

**CONCEPT OF UNDERSTANDING PCOS - AN AYURVEDIC AND MODERN PERSPECTIVE.****Vijayalaxmi G. Inamdar*¹ and Dr. Anupama V.²**

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ABSTRACT

Menstrual irregularity is one of the commonest Gynecological complaints seen in the age group of 12-45yrs. One of the cause for this irregularity is said to be polycystic ovarian disease. The incidence varies from 5-15%. It can be considered as a multifactorial disorders characterized by amenorrhea or oligomenorrhoea, delayed and irregular periods, hirsutism, hoarseness of voice, obesity etc. Diagnosis is confirmed by ultra sonography examination and hormonal assay. This complex disorder is characterized by excessive androgen production leading to increased LH (Luteinizing Hormone) hormone associated with raised insulin and decreased FSH (Follicle raised hormone). Even the SHBG (Sex Hormone Binding Globulin) appears to be reduced. Due to above mentioned causes the follicular growth is hampered which contributes towards an ovulation, oligomenorrhoea, or hypomenorrhoea. In Ayurveda though exact correlation cannot be

made, it can be better explained under Rasa Nimittaja vyadi. Agnidusti leads to rasadusti which leads Artava dusthi. Here Arthavakshaya and anartava are the prime symptoms along with Sthoulya. Hence the concept of relation between Agni and rasa dhatu, rasadhatu and Artava, kapha doshas and artava, stoulya and Artava should also be analyzed. In this paper conceptual analysis of PCOS with respect to terms of Ayurvedic principles is attempted for better understanding and treatment aspect.^[1]

KEYWORDS: Arthavakshaya, PCOD, Anartava.

INTRODUCTION

Poly cystic ovarian disease is a lifestyle disorder that has no specific etiology and manifests as a group of symptoms making its diagnosis difficult. It affect about 30-40% of young girls in their reproductive age in india. The exact cause of PCOS is unknown however it has been linked to hormonal imbalance, insulin resistance resulting in hyperinsulinaemia as well as genetic factor, though specific genes have not been identified so far. The sedentary lifestyle, dietary variations, lack of exercise and stress are also the contributory factor. Contemporary and traditional management together can improve this condition. This paper critically reviews the contemporary and Ayurvedic perspective of polycystic ovarian syndrome (PCOS) and recommends adoption of a holistic treatment, good lifestyle and appropriate balanced diet along with yoga, pranayama, meditation and a stress-free living which is effective in PCOS.^[2]

AETIOLOGY OF PCOS

PCOS is one of the most endocrine disorders, although its etiology remains unknown. PCOS is a heterogeneous disorders which may present, at one end of the spectrum, with the single findings of polycystic ovarian morphology as detected by pelvic ultrasounds . At the other end of the spectrum symptoms such as obesity, hyperandrogenism, menstrual cycle disturbance and infertility may occur either single or in combination. Metabolic disturbances are common and may have profound implication on the long term health of women with PCOS.^[3]

PATHOLOGY OF PCOS

Typically, the ovaries are enlarged. Ovarian volume is increased more or equal to 10cm.^[3] Stroma is increased. The capsule is thickened and pearly white in colour. Presences of multiple follicular cysts measuring about 2-9 mm in diameter are found crowded around the cortex.^[4]

CLINICAL FEATURES

The patients complains of increasing obesity (abdominal-50%), menstrual abnormality 70% in the form of oligomenorrheo, amenorrhoea or DUB and infertility. Presence of hirsutism and acne are the important features 70%. Virilism is rare. Acanthosis nigricans is characterized by specific skin changes due to insulin resistance. The skin is thickened and pigmented. comonaly affected sites are nape of the neck, inner thigh, groin and axilla. HAIR-AN syndrome in patients with PCOS is characterized by hyperandrogenism, insulin resistance and acanthosis.^[5]

ACCORDING TO AYURVEDA

Raja is formed from the rasa dhatu and is the upadhatu of rasa. Hence any imbalance in the rasa will lead to imbalance in the raja also. In a condition like Arthavakshaya, anartava etc where menstrual abnormality is present the samprapti includes doshas like kapha and vata vriddhi and the Acharya very clearly says that pitta vriddhi will not occur here as pitta vriddhi leads to excess of bleeding. Hence the doshas involved are kapha and vata dosha contribute to medho vriddhi kapha and medha have the same qualities hence when kapha vriddhi is present, then it also leads to medo vriddhi leads to sthoulya. Hence the samprapti can be derived as given below.^[6]

NIDANAS

Due to Ahitakara ahara vihara*Pradusta arthava *Beeja dusti *Daiva.Ovarian Disorders are grouped under disorders of beeja which is one among hetu for Vandyatwa (rutu, kshetra, ambu and beeja).^[7]

RUPA

Asradha-Depression and mood swing in PCOS *Athisthoulya-Obesity due to medo dhatu dusti*Prameham-Kapha medo vikara*Anapatyata-“Vandhya nastartava vidhyat”, Artava refers to ovum, in PCOS there is anovulatory cycles resulting in subfertility*Karshnya can be equated with acanthosis nigricans*Atilomata samsru-can be equated to hirsutism*Yathochita –kala-adarshana—prolonged for more than one month,*vandhya and mukhadushika.^[8]

SAMPRAPTI

Due to Ahitakara ahara vihara there is jataragni mandhya will taken place which leads to ama production and causes rasa dhatu dusthi which results into dushta artava utpatti which leads to menstrual abnormalities i.e anartava and sthoulya.^[9]

DIAGNOSIS OF PCOS

BASED ON CRITERIA GIVEN IN ROTTENBERG 2003

- 1) Clinical biochemical hyperandrogenism
- 2) Oligo or an-ovulation
- 3) Polycystic ovaries.^[10]

PATHYA AAHARA FOR PCOS

- 1) Wholegrain-Ragi, Shahtikashaali

- 2) Green leafy vegetables-Rich in minerals, vitamins,
- 3) Low glycoemic index wholefruits-apple, pears grapes, orange.
- 4) Dry fruits-dates, figs and raisins.
- 5) Essentialfattyacids-oliveoil, nuts and oily fish.
- 6) Carbohydrates vitB12 and protein diet.

APATHYA AAHARA FOR PCOS

- 1) Highlyglycaemicindexfood-Whiterice, potatoes and bakery products.
- 2) Soya products.
- 3) Saturated fats-dairyproducts and red meat.
- 4) Alcohol, caffeine and nicotine.
- 5) Junk foods, cheese oily and deep-fried items.^[11]

YOGASANAS AND PRANAYAMAS

- 1) Sarvangasana
- 2) Ardhamatsyendrasana
- 3) Prasaritapadottanasana
- 4) Baddhakonasana
- 5) Suptabaddhakonasana
- 6) Ushtrasana
- 7) Padmasana
- 8) Survyanamaskhara

PRANAYAMAS

- 1) Kapalabathi
- 2) Ujjain.^[12,13,14]

MANAGEMENT OF PCOS

Antraparimarjana

- 1) Shodana chikista and Shaman chikista

In shodhna vamana and Basti has better results.

Shamaushdhi includes Deepana, Pachana, kapha and medhohara dravyas Bhirparimarjana

Udhvarthana, parisheka pralepa etc.^[15]

DISCUSSION

There is no specific correlation of PCOS in Ayurveda. Some Ayurvedic Physician consider Pushpaghni jataharini as explained in Kashayapa samhita as a correlation of PCOS. But Pushpaghni jataharini is asadhaya vyadhi according to Acharya Kashayapa. Nastartava and Arthavakshaya explained by Sushrutacharya have some similar clinical features as that of PCOS. These patients suffer from vandhyatva. Cyst in ovaries can be correlated to medoja granthi. So management of PCOS is Depending on the signs and symptoms, Dosha dhatu and Srotodusti.^[16]

CONCLUSION

Polycystic ovarian disease is a lifestyle disorder as it has a nonspecific etiology and manifests' as a group of Symptoms making it difficult to diagnose. Contemporary and traditional management together can have better results. Thus adopting a holistic treatment, good lifestyle with appropriate balanced diet, yoga, pranayama, meditation and as stress-free living can prove to be an effective management for.

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