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Case Study

Ayurveda for Polycystic Ovarian Syndrome: A successful case report

Smita Naram¹, Komal Gawali^{2*}, Mayuri Surve³

¹Founder, Chairman and Managing Director, ^{2*}Research head & Consulting Ayurveda Physician, ³Consulting Ayurveda Physician, Ayushakti Ayurveda Pvt. Ltd, Malad, Mumbai.

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ABSTRACT

Among women of reproductive age, poly Cystic Ovarian disease (PCOD) is the most common observed endocrinopathy resulting from insulin resistance and the compensatory hyperinsulinemia, alteration in serum lipids, anovulation which produces complaints like abnormal uterine bleeding, dysmenorrhea and even causes disturbance in conception. Ayurveda correlates PCOD with *Aarthava Kshaya*. A female patient of age 40 years reported to Ayushakti Ayurved Private Ltd on 12th Sep 2024 with complaints of irregular bleeding and pain during menses since 6-8 months and with Ultrasonography report as well defined right ovarian complex cyst of size 4.2* 3.3*4 cm with multiple septations and volume of 30 cc, well bulky nature. She was clinically examined and advised treatment of Tablet Granthihara, Uritone, Metaboost, Immuno and Tablet Virechana. After 3 months follow up she has complete remission in complaints and complete regression in cyst. The results revealed the treatment given wisely by following Ayurveda principles, helps in successful cured of PCOD.

INTRODUCTION

Polycystic ovarian syndrome (PCOD) is a quite prevalent endocrine condition among women of reproductive age. About 70% of women who experience ovulation problems that result in subfertility have it. PCOD is characterized by ovarian cysts that impair normal ovarian function causing symptoms like amenorrhea or irregular menstruation, irregular bleeding, irregular or absent ovulation, multiple immature follicles, elevated male hormone levels, male pattern baldness or thinning of hairs, excessive facial and body hair growth, acne, oily skin or dandruff, dark patches of skin seen particularly on the neck, groin, and underarms, persistent pelvic pain, increased weight or obesity, diabetes, lipid abnormalities, and high blood pressure etc.

Case report

A female patient of age 40 years reported to Ayushakti Ayurved Private Ltd on 12th Sep 2024 with

complaints of irregular bleeding and pain during menses since 6-8 months. Ultrasonography report revealed well defined right ovarian complex cyst of size 4.2* 3.3*4 cm with multiple septations and volume of 30 cc, well bulky nature. (Figure 1)

She was advised for undergoing laparoscopic surgery, however patient was not willing for it. When reported to Ayushakti clinic, she was advised to take medicines, Panchakarma and diet protocol.

PCOD can be correlated with *Aartava-kshaya*, i.e., lack of menstrual bleeding, pain in bleeding or irregular bleeding which lasts for less than three days along with pain. As per Ayurveda there is vitiation of Pitta and *Kapha dosha*, *Meda*, *Rasa*, *Shukra/Artava*, *Dhatu*, and pathogenesis is seen in *Rasavaha*, *Raktavaha*, *Artavavaha Srotasa*. Due to *Kaphavikruti* (vitiation of *Kapha dosha*) manifestation of PCOD is seen in obesity, subfertility, hirsutism, diabetic tendencies and coldness etc. Aggravated *Pitta* causes hair loss, acne, painful menses, clots and heart problems. Vitiation of *Vata* causes scanty or less menstrual blood, painful menses, and irregularity in menses.^[1,2]

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Following medications were given for duration of 3 months. (Table 1)

Table 1: Advised medicines for management of PCOD

SN	Name of medicine	Dose	Time	Anupana
1	Tablet Granthihara	500 mg- 500 mg – 500mg	After food	Warm water
2	Tablet Uritone	500 mg- 500 mg – 500mg	After food	Warm water
3	Tablet Metaboost	500 mg- 500 mg	After food	Warm water
4	Tablet Immuno	500 mg- 500 mg	After food	Warm water
5	Tab Virechana	500 mg 2 tablets	night	Warm water

The obstructive pathology occurs in the pelvic cavity (*Apana Kshetra*) creating disorders in the flow of *Vata* which in turn leads to an accumulation of *Kapha* and *Pitta*.

Tablet *Granthihara* contains major proportion of *Shuddha Guggulu* (Purified *commiphora* gum resin). which is useful for removal of accumulated *Kapha*. The accumulated *Kapha* is reason for formation of cysts or growths. The combination of *Triphala* (a combination of fruits of *Haritaki*; *Terminalia chebula* Retz., *Bibhitaki*; *Terminalia bellerica* Roxb., and *Amalaki*; *E. officinalis*), *Trikatu* (*Shunthi*; *Zingiber officinale* Rosc., *Maricha*; *Piper nigrum* L. and *Pippali*; *Piper longum* L.) with *Guggulu* is powerful and helps to break down the hardened *Kapha*. This detoxifying blend supports the proper function of lymphatic drainage and digestive systems, aiding in the prevention of further *Kapha* accumulation. The scrapping action of cystic growth is achieved by *Kanchanara*, *Pashanbheda*, *Trikatu*, *Triphala* etc. Irregular and painful bleeding is managed due to *Mishreya*, *Shweta Jeeraka* and *Gokshura*.

Tablet *Metaboost* contains *Medohara* (lipidolytic) drugs namely *Amlavetsa* (*Garcinia pendunculata*), *Arjuna* (*Terminalia arjuna*), *Kachoraka* (*Heydichium spicatum*), *Triphala*, *Vacha* (*Acorus calamus*) which boost metabolism and bring lytic effect in lipids.

Tablet *Uritone* contains combination of *Shuddha Guggulu*, *Gokshura*, *Pashanabheda*, *Ushira*, *Musta*, *Trikatu*, *Triphala*, *Yavaksara*, *Trapusabeeja*. The tablet helps to break the multiple cystic growth of PCOD and helps to reduce pain and regularize the menstruation.

Looking to research angle, The drugs like *Guggulu*, *Kanchanara*, *Gokshura*, *Vacha*, *Nishoth* (*Operculina turpenthum* L.), *Nagarmotha* (*Cyperus rotundus* L.) etc are potent anti-inflammatory and analgesic. It is *Ruksha* (dry), *Tikshna* (sharp), *Laghu* (light), *Vishada* (clear), *Sara* (mobile), *Deepana* (appetizer), (mild laxative and removes *Dosha* in downward direction), *Lekhana* (scraping), *Medohara*

(Lipido-lytic) in nature thus helps to reduce fibroid mass.

The vitiation of *Rakta* is managed by *Ushira*, *Sariva*, *Arjuna*, *Triphala Amalaki* etc as they help in *Rakta-prasadana* (blood purifier) properties, in-turn helps to channelize normal functioning of *Raktavaha strotasa*. *Triphala* is a potent antioxidant, detoxifying agent which helps in reduction in tumor incidences.

[3] The penetrating action in *strotasa* is achieved by *Trikatu*. It also helps in improving *Agni* (digestive fire) and thus eliminates *Aama* (metabolic toxins) from the body. It helps in elimination of *Aama* (toxins) from the body and enhances *Agni* (digestive fire). Because it contains *Shunthi*, which acts as *Vata Shamaka* (balancing the aggravated *Vata Dosha*, which is primarily responsible for all types of bodily pains).

Gokshura, *Yavaksara*, *Eranda* etc. are helpful in reducing aggravated *Vata dosha*. [4] Aggravated *Vata dosha* is considered as etiological cause for gynaecological diseases like PCOD.

For breaking of *Grathitha kapha*, *Lekhaniya* (bio-scraping agent) action is required. *Kutaki* (*Picrorrhiza Kurroa* Benth.) plays a vest role in this mechanism. As the pathogenesis is in *Apana sthana*, it is helpful to use *Yavani* (*Trachyspermum ammi* Sprague.) are, *Jeeraka* (*Cuminum cyminum* Linn.), and *Dhanyaka* (*Coriandrum sativum* Linn.) possess *Vatanulomana* effect thus helps to relive obstructed *Apana Vata*. *Jeeraka* is best in cleansing uterus as quoted best for *Garbhashaya-shodhana* action. In addition to these, *Guggulu*, *Gokshura*, *Kutaki*, *Tripahla*, *Trikatu* etc has antibacterial, anticancer, antispasmodic, gastro-protective, and antioxidant qualities. Numerous pharmacological properties, including antibacterial, anticancer, antioxidant, and immunomodulatory properties, have been discovered for cumin.[5] In PCOD it is important to manage patient's weight. The drugs like *Triphala*, *Guggulu*, *Trikatu*, *Gokshura*, *Kanchanara*, *Pashanbheda* etc are helpful in weight management.

Most of the drugs of formulations are powerful antioxidant and helps in prevention of oxidative damage. *Abhraka bhasma* and *Loha*

bhasma improve the quality of *Rasa*, *Rakta* and *Mamsa Dhatu* which removes its vitiation and in turn enhance its functioning. [6] Tablet immune was given to improve immunity of reproductive organs.

For diseases of reproductive system, where vitiation of *Kapha* and *Pitta* has been observed, *Virechana* is useful treatment. It directly works in root cause of *dosha dushya sammorchana* (pathogenesis) and brings control on vitiated *Vata* and *Pitta* by *anulomana* effect. [7] As patient was not willing to take *Virechana* in *Sodhana* form, hence she was given daily mild laxative by tablet *Virechana*. Patient was given diet protocol of *Laghu*, *Deepana*, *Pachana* and *Vatanulomana* nature. She was advised to reduce 50% of her carbohydrate intake and focussed on regular timings of eating, avoid junk food, bakery products, preserved or stale food, curd and late-night binging.

Patient was taken every monthly follow up. After starting treatment, during first follow up she had 50% relief in dysmenorrhea and irregular bleeding was relieved. After second month follow up there was 70-80% relief in pain and bleeding complaints. After 3 months, she has complete relief in symptoms. She was asked to repeat ultrasonography on 2nd Dec 2024, which reflected complete regression of cyst. (Figure 2)

Conclusion

The combination when inserted into the uterine cavity and brings out the control on *vikrta-vayu* and *kapha-dosha*, resulting in *ksharana* and *lekhana* of *vikrta-mamsa* and *medo-dhatu*. The medication used with classical treatment principle helped in clearing obstruction in the pelvis region, improved metabolism, brought complete regression in cysts along with normal and painless regulation of menstrual flow.

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*Address for correspondence

Dr. Komal Gawali

Research head & Consulting Ayurveda Physician, Ayushakti Ayurveda Pvt. Ltd, Malad, Mumbai.

Email: drkomalg@ayushakti.com

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