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The management of Polycystic Ovarian Disease (PCOD) with the *Vamana Karma* - A Case Report

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ABSTRACT

Polycystic ovarian syndrome, also known as Polycystic ovarian disease or PCOD. It is a condition characterized by an imbalance of hormones in women which can affect menstrual periods and ovulation. It is also one of the leading causes of infertility because of these distressing symptoms. Women may also experience depression and anxiety. PCOD affects about one in ten women of child bearing age. It is a very common problem in females of age between 18-25 years if not treated early, serious health complications such as diabetes and cardiovascular disease can develop. The aim of the 'Panchakarma' therapies is to purify and detoxify the body. It helps to get rid of many chronic diseases as well as it helps the healthy person as a preventive treatment. In PCOD mainly *Srotoavrodha* will be present, for this *Srotoavrodha* effectively managed by *Shodhana* process. So, for this study we used *Vamana Karma* for management of PCOD.

Key words: PCOD, Panchakarma, Srotoavrodh, Vamana Karma, Detoxify.

INTRODUCTION

PCOS is a hormonal imbalance disease and is characterized by changes that cause accumulation of multiple follicles in the ovaries without ovulation.^[1] The principal function of ovary is production of an egg each month for ovulation and that of all hormones necessary for reproduction. In PCOD the ovary fails to expel the matured egg and a small amount of fluid begins to accumulate inside the immature follicles to form multiple cysts. Patients with PCOS have increased androgen and estrogens, which set up a vicious cycle. These women also have high level of

insulin in their blood because their cells do not respond normally to insulin.^[2]

In Ayurveda, the balance state of *Doshas* is mainly accountable for health, this *Dosha Vaishmya* is directly connected to *Doshas* and *Lakshanas* of any disease. In PCOD as per modern description, it becomes clear that even though they are not compiled as a syndrome in Ayurveda most of them have been described as features of separate diseases or conditions.^[3] Menstrual irregularities have been described under *Artavavyapads* or *Yonirogas* (uterine disorders).

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AIM AND OBJECTIVES

1. To study the PCOD (polycystic ovarian Disease)
2. To study the *Vamana Karma*
3. To study the efficacy of *Vamana Karma* in the management of PCOD.

CASE REPORT

A 26 years female attended OPD of Dept. of *Stree Roga & Prasuti Tantra*, SRC Ayurveda College, Chikhali, complaints abdominal pain at time of

menstruation, c/o - irregular menses since 2 yrs, clot ++ , Hirsutism ++ , Facial hair ++ , occasionally change in voice occurs, Anxiety ++, report shows PCOD weight – 71 kg , BP – 120 /80 mmHg , Pulse – 64 /min ,RR – 18 /min

PCOD reports before treatment - Investigation

- BSL(F) – 100 mg/dl , (PP) -160 mg/dl
- TSH – 3. 8 uIU/ml
- LH – 20 mlu /ml
- FSH – 12 mlu /ml
- CBC – reports within normal level
- USG – Right ovary was enlarged size is about 3.9 x 2.5 x 3.1 cm

CHIKITSA

Shodhanchikitsa^[4]

Vamana Chikitsa was used for Shodhana therapy,

Purvakarma	Abhyantara Snehan with Phalghrita (For 4 days in divided dose) Bahya Snehana – Tila Taila
	Swedan – Dashmulpachang used for Sarvanga Swedana
Pradhan Karma	Vamana with this Yoga – Madanphal Churna + Vacha Churna + Saindhava Lanana
Paschat Karma	Sansarjana Karma for 5 days

Shamana Chikitsa

Ashokarishta – 20 ml BD with Koshnaja, Chandraprabha Vati 2 BD.

Duration - 3 months

Follow up - 1st day, 30th day, 60th day, 90th day Karma

Pathya

1. Regular exercise is recommended - Evening or morning walk.
2. Consumption of vegetables preferred - bitter guard and drumsticks.
3. Drink at least 8 - 10 glasses of water daily.

4. Practice of Yoga and meditation are advised, Sarvangasan, Vajrasana, Simhasana
5. Psychological state of mental well being can positively influence higher mental functions and on function of pituitary gland.

Apathya

1. Black gram, sour items, chillies and salted things have to be avoided.
2. Avoid refrigerated/chilled foods.
3. Avoid caffeine and alcohol
4. Avoid Diwaswapa.
5. Avoid freshly harvested grains and sesame seeds in particular.
6. Avoid milk and milk products, particularly yogurt and buttermilk.
7. Avoid fish and jaggery.

RESULTS AND OBSERVATION

After 3 months of treatment satisfactory results are shows,

PCOD reports after treatment - Investigation

- BSL(F) – 90 mg/dl , (PP) -140 mg/dl
- TSH – 3. 6 uIU/ml
- LH – 18 mlu /ml
- FSH – 10 mlu /ml
- CBC – reports within normal level
- USG – Right ovary was enlarged size is about 3.1 x 2.3 x 2.1 cm

Abdominal at time of menstruation was reduced, weight is 68kg, Menstrual cycle is regular in that time period, blood clot at time of menstruation are also reduced

DISCUSSION

In today's civilized and fast era, the lifestyle has totally changed. No one follows the Ahara and Vihara prescribed by Ayurveda. PCOD is a common female endocrine disorder affecting approximately 5-12% of

women. This in turn creates many health problems PCOD is one among them. PCOD (polycystic ovarian Disease) is one of the Gynaecological problems created due to this unhealthy lifestyle. Thus, we can deduce that the modern stressful lifestyle and food-habits are linked and contribute or accelerate many diseases, PCOS being one among them. If *Virechana* is given it causes further *Pitta Kshaya* resulting into *Artavakshaya*. So *Vamana* given will result in *Soumya Dhatu (Kapha) Kshaya* and *Agneya Dhatu (Artava) Vriddhi*.^[5] Thus, if we try this concept to detoxify the body it will play important role in controlling PCOS and its symptoms. Female reproductive health can also be improved. That will help in eliminating toxins and toxic conditions, both physical and mental, clearing obstructions and keeping the *Srotas* (channels) clean and intact.

CONCLUSION

Vamana Karma shows significant results in management of PCOD. A proper Yoga program after medical opinion can improve accumulated fat, insulin resistance. Unbalanced *Doshas* cannot be balanced completely with the help of *Samshamana (Langhana Pachana)*, but *Samshodhana* i.e. purification helps to restore complete balance of *Doshas* and *Dhatu*s. After *Samshodhana* treatment if any medication is given it has better efficacy with lesser side effects. Thus,

Panchakarma is an essential treatment method of Ayurvedic cure.

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