

ARTAVAKSHAYA W.S.R. TO PCOS - A CASE STUDY

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ABSTRACT

God blessed woman with the power of reproduction and she can achieve this only when her menstruation is in normal state. In present era changing lifestyle, incorrect food habits, stress & strain are leading to the various menstrual disorders affecting fertility in woman. PCOS is the most common cause of anovulatory menstrual cycle in infertile woman which attributes about 20%. PCOS is associated with menstrual abnormalities and anovulation considering this it can be correlated with *artavakshaya*. It is described by *acharya Sushruta* under the heading of *artavavyapada*. *Artavakshaya* is the condition in which vitiated *kapha* does the *avarana* on *apana vata* leading to *artavanasha* (anovulation) and obstruct the *artava pravritti* (menstruation). While coming to the treatment pacification of *kapha* and regulation of function of *apana vata* is the principle of treatment. In present study a case of PCOS was assessed and treated with the Ayurveda modality i.e. *vamana karma* followed by *virechana*, *yogabasti* and *Pushpadhanva rasa* & the results were observed.

Keywords: *Artavakshaya*, PCOS, *Vamana*, *yogabasti*, *Pushpadhanva rasa*.

INTRODUCTION

Polycystic ovarian syndrome is a heterogenous, multifactorial and polygenic condition in woman of reproductive age with ovarian expression of various metabolic disturbances. PCOS was originally described in 1935 by Stein & Leventhal as a syndrome manifested by amenorrhea, hirsutism and obesity associated with enlarged polycystic ovaries¹. The incidence of polycystic ovarian syndrome is increasing in present era due to changing lifestyle, incorrect food habits, stress & strain. It is also becoming the commonest problem among adolescents, developing soon after puberty. Its incidence varies between 0.5

– 4 % more common among infertile women. Its prevalence in young reproductive age group is about 20 – 30 %¹. *Artavakshaya* is one among the *artavavyapada* in which vitiated *kapha* does the *avarana* on *vata*, obstructing the passage or channels carrying *artava*². In this condition *artava* (menstruation) does not appear in its appropriate time (irregular menses) or sometimes scanty (oligomenorrhea) associated with severe pain in vaginal region³. While explaining the treatment of *artavakshaya* *acharya Dalhana* explained that, *vamana karma* should be administered not *virechana* as by *virechana pitta*

will reduced which further causes *artavakshaya* and by *vamana saumya* substances are removed, resulting into relative increase in *agneya* constituents of the body, consequently *artav* also increases. Commentator *Acharya Chakrapani* says that by use of purifying measures *srotasas* are cleared. *Vamana* and *Virechana* clear upward and downward directed *srotasas* respectively. Thus both should be used. According to *Acharya Charaka* no *yonirogas* (disorders of reproductive system) are produced without the vitiation of *vata*⁴. So in present case after giving *vamana* and *virechana*, *yogabasti* was given for the pacification of *vata* in next cycle, followed by *Pushpadhanva rasa*^{5,6}.

AIM & OBJECTIVES:

To assess the Ayurveda management in PCOS (*Artavakshaya*) through *vamana karma* followed by *virechana & yogabasti*.

MATERIAL & METHODS: Informed written consent was taken from the patient in her own language and case was recorded as per Performa.

CASE REPORT: A 23 year old lady who is housewife with married life of 3 years who is anxious to conceive came in OPD of Prasuti Tantra Evum Stree Roga of SSCH Bidar, on 23 April 2018 with the complaints of amenorrhea of 2 months with irregular menses & scanty menstrual flow since her marriage. The pregnancy was excluded by UPT. USG – Pelvis report was suggestive of PCOS.

History of present illness: Patient has history of taking oral hormonal pills for induction of menses since last 1 year to get menses for every 2 months but later on she started to gain weight so for further treatment she approached our OPD.

History of past illness: Not significant.

Personal history:

- Diet – non vegetarian
- Appetite - Good
- Bowel - No constipation
- Micturition - 4-5 times/day
- Sleep - Sound sleep

Menstrual history: LMP on 25 February 2018. Has irregular menstruation with duration of 2 days with the interval of 60 to 80 days with scanty flow associated with mild lower abdominal pain.

Obstetrical history: Trying for conception since last 3 years.

Ashtavidha pareeksha:

- *Nadi* - 82 bpm
- *Mala* - once a day
- *Mootra* - 4-5 times/day & 1-2 times in night
- *Jiwha* - *alpasama*
- *Shabda* - *spashta*
- *Sparsha* - *anushna*
- *Drika* - *alpa shwetabh*
- *Akriti* - *madhyama*

Dashavidha pareeksha:

- *Prakriti* - *vata kaphaja*
- *Vikriti* - *pitta*
- *Sara* - *madhyama*
- *Samhanana* – *madhyama*
- *Pramana* - *madhyama*
- *Satmya* - *madhyama*
- *Satva* - *madhyama*
- *Ahara Shakti* – *madhyama*
- *Vyayama Shakti* – *alpa*
- *Vaya* - *yuvana*

General examination:

- Built - moderate
- Nourishment – moderate
- Temperature - 98.6 F
- Respiratory rate – 20 / min
- Pulse rate - 82 / min
- BP - 110/80 mm of hg
- Weight - 58 kg
- Tongue - coated

Systemic examination:

- CVS - S₁, S₂ heard
- RS - normal breathing
- CNS - conscious, well oriented
- P/A - soft

Investigations: 28/7/2018

- Hb - 11.2 gm
- RBS - 92.15 mg/dl
- USG (pelvis) – suggestive of B/L PCOS (25/7/2017)

TREATMENT PLAN:

In first month – Started on 25 april 2018

- *Deepana pachana – Agnitundi vati* 2 bd for three days
- *Poorva karma – Snehapana* with *Phala ghrita (Arohana krama) Swedana (bashpa sweda)* for 2 days
- *Pradhana karma – Vamana (Madana phala 5gm, Vacha 2gm, Pippali 2gm, Saindhava 1gm, Yashtimadhu churna 3gm and honey QS) 6 Vegas – KAPHANTA – madhyama shodhana.*
- *Pashata karma – Samsarjana krama* for 5 days
- Advice - Avoid non vegetarian, deep fried, sweet, chocolates and other junk foods. Intake of more green vegetables, plenty of water, regular exercise. Avoid travelling, stress and excessive work.
- After giving 1 month gap in next cycle planned for *Yoga basti*.

In consequent month – In next cycle (She got menses on 9/6/2018)

- *Snehapana* – Started after complete stoppage of menstruation i.e. from 6th day with *Phala ghrita* in *arohana krama*. (30ml, 60ml, 90ml, 120ml)
- *Swedana – Abhyanga* and *bashpa sweda* for 2 days.
- For *adhobhaga shuddhi Virechana* with *Trivritta leha* was given. (20/6/18)
- *Yoga basti* was started on 25/6/2018
- Anuvasana* with *Shatapushpa Shatavari Tail & Niruha* with *Dashamuladi quath*.
- Advice – Avoid travelling for next 15 days. Avoid spicy food, bakery products and junk food.
- Drug administered – *PUSHPADHANVA RASA* 125 to 250mg daily with milk.⁷

RESULT:

After complete management for follow up she came with amenorrhea of 45 days with complains of nausea, morning sickness so sent for UPT, her result shows positive. She got conceived. USG on 10/8/2018 suggestive of Single live intrauterine gestation of GA 9 weeks.

DISCUSSION

The condition of *artavakshaya* is associated with vitiation of *kapha & vata dosha*. *Vamana karma* is a treatment modality given to relieve the *avarana* of *kapha* on *vata*. *Vamana karma* is having the property of *Ushna, Tikshna, Sukshma, Vyavayi, Vikasi & urdhwa bhagahara*. *Vamana dravya* produces *vamana* by *urdhwa bhagahara* property and their *ushna, tikshna, vyavayi* etc. *guna* helps in increasing *pitta* by removing excess *saumyansha* from the body. After *vamana karma* in next cycle for the pacification of *vata basti* is given before that for the *adhobhaga shodhana virechana*, was given by which *avrudha strotasas* get cleared. In *yoga basti Shatapushpa Stavari taila* for the *anuwassana basti* and *Dashmuladi quath* for *niruha basti* was administered. The *Shatapushpa Shatavari taila* act as *rasayana, balya* and *vatahara*. The ingredients in *Dashamuladi quath* are *vatashamaka, kaphahara* and *agnivardhaka*. After *shodhana karma Pushpadhanva rasa* was administered with milk. *Parada bhasma, Naga bhasma, Loha bhasma, Abhraka bhasma, Vanga bhasma, Dhatura, Bhang, Madhuyashti, Semal* and *Nagavalli* are the ingredients of the *Pushpadhanva rasa* having *vrishya, dhatupushtikara* and *balya* properties.

CONCLUSION

Thus with Ayurvedic modalities we get better result. The condition of PCOS can be effectively cured by *vamana, yoga basti* and fertility can be increased by oral administration of compounds having *vrishya, balya & rasayana* properties like *Pushpadhanva rasa*.

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