

Role of Ayurveda in Polycystic Ovarian Disease

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Abstract: *The polycystic ovarian disease is heterogeneous multisystem endocrinopathy in women of reproductive age with the ovarian expression of various metabolic disturbances and a wide spectrum of clinical features. 1) Obesity 2) Menstrual abnormality. 3) Hyperandrogenism. Through the medical history, physical examination, hormonal profiles and the imaging studies are the essential in evaluation of PCOD. In Ayurveda PCOD can be correlated with - Artavkshaya, Nashtartava. In Ayurveda srotasa parikshan and clinical examination are the main evaluator criterion for diagnosis of PCOD.*

Keywords: Polycystic Ovarian Disease, Menstrual disorders, Hyperandrogenism, Obesity in woman, Ayurvedic diagnosis.

1. Introduction

The current incidence of PCOD is fast increasing lately due to change in lifestyle and stress. It is also becoming a common problem amongst adolescents, developing soon after puberty. Amongst the infertile women, about 20% infertility is attributed to unovulation caused by PCOD.

PCOD has been attributed to several causes including change in lifestyle, diet and stress. Initially, the ovaries were thought to be the primary source which set the changes in the endocrine pattern later.

According to Sushruta samhita Sutrasthan 15/12, the symptoms of Artavkshaya are oligomenorrhoea, deficiency of Artava and scanty menses. This Artavakshaya has been described by Acharya Sushruta along with clinical features of kshaya and vriddhi adhyaya.

After the description of Eight disorders of Artava, Nahtartava(destruction of artava), Anartava (non appearance of artava) has been described by Acharya Sushruta, and Vagbhata respectively. In the symptoms of Anartava, the doshas obstruct the passage or orifices of channels carrying Artava (Artavavaha srotasa). Thus, Artava is destroyed or it is not discharged monthly. Here with the doshas the vata and kapha are referred.

Drugs given in the treatment of Anartava and Artavakshaya in Ayurveda suppress the vitiated vata and kapha and helps in normalising intermenstrual period, duration of menstruation and amount of blood flow during menstruation.

Causes

- Obesity.
- Raised LH level.
- Insulin resistance.
- Hyperandrogenism (decreased serum SHBG).
- FSH/LH ratio falls.
- Stress.
- Change in lifestyle and diet.
- Prolactin is mildly raised in 15% cases.
- Thyroid disorders.

Investigations

- Ultrasound (ovarian volume >10mm³). 12 or more follicles each placed peripherally.
- Hormonal profile.
- Fasting Insulin.
- Thyroid profile.
- Testosterone level.

Treatment

1) Deepan Pachan Chikitsa -

- Arogyavardhini vati 250mg- 2TDS before food with kosha jal.
- Shankhavati 250mg- 2BDS before food with kosha jal.

2) Shaman Chikitsa –

- Lasunadi vati 250mg - 2BDS before food with kosha jal. - 2BDS before food with kosha jal.
- Rajapravartini vati 250mg- 2BDS before food with kosha jal.
- Krushnatila gudakwath 10ml bd before food.
- Brihatshatavarighrita 10ml OD empty stomach with kosha jala.
- Latakaranja ghanavati 250mg- 1BDS before food with kosha jal.
- Shatpushpa churna 1gm plus Shatavari churna 3gm OD empty stomach with godugdha.

3) Shodhana

- Yogabastikrama for 7 days every month from day 6th of menses for 3 consecutive cycles.
- Anuvasana – Tila tail 60ml after food.
- Niruh – Dashmool kwath 350ml before food.

4) Diet and Lifestyle Modification –

- Daily exercise and yoogasana for 30min.
- Meditation.
- Eat healthy food, adequate sleep, proper hydration, low glycemic index food.
- Stress management.
- Avoid fast food, junk food, bakery products, fried foods, dairy products, saturated fat etc.

2. Discussion and Conclusion-

In D.P. Gavit ayurvedic college and hospital Pathrai, Nandurbar. Number of patients come with irregular menses, scanty menses, primary infertility with unovulatory cycles, obesity. Then we had examined and investigated the thoroughly from the ayurvedic point of view. The hormonal imbalance is the result of vitiated vata and kapha doshas and also vitiated artavavaha srotasa. In this condition we use agneya dravya (shaman chikitsa) and basti (shodhana chikitsa) to treat this condition. We advised the patient to follow ayurvedic paricharya.

Basti is the best treatment for vitiated vata dosha. Agneya dravya like lasun, shatpushpa, latakaranjahelps to diminish artavvaha srotasa avarodh and there was proper circulation of blood in uterine artery, hence, this results in maintaining regular menstruation with adequate amount of blood flow during the menses.

Above given treatment is helpful in –

Agnivardhana.

Pachana.

Normalized vitiated vata and kapha dosha.

Thus, above properties can result into healthy metabolism which causes reduction in weight, BMI, and hormonal imbalance. Also, correction of PCOD is important factor for treating female infertility.

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