

**AYURVEDIC NIDANA & SAMPRAPTI: PCOS; A REVIEW**<sup>1</sup>\*Dr. Abhijit Mhalank and <sup>2</sup>Dr. Nilesh Suresh Dalvi<sup>1</sup>M.D. Rognidana – Vikrutividnyan.<sup>2</sup>M.S. Streerog Avum Prasutitantra,

\*Corresponding Author: Dr. Abhijit Mhalank

M.D. Rognidana – Vikrutividnyan.

Article Received on 21/04/2023

Article Revised on 11/05/2023

Article Accepted on 31/05/2023

**ABSTRACT**

Poly Cystic ovarian syndrome (PCOS) is one of the most common syndrome found in reproductive females in present time. The onset and detection of the group of various signs and symptoms are primarily associated with or are reflected upon the menstrual cycle of females. This can be studied under *Vaat, Pitta, Kapha Dosha Dushti* causing *Aagnimandya* along with *Dushya Samgraha* of *Rasa, Rakta, Meda* and *Mamsa Dhatu*. Here, an attempt is made to study *Nidan* and *Samprapti* of PCOS from *Ayurvedic* perspectives for better understanding and easy *Ayurveda* treatment for the same.

**KEYWORDS:** *Nidan, Samprapti, PCOS.***INTRODUCTION**

Syndrome is a set or group of signs & symptoms caused due to underlying disease condition. In present context, the female reproductive system is involved in this condition and it exhibits a variety of signs and symptoms.

Poly Cystic Ovarian Syndrome is a condition that has cysts on the ovaries which prevent the ovaries from performing normally. Symptoms of Poly Cystic Ovarian Syndrome include amenorrhea or infrequent menstruation, irregular bleeding, infrequent or no ovulation, multiple immature follicles, increased levels of male hormones, male pattern baldness or thinning hair, excess facial and body hair growth, acne, oily skin or dandruff, dark coloured patches on skin specially on neck, groin, underarms, chronic pelvic pain, increased weight or obesity, diabetes, lipid abnormalities and high blood pressure.

Fertility problems experienced by women with Poly Cystic Ovarian Syndrome may be related to the elevated hormones, insulin or glucose levels, all of which can interfere with implantation as well as development of the embryo. Increased leutenizing hormone reduces the chance of conception and increases miscarriage. Additionally, abnormal insulin levels may also contribute to poor egg quality, making conception more difficult.

**Ayurvedic Perspective of PCOS**

In *Ayurveda*, any disease is caused due to vitiation of *Doshas* and the improper functioning of *Aagni*. The causative factors i.e. *Hetu*, tend to vitiate respective

*Dosha* and may also cause the *Aagnimandya*. Further, it can also cause *Dhatvagni Mandya* and disturb the functioning of that *Dhatu Strotas*.

Here the *Nidanik Hetu* for PCOS can be listed as follows  
*Ruksha, Sheet, Laghu Aahar Sevana, Ati Chankramana – Vataj Hetu*  
*Ushna, Tikshna, Vidahi Aahar Sevana, Ati Sahasa, Raag-Dvesha – Pittaj Hetu*  
*Guru, Sheet, Snigdha Aahar, Avyayama, Asyasukham – Kaphaj Hetu*

If we look at the history of patients of PCOS, we would find following *Nidana* - sedentary lifestyle, higher and repetitive intake of hot, chilly and spicy fast food, increasing stress at home and at work place, low or no physical exercises, use of artificial additives in food, use of packed foods, altered sleep patterns etc.

These factors are responsible for vitiation of *Tridosha* and also for hampering the optimum functioning of digestive fire – *Jatharagni*.

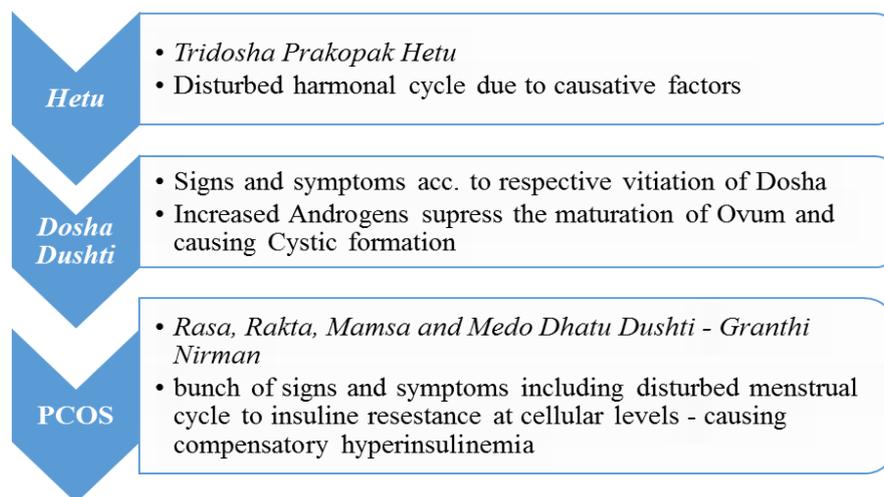
The vitiation of *Vata Dosha* is primarily responsible for the present disease syndrome. The cyst formation at the ovaries are the *Karya Kshetra* of *Apana Vayu*. The functioning of this subtype of *Vata Dosha* is affected by the *Hetu Sevana*. This in turn leads to disturbed monthly menstrual cycles, causing scanty, heavy or no bleeding during cycles, pain associated with it and overall fatigue. This also affects the digestive system and thus causes indigestion, anorexia, bloating and constipation.

The vitiation of *Pitta Dosha* is also equally important in the *Samprapti* of presenting disorder. The vitiated *Pitta* disturbs the endocrine system of the body, thereby resulting in various signs & symptoms like irregular menstrual cycles, acid peptic disorders, thyroid dysfunction causing metabolic syndrome, hypersensitivity to all stimuli, altered sleep patterns, muscle cramps and mental irritation.

Similarly, the vitiation of *Kapha Dosha* exhibits following symptoms: Swelling all over the body, mental & physical inertia, lethargy, obesity, breathlessness, excessive or no perspiration, insulin resistance at cellular levels and thereby causing diabetic picture.

#### **Samprapti**

The pathogenesis and progress of this disorder can be summarized in following chart:



#### **Treatment Regimen**

The *Samprapti Bhanga* is of prime importance in order to manage the disorder. Here in present context the treatment can be done in following three steps,

1. *Nidana Parivarjana* – the causative factors responsible for the vitiation of *Dosha* are to be ascertained and avoided. The major part of the Ayurveda treatment is *Nidana Parivarjana*, as it is said to be the half part of treatment.
2. *Aahar - Vihara* – Proper diet according to one's *Prakruti* and also by following *Dinacharya* and *Rutucharya* is indicated. In *Vihara* – Exercise has greater importance. It helps to pacify the *Dosha* and also aids digestion by improving digestive fire. Thus the signs and symptoms caused due to metabolic syndrome are addressed. *Yogasana* such as *Surya Namaskara*, *Bhujangasana*, *Matsyasana* and *Kapalbhati Pranayama* would help in achieving it.
3. *Shodhana* – Here *Basti Chikitsa* is advisable and is planned and given according to the *prakruti* and severity of symptoms. This helps in resolving *Strotorodha* and also regulating normal functioning of *Apana Vayu*.

In *Shamana* therapy, *Agnimandya* is treated at *Jataragni* and *Dhatvagni* levels by prescribing *Deepana*, *Pachana* drugs. The use of *Ashoka*, *Lodhra*, *Shilajatu*, *Guduchi*, *Draksha*, *Abhaya* and formulations like *Tapyadi Loha*, *Navayasa Loha*, *Chandraprabha Vati*, *Kanchanara Guggulu*, *Kaishor Guggulu* help in treating the disorder at various levels and would give the desired positive results.

#### **Inference**

The syndrome encompasses the signs and symptoms of various diseases which can be correlate with the parallel pathologies discussed in Ayurveda. The menstrual irregularities can be described and studied under *Aartva Vyapada* or *Yoniroga*. Anovulation can be included in *Vandhayatva*. Obesity and laziness can be described under *Sthaulya*. Compensatory hyperinsulinemia can be included under the aftereffects of *Sthoulya* or *Santarpanjanya Vyadhi*. The management of all these signs and symptoms can be done by pacifying the vitiated *Dosha* and *Agni* – *Jatharagni*, *Dhatvagni* Balancing. The treatment part may also include the differential remedies mentioned as per the presenting sign or symptoms. This can be referred and indicated accordingly.

#### **REFERENCES**

1. Vagbhata, Ashtang Hrudaya, edited by Dr. Bramhanand Tripathi, Chaukhamba Sanskrit Prakashan, Delhi, reprint, 2009.
2. Acharya Charaka, Charak Samhita, edited by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakashan, Varanasi, Vol. 1, reprint, 2009.
3. Acharya Shushruta, Shushrut Samhita, Edited by Dr. Anant ram Sharma, Chaukhamba Surbharati Prakashan Varanasi, Vol I,II,III, reprint, 2010.
4. Shahina Mole.S, & Ammu.K.Sasi. A Case Study on Ayurvedic Management in PCOS. International Journal of Ayurveda and Pharma Research, 2021; 9(11): 80-82. <https://doi.org/10.47070/ijapr.v9.i11.2111>.

5. Dayani Siriwardene, S. A., Karunathilaka, L. P., Kodituwakku, N. D., & Karunaratne, Y. A. Clinical efficacy of Ayurveda treatment regimen on Subfertility with Poly Cystic Ovarian Syndrome (PCOS). *Ayu*, 2010; 31(1): 24–27. <https://doi.org/10.4103/0974-8520.68203>.
6. Dutta D.C. Text book of Gynaecology. 4th edition. Calcutta: New central book Agency LTD, 421: (431, 523, 549, 558).