

# PCOS (POLYCYSTIC OVARIAN SYNDROME): FIELD OF VISION IN AYURVEDA

**\*Vandana Singh \*\*Arpit kumar Shrivastava \*\*\*Bhuwal Ram**

*\*MD Scholar, Department of Dravyaguna, Faculty of Ayurveda, IMS, BHU*

*\*\* MD Scholar, Department of Kayachikitsa, Faculty of Ayurveda, IMS, BHU*

*\*\*\*Associate Professor, Department of Dravyaguna, Faculty of Ayurveda, IMS, BHU*

## ABSTRACT:

*PCOS or Polycystic Ovarian Syndrome has become a common phenomenon among young women of reproductive age in present scenario. It is known to be leading cause of infertility in women. PCOS unfolds to be one among the lifestyle threats affecting multiple systems. It is mainly caused as a result of hormonal imbalance. It clinically attributes to reproductive manifestations like reduced frequency of ovulation and irregular menstrual cycles, reduced fertility, polycystic ovaries, and high male hormones such as testosterone which causes excess facial or body hair growth, persistent acne, deepened voice, male pattern baldness. It is also associated with other metabolic disorders.*

*Ayurvedic intervention of PCOS counsels the involvement of pitta, kapha & vata doshas, Rasa & meda dhatu also rasa, rakta & artava vaha srotas. It can be treated with the help of some Ayurvedic herbs which possess medicinal properties including some dietary norms and restriction which should be acknowledged. These herbs work to improve inflammation and hormonal imbalance that are at the root of PCOS. The powders of herbal drugs are also quite beneficial in controlling the three aggravated doshas & bring balance & strength to the menstrual system & it helps to regulate artava dhatu.*

**Key words:** *PCOS, lifestyle threat, hormonal imbalance, herbal drugs.*

## INTRODUCTION

Hormonal imbalance and menstrual disorders are increased in the present era. The erratic life style and refined diet, increased stress, strain and restlessness have resultantly expanded the spread of PCOS. It is most frequent endocrine disorder affecting 4-12 % of all the women in child-bearing age [1]. The World Health Organization estimates that it affects 116 million women worldwide as of 2010 (3.4% of women) [2], 14% women on oral contraceptives are found to have polycystic ovaries<sup>8</sup>. Ovarian cysts are also a common side effect of intrauterine devices (IUDs) [3].

Polycystic ovarian syndrome is also known as polycystic ovarian disease or PCOD. The word “Syndrome” is used to describe the PCOD because, it apparently involve multiple system such as – obesity, insulin resistance, irregular menstrual bleeding (in most cases, excessive menstrual bleeding), abnormal menstrual periods & cycle, lack of ovum production (anovulation) etc. Polycystic ovarian syndrome is a condition where a hormonal imbalance affects follicular growth

during the ovarian cycle causing the affected follicles to remain in the ovary. The retained follicle forms into a cyst & with each ovarian cycle a new cyst is formed leading to multiple ovarian cyst ultrasonic morphologic evidence of  $\geq 12$  follicles measuring 2.9mm diameter in single plane during quiescent phase of ovary i.e. 2.7 days of cycle associated with obesity, oligomenorrhoea, anovulation & hyperandrogenism, hyperinsulinemia i.e. increased level of insulin in the blood is due to sensitivity of cells to insulin, a factor present in the blood stimulates androgen secretion by the ovarian stroma, the connective tissue of ovarian tissue of ovary & reduces serum sex hormone binding globin (SHBG) causing increased levels of free testosterone. Due to the presence of increased androgen in the ovary, the follicle undergoing maturation in the ovarian cycle is affected causing anovulation of particular follicle [4].

## LITERARY REVIEW

There is no direct reference in *Ayurveda* for polycystic ovarian syndrome (PCOS). *Acharaya Charak* says vitiated *Dosha* due to different etiology produces different kind of diseases, So, *Prakriti* (nature), *Sthana* (Site), *Nidana* (Etiology) of disease should be considered when treatment is done [5]. The clinical features of the disease can be constructed by taking into consideration of the following *Yonivyapad* and *Artava Dushti*.

In *Artava Kshaya* menstruation does not occur at appropriate time, or is less in quantity or occurs causing pain and discomfort [6]. *Acharya Charaka* says it is due to *Pitta Dushti* of *Asrika* and *Vagbhata* opines due to *Vata* and *Pitta*, the *Raja* is decreased causing *Lohitkshaya*. *Madhava Nidana* and *Yogratnakara* say it is loss of *Rakta* with burning sensation. In *Madhokosha* the loss of blood is due to excessive bleeding [7]. The main clinical feature of *Granthi* (Cyst) is swelling or protuberance [8]. *Granthi* denotes its specific character i.e. glandular or nodular swelling [9]. *Granthi* available in *Ayurvedic* classics can be compared with PCOS. *Sushruta* in *Nidanasthana* says that the vitiated *Vata*, etc *Dosha* deranges the *Dhatu* such as *Mamsa* (muscles), *Rakta* and *Meda* along with *Kapha* and give rise to the formation of round, knotty, elevated swellings called *granthi* [10].

Clinical features of PCOS include:

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*, the 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.

## DISCUSSION

*Ayurveda* insinuates that PCOS is a *vata* disorder (*Apan vayu*) though other *dosha* can be entailed in some measure because the gynaecological disorder is mainly originated due to vitiation of *vata*. PCOS is a Disorder Involving *Pitta*, *Kapha*, *Medas*, *Ambhuvahasrotas* & *Artava Dhatu*. The causes of PCOS as per *ayurveda* can be taken as eating excessive sweet and kapha foods, mandagni because of this is kapha getting aggravated in PCOS, we find kapha disorder. As well as *pitta* and *vata dosha* disorder. Because of all three *doshas* play important & distinctive role in the production, development, maturation & release of ovum & therefore the ovarian cycle & menstrual cycle is under control of three *doshas*.

*Kapha dosha* is cold and dense. With its heavy cool qualities, it nourishes the development of the tissues that form and support the reproductive system. This also supports the growth of the follicle during the ovarian cycle. PCOS occurs when *kapha* blocks the other two *doshas*, *vata* and *pitta*. Thus, the movement (release) of the mature ovum and menstrual blood is obstructed due to the sticky *kapha* and the transformation process is suppressed.

*Pitta* is responsible for the hormonal play. When *pitta* gets blocked the hormones that carry the energy of transformation are unable to function. The energy transformation here, refers to the power or function of *pitta* which helps to shift from one cycle (phase) to the other i.e. from the menstrual cycle to the ovarian cycle which is governed by hormones. The accumulated *kapha* is thus expressed in the formation of cysts in the ovary. The different symptoms of PCOS including obesity, insulin resistance, irregular periods, acne, hirsutism etc. are the expression of the different factors occurring inside the body due to aggravated *kapha*.

## CONCLUSION

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

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