twice a day with Lukewarm water</td>
</tr>
<tr>
<td>2</td>
<td>Raja Pravartini Vati</td>
<td>2 Tab.</td>
<td>After Food</td>
<td>Twice a day with Til and Gud (Jaggery) water</td>
</tr>
<tr>
<td>3</td>
<td>Jirakadyarishtam</td>
<td>15 ml</td>
<td>After Food</td>
<td>Twice a day with Lukewarm water</td>
</tr>
</tbody>
</table>

RESULT

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Symptoms Before Treatment</th>
<th>Before Treatment</th>
<th>After 1 month</th>
<th>After 2 month</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Delayed Menstruation</td>
<td>+++</td>
<td>Normal Menstruation (3 Days)</td>
<td>Normal (3 Days)</td>
</tr>
<tr>
<td>2</td>
<td>Acne on face</td>
<td>+++</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>3</td>
<td>Weight gaining</td>
<td>63kg</td>
<td>61kg</td>
<td>60kg</td>
</tr>
<tr>
<td>4</td>
<td>Thinning of hair</td>
<td>++</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>5</td>
<td>Darkening of skin</td>
<td>++</td>
<td>+</td>
<td>+</td>
</tr>
</tbody>
</table>

Result of investigation

<table>
<thead>
<tr>
<th>Investigation</th>
<th>Before Treatment</th>
<th>After treatment (3 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>USG</td>
<td>Endometrial Thickness 5.6mm</td>
<td>Endometrial Thickness 4 mm</td>
</tr>
<tr>
<td></td>
<td>Right ovary volume 17.1cc</td>
<td>Right ovary volume 10 cc</td>
</tr>
<tr>
<td></td>
<td>Left ovary volume 10.7 cc</td>
<td>Left ovary volume 9.6 cc</td>
</tr>
<tr>
<td></td>
<td>Bilateral Polycystic ovarian Disease.</td>
<td>Residual mild changes Pcod</td>
</tr>
</tbody>
</table>

DISCUSSION

Ayurveda described Gynecology diseases under the term of Yonivyapad. There are 20 type Yonivyapad. Primary Amenorrhea, Delayed Menstruation, Oligomenorrhea this symptoms of PCOS resemble with Ayurveda following Yonivyapad.

1. Arajska yonivyapad

Charak described that when pitta aggravated in women's genitals vitiated the blood then those women have krushata (emaciated), Amenorrhea developed.

2. Lohitkshaya yonivyapad

Vaghbhhat described that vitiated Vata and pitta Dosha causing quantity of menstruation blood decreased and others symptoms are burning sensation, emaciation and discoloration of face.
3. **Anartava or Nashartava Yonivyapad**
Vata, Pitta, Kapha combine Dosha to obstruct the Aartavavaha strotas causing suppression of menstruation flow.

4. **Vandhya Yonivyapad**
Infertility causes total suppression of menstruation.

The direct reference of PCOS not found in Ayurveda but Dosha Dushya Samurchana it will resemble with Santaronnath Disease, Rasapradoshaj Vikar (Disease), Granthi (Cyst), Gulm, Vishamaartava and Yonivyapad. Vata and Kapha Dosha mainly involved in it. if Aartava Atipravavrutti (DUB) phase then Dosha pitta-Kapha involved.

**Samprapti ghatak**
Dosha-Vata Kapha
Dushya-Rasa, Rakta, Aartava
Strotas-Rasavah, Aartavavaha
Agni-Jatharagnimandya
Strotodushti type-Sang (Obstructive)
Marga-Abhyantar

**Action of medicine**
1. **Kanchanar guggulu**
Kanchanar (bauhinia variegata) bark, ginger, black pepper, long pepper, Haritaki, bibhitaki, amalaki (the combination of triphala), Varuna (crataeva nurvala bark), cardamom, cinnamon, and Guggulu resin in equal amounts. It has Vat, Kaphagn Property. The sang (Obstruction) type Vikruti distract with this Medicine. Mand Guna of Kapha, Shit Guna of Vata Can Tackles with Kanchanar Guggulu. it is useful in Granthi vikar.

2. **Rajpravartini Vati**
Kumari (Aloe vera), Kasisa bhasma (Blue Vitriol), Tankana (Borax), Hingu (Asa foetida)
The contents of Rajpravartini Vati is ushn.so it is Vata, kapha nashak.it acts on Aartavaha Strotas, balance the Apan vayu. it is useful in Oligomenorrhea, delayed menstruation.

3. **Jirakadyarishtam**
Jiraka (shveta Jiraka) Cuminum cyminum, Guda (Jaggery), Dhataki (Woodfordia fruticosa), shunthi (Zingiber officinali), Jatiphala (Myristic fragrans), Mustaka (Musta) (Cyperus rotundus), Tvak (Cinnamomum zeylanicum), Ela(Sukshmaila) (Elettaria cardamom), Patra (Tejapatra) (Cinnamomum Tamale), Nagakeshara (Mesua ferrea), Yamanika (Yavani) (Trachyspermum ammi), Kakkola (Kankola) (Piper cubeba), Devapushpa (Lavanga) (Syzygium aromaticum).

Jirakadyarishtam is Deepan, Pachan in action. It balance the Apan vayu. It has Carminative, digestive property.

CONCLUSION
From this case study Polycystic Ovary syndrome (PCOS) Patients can be managed by Ayurveda treatment. For proper functioning of Aartava vaha strotas balance apan vayu needed. Imbalance cause dushti (Diseases) in Aartava vaha strotas. This is single Case Study but large scale study need with more number of patients of PCOS.

REFERENCES
6. www.medicinenet.com/PCOS.