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A critical analysis of *Dosha Prakopa Nidana* in the *Samprapti* of *Artava Dushti* w.s.r. to Polycystic Ovarian Syndrome - A Review

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ABSTRACT

Manifestation of disease is impossible without *Dosha Prakopa* & *Sammurchana* with *Dushya*. *Dosha Vaishamyā*, mainly *Dosha Prakopa* is an essential step in manifesting the *Samprapti* & understood by assessing the *Nidana* with that the *Dosha* involved in the *Samprapti* can be done helps in *Samprapti Vighatana* & to avoid disease manifestation. *Artava Dushti* refer to the vitiation of *Artava* that is seen as complexity of symptoms with reference to polycystic ovarian syndrome (PCOS). *Dosha Prakopa* occurs due to the *Gunataha Vrddhi* after the *Nidana Sevana* and thus lead to the manifestation of the disease. PCOS is defined as hyperandrogenic state, the presence of clinical and / or biochemical features of hyperandrogenism along with other features of PCOS that is the revised Rotterdam criteria (2013) having several symptoms and correlated to several *Vikara* in Ayurveda.

Key words: *Dosha Prakopa, PCOS, Polycystic Ovarian Syndrome, Artava, Samprapti, Guna.*

INTRODUCTION

Polycystic ovarian syndrome is an endocrinopathy having several organ involvements leading to multiple signs and symptoms hence, renamed as syndrome from disease. In Ayurveda this disorder is correlated to several *Artava Roga* like *Pushpaghni Jataharini*,^[1] *Udavartini*^[2] and *Vandhya*^[3] *Yonivyapat, Ashta Artava*

Dushti,^[4] *Lohitakshaya*,^[5] *Artava Kshaya*^[6] based on the signs and symptoms observed in this syndrome. Without the *Dosha Dushti* and *Dosha Dushya Sammurchana Vyadhi* will not develop hence the knowledge of *Dosha* and *Dushya* based on *Nidana Sevana* is sufficient to diagnose all diseases even if it is not mentioned in our treatises.^[7] *Artava Dushti* refer to the vitiation of *Artava Dhatu* due to the *Dosha Prakopa* and are of eight types and amongst them the *Granthi Bhuta and Ksheena Artava Dushti* can be understood with PCOS. The *Granthi Bhuta Artava Dushti* is having *Dushti* of *Kapha* and *Vata Dosha* whereas *Ksheena Artava Dushti* have *Dushti* of *Vata* and *Pitta Doshas*. On the whole *Vata Pradhana Tridosha Dushti* is seen in the pathophysiology of PCOS.

MATERIALS AND METHODS

References are taken from *Nighantus*, *Samhitas*, reference articles, previous research works on *Dosha Prakopa Nidana, Artava Dushti* with mention to PCOS.

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DISCUSSION

In the *Samprapti* of *Artava Dushti* all the *Tridoshas* are involved but *Vata Dosha* is predominant due to its *Yogavahi* and *Sukshma Guna* with ability to control the other *Dosha and Dhātu* of the *Shareera*. The *Lakshanas* of *Ksheena* and *Granthibhuta Artava Dushti* are correlating to the clinical and sonological findings of the PCOS. The *Lakshanas* of *Ksheena*^[8] *Artava Dushti* due to the *Dushti* of *Pitta* and *Vata Dosha* as delayed and scanty menstrual cycles, black or brown coloured with pain in the vagina. The *Lakshanas* of *Granthi*^[9] *Bhuta Artava Dushti* due to *Kapha* and *Vata Dushti* as appearance of cysts over the ovaries hence named so. The *Ashta Artava Dushti* are *Vataja*, *Pittaja*, *Kaphaja*, *Kunapa*, *Granthi*, *Putipuya*, *Ksheena*, *Mutrapurishagandhi*. In most of the PCOS cases appearance of cysts over the ovaries causing anovulatory irregular cycles with scanty menstruation such *Lakshanas* are seen due to vitiation of *Tridosha* hence. PCOS is considered as spectrum of various *Vikara* explained in Ayurvedic classics amongst which *Artava Dushti* is one such disease. For each *Dosha* separate *Nidana* are enlisted in treatises as *Dosha Prakopa Nidana*^[10] in the perspective of *Ahara*, *Vihara*, *Manasika* and *Panchakarma Apacharaja*, etc. but analysing each *Dosha Prakopa* due to the *Guna* of affliction paves way for better understanding.

Vata Dushti in PCOS

Among the *Vimshati Gurvadi*^[11] *Guna*, *Vata Dosha* possess *Rooksha*, *Laghu*, *Sheeta*, *Khara*, *Sukshma*, *Cala Guna*. In the *Samprapti* of PCOS based on the *Lakshana*, *Vata Dosha Dushti* can be interpreted as *Aniyamita* and *Kashtartava*, *Artava Kshaya*. *Dushta Artava Lakshana* of *Ksheena* and *Granthi Bhuta Artava* are observed. Among the *Pancha Vata*, *Vyana* and *Apana Vata Dushti* are observed as such *Karmas* get hampered. There will be rise in the *Rooksha* and *Sheeta Guna* due to which *Vata Dushti* is occurring. There will be reduction in the *Artava Pravrutti* due to the increased *Rookshana* causing *Shoshana* of the *Artava*. The *Sheeta Guna* possess the *Stambhana* and *Srotorodhana* due to which there will be *Srotorodha* occurring due to increased *Vata Dosha*. Among the

Panchavata the *Vyana* and *Apana Vata Dushti* are afflicted predominantly. *Apana Vata Dushti Lakshanas* are *Klaibya*, *Artava Dushti*, *Klaibya* is defined as *Maithuna Asaamarthya* as per *Charaka*. *Madhavakara*, *Sushruta*, *Vagbhatta* also described similar explanation. *Artava Dushti* is due to vitiated *Vata* moving through *Artava Vaha Srotas (Rajavaha Srotas)* vitiates *Artava* along with other two *Doshas*, so *Ashta Artava Dushti* is manifested which is diagnosed by clinical features and characteristics of *Artava*. *Vyana Vata Dushti Lakshana* are *Rasa Srava* is due to *Vyana Vata* helps in circulation of *Rasa* and *Rakta* throughout the body. But when it is obstructed or gets *Prakopa* it vitiates *Rasa* and *Rakta* resulting in improper formation of *Dhatu*. *Shukra Pratipadana* is due to *Vyana Vata* produces or circulate *Shukra*, when it is deranged then *Beeja Dushti* is seen. *Dhatu Santarpayati* is due to *Vyana Vata*, *Vyana Vata* helps in nourishment of all the *Dhatu*, when it deranged the *Dhatu* nourishment will be deranged. In PCOS Chronic Oestrogen exposure unopposed by progesterone produces constant stimulation of the endometrium, thickened endometrium result in an unpredictable bleeding pattern. Androgen may counteract oestrogen to produce an Atrophic endometrium.

Pitta Dosha in PCOS

Pitta Dosha possess *Sneha*, *Teekshna*, *Ushna*, *Laghu*, *Visra*, *Sara*, *Drava Guna*. In the *Samprapti* the changes in the skin that is *Prabha Hani* (discoloration) *Agnimandya*, hormonal dysfunction can be considered as *Pitta Dushti Lakshanas* due to the rise of *Teekshna*, *Ushna*, *Drava Gunas* as *Ushna* cause excess *Paka* of the *Dhatu* due to *Bhrajaka Pitta Dushti*. *Drava Guna Kopa* cause increase of *Kledana*. *Teekshna Guna* cause *Daha* and *Paka* seen as *Vyanga* on the skin. *Abeejata* as anovulatory cycles is due to the dysregulation of the HPO axis that can be explained as the *Dhatwagni Mandyata* due to *Pitta Dosha Dushti*.

Kapha Dosha Dushti in PCOS

Kapha Dosha possess *Snigdha*, *Sheeta*, *Guru*, *Manda*, *Slakshna*, *Mritsna*, *Sthira Guna*. In the *Samprapti* the *Guru*, *Manda*, *Sheeta*, *Snigdha Gunas* cause the *Kapha Dushti* seen as polycystic appearance, *Sthoulya*,

Agnimandya, Artava Dushti as these Gunas cause Sroto Upalepa leading to Srotorodha. Sheeta is Stambhaka in nature, Guru Guna cause Upalepa, Sada, Tarpana, Dhatumala Vardhaka.^[12]

Samprapti Ghataka	Particulars
Dosha	Vata Pradhana Tridosha Vyana, Apana Vata; Bhrajaka Pitta; Kledaka,
Dhatu	Rasa, Rakta, Mamsa, Meda
Upadhatu	Twacha
Mala	Kapha, Kेशha, Loma
Srotas	Rasavaha, Raktavaha, Mamsavaha, Medavaha, Artava Vaha
Srotodushti	Sanga, Vimarga Gamana
Agni	Jatharagni, Dhatwagni
Ama	Jatharagni Janya and Dhatwagni Janya Ama
Adhithana	Shareera
Udbhava Sthana	Amashaya
Sanchara Sthana	Yoni
Vyakta Sthana	Garbhashaya
Roga Marga	Abhyantara
Vyadhi Avastha	Ama
Vyadhi Swabhava	Chirakari
Sadhyaasadyata	Kruchra Saadhya
Purva Rupa	Aniyamita Artava, Sthoulya
Roopa	Aniyamita Artava, Kashtaartava, Anartava, Stoulya, Alasya, Tandra, Klama, Gurugatrata, Vyanga, Pidaka, Khalitya, Lomasha Ganda
Roga Nirnaya	Vandhya due to Artava Dushti, Pushpaghni Jataharini

Upadrava	Vandhyatwa, Prameha
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CONCLUSION

PCOS is an encompass of signs and symptoms due to endocrine dysfunction becoming cause for infertility due to the sedentary life style. But according to Ayurveda it is due to the *Tridosha Dushti* that can be understood due to the *Gunataha Vriddhi* causing the *Dosha Prakopa* interpreted through the symptoms manifested. Hence, in this article an attempt is made to analyse the *Dosha Prakopa* due to the variation of the *Guna* respectively that cause the *Prakopa* of *Doshas* in the manifestation of the disease. Even understanding the PCOS disease in Ayurveda perspectives with *Artava Dushti* finds way for better understanding.

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