

Ayurveda and modern perspective on Poly Cystic Ovarian Syndrome (PCOS): Review base on literary study

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REVIEW ARTICLE

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ABSTRACT

Poly Cystic Ovarian Syndrome (PCOS) is one of the common endocrine disorder in women of reproductive age that affecting large number of global population now a days. The condition described as presence of cysts on the ovaries leading to obstructed functioning of ovary. Amenorrhea, infrequent menstruation & ovulation, imbalanced hormonal levels, chronic pelvic pain and irregular bleeding are the common symptoms of Poly Cystic Ovarian Syndrome.

Ayurveda also considered symptoms of PCOS as a disorder of Dosha vitiation and it is believed that disturbed functioning of *Artava Dhatu* is mainly associated with disease. Srota that is mainly affected in disease is *Artavavaha Srota*. Both ayurveda and modern science suggested various treatment modalities for the management of PCOS including conduction of disciplinary daily regimen. Considering the current scenario of disease, present article emphasized modern and Ayurveda perspectives of PCOS in a view to explore this area for upcoming researchers.

Keywords: Ayurveda, Poly Cystic Ovarian Syndrome (PCOS), *Artava Dhatu*, *Atreya*

1. Introduction

Poly Cystic Ovarian Syndrome (PCOS) is one of the emerging disorders of current scenario that not only affect reproductive health of women but also affect overall quality of life. PCOD commonly affect women during their reproductive age and may sometimes leads infertility. Obesity, insulin resistance, irregular menstrual cycle, hormonal imbalances, disturbed daily regimen, irregular production of ovum and abnormal menstrual cycles, etc. are the factors that can be associated with PCOS (1-5).

Ayurveda science described that symptom like PCOS can occur due to the imbalance of *Doshas*; *Vaat* and *Kapha*. It is believed that when *Kapha* blocks *Vata* and *Pitta* then normal functioning of reproductive organs obstructed. The vitiation of *Doshas* disturb *Jathara Agni* that further diminishes *Dhatu*. These vitiated *Dhatu* and *Agni* enhances pathological progression of PCOS (4-8).

As per ayurveda following Dhatus are mainly affected in PCOS:

- ❖ *Rasa Dhatu*: lymph and plasma
- ❖ *Meda Dhatu*: adipose tissue and
- ❖ *Artava Dhatu*: female reproductive system.

Ayurveda also describe that aggravated *Dosha* produces *Ama*; toxins due to the vitiated *Agni* leading to the disturbed production of *Rasa Dhatu*; lymph and plasma. Ayurveda further mentioned that *Rajah*; menstrual fluid is the byproduct of *Rasa Dhatu* in woman and disturbed functioning of *Rasa Dhatu* causes irregular menstrual cycle that may sometime precipitate pathogenesis of PCOS.

It is also believe that aggravated *Dosha* along with *Ama* vitiates *Meda Dhatu* through the channels of *Rasa Dhatu*. The vitiation of *Meda Dhatu* specifically resulted *Meda vruddhi* that may sometimes block other

channels of body leading to the pathological manifestation of PCOS.

Ayurveda further described that aggravation of *Vata* mainly causes vaginal disturbances in women therefore consideration of *Vata* must need to take before *Pitta* and *Kapha*. The **Figure 1** described pathological consequences as per ayurveda that can lead symptoms of PCOS.

The symptoms which are associated with PCOS like; acne and increases hair growth occur due to the *Dosha* vitiation. As discussed earlier that *Vata* and *Pitta* blocked in *Artava Dhatu* and further aggravation of *Bhrajaka Pitta* and *Ranjaka Pitta* manifested as symptoms of acne along with increased hair growth. Similarly in PCOS menstrual irregularities can be considered as consequences of *Apana Vayu Doshas* aggravation (3-8).

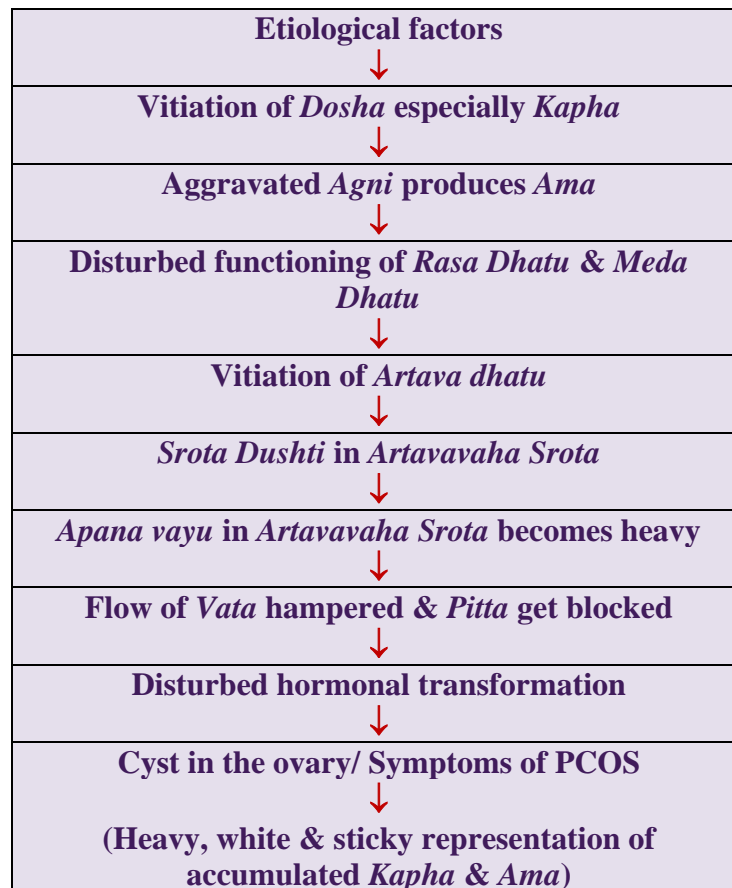


Figure 1. Pathological consequences that can lead symptoms of PCOS as per Ayurveda

Management of PCOS as per modern Ayurveda

Ayurveda described various treatment modalities for the reduction of symptomatic manifestation of PCOS including medications, dietary modifications, good conduction of daily regimen, *Yoga* and *Panchakarma* therapy. The therapies that pacify vitiated *Rasa* and *Rakta Dhatus*, detoxify body from toxins, balances levels of *Rakta Dhatus* and open up body channels may provides benefits in ovarian cysts. Medical approaches which utilizes for the management of PCOS are depicted in **Figure 2**. These all approaches offer benefits in symptoms such as; weight

loss, reduces hair growth and suppression of acne symptoms (5-10).

Improper dietary and lifestyle pattern, consumption of hormonal pills & pills, mental stress, lack of physical exercise and hormonal imbalances, etc. are some causative factors of disease therefore ayurveda suggested use of medication along with dietary and life style modification for the management of disease.

Dietary modification for the management of PCOS

- Low-fat boiled milk is recommended

- Use of *turmeric* or *ginger* in milk before reduces *Kapha*.
- Fruits such as; oranges, grapes, apples, pineapple and papaya are recommended.
- Honey also reduces *Kapha* therefore can use in pure form.
- Nuts, sugar products, wheat or rice which increases *Kapha* should be avoided.
- Grains such as barley and millet can be consumed in optimum quantity.
- Sweet potatoes which can increase weight should be avoided.
- Excessive fasting and overeating should be avoided in young age.

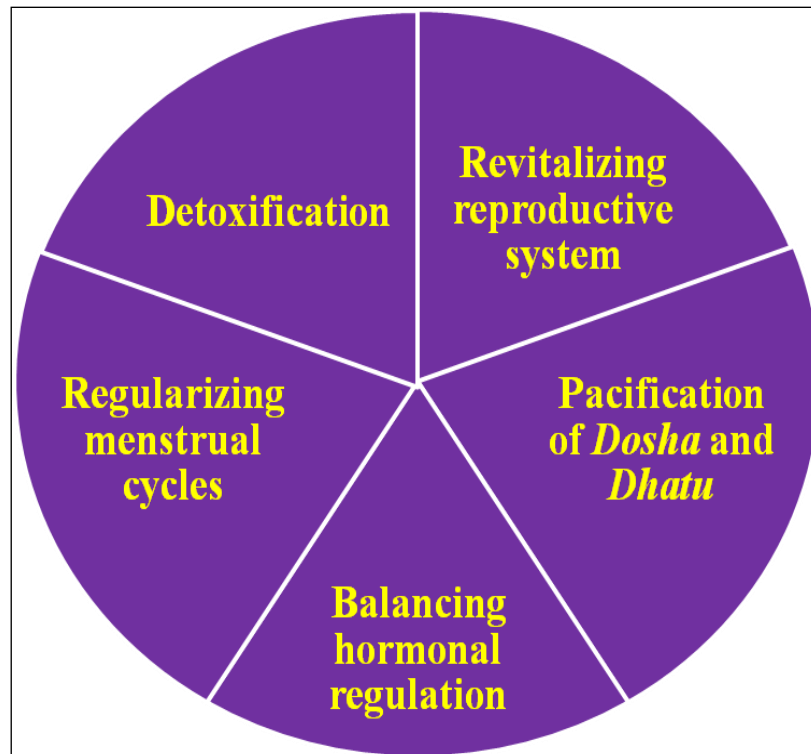


Figure 2. Medical approaches towards the management of PCOS.

Life style modification for the management of PCOS

1. Limited use of contraceptives and hormonal pills.
2. Stress and tension should be avoided.
3. Excessive physical or mental work that can deteriorate circulatory system should be avoided.
4. *Yoga*, exercises and meditation help to relieve psychological stress related to PCOS.
5. Smoking, drinking alcohol and consumption of drugs that can induce addiction need to be avoided to maintain hormonal balances.

Detoxification for the management of PCOS

Vamana:

Vamana is a detoxifying technique helps in hormonal balance, improves fertility and reduces weight gain capacity. However ayurveda recommended that *Vamana* should be used with great care in PCOS patients.

Virechana:

Virechana removes toxins by inducing purgation through enhanced bowel movements. *Virechana* reduces obesity, control irregularity of menstrual periods; maintain hormonal balances, induces skin pigmentation and control other symptoms of PCOS.

Basti:

Basti chikitsa is another detoxification technique of ayurveda that offers relief in PCOS especially for enhancing fertility and

regularization of hormonal sequences. *Basti* can be done using medicaments along with *ghee*, oils, *Kashaya* or decoctions inside the cavity. *Basti* in women disorder nourishes reproductive system and detoxifies internal organs thus boost circulatory system.

Conclusion

PCOD is disease associated with disturbed *Rajah* and *Stri Beeja*. The disease also involves unusual weight gain capacity and symptoms of acne. Ayurveda recommended that disease can be treated by correcting *Ama Dosha*, regularizing *Tridoshas*, balancing hormonal system and strengthening of *Rasa Dhatu*. Treatment of *Agnimandya* and *Sroto Avarodha* are important approaches of ayurveda towards the management of PCOS symptoms. *Rasayana* drugs can also be used for free radical scavenging activity. Regularization of the *Apana Vata*, avoidance of *Kaphkara Ahara* and good conduction of daily regimen also recommended in ayurveda for PCOS management. Yoga and meditation offers psychological relief in disease and in this regards ayurveda recommended some *Asana* like; *Sarvangasana*, *Matyasana* and *Shavasana*. Consumption of healthy diets along with ayurveda drugs offers beneficial effects in symptoms of Poly Cystic Ovarian Syndrome.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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