CASE REPORT

Ayurvedic management of Poly Cystic Ovarian Syndrome (Aarthava Kshaya)

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ABSTRACT

Poly Cystic Ovarian Syndrome (PCOS) is the most common endocrinopathy in women of reproductive age, resulting from insulin resistance and the compensatory hyperinsulinemia. This results in adverse effect on multiple organ systems and may result in alteration in serum lipids, anovulation, abnormal uterine bleeding and infertility. According to Ayurvedic view PCOS can be correlated with Aarthava Kshaya. It was revealed that most of subfertility patients who were presented in Osuki Ayurveda Centre suffered from the PCOS. Here is a case report of 28 year old women who presented with irregular menstruation, rapid weight gain and hair loss. On USG she was detected to have bilateral PCO pattern. Based on the clinical features, treated with ayurvedic management.

Key words: Poly Cystic Ovarian Syndrome, Aarthava Kshaya

INTRODUCTION

The definition of Polycystic Ovarian Syndrome as per Rotterdam criteria 2003 is based on features such as clinical and/or biochemical hyperandrogenism, oligo-/anovulation and polycystic ovary. Among these if two of the three criteria is present in a patient it’s diagnosed as PCOS.¹ Current incidence of PCOS is 5-15% and is increasing due to current lifestyle changes. It’s so common now a days from adolescent period itself, developing soon after puberty. 15-20% of infertile women are diagnosed with PCOS. About 50-70% of PCOS patients are obese.²

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Submission Date: 12/04/2023 Accepted Date: 18/05/2023

Aim and Objectives

To study the effect of given Ayurveda treatment regime of Nastartava or Anartava

Materials and Methods

All available References have been collected from literatures, Ayurvedic Samhitas, Ayurvedic textbooks
and modern text books, different websites, published articles and critically analysed.

**CASE REPORT**

A female patient, 28 years old, came to Prasuti Tantra and Stri Roga OPD of our Ayurveda College, on 05 March 2022 with chief complaint of Irregular Menses, Scanty Menses, wight gain, wants to conceive, Backache, Hair fall and Constipation in the last 2 Years.

**Menstrual History**

Age Of Menarche - 13year  
LMP - 13-06-2021  
Interval - 30 Days  
Duration - 2days  
Pain - Mild  
Clots - Nil  
History of past illness - NIL  
Obstetric History - G2P1L1A1

**Personal History**

Diet - Vegetarian  
Appetite - Normal  
Bowel Habits - Constipated  
Bladder - Normal  
Sleep - Normal

**Clinical findings**

**General examinations**

Built - Normal  
Weight - 48 kg  
Height - 159 cm  
Pulse rate - 70/min  
B.P. - 110/70 mm of hg  
Respiration rate - 18/min  
Temp. - 98.6°F

**O/E**

P/S - Cervix - thick white discharge, Nabothian cyst on both cervical lips, Cervix slightly eroded and inflamed  
P/V - Not done

**Investigations**

Uterus - Anteverted, Anteflexed in size measuring 71×36×45 mm with homogenous echotexture endometrial thickness - 9.9mm  
Ovaries - Both Ovaries are normal in size and show peripheral arranged multiple small sized follicles. Right Ovary vol. 8.8cc, Left Ovary vol. 8.2cc, A dominant follicle measuring 23 × 18 mm is seen in the right ovary. The impression is of the normal size of bilateral ovaries with a polycystic component.  
Serum prolactin is normal  
Serum LH - 9.69 mIU/ml  
Serum FSH - 7.91 mU/ml  
Serum TSH - 4.27 μm/ml  
A Pap smear shows an acute inflammatory smear.

**Physical examination**

**Ashtavidha Pariksha**

_Nadi_ (pulse) - VK  
_Mutra_ (urine) - _Samyakmutrapravriti_  
_Mala_ (stool) - _Sama_  
_Jihwa_ (tongue) - _Sama_  
_Shobda_ - _Samyak_  
_Sparsha_ (touch) - _Ushna_  
_Drika_ (eye) - _Samanya_  
_Aakriti_ (physical appearance) - _Samanya_  
_Dashvidha Pariksha_  
_Prakriti_ (nature) - _Vatakaphaja_  
_Sara_ (Purest body tissue) - _Madhyam_ (medium)  
_Samhanana_ (Body compact) - _Madhyam_ (medium),  
_Pramana_ (Body proportion) - _Madhyam_ (medium)
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ISSN: 2456-3110

Satmya (homologation) - Madhyam (medium)
Satva (mental strength) - Madhyam (medium)
Vaya (age) - 31 years

Criteria for diagnosis
- Polycystic Ovaries on USG
- Oligomenorrhea or anovulation
- Clinical or bio-chemical evidence of Hyperandrogenism
- Elevated LH

Treatment plan
1. Triphala Guggulu - 1 tab BD with Lukewarm Water after a meal
2. Dashmool Kwath - 30ml BD Empty Stomach
3. Nasya with Anutaila - 4 drops BD
4. Uttar Basti with Phala Ghrita

Aahar and Vihar
Balanced diet is essential for normal health. Because dietetic abnormality vitiates Doshas which cause various gynaecological disease may result infertility. It also produces loss of Dhatu which influences hormones causes menstrual irregularity. Abnormal diet hamper nourishment of fertilized egg and implantation of zygote.

Weight reduction by Pathya / Apathya Aahar and Vihar - Mode of life as suggested in the Ritucharya and Dincharya should be followed properly.

Following are some Yoga techniques helpful for weight reduction and to decrease blood sugar level as well. Like: Anuloma Viloma, Kapalbhati and Mandukasan. Vyayam (exercise) enhances tissue sensitivity to insulin (80% of the body’s insulin mediated glucose uptake occurs in muscles).

Observations and Results
After 10 months of treatment, she reported amenorrhea and found urine pregnancy test positive, subsequently, confirming the pregnancy by USG, as a single live intrauterine foetus.

Discussion
Dashmool Kwath contains Brihat Panchmoola and Laghu Panchmoola. The combination of these ten roots is used widely in Ayurveda which acts on Vata Dosha, it has Vata Kaphashaman, and Medonoshaka properties. Its anti-inflammatory and analgesic property is all potent, it also reduced back pain.[6]

Triphala Guggulu[7] - helps to heal wounds, reduction in pain associated with wounds, anti-inflammatory action, relieve constipation, reduce weight it also have to reduce cyst of ovary. By its Medohara, Lekhana, Katuvipaka, Tikshna, Ushna, Granthihara, Shophora properties. Some healthy habits like regular exercise and Yoga, Avoid processed foods, junk foods and high-calorie foods, Avoid all forms of refined sugar, Salt restriction is another major aspect, Use of natural salt like Saindhav (Himalayan Crystal Salt) gives more benefit, Avoid sleeping after lunch or during daytime, Avoid late night exposure to artificial lights, Green leafy vegetables such as spinach, cabbage, broccoli, Low glycaemic index foods, Barley, cauliflower, tomatoes, onions, peaches, apples, and grapefruit are effective to prevention Polycystic ovarian syndrome.

Uttara Basti
It is highly beneficial in gynaecological disorders as it clears the Artavavaha Srotas and pacifies vitiated Apana Vayu and promotes follicular maturity. Uttara Vasti is the most effective treatment in gynaecological disorders. It helps to purification and clears the Aartava Vaha Srotas, pacifies vitiated Apana Vayu[8] and improve follicular maturity.

Nasya
It may stimulate olfactory nerves and limbic system, which in turn stimulates hypothalamus leading to stimulation of Gonadotropin Releasing Hormone (GnRH) neurons, regularizing GnRH pulsatile secretion and maintaining the HPO axis, helps in regular and normal menstrual cycle.

Conclusion
PCOS is mainly due to Avarana of Vata and Kapha, so Vatanulomak, Kapha Shaman, and Pitta Vardhan,
Aamapachana, Artava Janana Chikitsa, are effective. Therefore, we are giving this treatment regime for polycystic ovarian syndrome. All these drugs have properties which helps easily reduce weight and also the symptoms of PCOS. It helps to lower insulin resistance more efficiently thereby favouring ovulation which is one of the prime factors for the maintenance of fertility.

REFERENCES