

POLY CYSTIC OVARIAN SYNDROME:- AN AYURVEDIC PERSPECTIVE

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ABSTRACT

PCOS is the most common endocrine disorder of women in reproductive age group. It is multifactorial and multigenic life style disorder. It affects 12-18% women of reproductive age groups. PCOS is associated with anovulation, high androgen levels and poly cystic ovaries. Presence of two factors out of these three made the diagnosis of PCOS. There is no direct reference is available in Ayurvedic literature perhaps it can be correlated with some other disorder like Aartva Dushti, Pushpghani Jataharini, Bandhya Yonivyapapada. Ayurvedic approach for PCOS involves dietary modification along with Yoga, Panchakarma and medication. Combination of these three cures the sign and symptoms deeply and naturally. It helps in reducing weight, balance in hormonal level and increase insulin sensitivity.

KEYWORDS: PCOS, Aartva Dushti, Pushpghani Jataharini.

INTRODUCTION

PCOS (Poly Cystic Ovarian Syndrome) also known as Stein and Leventhal syndrome is a endocrine disorder among women of reproductive age (13- 45 yrs) and affects 12-18% women of this age group. The condition is associated with anovulation and infertility and is characterized by insulin resistance, unopposed oestrogen action and raised androgen concentrations. Women with PCOS have a higher prevalence of obesity, impaired glucose tolerance, type II diabetes mellitus.

In the present era of globalization with western influence, the prevalence of this disease is more now a day due to modification in lifestyle (sedentary) and more eating habit of junk food etc.

As no direct reference is available in Ayurvedic literature therefore it can be correlated with some other disorders like Aartva Dushti, Pushpghani Jataharini, Bandhya Yonivyapapada. Kapha getting aggravated by taking untimely unhealthy foods which affect the normal digestive process and release the harmful toxins (Aama).which further effect the quality of Rasa and Raja Dhatu and cause menstrual irregularity and anovulation.

AIMS AND OBJECTIVE

To understand the etiology, pathophysiology and line of treatment of PCOS as per Ayurveda.

METHODS AND MATERIALS

Ayurvedic and modern literature, research papers, journals and articles published on various national and international platforms were studied, analyzed, interpreted and scrutinized thoroughly to understand this syndrome.

Etiology of Pcos As Per Ayurveda

According to Ayurveda four major causes of the disorders of reproductive system is as under:-

1. Mithyaacharen- This heading include Mithyaahar (overeating, taking excess sweets and oily foods frequently) and Mithyavihar (not doing exercise or physical work, day time sleeping habits, stress and anger)
2. Pradustartven–This include Beejrupi Artradushti (ovarian hormonal imbalance) and Rajorupi Artrvaadushti (menstrual disturbance). Acharya sushruta has mentioned that if Asthartva Dusti remains untreated then it causes Abeejta (unable to conceive or infertility).
3. Beejdosh- this includes hereditary or gene involvement (i.e. dysfunction of CYP 17, CYP19 gene).
4. Devaat – this include unknown etiology.

Symptoms of Pcos

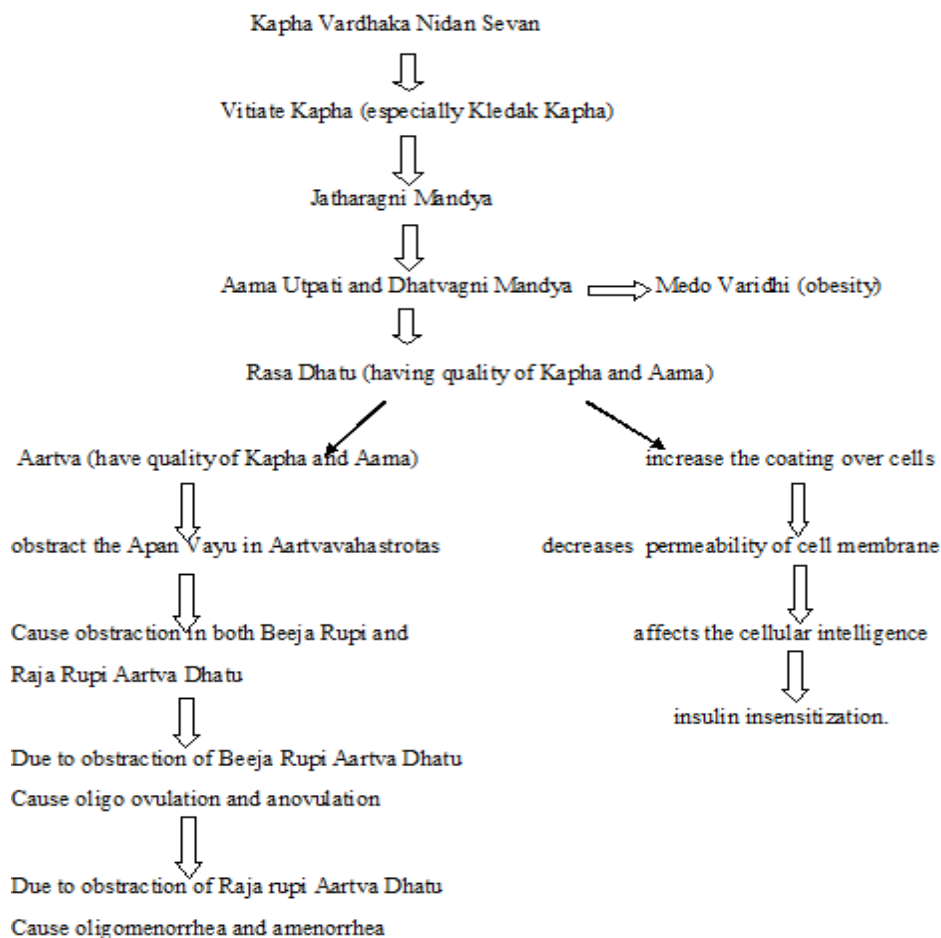
1. Menstrual: scanty or absent menstruation, abnormal heavy bleeding in some cases.
2. Weight: -obesity, overweight or continuously gaining weight.

3. Skin - acne or oily skin, hyperpigmentation at some areas (nape of neck, inner aspect of thigh and axilla).
4. Others: - infertility, depression, loss of scalp hair, unwanted hair growth (hirsutism).

Investigations

- A. Sonography- scan shows enlarged ovaries (volume > 10 cm³, presence of multiple follicular cysts (2-9mm diameter) due to anovulation.
- B. Serum values-
 - Elevated LH. LH:FSH > 3:1
 - Raised level of estradiol and estron.
 - Raised androstenedion and DHEAS (dehydroepiandrosterone sulphate) level.
 - Raised serum testosterone and dehydrotestosterone (DHT). DHT is raised mainly in women with hirsutism.
 - Raised prolactin in 20% cases (due to increase in GnRH pulsatility)
 - Raised fasting insulin level.

PATHOPHYSIOLOGY ACCORDING TO AYURVEDA



Criteria of Diagnosis Diagnosis is based on the presence of two out of the following three findings: Oligo/anovulation, hyperandrogenism or poly cystic ovaries on ultrasound (Rotterdam Criteria).

Treatment as Per Ayurveda

Treatment should be done according to Dosha Avastha of patients.

1. Nidan Parivarjana- avoid the causative factor of Aahara – Vihara and adopt a healthy lifestyle that includes both physical and mental health.

- Diet modification- avoids salty, oily, sweet and junk foods including beverages and frequent eating. Add healthy food and vegetables to the diet.
- Life style modification- daily exercise, Yoga, meditation, avoid long sitting and day sleeping.

1. Saman Chikitsa

A- Agni Deepan and Ama Pachan – Chitrakadi Vati, Panchkol Churna, Trikatu Churna, Agnitundi Vati.

B- Kapha Medhahar Chikitsa i.e Aaorgyavrdhini Vatti

C- Granthihar Chikitsa i.e Kanchnara Guggulu, Chanderprabha Vatti

D- Avaran Nashak Chikitsa i.e Lehsun Arendadi Kashaya

2. Shodhana Chikitsa-According to Ayurveda in Bahudosha Avastha (vitiated doshas) Shodhana is mentioned which eliminates vitiated Dosha from the body and maintains Samya Avastha.

A) Vaman – removes Awarana of kapha, eliminates vitiated Kapha, improve Jatharagni and Dhatvaagni reduce weight.

B) Virechan- excretes metabolic waste and toxins and improves hormonal balance, improve the quality of ovum.

C) Basti- considered as Ardha Chitiksa in Kaya Chikitsa.

a. Lekhan Basti – Ama Pachan, Satroto Shodhak, VK Shamak, reduces weight so further decrease LH level and normalize FSH level. Remove blockage of Artvavaha Strotas, improves Apan Vayu function that leads menstruation and ovulation.

b. Uttar Basti – Uttar Basti should be performed in married women associated with infertility. Fala Ghrita, Shatavari Ghrita and Satpushpa Tail Uttar Basti show great results in PCOS.

- c. Matra Basti- Study shows the beneficial effect of Satpuspha Tail and Sahacharadi Matra basti in PCOS.
 - d. Nasya- medicated oil may stimulates olfactory nerves, which further stimulates limbic system and hypothalamus that regularize GnRH pulsatile secretion and normalize HYPOTHALAMIC-PITUITARY-OVARIAN AXIS.
2. Yogasana- Yogasana have very surprising health benefits in women with PCOS.eg- Suryanamaskar, Bhujangasana, Dhanurasana, Salamba Sarvangasana, Ardha Salambasana etc.
 - a. Reduces stress and anxiety - Yoga reduces anxiety, offers calmness and improves overall wellbeing of the body and mind by affecting the sympathetic nerve activity.
 - b. Improves metabolic marker– Yoga decreases cholesterol level and improve insulin sensitivity to the cell.
 - c. Improves hormonal balance- Yoga reduces anxiety, decrease cortisol and androgen level that further helps to balance the sex hormones and regularize menstruation.

CONCLUSION

As Ayurveda is the time proven methodology in the treatment of many chronic illness since ages. Ayurveda not only cure the disease but also play a pivotal role in prevention and recurrence of the disease. As PCOS is a lifestyle disorder that leads to hormonal imbalance and there is a possibility of recurrence of PCOS with many side effects after stoppage of the modern treatment. In Ayurveda, approach for PCOS involves dietary modification along with Yoga, Panchkarma and medication. Combination of these not only cures the sign and symptoms of the disease naturally but also prevents its recurrence with rejuvenating effects on the body system. It helps to reduce weight, balance hormonal level and increase insulin sensitivity.

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