



Important Role Of Panchkarma In The Management Of Poly Cystic Ovarian Syndrome

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ABSTRACT-

Poly Cystic Ovarian Syndrome (PCOS) is the most common endocrinopathy in women of reproductive age, resulting from insulin resistance and compensatory hyperinsulinemia. This imbalance affects the ovaries leading to the formation of small cysts. Incidence varies between 8-10%, more common amongst infertile women. In present era due to sedentary life style, lack of physical activities, excessive stress and anxiety worsens the prognosis of the diseases. These are a few signs and symptoms associated with the condition- PCOS. Weight gain Irregular menstrual cycle, Facial hair growth, male pattern baldness, Acne which refuses to heal, pigmentation around the neck region and infertility. Darkening of the skin. Dark patches of skin can form in body creases like those on the neck, in the groin, and under the breasts. Hormone changes can trigger headaches in some women. Rising in prevalence of PCOS has become a great cause of health concern as it is increasing the incidences of infertility and metabolic syndrome i.e. insulin resistance diabetes and dyslipidaemia at a younger age. According to *Ayurveda* the PCOS involves *Kapha* and *Vata Dosha*, *Meda*, *Mamsa*, *Rakta Dhatus*. In general, it is considered as *Bahudoshavastha*, for which *Ayurveda* can play important role. Especially *Panchakarma* can have better results which includes *Vamana*, *Virechana*, *Anuvasana*, *Niruha & Nasya*. *Panchkarma* may be better line of treatment for PCOS as it works on correcting the underlying root cause along with symptoms of the diseases. And along with *shamana* drugs it can give better results.

Key words: - Polycystic ovarian syndrome (PCOS), *Bahudoshavastha*, *Panchkarma*, Acanthosis nigricans, Hirsutism.

INTRODUCTION –

Due to the increasing prevalence of PCOS in India, there is a need for early diagnosis and treatment that can help to relieve the symptoms. PCOS is probably fastest growing health hazard amongst women of reproductive age. Sedentary lifestyle, stress is contributing factors in its increasing prevalence. Polycystic ovary syndrome (PCOS) was described in 1935 by Stein and Leventhal as a syndrome manifested by amenorrhea, hirsutism and obesity associated with enlarged polycystic ovaries¹. In India it is the most common endocrinopathy in female with reproductive age group with a prevalence of 8.10%². PCOS is a condition characterized by hyperandrogenism and chronic oligo-anovulation³. PCOS is a multifactorial and polygenic condition⁴. Hirsutism may be clinically evident in 25% of the cases. PCOS is often associated with insulin resistance, dyslipidaemia, systemic inflammation and endothelial dysfunction⁵. This particular disorder is not described word to word in *Ayurveda*. PCOS associated some features are closely related with some of *Yonivyapadas* and *Aartavadushti* (menstrual pathologies). Modern management of PCOS is primarily targeted to correct the biochemical abnormalities. The treatment is confined to hormonal therapy and other drugs which cause many adverse effects in due course of time. According to *Ayurveda* the PCOS

involves *Kapha* and *Vata Dosha*, *Meda*, *Mamsa*, *Rakta Dhatus*. In general, it is considered as *Bahudoshavastha*, for which *Ayurveda* can play important role. Specially *Panchakarma* is the main line of treatment which includes *Vamana*, *Virechana*, *Anuvasana*, *Niruha & Nasya*. *Panchkarma* may be better line of treatment for PCOS as it works on correcting the underlying root cause along with symptoms of the diseases. And along with *shamana* drugs it can give better results. Therefore, *Ayurvedic* formulations from various *Ayurvedic* texts can be a better option for the definitive cure of PCOS.

Pathophysiology:

Irregular Menstrual Cycles: Individuals with PCOS often experience irregular or infrequent menstrual cycles, which can make it challenging to predict ovulation and manage fertility.

Hyperandrogenism: Elevated levels of androgens, the male hormones such as testosterone, can lead to physical symptoms like hirsutism (excess hair growth on the face, chest, or back), acne, and male-pattern baldness or thinning hair.

Ovulatory Dysfunction: Due to hormonal imbalances, some people with PCOS might not ovulate regularly, potentially leading to difficulty conceiving or infertility.

Polycystic Ovaries: On ultrasound imaging, ovaries of individuals with PCOS might show multiple small follicles that resemble a “string of pearls.” However, it’s important to note that the presence of these follicles alone does not confirm PCOS diagnosis, as other criteria must also be considered.

Metabolic Issues: Many people with PCOS have an increased risk of developing insulin resistance, which can lead to higher blood sugar levels and an increased risk of type 2 diabetes. This metabolic aspect of PCOS can also contribute to weight gain and difficulties in weight management.

Weight Gain: weight gain is one of reason for PCOS, Due to hormonal imbalance and metabolic rate the person increased weight and face PCOS

Ayurvedic Understanding of PCOS

In *Ayurveda*, an ancient system of medicine that originated in India, Polycystic Ovary Syndrome (PCOS) is understood within the framework of the dosha system and imbalances in the body’s energies. *Ayurveda* views health as a state of balance between the three *doshas*—*Vata*, *Pitta*, and *Kapha*—and any imbalance can lead to various health issues, including PCOS.

Dosha Imbalance: PCOS is often associated with imbalances in the *Kapha* and *Vata doshas*. *Kapha dosha*, which represents the earth and water elements, can lead to excessive accumulation, heaviness, and sluggishness in the body. *Vata dosha*, composed of air and space elements, can contribute to irregularities, including erratic menstrual cycles and hormonal fluctuations.

Agni (Digestive Fire) Impairment: *Ayurveda* places a significant emphasis on proper digestion, and when the digestive fire (*agni*) is weakened, it can lead to the formation of toxins (*ama*) and disrupt hormonal balance. Impaired *agni* can contribute to the development of insulin resistance and metabolic issues seen in PCOS.

Ama Accumulation: The accumulation of *ama*, or undigested toxins, can clog the channels of the body, including the reproductive system. This can lead to the development of cysts and disrupt the normal functioning of the ovaries.

Dhatu Imbalance: *Ayurveda* considers the seven *dhatus* (tissues) that make up the body. PCOS is related to an imbalance in the *rasa dhatu* (plasma), which can affect the quality of menstrual fluid, and the *meda dhatu* (fat tissue), which can lead to excess weight gain.

Ojas Depletion: *Ojas* is considered the essence of immunity and vitality in Ayurveda. Chronic stress, improper diet, and lifestyle factors associated with PCOS can lead to a depletion of *ojas*, impacting overall health and reproductive well-being.⁶

Clinical features:

Increasing abdominal obesity, menstrual abnormalities, hirsutism, acne and infertility, acanthosis nigricans, hair- an syndrome etc⁷. On the basis of Ayurvedic interpretation PCOS can be enumerated as *Rasapradoshaja*⁸ and *Santarpanottha vyadhi*⁹. Depending upon the symptoms it is *Bahudoshavastha* condition. Looking into the *Dosha* condition, the symptoms are more of *kapha* and *Vata* vitiation. *Kapha* gets vitiated causing *Srotoavarodha* and leading to *Vata Vaigunyata*.

Importance of balancing Doshas (Vata, Pitta, and Kapha) for PCOS management—Here comes the role of Ayurveda to provide safe and effective treatment. “*Nidana Parivarjana*” (avoid the causative factors) is said to be the very first step towards the management of PCOS.

Balancing the three doshas—*Vata, Pitta, and Kapha*—is of significant importance in Ayurvedic management of Polycystic Ovary Syndrome (PCOS). Imbalances in these doshas can contribute to the development and exacerbation of PCOS symptoms, and restoring their equilibrium is key to promoting overall health and addressing the underlying causes of the condition. Here’s why balancing *doshas* is crucial for PCOS management¹⁰. As it is considered as *Bahudoshavastha* so *Sanshodhana* is the main line of treatment. Chakrapani has commented on Acharya Sushruta, as *Sanshodhana* here is both *Vamana* and *Virechana*¹¹. So *Vamana* followed by *Virechana* can be planned. It is *Kapha Vata Pradhana* condition associated with *Agnimandavastha*. Both the procedures, *Vamana* and *Virechana* are bio cleansing in nature, remove the metabolic waste, accumulated toxins and vitiated *Dosha* from the body. Thus, they help in regularising the disturbed hormonal levels in the body. ***Vamana* and *Virechana*** also work on liver metabolism thus correcting the disturbed lipid levels. As per Kashyapa in oligo/hypomenorrhea, amenorrhoea, ***Anuvāsana Basti*** is the choice of treatment¹². As *vata* is the main culprit in *yonivyapada* and *Basti* is the choice of treatment to control *Vata*. *Basti* works on the whole body and regulates the hypothalamic-pituitary-ovarian axis which helps in normalization of ovarian and menstrual cycle. ***Nasya***: It is said that “*Nasa Hi Shiraso Dwaaram*”.¹³ Hence *Nasya* would be the apt *Shodhana* procedure to tackle endocrine disorders, where hypothalamus or pituitary gland is involved. As *Agnimandya*, *Medovridhi*, *Apana Vayu* and *Kapha dushti* plays the major role in the pathogenesis of the syndrome, so taking above fact into the consideration, *Pathya Ahara-Vihara* (dietary regimen & exercise) is to be use. For *Agnimandya* and *Aampachana*, use of *Trikatu Churna*, *Chitrakadi Gutika*, *Shadushana Churna*, etc. to be done for the *Srotovarodha* and to facilitate the *Apana-Vatanulomana*. For *Medovridhi*, use of *Takrarishta*, *Madhu* like *lekhanadravyas* (scrapping agents) along with *Yava*, *yavaka*, *kulattha* etc. mentioned by Acharya Charaka in *chikitsa* of *Atistula* (obese).¹⁴ Moreover, lifestyle modification as well as regular exercise is also emphasized. Regular practice of Yoga i.e. *Uttanapadasana*, *Sarvangasana*, *Halasana*, *Mayoorasana*, *Suryanamaskara*, *Vakrasana* and *Sheersasana*, *Sarvangasana*, *Sheersasana*, *Halasana*, *Bhastrika* and *Ujjayi pranayama* should be adopted.

DISCUSSION

Probable mode of action of different treatment modalities on PCOS:

Vamana Karma is the best therapy for the elimination of *Kapha Dosha*. According to Ayurveda, PCOS may be considered as *Agni Vaishamyajanya Vikara* (disease caused due to vitiation of metabolism) in general and *Rasagni* (metabolism at *Rasa Dhatu* level) and *Medodhatvagni* (metabolism at *Meda Dhatu* level) *Mandya*, as far as *Dosha* is concerned it is *Kapha- Vataja* disorder. As PCOS is metabolic disorder, *Vamana* helps to increase metabolism of body, thereby reducing weight and specifically act on liver metabolism which is the main site of hormone formation.

Virechana normalises the functions of *Pita* and *Agni*. Thus, *Sodhana* helps to eliminate the vitiated *Doshas* and remove the *Srotodushti* existed at the level of *Rasa*, *Rakta*, *Mamsa*, *Medas* and *Artavavahasrotas*. This help in removing the *Sanga*, correction of the *Agni*, and normal functioning of *Vata* especially *Apana* and thus helps in proper formation and excretion of *Artava* (regularization of menstrual cycle and ovulatory cycle) and maintained its normal function.

Basti given through the rectal route enters into G.I tract which is considered as Enteric Nervous System. The *Virya of Basti Dravya* stimulates endogenous opioids which are usually present in G.I. tract. Endogenous opioids are a group of peptides, which play an important role in the ovarian cycle through the inhibitory effect on GnRH secretion. Other pituitary hormones are also modulated by opiates. β -endorphin has been best known opioid related to the reproductive system regulating variety of pituitary hormones including gonadotropins. It has a role in the regulation of the normal ovarian cycle¹⁵. Basti-stimulates the ENS which generates the stimulatory signal for CNS which in turn causes stimulation of Hypothalamus for GnRH and the Pituitary for FSH & LH with the help of neurotransmitters. Parasympathetic activity is mainly responsible for the Apana Vayu activity. Basti stimulate the parasympathetic nerve supply which in turn helps for the maintenance of normal cycle¹⁶.

Nasya:

Drug through nasal route reaches the *Shringataka Marma (Siro Antarmadhyam)* and spreads through nose, ear, eye, and tongue into Shira (head) eliminate morbid *Doshas* and ultimately promotes the normal physiological function. *Nasya* may stimulate olfactory nerves and limbic system, which in turn stimulates hypothalamus leading to stimulation of Gonadotropin Releasing Hormone (GnRH) neurons, regularizing GnRH pulsatile secretion, leading to regular and normal menstrual cycle.

Conclusion: -

As PCOS is a life style disorder and its rising in prevalence has become a great cause of health concern as it is increasing the incidences of infertility and metabolic syndrome i.e. insulin resistance diabetes and dyslipidaemia at a younger age. so early diagnosis and treatment is need of hour. it can be well managed with Ayurvedic approach and life style modification. *Panchkarma* can help in cure of the disease without ill effects.

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