A CONCEPTUAL STUDY ON EFFECT OF LEKHANA BASTI ON POLYCYS-TIC 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-Androgonism, Asthapana Bast, 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 women 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) 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 a type of Yonivyapada whose symptom is amenorrhoea or oligomenorrhoea. Similarly Arajasaka a Yonivyapada indicating Amenorrhoea. A combination of classical history, close observation 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 predominance manifests with painful menses, severe menstrual irregularity, low weight, coldness. Pitta 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 (Artava Dhatu). Basti (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:**

Madhu, Saindhava, Sneha, Kshara, Prakshepaka Dravya’s (Ushakadi Gana), Gomutra, Triphala Qwatha.

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Effect of each drug on dosha

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Botanical name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Doshghnata</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amlaki</td>
<td><em>Ambelica Officinalis</em></td>
<td>Pancharasa Amla Pradhan Lavana Varjit</td>
<td>Ruksha Guru</td>
<td>Sheet</td>
<td>Madhura</td>
<td>Tridosha-hara</td>
<td>Vrishya pra-jasthapan</td>
</tr>
<tr>
<td>Haritaki</td>
<td><em>Terminalia Chebula</em></td>
<td>Kashaya Pradhana</td>
<td>Laghu Ruksha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Vatashamak</td>
<td>Vrishya garbhashaya sotha hara</td>
</tr>
<tr>
<td>Vibhita</td>
<td><em>Terminalia Belerica</em></td>
<td>Kashaya</td>
<td>Ruksha Laghu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Kaphashamak</td>
<td>Vajikaran</td>
</tr>
<tr>
<td>Ushaka</td>
<td><em>Dorena Ammoni-cum</em></td>
<td>Tikta, Katu</td>
<td>Ruksha Laghu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha Vata Shamak</td>
<td>Artava-janana</td>
</tr>
<tr>
<td>Hingu</td>
<td><em>Ferula Narthrax</em></td>
<td>Katu</td>
<td>Laghu Tiksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha Vata Shamak</td>
<td>Vajikaran artvajanana</td>
</tr>
<tr>
<td>Tuttha</td>
<td><em>Cusus</em></td>
<td>Kashaya Madhura</td>
<td>Laghu</td>
<td>Kaphahara</td>
<td>Lekhana bhedana</td>
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<tr>
<td>Kasis</td>
<td><em>Fespa</em></td>
<td>Tikta Kashaya</td>
<td>Ushna</td>
<td>Katu</td>
<td>Vata Kapha Hara</td>
<td>Raja pravartaka</td>
<td></td>
</tr>
<tr>
<td>Shilajit</td>
<td><em>Asphaltum Pun-jabium</em></td>
<td>Tikta</td>
<td>Ushna</td>
<td>Katu</td>
<td>Yogvahi</td>
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<td></td>
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<tr>
<td>Gomutra</td>
<td><em>Katu</em></td>
<td>Tikshan</td>
<td>Ushna</td>
<td>Vatapitta Hara</td>
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</table>

**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 body. 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 Nirmana. Here, Triphala Taila and Prakshpeka Drvyas 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\(^\text{20,21}\). These signals stimulate endogenous opioids present in GIT, mainly β-endorphin, which exerts the inhibition of gonadotropin releasing hormone release\(^\text{22}\). 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 Ap-ana 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 Va-takaphashamaka 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 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 decreases LH level thus preventing premature lutinization. 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 Aavaran 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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