

A REVIEW TOWARDS PCOS IN AYURVEDA**Dr. Muneesh Shama***

Assistant Professor, Department of Rasashastra, Shri Baba Mastnath Ayurvedic College & Hospital, Rohtak, Haryana, India.

***Corresponding Author: Dr. Muneesh Shama**

Assistant Professor, Department of Rasashastra, Shri Baba Mastnath Ayurvedic College & Hospital, Rohtak, Haryana, India.

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ABSTRACT

Polycystic ovary syndrome (PCOS) is a common endocrine system disorder among women of reproductive age. Most women with PCOS have many small cysts on their ovaries. Hence, it is called polycystic ovarian syndrome. The cysts are not harmful but lead to hormone imbalances. One hormone change triggers another, which changes another forming a vicious cycle. The incidence of PCOS appears to be rising in India day by day. It is seen in as many as 5% to 10% of women in their reproductive age. The incidence is increasing may be due to unhealthy lifestyle. These premonitions bring to collect important information through this paper.

KEYWORDS: *Granthi, Review, Compile.***INTRODUCTION**

Polycystic ovarian syndrome, also known as Polycystic ovarian disease or PCOD is a very common female health complaint. The word "Syndrome" is used to describe the PCOD because, it is a complex manifestation involving many factors and organs such as – obesity, insulin resistance, irregular menstrual bleeding (in most cases, excessive menstrual bleeding), abnormal menstrual periods & cycle, lack of ovum production (anovulation) etc.

PCOS is a common female endocrine disorder affecting approximately 5- 12% of women. It causes worry as it is commonly found in reproductive age; also it is thought to be one of the leading cause of female infertility.

Organs involved in Polycystic Ovary disease

1. Ovary – the female gonad organ, present at the either sides of the uterus.
2. Adrenal glands – The glands which are placed just above the both the kidneys.
3. Pancreas – Gland that produces insulin in our body.
4. Pituitary gland – the gland just below the brain, which is responsible for all the hormonal control.

This problem is so common that the incidence varies between 0.5 – 4 per cent, more common amongst infertile women. It is prevalent in young reproductive period.^[1]

Pathogenesis

Typically, the ovaries are enlarged two to five times the normal size (PCOS – Ovarian cysts). Stroma is

increased. The capsule is thickened and pearly white in color. Ovary which is normally oval in shape, will have many cysts within it.

Hystologically there is thickening of tunica albugenia. The cysts are follicles at varying stages of maturation and atresia. There is theca cell hypertrophy (stromal hyperthecosis). Patient may present with features of diabetes mellitus (insulin resistance).

Careful survey concludes that the biggest lifestyle contributor to PCOS is poor diet. Young women with PCOS tend to eat far too much sugar or carbonized drinks and highly refined carbohydrates which causes unhealthy raise in insulin levels. According to world fame Jerilyn Prior, insulin stimulates androgen receptors outside of ovary, causing typical PCOS symptoms which also play a role in blocking release of ovum from follicle. This type of diet will cause obesity and thus aggravating PCOS.

Also, in stressful women, as they eat more food that are high in fat, sugar and carbohydrate in response to stress, the more fat they store, thus, contributing in the development of obesity- linked PCOS. Thus we can deduce that the modern stressful lifestyle and food-habits are linked and contribute or accelerate many diseases, PCOS being one among them.

The signs and symptoms

Clinically PCOS often manifest itself at menarche with some form of menstrual irregularity, but not essentially. The principle signs and symptoms of PCOS are related to

menstrual disturbance and elevated levels of male hormones (androgens).

Also patient approach the physicians with the features like menstrual irregularities, androgenic features such as hirsutism, acne, alopecia etc ,obesity and infertility caused by improper ovulation etc.

Patient complains of increasing obesity, menstrual abnormalities in the form of less menstrual bleeding, absence of menstruation, or abnormally high and irregular bleeding and infertility. There may be abnormal growth of hair at different places of the body. The patient may not always be obese.

In some patients, due to insulin resistance, a dark coloured band like skin lesion may be developed at the back of the neck, inner thighs and axilla, called as Acanthosis nigricans.

Internal examination reveals bilateral enlarged cystic ovaries which however may not be revealed due to obesity.^[2-5]

Ayurvedic herbal remedy for PCOD

Ayurvedic treatment is by applying a multi-pronged approach towards:

- Correcting the hormonal imbalance,
- Treatment to obesity and avoiding high cholesterol levels,
- Treatment to insulin resistance.

1. Correcting hormonal imbalance

There are many herbs useful in correcting the hormonal imbalance. Ashoka (saraca asoca), Dashamoola (a group of ten herbal roots) a group of herbs useful in preparation of Sukumara Kashaya like Ashwagandha, Eranda, Shatavari etc. are useful in correcting the hormonal imbalance.

2. Treatment to obesity

Treatment to obesity and specifically against cholesterol can be achieved by using Ayurvedic herbal remedy plus diet and lifestyle changes.

3. Treatment insulin resistance

Treatment for insulin resistance involves a time-consuming approach with effective Ayurvedic treatment and diet and lifestyle changes including exercise.

Ayurvedic explanation

In Ayurveda this condition is not explained as a single disease entity; but it can be considered under the heading of Yoni Vyapat (utero vaginal disorders). Also, Pushpaghni Rewati, mentioned by Acharya Kashyapa bears some similarity with the symptoms of PCOS.

Ayurvedic perspective of PCOS

In Ayurveda, the balance state of *doshas* is mainly responsible for health and any derangement to this will lead to disease.

This *dosha-vaishamy* is directly connected to symptoms and the relation between *doshas* and *lakshanas* are permanent.

By the outlook of the symptoms of PCOS as per modern description, it becomes clear that even though they are not compiled as a syndrome in Ayurveda most of them have been described as features of separate diseases or conditions.

DISCUSSION AND CONCLUSION

One among the 100 lady is suffering from this life style disorder, hence it is proved that if any lady is getting such symptoms which are mentioned above should get alert herself to get rid of this problem. if we summarize this than we can find these symptoms in Ayurveda as:-

1. Menstrual irregularities have been described under *artava vyapads* or *Yonirogas* (uterine disorders).
2. Anovulation is included under *Vandhya*(infertility).
3. Obesity is the condition described as *Sthoulya*, a *santanpanajanya vikara*.
4. Acne and Baldness have been described as *Mukhadooshika* and *Khalitya*, two independent pathogenesis.
5. Hyperinsulinemia leads to type 2 Diabetes mellitus, and is described under *prameha*. It is also manifested as a complication of *sthoulya*.
6. Since menstrual irregularities including anovulation and obesity are the commonly seen symptoms these two has to be taken care with due attention.

Pathology or origin of diseased condition

When the deranged *vata* etc. vitiates the *mamsa*, *shonita* and *meda* mixed up with *Kapha*; thus they produce circular, raised and knotted inflammatory swelling called '*Granthi*'. This type of glandular swelling has been compared with the modern terminology 'cyst' which means an abnormal closed epithelium- lined cavity in the body, containing liquid or semisolid material. In PCOS, development of follicles has been arrested at one or any level and remained as it is. The cysts are follicles at varying stages of maturation and atresia. So, these cysts are not destined to ovum. Thus, this pathology is compared with *granthibhuta artava dushhti* i.e. cyst, as in PCOS, the follicles becomes cysts instead of developing up to mature ovum.^[6]

Hence, an attempt was made to correlate modern symptoms of PCOS with Ayurveda, so, that we can come to one conclusion.

Treatment according to Ayurveda

Treatment by panchkarma (detoxification)

1. Basti (Vasti): Enema of medicated oil or Decoction is given through Rectum. Vitiated "Vata" can create various health problems. Basti releases obstructions in the way of Vata dosha and thus regulates the normal phenomenon of "Vata". Different types of medicated Oils, Ghruta, milk or decoctions are used for Basti treatment. It can state miracles if administered in a proper way with appropriate medicines.

Basti procedure eliminates the doshas from rectum. It balances the "Vata" Dosha. Apana Vayu is the type of "Vata Dosha", which controls on the Shukra Dhatu (Semen) in males & Aartava (Ovum) in females. "Apan Vayu" controls the reproductive system. The procedure "Basti" regulates Apan Vayu which improves quality of Semen & Ovum.

In females oil Basti of "Sahachar Tail" improves quality of ovulation within normal days. In males the Basti procedure improves quality & quantity of Semen i.e. it improves total sperm count and motility of Semen.^[7-10]

Benefits of Basti

- Female Infertility = Irregular Menses, Dysmenorrhea, P.C.O.D. Fallopian Tubal Block.
- Male Infertility = Erectile Dysfunction, Libido, Decreased Motility etc.

2. Uttarbasti (Vasti): Uttara basti (Vasti) is the most effective treatment in gynaecological disorders. It helps to purification and clears the Aartava Vaha Srotas, pacifies vitiated Apana Vayu and improve follicular maturity.

3. Virechan: It eliminates body toxins like vitiated 'Pitta'. The process of cleansing is carried out in the small intestine & other Pitta zones. Here drugs that stimulate bowel movement are increased for the expulsion of doshas through rectum. It acts on hormones system like 'Vaman Karma'.

4. Vaman: Cleansing procedure intended mainly for the expulsion of vitiated 'Kapha'. This is a painless, drug induced emetic procedure, carried out mainly in the Vasant rithu i.e. Feb., Mar., April Months.

Vaman procedure purifies internal toxins. This balances hormonal system. Vaman acts on Thyroid gland. It also stimulates Pancreas to secrete insulin in normal level, so P.C.O.D. decreases accordingly.^[11]

Useful Herbs in PCOS Treatment

Aloe vera, cinnamon, fenugreek, amalki, honey, glycosugars, shilajit, shatawari, aswgandha, Kauncha, Vidarikand, salam, ashoka, are the useful herbs.

Herb "**Latakaranj**" (Caesalpinia crista) has shown encouraging results in PCOS cases.

Some of the other useful medicines include Arogyavardhini, Dashmool preparations, Kanchanar guggul, Pushyanug choorna, Chandraprabha etc. The goal of herbal medicine is to reduce circulating androgens, optimizing ovarian function, and supporting optimal endocrine function.

Yoga for PCOS Treatment

Sarvagasana, Matsyasana, Ardhmatsyendrasana, Paschimottanasana, Surya namaskar, Ushtrasana and all backward bending asana are recommended but they should be try under the supervision of an expert.

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