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### Management Of Polycystic Ovarian Syndrome Through Ayurveda : A Case Study

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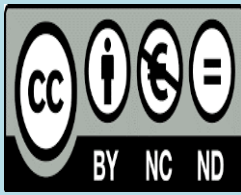
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#### ABSTRACT: -

Polycystic ovarian syndrome is the most common endocrine disorder in a woman of Reproductive age. It is manifested by amenorrhoea, hirsutism, obesity, enlarged polycystic ovaries, acne, elevated testosterone and androstenedione. It can be described as a state of hyper androgenise and chronic anovulation. The patient complains of increasing obesity (abdominal 50%), menstrual abnormalities (70% ) in the form of oligomenorrhoea , amenorrhea or dysfunctional uterine bleeding and infertility presence of hirsutism and acne are the important features, in classics PCOS can be correlated with *Anartava* ( Amenorrhea), *Nastartava*, *Artava kshay* ( Oligomenorrhoea ), *Vandya yonivyapat* ( Infertility ), *Pushpaghni*, *Jataharini* ( Repeated abortion ) *Granthibhuta artava dusti*. A 20-year-old unmarried woman visited the OPD of department of PTSR of SDMT's AMC Terdal on 19-09-2020. she had complained of Irregular menses, weight gain (79 kg) for two years, increased hair growth on the neck and face, and acne over the face.

**Key words** – PCOS , Endocrine, Amenorrhoea, Hirsutism, Hyper androgen, Testosterone.



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## INTRODUCTION

Female being the root cause of progeny, utmost care should be given to protect her from any ailments that affects her mother hood. Poly cystic ovarian syndrome affects up to 10% of women reproductive age. It is a heterogeneous disorder, often associated with obesity for which the primary cause remain uncertain genetic factors probably play a role since PCOS often affects several family members.<sup>[1]</sup> The hyper androgenism and anovulation that accompany PCOS may be caused by abnormalities in four endocrinologically active compartments

1. The Ovaries
2. The adrenal glands
3. Peripheral fat
4. The hypothalamus pituitary compartment.<sup>[2]</sup>

Therefore PCOS is a state of androgen excess and chronic anovulation.<sup>[3]</sup> In PCOD ovary fails to develop a mature egg and generate only multiple immature follicles. The exact cause of PCOS is un known. Early diagnosis and treatment along with weight loss may reduce the risk of long-term complications such as type 2 type diabetes and heart disease. Due to these multiple cysts hormonal imbalance occurs the conditions which are mentioned in various contexts in ayurvedic classics under various headings as *Anartava* ( Amenorrhea) *Nashtartava*, *Artava kshaya* ( Oligomenorrhea ), *Vandya Yonivyapat* (

Infertility ), *Pushpagnhi*, *Jatahrini* ( Repeated amenorrhea ), *Granthibhuta Artavadusti*, *Srotodusti* and *Santarpanottha nidan* can be some extent compared with the symptoms of Polycystic ovarian syndrome.

## CASE REPORT

A 20 year old unmarried woman visited the OPD of department of PTSR of SDMT's AMC Terdal on 19-09-2020. she had complained of Irregular menses, weight gain (79 kg) since two years, increased hair growth on the neck and face, and acne over the face.

**Past history :** K/C/O PCOS since two years.

N/K/C/O DM/ HTN / Thyroid dysfunction.

**Family history :** No history of similar problem in any of the family members.

**Personal history :**

Diet – Mixed

Appetite – Good

Bowel – Once / day

Maturation – 3 to 4 times / day 1 time / night

Sleep – Sound sleep

**Menstrual history :**

Age of Menarche – 12 years

Menstrual cycle – 3 to 15 days / 60 – 90 days since 2 years

2- 3 pads / day

Clots – present  
 Lower abdominal pain - present  
 L.M.P – June 2020  
 Amenorrhea since 3 months

### ***Dasha vidha pareeksha***

*Prakruti – Vata-Pitta*

*Vikruti – Vata -kapha*

*Sara – Madhyama*

*Samhanana – Madhyama*

*Pramana – Dhairgya- 153 cms*

*Dehabhara – 79 kg*

*Satmya – Madhyama*

*Satva - Madhyama*

*Ahara shakti – Abhyavarana shakti – Madhyama*

*Jarana shakti – Madhyama*

*Vyayama shakti – Madhyama*

*Vaya – Youvana*

### **General examination**

Built – Moderate  
 Nourishment – Moderate  
 Temperature – 98.2 F  
 Respiratory rate – 20/min  
 Pulse rate – 82 bmp  
 Blood pressure – 110/70 mm of hg  
 Height – 153cms  
 Weight – 79 kg  
 Tongue – Uncoated

### **Systemic examination**

CVS : S<sub>1</sub> and S<sub>2</sub> heard

CNS : Conscious and well oriented with date, time and place.

RS : Normal vesicular breathing, no added sounds.

P/ A : Soft, Non tender

### **Investigations**

CBC – Hb% - 10.2gm%

Thyroid profile – within normal limits

USG of the pelvis – Uterus is normal in size and shape.

Right ovary is enlarged, left ovary is normal in size. There are multiple small follicles are noted within both ovaries arranged in the periphery of the ovaries.

### **Intervention : from 19/09/2020**

Tablet *Chandraprabha vati* 2 BD for 1 month – after food

*Asanadi kashaya* 3 tsf BD for 1 month – after food

Tablet *Rasamrita* 1 BD for 1 month – after food

Syrup *M2 – Tone* 2tsf BD for 1 month – after food

Table – 1 Patient follow up, Treatment and observation

Date of Follow up	Treatment given	Observation
28/10/2020	<i>Chandraprabha vati</i> 2 BD for 1 month -after Food. Tablet <i>Rasamrita</i> 1 BD for 1 month – before Food Syrup M2-Tone 2 tsf BD for 1 month – after food Tablet <i>Rajapravartini vati</i> 1 BD for 5 days –After food <i>Asanadi kashaya</i> 3 tsf BD for 1 month – after food	Attains menses after 12 days of treatment L.M.P – 01/10/2020 menses flow- 6 days clots – present abdominal pain – present acne – persists weight – 78 kg
09/12/ 2020	<i>Chitrakadi vati</i> 1 BD for 1 month – after food Tablet <i>Chandraprabha vati</i> 2 BD for 1 month – after food Tablet <i>Rasamrita</i> 1 BD for 1 month after food <i>Asanadi kashaya</i> 3 tsf BD for 1 month – after food SYRUP M2-Tone 2tsf BD for 1 month	Amenorrhea since 2 month Reduced appetite Hair fall Weight – 80 kg
05 / 01/2021	Tablet <i>Chandraprabha vati</i> 2 BD for 1 month – after food Tablet <i>Rasamruta</i> 1 BD 1 month – after food <i>Asanadi kashaya</i> 2tsf Bd 1 month – after food	Attains menses after 10 days of medicine L.M.P – 20/ 12/ 2020. Acne persist Weight – 76 kg
12/02/2021	<i>Asanadi kashaya</i> 2tsf BD for 1 month – after food Tablet <i>Chandraprabha vati</i> 2 BD for 1 month – after food	L.M.P – 08/12/2021 Weight – 72
08/04/2021	<i>Asanadi kashaya</i> 2tsf BD for 1 month – after food Tablet <i>Chandraprabha vati</i> 2 BD for 1 month – after food	L.M.P – 18/02/2021 Weight – 68

## RESULT

Sr. no	Symptoms before treatment	Before treatment	After 1 month treatment	After 2 month treatment	After 3 month treatment	After 4 month treatment
1	Delayed menstruation	+++	+++	Normal menstruation ( 4 days )	Normal menstruation ( 4 days )	Normal menstruation ( 4 days )
2	Acne on Face	+++	+++	+++	++	++
3	Weight gain	78 kg	80 kg	76 kg	72 kg	68 kg

## Result of Investigation

Investigation	Before treatment	After treatment ( 4 months )
USG	Endometrial thickness 6.2 mm Right ovary enlarged, left ovary is normal in size. There are multiple small follicles are noted within both ovaries arranged in the periphery of the ovaries.	Endometrial thickness 4.2 mm Residual mild changes of PCOD.

## DISCUSSION

Polycystic ovarian syndrome it is very common nowadays owing to sedentary lifestyle and unhealthy eating habits. The clinical syndrome, Is characterized by obesity, hirsutism, and glucose intolerance with insulin resistance and hyperuricemia. So here its important that life style modification along with these medication. Life style modification by diet and regular aerobic exercise (minimum 30 mints) is having good results. It is *Kapha pradoshajanya vyadhi so tikshna, ushna, lekhana, katu, tikta, kashaya dravyas* are used.

*Chandraprabha vati* <sup>[4]</sup> is a potent *Ayurvedic* remedy used for the treatment of a multitude of diseases of the urinary tract, kidney,

Pancreas, thyroid gland, bones and joints. “*Chandra*” signifying “Moon” and “*Prabha*” denoting “glow”, *Chandraprabha vati* brings a glow to body and promotes strength and immunity.

It boosts fertility and Reproductive health. is extensively used in various ailments related to the reproductive health of women. Being a potent emmenagogue, it balances the hormones and rectifies problems pertain to menstruation, stomach cramps, amenorrhea, Oligomenorrhea and dysmenorrhea. It is also extensively used for uterine polyps and uterine bleeding. *Ayurveda* strongly claims the use of this medicine as a remedy for Polycystic ovarian syndrome. It also strengthens the uterine muscles and hence

prevents sudden miscarriages [5].

Syrup M2-Tone is indicated in Menorrhagia, Metrorrhagia, Dysfunctional uterine bleeding [6]. It is a comprehensive formulation containing herbs like *Ashoka*, *Lodhra*, *Jatamansi* and *Shatavari* that help to control pain and lethargy. Herbs in M2-Tone tablets thus maintain hormonal, nutritional and emotional balance and also improve overall health in women. It also contains *Shuddha kasis*, a haematinic that helps to improve hemoglobin level. *Rajapravartini vati* [7] used treatment of Primary and Secondary amenorrhea and scanty bleeding. It is used in condition of *Rajorodha* and *Kastartava*. It normalizes the *Apanavata* function. And condense the menses in condition of *Anartava* ( absences of menses ). *Asanadi kashaya* [8] is mentioned in *Astanga hridaya sutrastana* under *Shodananadi gana*. It is an *Ayurvedic* Decoction. It is used in conditions like *Shvitra* ( Leucoderma ), *kusta* ( leprosy ) and other skin Diseases it does the *kapha viliyana* cures *pandu roga* ( anemia ) *prameha*, *meda dosha niraharana*. In PCOS Already weight gain is there so this *kashaya* helps to reduce weight by *kapha viliyana*. Tablet *Rasamrit* [9] is a proprietary *Ayurvedic* medicine it mainly contains the *Indrayava*, *Patola* and *Katuki*. Having *katu*, *tikta*, *kashaya rasa*. And helps in *sthaulya* (Obesity), *Granthi*, *Rajo dosha*, *Kapha dosha hara*. *Rasamrit* helps in regulation of menstruation.

Polycystic ovarian syndrome is a heterogeneous collection of signs and symptoms when gathered together form a spectrum of a disorder with a mild presentation in some, and a severe disturbance of reproductive, endocrine and metabolic function in others [10]. PCOS can be considered as a condition manifested due to *Mityachara*, *Pradustartava*, *Beeja dosha* and

*Daiva* [11]. It is *santarpanottha vyadhi* with *sanga*, *Avarana* and *kapha dosha*, *dushyas – rasa* and *medas*, *Srotas – Artavaha srotas* and *Agni jatharagni* and *dhatwaghi mandya*.

The clinical study has shown fruitful results over the regulation of the menstrual cycles and normalization of the menstrual cycles and normalization of amount of bleeding. Final outcome of the study shows that apart from shaman *chikista*, *shodana* therapies can be effectively adopted to get the desired results in the management of PCOS as it is a disease with heterogeneous signs and symptoms.

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