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Role of *Virechana Karma* in Poly Cystic Ovarian Syndrome - A Case Study

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ABSTRACT

Background: Polycystic Ovarian Syndrome is a prevalent endocrine disorder among women of reproductive age, characterized by hormonal imbalances, irregular menstrual cycles, insulin resistance and presence of ovarian cyst. Conventional treatments for PCOS often focus on symptoms management but ayurvedic medicine offers a holistic approach that aims at addressing the root cause. *Virechana Karma* is an essential treatment modality in ayurveda for managing hormonal imbalances and detoxifying the body. **Materials and Methods:** In the present study a 25 years old female diagnosed with PCOS was treated with *Shodhana Karma* as *Snehapan*, *Sarwanga Abhyanga*, *Swedana* followed by *Virechana Karma* and *Shamana Chikitsa* given after discharge. **Result:** After the given treatment patient has got significant relief in her symptoms and showed significant difference in her subsequent USG report. **Conclusion:** The role of *Virechana Karma* in the treatment of PCOS, emphasizing its ability to regulate the *Dosha*, particularly *Kapha* and *Pitta*, which are considered to be imbalanced in PCOS. By eliminating ama from the body and promoting *Agni*, *Virechana* helps restore hormonal balance, improve insulin sensitivity and regulate the menstrual cycle. Hence, *Virechana Karma* represents a promising and integrative therapeutic option in the present study.

Key words: Poly Cystic Ovarian Syndrome, PCOS, *Virechana Karma*, *Arthavakshaya*, *Pushpaghni*, *Jataharini*.

INTRODUCTION

Polycystic Ovarian Syndrome (PCOS) has become a lifestyle disorder nowadays, affecting 30-40% of young girls in their reproductive age in India. PCOS is the most common endocrine condition in reproductive-aged women. PCOS characterized by a combination of hyperandrogenism (clinical or biochemical), oligo-ovulation and/or anovulation and polycystic ovaries

(PCOS).^[1] This adversely affects the reproductive system by menstrual disorders like oligomenorrhea or secondary amenorrhea, Acanthosis nigricans, obesity, depression, sleep apnea, insulin resistance and in due course may result in diabetes mellitus (10%) and Infertility.^[2,3] There is no direct reference in Ayurveda for Polycystic ovarian syndrome (PCOS). On the basis of *Lakshana* and *Dosha* involvement, this condition can be correlated with *Arthavakshaya*, *Pushpaghni Jataharini*, *Vata-Kaphaja Artava Dushti*, *Granthi*, *Sthoulya* and *Medoroga*. In the present case study 25-year-old, unmarried female patient with a history of irregular menstrual cycle since menarche, diagnosed with PCOS was treated successfully with *Virechana Karma*.

CASE REPORT

A 25-year-old female patient came to the hospital with the complaints of irregular menstrual cycle since menarche (At age of 15 years) and decreased interval between two cycles since 1 year. The patient has

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noticed weight gain, increased facial hair, mood swings, irritability, blackish discolouration around nape of neck and elbow and has experienced lower abdominal pain during menses since 1 year. Her LMP was on 5-12-2023, PLMP- 20-11-2023, 10-11-2023, interval between two cycles is of 15-20 days and using 2-3 pads per day, partially soaked. Big sized, dark red coloured clots present. Patient has visited a doctor 4 years ago and has done an USG scan with which she was diagnosed with PCOD. The patient was under the allopathic medications which she stopped taking a year back because of no relief.

The patient is obese in built with BMI of 31.9 kg/cm. Examination revealed, coated tongue, 98⁰ F temperature, 110/80mmhg Blood pressure, 80/min pulse rate, pallor, oedema, clubbing, icterus, cyanosis and lymphadenopathy was absent.

USG Report: Dated on 31-12-2022

Fatty Hepatomegaly Liver - 16.6 cm

Bilateral polycystic ovaries.

Endometrial thickness: 13.2 mm

Right ovary: 3.8 x 2.8 x 3.1 cm, Volume: 17.7 cc

Left Ovary: 4.0 x 2.6 x 2.5cm, Volume: 13cc,

Both ovaries appear enlarged and polycystic,

Minimally complex left Para ovarian cyst 3.8 x 3.2 cm with internal septum

No sign of torsion.

Blood Glucose Level

Fasting: 93.0 gm/dl (31-12-2022)

100 gm/dl (20-12-2023)

Postprandial: 126.0 gm/dl (31-12-2022)

149 gm/dl (20-12-2023)

HbA1C - 5.9 %

Thyroid Function Test

F T3 - 2.97 ng/dl

F T4 - 1.04 ng/dl

TSH - 2.14 uIU/ml

Treatment Plan

SN	Date and Number of Days	Treatment
1.	19-12-2023 TO 23-12-2023 (5 days)	1. <i>Udvardana with Kolakulathadi Churna</i> 2. <i>Takradhara with Mustakamalakadi Siddha Takra</i> 3. <i>Mahashankh Vati 2 tabs TDS (B/F)</i> 4. <i>Panchakola Paniya (whenever thirsty)</i>
2.	24-12-2023 TO 27-12-2023 (4 days)	<i>Sneha Pana with Kalyanaka Ghrita</i> D1- 36 ml + 2 gm <i>Saindhava</i> D2- 72 ml + 3 gm <i>Saindhava</i> D3- 108 ml + 4 gm <i>Saindhava</i> D4- 160 ml + 5 gm <i>Saindhava</i>
3.	28-12-2023 To 31-12-2023 (4 days)	1. <i>Sarvanga Abhyanga with Dhanwantaram Taila</i> 2. <i>Bashpa Swedana</i>
4.	31-12-2023	<i>Virechana with Trivrutta Lehyam 70 gm + 50 ml of Triphala Kwatha.</i> Total Vega - 23 (<i>Pravara Shuddhi</i>)

On discharge medication

1. *Ashokarishta & Dashamoolarishta* 10 ml each twice a day with 40ml warm water after food.
2. *Dhanwantaram Gulika* 1 tablet twice a day along with *Arishtam*.
3. *Sukumara Ghrita*, 1 teaspoon with warm water on empty stomach.

RESULT

SN	Before Treatment	After Treatment
1.	Prolonged Bleeding (10-12 days)	5 days of bleeding (21-02-2024 TO 25-02-2024)
2.	Weight – 100 kg	Weight – 94 kg

3.	Dysmenorrhea present	Dysmenorrhea Absent
4.	Big sized clots	Clots Reduced
5.	Acanthosis nigricans present	Acanthosis nigricans Reduced
6.	Mood swings and irritability present	Mood swings and irritability reduced
7.	USG- Right ovary- 3.8 x 2.8 x 3.1 cm, Vol- 17.7cc Left ovary- 4.0 x 2.6 x 2.5cm, Vol- 13cc Left Para ovarian cyst- 3.8 x 3.2 cm.	USG- Right Ovary- 4.1 x 4.0 x 1.4 cm, Vol- 12.8cc Left Ovary- 4.0 x 2.5 x 1.7 cm, Vol- 9.0 cc, Left Para ovarian cyst- 3.4 x 2.8 cm

DISCUSSION

Virechana Karma, a therapeutic purgation procedure in Ayurveda, is gaining recognition as an effective approach for managing Polycystic Ovary Syndrome (PCOS). *Virechana* expel out the *Aamashayadi Doshas* dragging them towards the *Adhobhaga* through the *Guda* (anus). This traditional practice aims to detoxify the body, balance hormones, and improve overall reproductive health through a structured regimen of dietary modifications, herbal medications, and therapeutic purgation.^[4]

PCOS occurs due to the vitiation of *Vata* and *kapha* dosha as they do *Margavarodha* to *Artava Vaha Srotas* leading to absence of flow of *Artava*. It can be understood as the *Sannipataja Dosh* manifestation with *Samprapti* of *Rasa Dusti*, *Medodusti*, *Aavarna* of *Vata* and *Aartava Dusti* with *Beejopaghata* as factor. After *Shamana Chikitsa Dosh* may be aggravate again but in *Shodhana chikitsa* all dosha are eliminated by root so they can never be reoccurred.^[5]

Virechana Karma - Poorva Karma - Deepan & Pachana - Mahashankha Vati - It works as *Deepan* and *Vata-Pitta Doshahar*.^[6] ***Udvartan - Kolakulathadi Churna*** - It works as *Vatahara* and it is indicated in all type of *Vata Roga*.^[7] ***Takra Dhara - Musta*** and ***Amalaki Siddha Takra*** -It relaxes and revitalises the central nervous system, balances the brain and hormonal functions hence

releases stress and anxiety and relaxes all the function of the body .It has to regularize the functions of pituitary gland and hypothalamus and also has soothing effect on endocrine system.^[8] ***Panchakola Paniya*** - It has the properties like *Tikshna, Pacna, Kapha-Vata Har, Shoolaghna, Gulmahara* and it said to be *Shreshtha Deepana*.^[9] ***Sneha Pana - Kalyanaka Ghrita*** It has the properties like *Tridosha Shamak, Vrushya, Yonidoshahara, and Garbhasthapak* . As it is *Deepan - Pacana*, it regulates *Jatharagni* and corrects metabolism.^[10,11] ***Sarwanga Abhyanga - Dhanwantaram Taila*** - It act as *Gulmahar, Yonirogahar, Vata-Kapha Hara*.^[12] ***Pradhana Karma - Virechana - Virechana (Purgation)*** - it removes *Aavarana, Vata Anulomana* and catering the normal functioning of *Dosha*, increases the bio availability of drugs by opening channels & improve the assimilation of drug.^[13] ***Trivrit Leha*** - When both digested or indigested *Mala* are liquefied and evacuated then the process is termed as *Rechana* and the drug is termed as *Rechana Dravya*. The example of *Rechana Dravya* is *Trivrita*.^[14] ***Triphala Kwatha*** - It is *Vata-Kapha Hara*.^[15] ***Paschat Karma - Sansarajan Kram*** for 5 days.

On discharge medicines - Ashokarishta - It works as *Pitta Doshahar, Vata-Kapha Shaman* and it is indicated in *Raktapitta, Mandagni, Ruja*.^[16] ***Dashmoolarishta - Deepan - Pacan, Vatanuloman, Shollahar, Grahi, Balya*** and it is indicated in *Gulm, Mandagni, Vata Vyadhi*.^[17] ***Dhanwantaram Gulika - Kapha Vatahar, Vatanulomana***.^[18] ***Sukumhar Ghrita - Vata-Pitta Har, Rasayan, Agni Deepan, Anila - Artihara*** and indicated in *Gulma, Yoniroga*.^[19]

CONCLUSION

Virechana Karma, a prefatory therapy in Ayurveda, plays a significant role in managing polycystic ovarian syndrome by targeting the root cause of the condition, such as imbalance in *Doshas (Kapha and Pitta)*, *Viechana* helps in detoxifying the body and restoring hormonal balance. It acts in regulating the menstrual cycle, reducing insulin resistance and managing symptoms like acne, hirsutism and weight gain, which are commonly associated with PCOS. By promoting the elimination of *Ama* and improving digestive and

metabolic function, *Virechana Karma* offers a holistic and natural approach to PCOS management. In the present case study, a significant result of the *Virechana Karma* is seen in the PCOS.

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