

AYURVEDIC MODALITY ON POLYCYSTIC OVARIAN SYNDROME (PCOS)- A CASE REPORT

Dr Mangal Uma¹ Dr Mangal Anil²

¹Consulting Ayurvedic Physician, Mangalam Ayurveda hospital and Panchakarma Research centre, Gwalior (Madhya Pradesh) India.

^{2*}Research Officer (Ayurveda), Regional Ayurveda Research Institute for Drug Development, CCRAS, Ministry of AYUSH, Govt. of India, Gwalior (Madhya Pradesh) India.

ABSTRACT

Polycystic ovarian syndrome (PCOS) is a recognized as one of the most common hormonal endocrine disorders affecting 5-10 % of women. It is characterized by hyper androgenism, polycystic ovaries, and chronic anovulation along with insulin resistance, abdominal obesity, hypertension, irregular menses, abnormal uterine bleeding and infertility. Most of the patients taking allopathic medicine but results are not so good. Laparoscopic ovarian drilling is the treatment of choice in case of PCOS in the conventional system. Non invasive, safe and natural study had designed for the management of this entity. The response to the treatment is encouraging by symptoms relief and through lower abdomen Ultrasonography (USG).

Keywords: PCOS, Ovarian cyst, *Kanchnar guggulu, kanyalohadi*.

INTRODUCTION

PCOS is a condition in which a woman's levels of the sex hormones estrogen and progesterone are out of balance. This leads to the growth of ovarian cysts (benign masses on the ovaries). According to the U.S. Department of Health and Human Services, between 1 in 10 and 1 in 20 women of childbearing age suffers from PCOS. Imbalance of hormones and genetics play a role of this entity. Overproduction of the hormone androgen may be another contributing factor. Basically androgen is a male hormone that woman's body is also produce resultant affected the development of eggs during ovulation. Acne, irregular menstruation, weight gain, pelvic pain, anxiety or depression and infertility symptoms are appear. Ultrasound of lower abdomen can be identified the PCOS.

Surgical procedure is choice of treatment in allopathic system.

In Ayurveda, PCOS can be correlated with *kaphaja granthi*. Vitiating all three *doshas* are affected to *ras, rakta, mansa, meda, majja dhatus* and produce a *vritta* (round), *unnat* (prominent), *granthiyukta sotha* (oedematous gland) in *artavavaha srotas* (channel of menstruation) especially in Ovary. *Shodhana, shamana* and *chhedana karma* are include in the treatment of *Kaphaja granthi*. In the present study, *shamana yoga* (*Kanchnar guggulu, kanyalohadi* and *kanchanar kasaya*) are used for management of PCOS.

CASE STUDY

A female patient aged 28 years, married

two years back, anxious to conceive, housewife, was examined in the hospital (OPD) on 27.05.2015 for PCOS. Irregular menses, pelvic pain, anxiety were also present. She had no previous history of syphilis, gonorrhoea and exposure to radiation or any toxin and chemical agent.

She had taken 24 months allopathic treatment for PCOS but was unsuccessful. On examination, the body proportion was found to be thin and lean with normal secondary sexual characters. There was no any abnormal findings seen in the physical and pelvic examination (per vaginal and per speculum).

TREATMENT

The treatment was carried out with the following medicines (Table 1) for three months. During this period, advice given to the patient to take nutritive diet like milk and avoid oily & fried food.

RESULTS /OBSERVATION

The patient had followed the diet and restriction as advised. Pelvic pain, irregular menstrual cycle and associated symptoms have disappeared. The USG was done after the completion of three months. The findings of USG of whole abdomen including pelvic region report before and after treatment are:

USG (Before treatment):

Uterus: Normal in size, shape and anteverted position. Endometrial cavity appears empty.

Ovaries: Normal in size, shape & position. There are multiple small cyst measuring 4 mm are seen in both ovaries.

USG (After treatment):

Uterus: Normal in size, shape and anteverted position. Endometrial cavity appears empty.

Ovaries: Both ovaries appear normal in size, shape & position.

DISCUSSION AND CONCLUSION

PCOS is one of the prevalent reasons for abnormality of ovarian function, which is directly, affects the fertility. Present study is efficient management of PCOS with ayurvedic formulations without adverse effect. *Granthihara, vat kapha shamak* and *artavajanan*¹ (ecbolic) properties of *Kanchanar guggulu*^{2,3}, *Kanyalohadi*⁴ and *kanchnar kasaya*⁵ breakdown the pathogenesis of kaphaj granthi. *Lekhana* (scraping), *vatakaphahar* property of *Kanchnar guggulu* and *kasaya* (decoction) were play a role in reducing the size and arrest further growth of cyst. *Kanyalohadi* are supportive in regularize the menstrual cycle. After the treatment, the sonography report shows no cyst in both ovaries (Table 2). Menstrual flow has been reviving. The present study reveals the effective management of PCOS by ayurvedic treatment with no side effects. In various female disorders ayurvedic herbal formulation having marvelous results, it is one of them.

INFORMED CONSENT

Written consent in prescribed format taken from the subject with proper counseling before the study.

Table 1: Drugs used for the study

Name of the drugs	Main ingredients	Reference	Dose	Duration
<i>Kanchnar guggulu</i>	<i>Kanchnar, Guggulu, Triphala, Trikatu</i> etc.	<i>Ras tantra sar</i> vol I.	750 mg BD	90 days

Kanyalohadi	<i>Elua, Kasis, Dalchini, Ela, Sunthi etc.</i>	<i>Ras tantra sar Vol.I</i>	500 mg BD	90 days
Kanchnar kasaya	<i>Kanchnar twak</i>	<i>Sarangdhar samhita</i>	15 ml BD	90 days

Table 2: Results of USG

Particulars	Before treatment (27.5.2015)	After treatment (01.09.2015)
Uterus	Normal in size, shape and anteverted position.	Normal in size, shape and anteverted position.
Endometrium	Endometrial cavity appears empty	Endometrial cavity appears empty.
Ovaries	There are multiple small cyst measuring 4 mm are seen in both ovaries.	Both ovaries appear normal in size, shape & position.

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CORRESPONDING AUTHOR

Dr Anil Mangal

Research Officer (Ayurveda), S-2
Department of Clinical Research,
Regional Ayurveda Research Institute for Drug Development,
CCRAS, Ministry Of AYUSH, Govt. of India,
Gwalior, Madhya Pradesh, India

Email: dranilmangal@rediffmail.com

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