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A SINGLE CASE STUDY OF PCOS AND ITS AYURVEDIC CHIKITSA

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ABSTRACT

PCOS, also known as polycystic ovarian syndrome, is a common endocrine disorder characterized by irregular ovulation or lack of ovulation, signs of excessive androgen Production, and multiple small ovarian cysts. caused by an imbalance of re-Productive hormones. The exact cause of PCOS is unknown but high levels of insulin, Hyper androgen (Male hormone), and LH (Luteinizing hormone) are the main causes. The symptoms of PCOS are include menstrual irregularities, Infertility, obesity, depression, insulin resistance, and an increased risk of conditions like diabetes, endometrial Cancer, and heart disease. *Ayurveda* views PCOS as a condition caused by imbalances in the three *doshas* and *Dhatus*, that can result in symptoms such as amenorrhea and an ovular bleeding.

The present study deals with a female patient age 24 years with irregular periods, weight gain, and increasing facial hair, USG report shows Bi-Lateral Polycystic Ovarian syndrome PCOS with a Right ovary volume of 12.29cc and Left ovary volume of 8.29cc, both ovaries are bulky with multiple thin-walled cysts. *Ayurvedic* treatment to balance the *doshas* And improve overall health lead to reduced sy mptoms and regular menstrual cycles after 3 months of treatment.

KEYWORDS:- PCOS, USG, Rajapravartini vati, Kanchnar Guggulu, Chandraprabha vati.

INTRODUCTION:-

Polycystic Ovarian disease is a group of disorders distinguished by infrequent and irregular menstruation, it is a major cause of infertility, affecting up to 10% of women of reproductive age. This disease is characterized by the formation of single or multiple cysts in ovaries which in turn causes irregular menstrual cycles. The size of the ovary increases and it secretes androgen and estrogen hormones in great amounts. In this condition due to more production of the hormone, a cyst is formed in the ovaries. The main symptoms may include Excessive weight gain, Acne and pimple, Extra growth of facial and body hair, Depression and anxiety, and Infertility. There is no particular cause responsible for this disease, a few factors may be responsible like Family history, Lifestyle, Insulin resistance, Overweight, etc. According to *the Ayurvedic* aspect, there is no direct mentioning of this disease rather, symptoms are found under various diseased conditions at various references i.e., *Aartavavaha* Error! Filename not specified. *strotas dushti*, *Nastaartava*, *Granthi*, *Santarponnith vyadhi*, *Yonivyapad*, *Artava Kshaya*. *Artava Kshaya* is a condition where menstruation doesn't occur at the appropriate time, is less in quantity, or occurs causing pain and discomfort.

In Ayurvedic classics PCOD is a *Kapha* predominant disorder; *Kapha* gets aggravated by consuming more *Kaphavardhak* and *Sneha* containing *Ahara* and by sedentary lifestyle.

Case Summary:-

A female patient of 24-year-old patient came in OPD of Department of *Prasuti Tantra & StriRoga*, L. N. *Ayurved* College and hospital Bhopal (M.P). With a complaint of delayed and irregular menses last from 2-year, weight gaining, hair growth on face and acne. first, she took allopathic treatment and homeopathic treatment also but no result was found. that's why she decided to take *Ayurvedic* treatment. USG revealed polycystic pattern of both ovaries.

- History of past illness - No any significance medical, surgical, gynecological and psychiatric diseases.
- Drug History –Allopathic and Homeopathy treatment were taken for PCOD.
- Family History - Nil
- Marital Status-Unmarried

- Personal history- She has normal appetite, proper sleep and proper micturition but her bowel habit was disturbed.
- Menstrual history – Irregular ,LMP (2 month ago), duration – 1 to 2 days, No.Of pads use 1-2 pads with smell present.
- General Examination –
- Body Built- Normal, Weight- 51kg, Height- 156 cm, Pulse rate- 88/min, B.P.- 130/70mm of HG, Respiration rate- 18/min, Temp- 98.7 F, Spo2 – 98.
- Physical Examination -
- *Ashtavidha pariksha-*
- *Nadi – Vatapitta*
- *Mutra – Samyak*
- *Mal – Sthambh*
- *Jihva –Malavrit*
- *Shabd – Samyak*
- *Sparsha –Ushna*
- *Drik – Prakrit*
- *Akriti – Sthool*
- S/E (Systemic examination) –
- CNS – Conscious Oriented
- GIT-Liver, Spleen Not Palpable
- Investigation was done T3-102.55ng/dl,T4-6.66 ug/dl, and TSH- 2.26 mIU/mL.
- CVS-S1S2NORMAL
- USG shows Multiple ovarian cysts suggestive of bilateral polycystic ovaries.
- Treatment Protocol :-

- Presenting Complaints of Patient Treatment Planas mainly *Vata* and *Kaphahar*.

S.no.	Medicine	Dose	Time	Anupan
1.	<i>Rajapravartini vati</i>	2 vati	Tds after meal	Luke warm water
2.	<i>Kanchanara guggul</i>	2 vati	Tds after meal	Luke warm water
3.	<i>Chandraprabha vati</i>	2 vati	BID after meal	Luke warm water
4.	Syrup Evicareforte	3tsf	Twice a day-after meal	Mix with water
5.	<i>Aavipattikar churna</i>	1 tsf	HS (at night) Mix with	Luke warm water

Above mentioned treatment was given to the patient for 3 months.

Follow up chart every month -

SN	Symptoms Before treatment	Before treatment	After 1 st month treatment	After 2 nd month treatment	After 3 rd month treatment
*1	Menstruation interval	2 month delay	Delayed for 12 days	Delayed for 7 days	Regular
2	Menstruation duration	1-2 days	2-3 days	2-4 days	3-5 days
3	Weight	51 kg	49 kg	47 kg	46 kg
4	Constipation	+++	++	-	-
5	Acne	++	+	-	-

- Advice: -
- Nidan Parivarjan*: - it includes elimination of both *aharaja* as well as *viharaja nidana*.
- Food products which have the property of *deepan*, *pachana*, *vata anulomana* and *kapha shamak*.
- Avoid junk, fried, cold drinks and packed food.
- Avoid excessive fats, sugar and carbohydrates.

- Green leafy vegetables like spinach and broccoli are advised to be taken.
- High fiber-rich foods.
- Regular exercise and Yoga like - *Suryanamaskar, Kapalbhaati, Anulom-Vilom, Bramhi Asana* and meditation etc.
- Take proper sleep 6-8 hours is required.
- Result: - USG INVESTIGATION

Before treatment	After treatment
Endometrial thickness 6.2mm	Endometrial thickness 5.3mm
Rightovary volume 12.9cc	Right ovary volume 7.3 cc
Left ovary volume 8.29cc	Left ovary volume 5.6cc
Both ovaries are bulky (R>L) Bilateral Polycystic ovarian Disease.	Residual mild changes PCOD

- After the treatment, there was regular menstruation (duration- 3 to 5 days, interval- 28 to 30 days with regular normal flow).
- USG reveals, that there was no significant abnormality detected along with reducing the size of ovarian volume.
- Motion clear properly.
- Reducing extra hair growth of body and facial hair.
- After treatment, weight become reduce.

ü DISCUSSION-

1. Himalaya Evecare Forte Syrup: - The key ingredients of Himalaya Evecare Forte syrup are *Kumari, Jatamamsi, Lodhra, Methi, Mundi*. It has analgesic and estrogenic properties which

help in repairing the endometrium, regulating estrogen levels and helps in healing the inflamed endometrium during menstruation. This formulation improves fertility by regulating ovarian hormones. It helps in hormonal balance in women so it is useful in treating irregular menstruation.

2. Rajpravartini vati:-*Kumari* (Aloe vera), *Kasisa bhasma* (Blue Vitriol), *Tankana* (Borax), *Hingu* (Asafoetida) The contents of *Rajpravartini Vati* is ushna. So it is *Vata, kapha nashak*. It acts on *Aartavaha Srotas*, balance the *Apanvayu*. It is useful in Oligomenorrhea, delayed menstruation.
3. Kanchanara guggul:- kanchanara guggul has vata-kaphasamana, Lekhana and Shotha-Hara properties. It exhibits cytotoxic effect by inhibiting cell division and reducing cell proliferation. Guggul being warm, pacify the vata. It is Medohara because of being Ruksha and Vishad and due to Tikshna and Ushna Guna, it pacifies the Kapha. it has anti-inflammatory action along with Rasayana and Artavajanaka properties.
4. Chandraprabha vati:-chandraprabha vati decreasing the size of Granthi on the ovaries as it balances the hormones of women, relieves the pain of menstrual cycle because of Pippali and Loha Bhasma. it help to remove blockage in the channels and also works on polycystic ovary due to Kapha-Hara, Lekhana, Chedana and Granthi-hara property.

ü **CONCLUSION:-**

From this Case study, *Ayurvedic* management is found to be very fruitful in the management of PCOD and associated conditions. As it is often associated with excessive weight gain, a healthy diet, and appropriate physical activities are also found to be effective. *Ayurvedic* therapies can easily reduce weight and also the symptoms of PCOS. For proper functioning of *Aartava vaha srotas* balance *Apan vayu* is needed. Imbalance causes *Dushti* in *Aartava vaha srotas*.

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