

Ayurvedic Concept in Understanding and Management of Pcod

Dr. Hashina Mehjabin

Consultant/Assistant Professor, Department of Prasuti And Stree Roga, IA Ayurvedic Medical College, Meghalaya

Abstract

PCOD stands for poly cystic ovarian disease is the most challenging edocrinological 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 targetting 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 endocrinal 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 dhatu³. 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 vridhi. 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 , artavyapad and jataharini like-

1. Anartava / Nastartava- In Sushrut Samhita nastartava 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
3. Kaphaj nidan- Diwaswapna, asyasukham, avyavyama, snigdha sheeta guru aahar sevan.

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

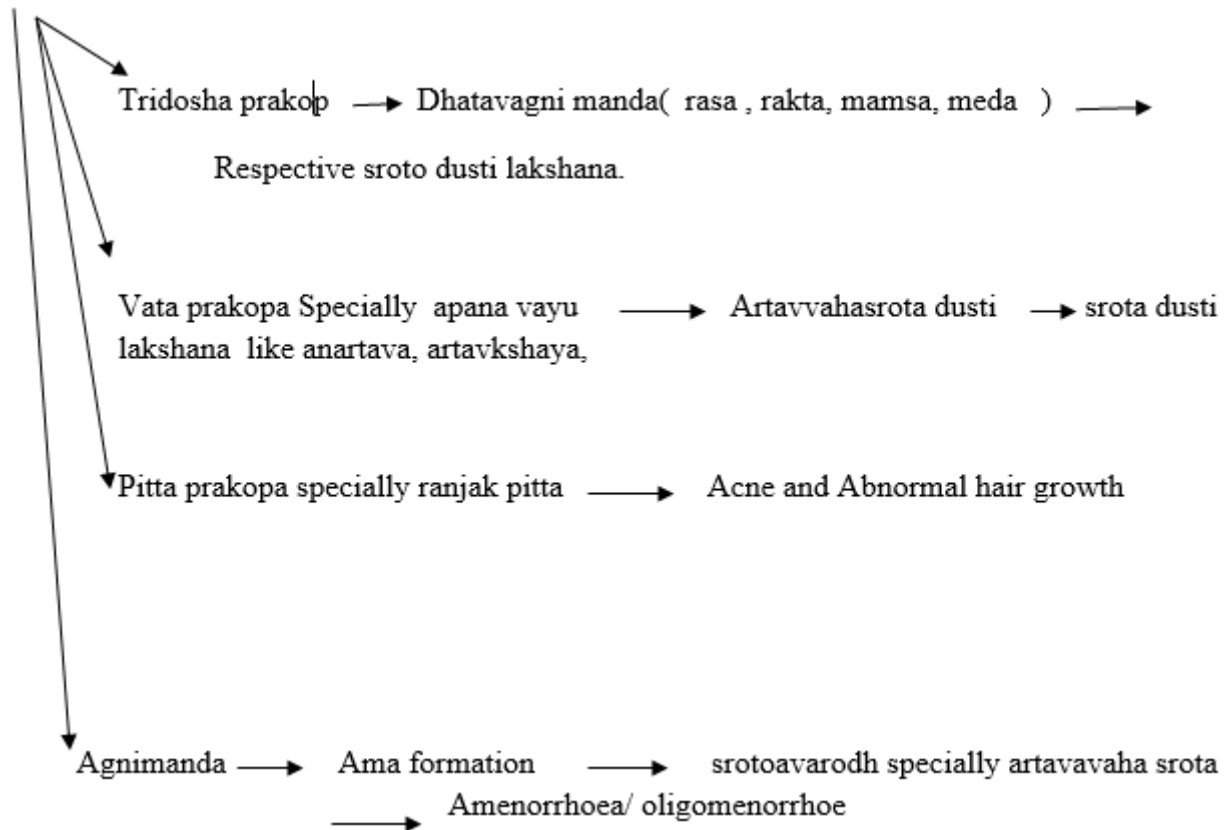
2. Irregular periods sometimes light and sometimes heavy
3. Body hair growing on chest belly face and around nipples
4. Decreased breast size
5. Thinning of hair on head
6. Acne gets worse
7. Sometimes changes in voice
8. Dark colour skin marking on neck armpit groin and breast known as acanthea nigrans.

Types Of Pcos

- Kapha Pradhan (obese)
- Pitta Pradhan (lean)

Samprapti

Hetu



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)
3. Clinical / biochemical evidence of hyper androgenism - facial hairs / Acanthia Nigrans.
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 Artavadhatu dusti
4. Correction of Medodhatu dusti
5. Aam pachan for removing srotoavarodh.

Samprapti Vighatan-

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 – Granti

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. Kanchar

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 saharadi 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. Hingriguna 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.balāsana
9. Malāsana
10. Bhujangasana
11. Baddhakonasana
12. Pavanmuktāsana

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.

References

1. Charak Samhita (Text with english translation and critical exposition based on Chakrapani Datt's Ayurved Dipika) by R.K Sharma, Bhagwan Das, Published by Chowkhamba Sanskrit Series office,2005
2. Ashtanga Sangraha. Translated by Atridev Gupta, Published by Nirmaya Sagar Press, Bombay, first edition, (1951).
3. Kashyap Samhita. Satyapal Bhisagacharya, Published by C.S.S. Varanasi, first edition (1953).
4. Sushruta Samhita. Dalhana Nibandha Sangrah commentary, Edited by Yadav ji Trikrimji Achrya, Published by Chowkambha Sur Bharati Prakashan, Varanasi (1994).
5. Dravya Guna Vidya – Acharya Priyavat Sharma, Choukhamba Bharati Prakashana, varanasi
6. Ayurvediya aushadhigunadharmashastra – ed by Vd. Gangadhar Gune, Rational printers, Pune, 2008.
7. Ayurvediya prasutitantra – ed by Prof. Premavati Tiwari, Choukhamba Orientalia, Varanasi, 2011
8. Ayurvediya streeroga – ed by Prof. Premavati Tiwari, Choukhamba Orientalia, Varanasi, 2011
9. Text book of obstetrics – D.C. Dutta, ed by Hiralal Konar, Central Book Agency, London, seventh edition.
10. Text book of gynaecology – D.C. Dutta, ed by Hiralal Konar, Central Book Agency, London, seventh edition