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Integrated Ayurvedic and Modern Management of PCOD with Primary Infertility - A Case Report

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Polycystic Ovarian Disease (PCOD) is one of the most common causes of menstrual irregularities and infertility in women of reproductive age. It is a Kapha-Vata predominant disorder in Ayurveda, with pathogenesis involving Agnimandya, Srotorodha, and Artavakshaya. This case report highlights the successful integration of Ayurvedic and modern medicines in the management of PCOD with primary infertility in a 25-year-old woman. A combination of insulin sensitizers, Rasayana, Artavavaha Srotoshodhana, and Vatanulomana therapies was administered. After four months of consistent treatment, the patient experienced regular menstruation, significant weight loss, and conceived naturally without assisted reproductive techniques.

Keywords: PCOD, Primary Infertility, Ayurveda, Artavakshaya, Myo-Inositol, Metformin, Kapha-Vata Dushti, Rasayana

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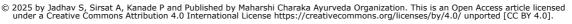
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Introduction

PCOD is complex hormonal condition characterized by ovulatory dysfunction, hyperandrogenism, & polycystic ovaries. From an *Ayurvedic* perspective, it corresponds to *Artavakshaya*, *Srotorodha*, *Medovriddhi*, & *Kapha-Vata Dushti*.[1] Due to sedentary lifestyle, stress, & poor dietary habits, incidence of PCOD has been increasing. *Ayurvedic* classics emphasize role of *Agnimandya*, *Medodhatvagni Dushti*, & *Apana Vata Vaigunya* in pathogenesis:

अर्तवनाशस्तु यो योनौ नष्ट रक्तस्य जायते। सकृत्प्रवृत्तिर्वा योऽसौ तं अर्तव क्षयं विदुः॥ (अ.ह.निदान १४/४)[2]

This case report documents an integrative treatment approach using *Ayurvedic* formulations along with modern insulin-sensitizing agents to restore normal ovulatory cycles and fertility.

Case Report

A 25-year-old female presented with complaints of Primary infertility, irregular menses, hirsutism, acne, weight gain, & fatigue. She had history of PCOD for 2.5 years & was on allopathic medications including Tab. Folitic Plus & My Pill. She had tried various treatment but experienced no substantial improvement.

On Examination

• General condition: Stable

Pallor: PresentBMI: Elevated

■ Pulse: 82/min

■ BP: 122/80 mmHg

■ Hair growth: Hirsutism present

Acne: Face and upper back

Acanthosis nigricans: Neck folds

Menstrual history: Irregular cycles, LMP:

10/04/2024

Weight before treatment: 78 kg

Investigations

■ Hb: 10.2 gm/dL

USG pelvis: Polycystic ovaries

Samprapti Ghataka

■ **Dosha:** Kapha-Vata

■ **Dushya:** Rasa, Rakta, Meda, Artava

• Srotas: Artavavaha, Medovaha, Rasavaha

■ Srotodushti: Sanga, Margavarodha

Agni: MandagniAama: Present

■ Udbhavasthana: Amashaya

Adhisthana: Garbhashaya

■ Vyadhi Swabhava: Chirakari

Diagnosis:

Modern: PCOD with primary infertility

 Ayurveda: Artavakshaya with Medovriddhi and Agnimandya

Treatment Protocol

Modern Medicine:

Myo-Inositol & Metformin HCL (Ositate-M) 600+500 mg - 1 tab BID before food for 30 days.

Ayurvedic Medicines:

1. PCO Care Gutika (500 mg)[4][5][6]

- Contents: Pushpadhanwa, Vrukshamla, Navak Guggulu, Neem, Jambhul, Haridra, Kalmegh, Gudmar, Karle, Latakaranj
- Dose: 1 tab BID after food for 30 days

2. Stribeej Capsule (500 mg)[4][5][7]

- Contents: Pushpadhanwa Ras, Kalmegh, Haridra, Jambhul Beej, Gudmar, Karle, Latakaranj, Nagarmotha
- Dose: 1 capsule BID after food for 30 days

3. Setmense Syrup (300 ml)[8][9][10]

- Contents: Ashoka, Lodhra, Shatavari, Ashwagandha, Anantmool, Ulatkambal, Gokshura, Gulvel, Dashmool
- Dose: 5 ml BID after food for 30 days

4. PCOfer Cream[11][12]

- Contents: Latakaranj, Nutmeg, Coconut oil, Castor oil, Sesame oil
- Dose: Local application over abdomen at bedtime for 30 days

Pathya Advised

- Avoid curd, bakery, fried food
- Avoid excessive day sleep
- Take freshly cooked warm food

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 Practice regular yoga (Baddhakonasana, Bhujangasana, Surya Namaskar)

Discussion

This case presented as a classical *Kapha-Vataja* disorder with features of *Agnimandya*, *Artavakshaya* and *Medoroga*. Treatment was focused on *Agnideepana*, *Srotoshodhana*, *Medohara*, *Rasayana*, and *Artavajanana*.

- Pushpadhanwa Ras is mentioned in Ayurvedic texts for improving reproductive health.
- Herbs like Gudmar, Karle, and Latakaranj aid in insulin sensitization and hormonal modulation.
- Ashoka, Lodhra, and Shatavari are Stree Roga Nivaraka and Artavajanana Dravyas.[8][9]
- External application of Latakaranj based PCOfer cream may have improved subcutaneous fat metabolism and local circulation.

After 4 months, the patient achieved spontaneous conception, 12 kg weight reduction, and complete menstrual regularity.

Conclusion

The integrative approach combining *Ayurvedic* and modern therapies proved effective in managing PCOD with infertility. Emphasis on correcting the root *Dosha*, improving *Agnibala*, and restoring *Artavavaha Srotas* functions was pivotal.

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