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Case Report

PCOS

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Management of Infertility w.s.r. to PCOS through Ayurvedic Medicines & Therapy - A Case Study

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Introduction: People of present era are habituated to sedentary way of life due to which they are prone to different types of metabolic ailments. Polycystic ovarian syndrome is one among them affecting the females of active reproductive age group and infertility is one among the complications of PCOS. Infertility is a condition which is defined as the inability to conceive after 1 year of unprotected intercourse of reasonable frequency. In Ayurveda this is considered as Vandhyatwa which is managed with multiple concepts of correcting the states of Doshas and dhatus. Hence in this case following the principles of Ayurveda Shamana Chikitsa and Uttar Basti was given in the management of infertility with polycystic ovarian syndrome.

Methodology: A case of 26-year-old woman diagnosed with infertility due to PCOS complaining of irregular menstruation and weight gain. She was given Ayurvedic treatment, Shamana Chikitsa and Uttarbasti, including dietary and lifestyle advice and Yoga therapy.

Result: Size of cyst decreased remarkably and patient conceived after completion of treatment.

Discussion: By analyzing the causes of PCOS, it can be stated that obesity is one of the main causes of the disease. Formation of Rasa Dhatu and Updhatu Artava is affected in women who is having obesity which results in irregular menstruation and which leads to Vandhyatwa. Hence treatment in PCOS should aim at Agnideepana, Kaphahara, Medohara, Artavajanaka and Granthiviliana. The drugs and procedures which possess properties like Deepana, Pachana, Shothahara, Artavajnana, Medohara and Lekhaniya should be used.

Keywords: Vandhyatwa, Infertility, PCOS, Uttarbasti

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Introduction

Woman's health is the primary factor to be considered for wellbeing of family, society and culture. Physiological changes and development occur right from birth but markedly during the reproductive period. Change in life-style of woman, increases physical and emotional stress, Irregular dietary habits, leads to many gynaecological problems. PCOS is one of the diseases caused due to hormonal imbalance which in turn causes infertility. Polycystic ovarian disease is androgen excess and chronic anovulation disorders that affect about 20% reproductive women in world wide. Most women give importance to it only when it affects her fertility or to an extent physical appearance. The polycystic ovary should be considered as a sign, rather than a disease. Etiology of PCOD is multi factorial. Mainly lifestyle of woman is very affected for hormonal imbalance. According to modern science hormonal therapy are given to regulate menses but it might have some side effects which might not be tolerable by some patients. So, there is a need of alternate management of infertility related to PCOS in Ayurveda. According to Ayurveda, PCOS is a condition that can be corelated with Granthibhuta Aartva.[1] Anartava, Vandhya[2] or Puspaghni Jathaharini[3] as mentioned by Acharya Kashyapa. All disorders or imbalances are viewed as result of Doshas' interaction and imbalance. When Vata imbalance occurs, reproductive channel, Artavavaha Srotas, is disrupted, pushing Kapha and Pitta out of balance. This is how sickness starts. Menstrual irregularities are a sign of vitiated Vata in Artavavaha Srotas. Acne, hirsutism, and hormonal imbalances are results of Pitta vitiation. Cyst-related symptoms and weight gain are caused by kapha vitiation.[4] In present case of PCOD associated Infertility, Uttarabasti with Phalakalyan Ghrita was adopted along with other oral medications to treat condition.

Materials and Methods

Case Report

A 26 Years old married female patient came to OPD of Dept. of P.T.S.R, G.A.M, Puri with complaints of inability to conceive despite having regular unprotected coitus in the last 2 years. Additionally, the patient mentioned of having irregular menstrual cycles along gaining of weight since last 1 year.

Past history

No H/O DM/HTN/ Hyperthyroidism. No H/O of any previous major illness and surgery.

Menstrual History

Her menstrual history revealed irregular cycles lasting for 5-6 days. LMP was 21 Jan 2024, menstrual flow was moderate, without pain and included clots.

Obstetrics History

Married in the last 2 years

Score - G0

General Examination

- Built Obese
- Blood Pressure 110/70 mmHg
- Pulse 78/min
- Respiratory rate 15/min
- Height 152 cm
- Weight 64 kg
- BMI 27.7

Systemic Examination

- CNS Conscious, well-oriented
- CVS S1S2 heard, NAD
- P/A soft, non-tender

Gynecological Examination

P/S examination

Vagina - discharge (mild) Cervix - healthy, Os - Nulliparous

P/V examination

Uterus - AV, AF, Mobile Cervix - firm, mobile, non-tender Fornix - clear

Investigation

- Blood parameters were under normal limits.
- TSH 3.4mIu/ml
- FBS 89mg/dl
- USG Polycystic ovarian morphology on left side (largest measuring 5mm in diameter)
- Semenogram of Husband Normal

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Treatment Protocol

SN	Name of	Dose	Kala	Frequency and	Duration
	medicine			Anupana	
1.	Kanchanar	500mg	After	Twice a day with	90 days
	Guggulu		food	lukewarm water	
2.	Varunadi Kasaya	15 ml	After	Twice a day with equal	90 days
			food	amount of water	
3.	Kankayana	500 mg	After	Twice a day with	90 days
	Gutika		food	lukewarm water	
4.	Aswagandha	100ml	Before	Twice a day	90 days
	Ksheerapaka		food		
5.	Arogyavardhini	500mg	Before	Twice a day	30 days
	Vati		food		

Uttarbasti: with *Phalakalyan Ghrita* (5ml continuous for 3 days after cessation of menses for 3 consecutive cycles)

Advice

- Yogasana like Bhujangasana, Halasan, Paschimottanasan, Padahastasana
- Avoidance of oily, fatty, sugary foods, junk foods

Result

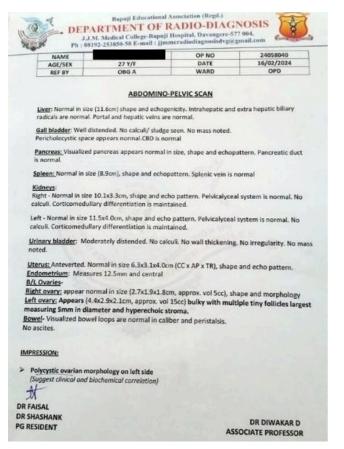


Figure 1: Before Treatment

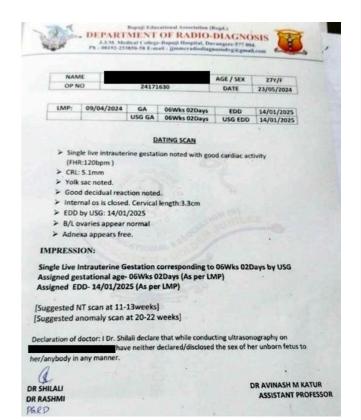


Figure 2: USG on 23/05/24

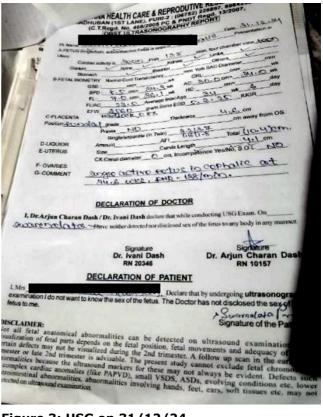


Figure 3: USG on 31/12/24

After three sittings of *Uttarbasti* along with *Samana Chikitsa*, the patient gradually had her menses under regular interval of 28-30 days along with normal amount of bleeding (3 pads/day for 3 days).

Later on, the patient reported amenorrhea and found Urine pregnancy test positive on 25 April 2024.

USG findings:

USG on 23/05/2024	CRL: 5.1mm	Reveals single live intra
EDD is 14.01.2024.	Fetal Cardiac activity- 120bpm	uterine fetus of 6W2D
USG on 31/12/2024	Cephalic presentation,	Single active fetus with
EDD is 11/01/2024	Placenta- Fundal	34.6 Wks
	FHR- 138/min	

Discussion

Polycystic Ovary Syndrome (PCOS) is a significant factor contributing to infertility in females. According to Ayurveda, the pathophysiology of PCOS involves an imbalance of *Vata* and *Kapha Doshas*, which disrupts the normal functioning of the reproductive system. The condition primarily affects the *Rasa, Rakta* and *Medas Dhatu* and *Artava Upadhatu*. The pathology in PCOS is characterized by *Sanga* (obstruction) within the pelvic cavity, leading to impaired ovarian function and hormonal dysregulation.

The aggravated Kapha Dosha leads to the accumulation of metabolic waste and the formation of ovarian cysts, while the aggravated Vata Dosha contributes to irregularities in the reproductive cycle and hormonal imbalances. Such a multifaceted disruption requires a holistic approach to restore balance, focusing on detoxification, dietary regulation, lifestyle modification, and targeted Ayurvedic therapies to address both the root cause and associated symptoms of PCOS. Kanchanara Guggulu is a classical Ayurvedic formulation with significant therapeutic properties, particularly in conditions involving cystic growths such as Polycystic Ovary Syndrome (PCOS).

It possesses Tikta (bitter), Katu (pungent), and Kashaya (astringent) Rasa, along with Ushna Virya. The formulation exhibits Lekhana (scraping) action on the Mamsa Dhatu and Medo Dhatu. Additionally, Kanchanara Guggulu supports metabolic regulation, improves circulation in the pelvic region, and promotes the healthy functioning of the reproductive system, thus addressing both the underlying causes and symptoms of ovarian cysts. [5] Contents of Varunadi Kwatha[6] and Kankayana Gutika[7] are mainly having Kapha-Vata Samaka properties like Katu, Tikta Rasa, Ushna Virya and Katu Vipaka.

With these properties they exert actions like *Deepana, Ama Pachana, Lekhana, Vilayana* & *Sroto Sodhana*. Due to this action, *Sanga* in *Artavavaha Srotas* has been removed and at the same time correction of *Agni Dushti* take place. As *Artavavaha Srotas* become free from *Avarodha* or *Avarana* of vitiated *Kapha*, vitiated *Vata* comes to normal state. Thus, normalize *Apana Vata* then functions normally causing regular *Artava Pravritti* (menstruation) and normal *Beeja Nirmana* (ovulation).

The herb Ashwagandha possess Ushna Virya, Balya, Brihaniya, Rasayana, Sukrala[8] which may help in the proper growth & development of a Graafian follicle & helps in ovulation due to its above said properties. It is a boon for the people as it contains various alkaloids such as isopelletierine, anaferine, cuseohygrine, an hygrine, steroidal lactones (withnolides, withnaferins) and saponins & also sitoindosides, acylterylglucosides which are having Anti-stress, ani-anxiety, Antidepressant and antioxidants properties that manages stress and balances the Hypothalamo- Pituitary-ovarian axis which may help in regularization of hormones and hence results in ovulation.[9]

Uttarabasti having a major role in the treatment of genito-urinary diseases. Phalakalyan Ghrita is a nutritious tonic which is endocrine stimulant. It gives strength to uterus, cures internal dryness prevents abortion and promote fertility. Uttarbasti stimulates certain receptors in endometrium leading to correction of all physiological processes of reproductive system. It may also help in rejuvenation of the endometrium. So Uttarabasti is a best boon of Ayurveda for those who are suffering from Infertility. Yogasanas advised help in increasing the circulation of pelvic region, reduction of body fat and correction of menstrual irregularities.

Conclusion

The reproductive system is an essential to maintain the lineage of a person, as well as evolution of a But inappropriate balance species. between hormones responsible for reproduction, leads to decreased chance of fertility. Polycystic ovary Syndrome (PCOS) most is the prevalent endocrinopathy in females of reproductive age. It is recognized by hyperandrogenism, polycystic ovaries, and prolonged anovulation along with insulin resistance, hyperinsulinemia, obesity etc.

Cases of PCOS are rising fast due to changing lifestyle, dietary habits and stress. A balanced diet and way of living are essential for PCOS control. *Ayurveda* focuses on the treatment of infertility holistically with an aim of improving the overall health and quality of life of the individual. The right combination of drugs such as *Kanchanar Guggulu*, *Varunadi Kasaya, Kankayana Vati, Arogyavardhini Vati, Ashwagandha Ksheerapaka* etc. helps in regulating menstrual cycles, enhancing general health and wellness, revitalizing sperm and ovum, reducing stress and anxiety, increasing energy level, balancing the endocrine system and improving blood flow in pelvic cavity, thereby promoting fertility.

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