



Effective Management of Pcos (Polycystic Ovarian Syndrome) through Ayurvedic Panchakarma Therapy Virechan : A Case Study

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Abstract: A female patient clinically diagnosed with polycystic ovarian syndrome approached in the opd of Dypatil ayurvedic hospital for treatment. patient was planned for virechan karma... Virechan (medical purgation) is one of the main detoxification procedure of ayurvediya panchkarma therapy followed by sansarjana krama . Chikitsa sidhant aims Agnideepan, & Aampachan hence clearing away the srotorodha leads to apan vatanuloman resulting regularization of menstrual cycle, imbalance hormone & metabolism, Hence PCOS can be managed with sanshodhan chikitsa & lifestyle modification. Virechan as sanshodhan treatment was found very effective as patient got significant relief in various symptoms .. After Shodhana, there was reduction in the ovarian volume and number of non dominant follicles in USG .TSH and Lipid profile came to normal. Symptomatically also patient had relief in her symptoms along with six kg. wt. reduction.

Keywords: virechan, ,pcos ,shodhana

1. INTRODUCTION

Polycystic ovary syndrome (PCOS) is a common gynaecological disorder of chronically abnormal ovarian function and hyperandrogenism. It affects 5-10% of women of reproductive age. It is an ovarian cause of secondary amenorrhoea which hampers normal menstrual cycle but also has marked affliction on the fertility of females. PCOS is heterogeneous endocrine disorder leading to several health complications,

- 1) Ovulatory and menstrual dysfunction
- 2) Hyperandrogenemia
- 3) Features of hyperandrogenism - hirsutism, acne and androgenic alopecia
- 4) Polycystic ovaries

Polycystic ovaries develop when the ovaries are stimulated to produce excessive amounts of androgenic hormones, in particular testosterone, by either one or a combination of the following (almost certainly combined with genetic susceptibility):

- a) the release of excessive luteinizing hormone (LH) by the anterior pituitary glands.
- b) through high levels of insulin in the blood (hyperinsulinaemia) in women whose ovaries are sensitive to this stimulus)

Multifactorial causes have been implicated for pcos . keeping in mind the diversity of presentation of the disease multidisciplinary approach is required from various specialities like obstetrics and gynaecology, dermatology ,medicine, nutrition ,ayurveda , yoga and to treat the individual as a whole .The primary treatments for PCOS include: lifestyle changes and medications.

According to Ayurveda PCOS can correlate with several conditions described in Ayurvedic literature. i.e. Granthi, Artavkshayam, Nashtartavam Pushpagni, Jataharini, and Raktagulmam, arajaska,

ksheenartava .In all these conditions kapha and vata are aggravated doshas,Medas ,mansam and rakta are the vitiated dushyas.

Case report – A female patient of age 24 years, already diagnosed with PCOS visited to opd of streerog and prasutitantra department of D.Y. Patil Ayurved hospital Nerul, Navi Mumbai. She had been referred to dept. of Panchkarma for management with suitable shodhan chikitsa .. She was taking irregular Allopathy and Homeopathy treatment for PCOS since 5 years.. She presented with complains of delayed menstrual cycle, constant weight gain mainly central obesity ,hair growth on face (Hirsutism)and associated symptoms acidity, flatulence, disturbed sleep and heaviness in the abdomen.

USG was also suggestive of Polycystic ovarian disease. After complete examination, blood investigations were done, which revealed increased lipid levels.

Observations: Patient is heavy built with 80 kgs weight, more fat around abdomen. Hair was seen on face. Dull and lethargic look.

Prakriti –kapha vata

Bala –Madhyama

Agni –Mandagni

Koshta –krura.

H/O present illness-

Past medical history –

No history of any previous major illness.

Family history –

Not contributory

Personal history-

Ashtavidha pariksha:

Pulse – 68/min Voice- clear

Tongue- *niram* Urine- regular

Built- medium ,Eyes- *prakrut*

Stool- regular Touch-*manda,ushna* over knee jts.

Dashavidha pariksha

Region –*sadharan* Appetite- moderate

Strength – low *Prakruti- vata-pitta*

Disease- severe Digestive power – moderate

Age -24 yrs mental strength- *satva- heen*

Diet-junk food consumption *kala* -10 years

General examination

Pulse -68/min CNS-conscious /well oriented

BP -110/70 mmhg CVS- S1 S2 clear

Wt.80kg

Ht-150 cm

Bmi-35.6kg/m²

Oedema –no

Urine –NAD

RS- clear AEBE

P/A-soft non tender

Stool-NAD

Following treatment was given -

Virechan

. Virechan therapy was administered in the following manner-

Poorvakarma for Virechan

Deepan,Pachan-Is the first poorvakarma which is performed with the objective to get rid of the ama & dhatvagnivardhan. (for the improvement in digestive fire)-With chitrakadi vati 2 tab Two times in a day after meal & hingwashtak churna 4 gm B.D. Before meal,Gandharvaharitaki churna 10 gm with warm water at night for four days.

Snehapaan (Internal oliation) -, first dayTest dose (30ml) of phalaghruta was introduced. gradually the dose of Ghruta was increased i.e. 60ml.,90ml. & then 120 m.l.in this manner internal oliation was done till samyak snenahlakshan arises. i.e.Vataanuloman &Agnideepti It was observed that after completion of internal oliation symptom of Burning sensation was cured & Appetite was improved.

Rest -Three day rest include -Bahya Snehana and Swedan- After the appearance of samyaksnehan symptoms patients was advised to take rest for 3 day. **Sarvang snehana** with til tail& **Sarvang swedan** through NadiSwedan with Dashmool Bharad was done on the rest day. It causes mrudutva and vilayana(liquefaction) of accumulated doshas; increase the local blood supply and liquefies the mucous; makes the drug absorption faster due to vasodilatation of blood vessels.

- On the fourth day **Virechan** withTrivruttaleha 50 g.m. & ErandSneha 40 m.l.was given .pt was observed for the samyak lakshanas.
- Samsarjan Kram for 7 days.

After Sansarjana karma blood investigations were done.

The severity of symptoms ↓↓

Following test were done after one month

PARAMETERS	BEFORE TREATMENT D0	AFTER VIRECHANA D30
1. Weight	80 kg	74 kg
2. BMI(Body Mass Index)	35.6kg/m ²	32.9kg/m ²
3. Lipid Profile		
S.Cholesterol	310 mg/dl	201mg/dl
S.Triglyceride	274mg/dl	160mg/dl
HDL	57mg/dl	52mg/dl
LDL	298mg/dl	107.6mg/dl
VLDL	54%	41.4%
4. L.H.	6.31	4.22
5. F.S.H.	2.08miu/ml	4.020miu/ml

2. DISCUSSION

As there is no direct reference of PCOS in our classics, depending upon the symptoms it can be correlated to Arthavakshaya as delayed menstruation is one of the main symptoms observed. The symptoms of PCOS can also be compared to Bahudoshavastha. Shown In Arthavakshaya Sanshodhana and Agnivardhaka Chikitsa was advised by Acharya Sushruta. In Bahudoshavastha also Sanshodhana is the main line of treatment thus Virechana is planned. It is Kapha Vata Pradhana condition associated with Agnimandavastha. Virechana is bio cleansing in nature. It removes the metabolic waste, accumulated toxins and vitiated Dosha from the body. It also helps in regularising the disturbed hormonal levels in the body. Virechana also works on liver metabolism thus correcting the disturbed lipid levels. Sanshodhana works on correcting the internal pathology. After Shodhana

the changes in the USG, as reduction in the ovarian volume and decrease in number of non-dominant follicles are positive changes. This shows that there is correction at hormonal level after Shodhana.

3. RESULT

Respond to the treatment was recorded and therapeutic effects were evaluated by symptomatic relief of the patient. It was observed that the patient's clinical symptoms were reduced gradually after the treatment period.

4. CONCLUSION

PCOS is an endocrinological metabolic disorder, resulting due to faulty lifestyle and stress. It can be compared to Arthavakshaya. Sanshodhana can be a better line of management for PCOS, as it works on correcting the underlying root cause and treating the disease. After detoxification of the body, the patient has to be advised to follow a healthy life style.

It is concluded that this treatment regimen completely relieves the symptoms in PCOS. Sanshodhan can be done in treating patients who are suffering from PCOS, to reduce both signs & symptoms successfully & with greater effectiveness.

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