

A CONCEPTUAL STUDY ON EFFECT OF LEKHANA BASTI ON POLYCYSTIC OVARIAN SYNDROME

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ABSTRACT

Poly Cystic Ovarian Disease (PCOD) is a complex disorder affecting 5-15% women in their reproductive age and related to ovarian dysfunction, characterized by menstrual irregularities, hyperandrogenism, obesity, and infertility. In Ayurveda, these symptoms are found under various conditions, caused by vitiated *Vata* and *Kapha*. *Basti* is one of the five procedures of *panchakarma* in Ayurveda. Classically, it is advocated in the diseases of *Vata*. It is mainly of two types viz. *Asthapana* and *Anuvasana*. *Triphala Qwatha Asthapana Basti* and *Triphala Taila Anuvasana Basti* is said to be *Vata Kapha Shamak* and *Artavajanaka*. Probable mode of action of drugs is opposite *Guna* of *Vata* and *Kapha* due to which, it regularise menstrual cycle, reduction in weight, growth of follicle thus ovulation.

Keywords: PCOD, Hyper-Androgenism, *Asthapana Basti*, *Anuvasana Basti*

INTRODUCTION

Poly Cystic Ovarian Disease (PCOD) is a common cause of infrequent and irregular periods and affects as many as 5-15% of woman in their reproductive age. This disease is characterized by menstrual irregularities, clinical, and/or biochemical hyperandrogenism and hyperinsulinemia, which ultimately leads to infertility. Apart from infertility, some of the other symptoms associated with Poly Cystic Ovarian Syndrome (like hirsutism, obesity, and android fat patterning)¹ may interfere with female self-perception and are in contradiction to culture-dependent beauty ideals. Symptoms of PCOD direct the way of involvement of *Kapha* and *Vata Dushti* causing *Avarodha* or *Avarana* in *Artavavaha Srotas*. Ayurveda has mentioned *Bandhya*² a type of *Yonivyapada* whose symptom is amenorrhoea or oligomenorrhoea. Similarly *Arajasaka* a *Yonivyapada* indicating Amenorrhoea³. A combination of classical history, close ob-

servation of patient and the following investigations are important tools to confirm a case of polycystic ovarian syndrome. Ayurveda suggests that this is a *Vata* type disorder (*Apan vata*), though the involvement of other *Dosha* can be there but in some measure.

*Vata*⁴ predominance manifests with painful menses, severe menstrual irregularity, low weight, coldness.

*Pitta*⁵ predominance manifests as excessive burning sensation, suppuration, fever, painful menses, clots.

Kapha predominance manifests as increased weight, infertility, hirsutism.

The treatment principle is to clear obstruction in the pelvis, normalise metabolism, Assist cleansing and regulate the menstrual system (*Arthava Dhatu*).

*Basti*⁶ (the enema therapy) is the best choice to bring *Vata* in physiological proportion. The *Matra Basti* and *Uttar Basti*

are highly efficient to calm down Vata dosha.

Drugs used in Lekhana Basti:⁷

Madhu, Saindhava, Sneha, Kshara, Prakshepaka Dravaya's (Ushakadi Gana), Gomutra, Triphala Qwatha.

Sneha: Triphala Taila

Triphala : Haritaki, Vibhitaki, Aamlaki
Ushakadi Gana Dravaya's⁸: Ushaka, Tuttha, Kasis, Hingu, Saindhava, Shilajit

Kshara : Yava Kshara

Effect of each drug on dosha

Drugs	Botanical name	Rasa	Guna	Virya	Vipaka	Doshghnata	Karma
Amlaki ⁹	Ambellica Officinalis	Pancharasa Amla Pradhan Lavana Varjit	Ruksha Guru	Sheet	Madhura	Tridosahara	Vrishya prajasthapana
Haritaki ¹⁰	Terminalia Chebulla	Kashaya Pradhana	Laghu Ruksha	Ushna	Madhura	Vatashamak	Vrishya garbhashaya sotha hara
Vibhitaki ¹¹	Terminalia Belerica	Kashaya	Ruksha Laghu	Ushna	Madhura	Kaphashamak	Vajikarana
Ushaka ¹²	Dorena Ammonium	Tikta, Katu	Ruksha Laghu	Ushna	Katu	Kapha Vata Shamak	Artavajanana
Hingu ¹³	Ferula Narthrax	Katu	Laghu Tikshna	Ushna	Katu	Kapha Vata Shamak	Vajikarana artvajanana
Tuttha ¹⁴	Cuso ₄	Kashaya Madhura	Laghu			Kaphahara	Lekhana bhedana
Kasis ¹⁵	Feso ₄	Tikta Kashaya		Ushna	Katu	Vata Kapha Hara	Raja pravartaka
Shilajit ¹⁶	Asphaltum Punjabium	Tikta		Ushna	Katu		Yogvahi
Gomutra ¹⁷		Katu	Tikshan	Ushna		Vatapitta Hara	

Probable Mode of Action of Drugs

Basti works on whole body after entering into Pakvashaya or Guda. Guda is said as Sharira Mula having Shiras and Dhamanies, which spreads all over the body¹⁸. It exerts local as well as systemic effect. Basti Dravyas normalize Apana Vata making it to function normal. It also enhances the function of Purisha. One of the functions of

Purisha is 'Anila Anala Dharana', thus Basti leads to correction of Agni Dushti. At the end, Basti normalize the function of Apana Vata leading to normal Rajah Pravritti and normal Beeja Nirmana¹⁹. Here, Triphala Taila and Prakshepeka Dravyas used for the Basti and the Gunas of Triphala are Balya, Deepan, Pachan, Yonivishodhana, Artavajanana, and Beejotsarga.

As per modern appraise, any drug given via rectal route absorbs through mucosal layer of rectum and enters into systemic circulation. Entering into Gastro Intestinal Tract (GIT), *Basti* stimulates Enteric Nervous System (ENS) and generates the stimulatory signals for Central Nervous System (CNS) as ENS resembles CNS^{20,21}. These signals stimulate endogenous opioids present in GIT, mainly β -endorphin, which exerts the inhibition of gonadotropin releasing hormone release²². Thus, *Basti* given in the patient of PCOD regulates Hypothalamic-Pituitary-Ovary axis, which results into normalization of ovarian cycle and menstrual cycle too. Parasympathetic activity may be responsible for the function of *Apana Vata*. *Basti* introducing through rectum and may stimulate the parasympathetic nerve supply, which in turn helps for development of follicles and release of ovum from the ovary.

Avoid:

- ✓ Sedentary life
- ✓ Smoking and drinking alcohol
- ✓ Intake of tea and coffee
- ✓ Intake of junk foods
- ✓ Mental and emotional stress

DISCUSSION

Effect on menstrual irregularities:

Amapachana, *Srotoshodhana*, and *Vatakaphashamaka* properties of both *Triphala kwatha* and *Triphala taila* may be responsible for the efficacy. *Ushna*, *Tikshna*, *Lekhana*, *Pachana*, etc., properties of contents of *Lekhana Basti* are similar to *Pitta* increases *Agneya Guna* of *Pitta*, which is responsible for decreasing interval. This effect is also supported by *Vatanulomana* property of *Anuvasana Basti*.

Effect on follicular growth and ovulation:

This may be because of removal of *Sanga* by *Kapha-Vata Shamaka Srotoshodhana*, *Aama Pachana*, etc. properties of

both the drugs. After removal of *Sanga* created by vitiated *Kapha* and *Ama* in *Artavavaha Srotas*, *Apana Vata* functions well leading to normal *Rajah Pravritti* and *Beeja Nirmana*. It may be hypothesized that both the treatment modalities may decrease LH level thus preventing premature luteinization. Thus normal FSH level stimulates growth and development of follicle.

Effect on other symptoms: In additional properties like *Lekhana*, *Rruksha*, *Tikshana*, *Deepana*, *Pachana*, etc., of *Triphaladi Kwatha* adds this effect of reduction in body weight by regulating *Jatharagni*. Thus, it checks the excessive growth and accumulation of *Medodhatu* and thereby causing *Lakshana Upashamana* of disease PCOD.

CONCLUSION

Treatment with the combination of both *Triphala Kwatha* and *Triphala Taila Anuvasana Basti* has additional effect on the symptoms of PCOD. It will be effective in regularizing menstruation, achieving considerable reduction in body weight, substantial growth of follicles, and thus ovulation because drugs used in combination are opposite of *vata* and *kapha*. It helps to remove *Aavarana* of *Kapha*. For the good quality of life relief on following lines must be procured

- ✓ Gradual weight loss
- ✓ Regular menstrual cycle
- ✓ Cure from prolonged menses, scanty menses
- ✓ Alleviation of symptoms like pre-menstrual swelling, hair loss, acne
- ✓ Promotion of fertility with production of healthy ovum

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