Ayurvedic Concept in Understanding and Management of PCOD

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Abstract
PCOD stands for poly cystic ovarian disease is the most challenging endocrinological disease affecting 27% of women in today’s era. Also known as infertility queen, is the first and foremost cause of infertility. There becomes hormonal imbalance in the body targeting different organs and manifesting different symptoms. To balance the disturbed hormones, targeting organs and cure the symptoms manifested becomes a challenging task. Ayurveda describes concept of PCOD under yoni vyapad, artava vyapad and jataharinis.

The treatment protocol includes diet, activities, medicine, panchakarma and yogasanas. This holistic approach as mentioned in ayurveda can reverse PCOD to normal stage.

Keywords: PCOD, Yonivyapad, Artavavyapad, Holistic Approach.

Introduction
PCOD also known as infertility queen, one of the common fastest growing endocrinial disorder. It has a complex manifestation such as irregular menstrual cycle, heavy or scanty bleeding, obesity, insulin resistance, habitual abortion and infertility. It is the common cause of hyperandrogenism, hirsutism and anovulatory infertility in developed countries. Its treatment is very difficult and challenging. so a holistic approach is needed, which can be provided only through ayurveda. Exactly how women get affected by PCOS is not known, however these are some significant factors, Excess insulin production, excess insulin levels in body might increase androgen production (a male hormone which is very less in female) that causes difficulty with ovulation, excess androgen production .The ovaries produce abnormally excess androgen hormones that can lead to acne and hirsutism (hair growth on the face and body), Low-grade inflammation. As per the recent study, female with PCOS are having low-grade inflammation that causes increased level of androgen production which can lead to blood vessels or heart problem. Women with PCOS show certain genetics correlation.

Ayurvedic Concept
In Ayurveda most gynaecological diseases comes under concept of yonivyapad and artavavyapad and various jataharinis. The term artava has been used in samhita in context to menstrual blood, ovary and ovarian hormones.

1. ARTAVA for Menstrual blood- In Astanga Hriday Arundatta tika it's mentioned that vayu getting aggravated, obstructs the artava , discharge of artava brings immediate relief and it resembles indragopa in colour. So here artava is considered as menstrual blood.
2. **ARTAVA for Ovum** - In Astanga Hriday sarir sthana it's mentioned that sukra and artava combination is divided by vayu, sukra after entering uterus admixed with artava. Here artava is considered as ovum.

3. **ARTAVA for Ovarian hormone** – Chakrapani mentioned that artava is explicit at 12 years is formed in embryonic life. Bhavmishra considered artava as 7th dhatu and sukra as 8th dhatu. According to him all functions of conception are performed by artava, sushrut and vagbhatt while describing formation of placenta mentioned that orifice of artavavaha srotas gets obstructed and artava goes upward gets accumulated and forms placenta, rest artava moves further upward and helps in Stana vriddhi. All these references clearly indicate artava as playing role of ovarian hormones.

Ayurveda describes PCOS to have equal involvement of dosha, dhatu, upadhatu and agni. It does not co-relate the condition to a single disease or syndrome but the symptoms bears a resemblance with various diseases mentioned under concept of yonivyapad, artavvyapad and jataharini like-

1. **Anartava / Nastartava** - In Sushrut Samhita nastaartava is mentioned and in Astanga Sangraha Anartava is mentioned. The symptoms are scanty bleeding during menstruation or absence of menstruation.
2. **Arajaska** mentioned by charak. Chakrapani described amenorrhea as absence of menstruation
3. **Lohitakshaya**
4. **Vandhya**
5. **Pushpaghni**
6. **Revati**
7. **Abeejata**
8. **Rajodusti and artavadusti**
9. **Sandhi**

The main symptoms of above mentioned diseases are decreased blood flow during menstruation or absence of menstruation.

**Predisposing Factors (Nidan)**

**Ayurvedic** –

1. Vataj nidan- Ati chakramana, laghu aahar sevan, ratri jagaran, ruksha sheeta anna sevan
2. Pittaj nidan- Vidahi tiksna usna aahar sevan, ati raga dwesa krodh,ati sahasa

**Modern**

1. Wrong dietary habits
2. Genetic tendency
3. Hormonal imbalance
4. Fetal exposure to male hormones
5. Sedentary lifestyles

**Signs And Symptoms**-

1. Secondary amenorrhea
2. Irregular periods sometimes light and sometimes heavy
3. Body hair growing on chest belly face and around nipples
4. Decreased breast size
5. Thinning of hair on head
6. Acne gets worse
7. Sometimes changes in voice
8. Dark colour skin marking on neck armpit groin and breast known as acanthea nigrans.

Types Of PCOS
- Kapha Pradhan (obese)
- Pitta Pradhan (lean)

Samprapti
Hetu

- Tridosha prakop → Dhatavagni manda (rasa, rakta, mamsa, meda) →
  - Respective sroto dusti lakshana

- Vata prakopa specially apana vayu → Artavahasrota dusti →
  - srota dusti lakshana like anartava, artavkshaya.

- Pitta prakopa specially ranjak pitta → Acne and Abnormal hair growth

- Agnimanda → Ama formation →
  - srotoavarodh specially artavavaha srota →
  - Amenorrhoea/ oligomenorrhoe

Criteria For Diagnosis / Diagnostic Tools
1. USG for polycystic ovaries – Presence of 12 or more follicles in each ovary measuring 2-9 mm in diameter, and/or increased ovarian volume ( > 10 ml)
2. Oligomenorrhoea / Anovulation (clinical finding)
4. S.tsh, S. Prolactin
5. Increased LH level
6. LH: FSH ratio > 3
7. S. testosterone level
8. Lipid profile and blood tests.

Management Of Pcod In Ayurveda
Chikitsa Sutra –
1. Agni deepan
2. Vata and kapha saman
3. Correction of Artavadhathu dusti
4. Correction of Medodhatu dusti
5. Aam panchan for removing srotoavarodh.

Samprapti Vighathan-
Dosha – Kapha, Vata
Dushya – Rasa, Rakta, Mamsa, Meda, Asthi
Sroto dusti- Rasavaha srota, Raktavaha, Mamsavaha, Medavaha, Asthivaha, Artavvaha srota
Rogamarga – Abyantara
Adhisthana – Garbhasaya / Andasaya.
Vyaktasthana- Sarvashareer
Udbhavsthana- Amapakvashaya/ Kostha
Dusti prakaran – Graanti
Agni - Jatharagni, Dhatvagni
Ahara + Vihara
- Well Balanced diet to be taken
- Dinacharya and ritucharya to be followed
- Vyayama and pranayam should be done regularly
- Weight management should be done, BMI to be maintained.

Ausadhi
Single Herbs
For ovulation and menstrual regulation
1. Ghritakumari
2. Shatavari
3. Shatapushpa
4. Lahsun
5. Yastimadhu
6. Aswagandha
7. Haridra
For balancing insulin level
1. Methi
2. Karela
3. Guduchi
For preventing cyst formation
1. Kanchanar
2. Varun

For increased testosterone level
1. Kumari
2. Gokshur

Panchakarma
- Deepan – pachan with trikatu churna / agnitundi vati/ chitrak adi vati
- Snehan ( abhyantara) with phala ghrita/ shatavari ghrita
- Snehan ( bahya) + swedan with dhanvantari taila/ narayana taila/ Tila taila
- Virecana with trivrit leha / mridu virecan with haritaki churna / eranda taila
- Matrabasti with sahacaradi taila
- Uttarbasti on day 6 /7 / 8 with phala ghrita
- Nasya with panchendriya vardha taila / anu taila

Sthanik Chikitsa
Yoni Pichu with Dasamula taila , Sahacardi taila,

Classical Formulation
1. Pushpadhanva rasa
2. Kanchanar guggulu
3. Nastapushpantak rasa
4. Rajapravartini vati
5. Varunadya kashaya
6. Gomutra haritaki
7. Chaturbeeja churna
8. Hingtriguna taila
9. Nityanand rasa
10. Dasamula kwath
11. Ashokarista

Yogasana
1. bhujangasana
2. Setu bandhasana
3. Dhanurasana
4. Surya namaskar
5. Chakki chalasana
6. Kapalbhati
7. Padmasana
8. 8. balasana
9. Malasana
10. Bhujangasana
11. Baddhakonasana
12. Pavanmuktasana
13. yonimudra

**Conclusion**

This study concludes that ayurvedic approach to PCOD is not to focus as a single disease but a large number of symptoms of various diseases. Nidan parivarjan plays a very vital role along with consideration of patient prakriti, dosha- dushya involved. A holistic approach as mentioned can cure PCOD permanently and revert back to normalcy.

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