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# 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.<sup>[1]</sup> 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.<sup>[2]</sup>

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*Aartava-Kshaya*, which can be correlated with PCOS has been described as deficiency or loss of *Artava*, *Artava* does not appear in time or is delayed, is scanty and does not last for three days. Pain in vagina also can be seen. According to *Ayurveda*, *Aartava-Kshaya* is a disorder involving *Pitta* and *Kapha Doshas*, *Medas*, *Ambu/Rasa*, *Shukra/Artava Dhatu* and *Rasa, Rakta, Artava Vaha Srotas*.<sup>[3]</sup> Therefore Poly Cystic Ovarian Syndrome can also be described with same involvement of *Dosha, Dhatu* and *Upadhatu Kapha* predominance manifests as increased weight, subfertility, hirsutium, diabetic tendencies and coldness. *Pitta* predominance manifests as hair loss, acne, painful menses, clots and heart problems. *Vata* predominance manifests with painful menses, scanty or less menstrual blood and severe menstrual irregularity.<sup>[4,5]</sup>

## 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, weight 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*

Shabda - *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)

*Satmya* (homologation) - *Madhyam* (medium)

*Satva* (mental strength) - *Madhyam* (medium)

*Vaya* (age) - 31years

#### 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 Dosh*, it has *Vata Kaphashaman*, and *Medonashaka* properties. Its anti-inflammatory and analgesic property is all potent, it also reduced back pain.<sup>[6]</sup>

*Triphala Guggulu*<sup>[7]</sup> - 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*, *Shophara* 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 vitiating *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 vitiating *Apana Vayu*<sup>[8]</sup> 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.

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