

Ayurvedic Management of Polycystic Ovarian Syndrome (PCOS) With Primary Infertility

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ABSTRACT: Polycystic Ovarian Syndrome (PCOS) is common problems among the reproductive age (15-40 year) of women. It is endocrine and gynaecology problems. PCOS become lifestyle disorders now a day's because of sedentary habits, fast food eating, faulty life style follow. The exact cause of PCOS is unknown but high levels of insulin, hyper androgen (Male hormone), LH (Luteinizing hormone) are the main causes. The symptoms of PCOS are Delayed Menstruation, Oligomenorrhea, Acne, hirsutism, thinning of hair, obesity, and constipation.

In Ayurveda PCOS is not direct term coined but clinically it is resemble with Aartavavahastrotasduшти, Vishamaartava, Granthi, Santarponnthyadhi, Yonivyapad. Present case of 28 year old female patient with 3 year married history with no conceive yet came with symptoms of irregular, delayed menstruation, acne on Face, darkening of skin, weight gain. She visited Modern, advice for USG and Hormone test. USG report shows Bilateral Polycystic Ovarian syndrome PCOS both ovaries are bulky. Undergo for hormonal Treatment, but no relief and not conceived yet then undergo for Ayurveda Treatment for 6 months. In this study according to the Ayurveda theories of Shodhana, Shamana and Tarpana, the treatment was conducted in 3 stages for the duration of 6 months. Result analysis was done on Clinical symptoms relief and USG report. The results revealed that, PCOS can be cured successfully by using this Ayurveda treatment regimen. This Case aim to study PCOS with infertility according to Ayurveda and study the Safe and effective Ayurveda treatment for PCOS with infertility.

KEYWORDS: AarthavaKshaya, Poly Cystic Ovarian Syndrome, ayurveda, Androgen, Insulin, USG.

I. INTRODUCTION

Polycystic Ovary Syndrome is the group of symptoms. Poly Cystic Ovarian Syndrome is a

relatively common endocrine disorder in women of reproductive age group. It is found in around 70% of women who have ovulation difficulties leading to infertility.

PCOS is Disease in which multiple cyst found in ovary. For normal and regular menstruation balance Hormone (Proper and Balance ApanVayu) needed. If this balanced hormone disturbed cause irregular and delayed menstruation. Follicle which is sac like structure. In this sac egg mature and released during ovulation. But imbalance of the hormone this follicles immature and egg not released or released but without satisfactory to fertile. Hence this immature follicles make cyst like structure called as cyst of ovary. The Numbers of cyst present 10 or more and increase ovarian volume (>10 mm). Fertility problems experienced by women with Poly Cystic Ovarian Syndrome may be related to the elevated hormone, insulin or glucose levels, all of which can interfere with implantation as well as development of the embryo¹. Increased Leutenizing hormone reduces the chance of conception and increase miscarriage. Additionally abnormal insulin levels may also contribute to poor egg quality, making conception more difficult¹.

Case study

A 28 year old married female Patient came in OPD with the symptoms of Delayed Menstruation (4 Month), Acne weight gaining 62kg, ht 5ft, Hair on face, darkening of skin, Constipation.

Marital history- 3yr, not conceived yet without any contraception after marriage.

History of present Illness

Patient was regular menstrual cycle 7 month before. Gradually she experienced weight gaining, delayed menstruation from 4 months. She consult modern, advice for USG and Hormone test. USG report shows suggestive of Bilateral Polycystic ovary Disease (PCOD). Started

hormone treatment but discontinued self, and then undergo for Ayurveda treatment.

II. MATERIAL AND METHODS

The treatment was conducted in 3 stages for duration of 6 months.

In stage 1 (Day 1 to day 14) patients were treated with 30ml of TriphalaKwatha, 2 pills of Chandraprabha and 5g of powder of Manibhadra twice a day in the morning and evening at 6 PM. These drugs were administrated to do the basic body purification of the patients and also all these drugs are favourable to the function of the female genital organs².

In stage 2 (Day 15 to 4th month) patients were treated with 5g of each powder of Shatavari (Asparagus racemosus), Shatapushpa (Peucedanumgraveloens) and Guduchi (Tinosporacordifolia) twice a day in the morning and evening. Further they were treated with 20ml of Krishna Jeeraka, twice a day in the morning and evening. Shatavari is used to correct the hormonal influence and enhance the follicular maturity. Guduchi is used to increase the immunity ("Ojas") of the patients. Shatapushpa act as a follicular maturity substance and as a pain relief agent. It also acts against menstrual irregularity^{3,4}.

In stage 3 (4th to 6th month) patients were treated with 5g of each powder of Atibala (Abutilon indicum) and Shatapushpa and 4 pills (each 125mg) of RasayanaKalpa (A. racemosus, Terminaliachebula, T. belarica, Embelicaofficinalae, T. cordifolia, Naredostachysjatamansi, Herpestismomnieria) twice a day in the morning and evening at 6 PM⁴. Further they were treated with 20ml of oil of Sahachara twice a day in the morning and evening at 8 PM. These patients were locally treated with UttaraVasti with 5ml of oil of Shatapushpa two consecutive days per month from the day which is completely cessation of the menstrual flow in between 4th to 10th day of the cycle. Atibala is used to correct the hormonal disturbances and facilitates to avoid miscarriages. Sahachara is used to remove unwanted follicles.

The responses to the treatment was recorded and therapeutic effects was evaluated by symptomatic relief and through Ultrasonography. Ultrasonography views the changes of the ovaries and the changes of the follicles regarding to the treatment. Pregnancy confirmed by using urine hCG test.

III. DISCUSSION

Aartava-kshaya, which can be correlated with PCOS has been described as deficiency or loss of artava, artava dose not appears in time or is delayed, is scanty and dose not last for three days. Pain in vagina also can be seen. According to Ayurveda, Aartava-kshaya is a disorder involving Pitta and Kaphadoshas, Medas, Ambu/Rasa, Shukra/ArtavaDhatu and Rasa, Rakta, ArtavaVaha Srotas⁶. Therefore Poly Cystic Ovarian Syndrome can also be described with same involvement of Dosha, Dhatu and UpadhatuKapha predominance manifests as increased weight, subfertility, hirsutium, diabetic tendencies and coldness. Pitta predominance manifests as hair loss, acne, painful menses, clots and heart problems. Vata predominance manifests with painful menses, scanty or less menstrual blood and severe menstrual irregularity^{6,7,8}.

The pathology is an obstruction in the pelvic cavity (ApanaKshetra) causing disorders in the flow of Vata. This in turn leads to an accumulation of Kapha and Pitta. The treatment principle is to clear obstruction in the pelvis, normalize metabolism and regulate the menstrual system (AartavaDhatu). Kapha reducing, insulin enhancing and hormone rebalancing drugs help to the relieve symptoms of Poly Cystic Ovarian Syndrome. TriphalaKwatha, ChandraprabhaVati and ManibhadraChoorna help to clear obstruction and normalize the srotas. Especially Triphala and Guggulu are very useful for reducing excess weight².

Powder of A. racemosus brings balance and strength to the menstrual system and it helps to regulate AartvaDhatu. Properties of Powder of seeds of P. graveloens, oil of Krishna Jeeraka (Nigella sativa) and oil of Sahachara (Barleriapronitis) were helped to destroy cysts on ovaries and stimulate the follicular maturity. Properties of Deepana and Pachana of above drugs they elevate the Jatharagni, Dhatvagni as well as Aartavagni².

Powder of Guduchchadiya enhances the overall immunity and powder of Atibala has properties of Prajasthapana, GarbhasyaDaarbalyAhara, Balya, Brunhana and Ojo Vardhana². Therefore it helps to get conceived and avoid miscarriage^{3,5}. Uttara Vasti is the most effective treatment in gynaecological disorders. It helps to purification and clears the AartavaVahaSrotas, pacifies vitiated Apana Vayu⁸ and improve follicular

maturity. Due to SampraptiVighatanaKriya of this Ayurveda treatment regimen the symptoms of Poly Cystic Ovarian Syndrome get reduced. The

effect of therapy show highly significant result on all above symptoms of Poly Cystic Ovarian Syndrome.

IV. RESULT

Sr. no.	Symptoms Before Treatment	Symptoms Before Treatment	After 3 month	After 6 month
1	Delayed Menstruation	+++	Normal Menstruation (3 Days)	Normal Menstruation(3 Days)
2	Acne on face	+++	++	+
3	Weight gaining	62kg	58kg	56kg
4	Darkening of skin	++	+	+

Result of investigation

Investigation -After treatment (3 months)

USG -Endometrial Thickness 4 mm(Decreased)

-Both ovaries are normal.

On 15/3/22 UPT +ve, patient conceived. with normal ANC period till date.

V. CONCLUSION

This case report shows an insight into systematic learning how to manage primary infertility associated with PCOS effectively through Ayurvedic treatment modalities. For proper functioning of Aartavavahastrotas balance apanvayu needed. Imbalance cause dushti (Diseases) in Aartavavahastrotas. This is single Case Study but large scale study need with more number of patients of PCOS with primary infertility.

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