

Ayurveda Management of Poly Cystic Ovarian Disease (PCOD) – A Case Report

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ABSTRACT:

PCOD (Polycystic Ovarian Disease) is a medical condition in which the woman ovaries produce immature or partially mature eggs in large numbers and over the time these become cysts in ovaries. Due to this ovary become large and secrete large amounts of male hormones (androgens) causing infertility, irregular menstrual cycles, hair loss and abnormal weight gain. According to Ayurveda PCOD is a condition which involve the three *Doshas*, *Dhatu*s like *Rasa*, *Rakta* and *Medas*. The *Srothas* involved in this condition are *Rasa*, *Rakta* and *Arthava vaha* which manifest the feature such as *Anarthava* (Amenorrhoea), *Bandhyathwa* (Infertility), *Pushpagni*, *Abeeja rtuchakra* (Anovulation bleeding). A case report of 46 years old female patient who presented with irregular menstruation, sudden weight gain, irritable behaviour, excessive hairy growth on face. On USG she was diagnosed a case of unilateral PCOD, Based on the symptoms treatment principle *Amapachana vati* 2 tab BD, *Vata anulomana* with *abhyarishtha* 40 ml BD and *kaphapittahara* with *kanchanara guggulu* 2 tab BD, *yavkakshara*, *gulamkalanal rasa* 250 mg BD. After 2 months of internal medications, symptom reduced and menstruation was normal. So it can conclude that Ayurvedic principles is found very helpful in PCOD for better life.

KEYWORDS: *Amapachan*, *Anarthava*, Anovulation, *Arthava vaha*, *Bandhyathwa*, PCOD.

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INTRODUCTION:

PCOD can be controlled by diet and lifestyle modifications. Almost 10% of women in the world is suffering from PCOD, PCOD (Poly Cystic Ovarian Disease) and PCOS (Poly Cystic Ovarian Syndrome) interchangeably when both are very different conditions. While both the conditions are related to the ovaries and both cause hormonal disturbances, there are many significant

differences. PCOS occurs when a hormonal imbalance affects the follicular growth during the ovarian cycle. Instead of bursting and releasing an egg, the affected ovarian follicle remains in the ovary. The follicle then forms into cysts, and during each ovarian cycle multiple new cysts can arise. 'Poly' means many, hence the name: polycystic ovarian syndrome. All women have two ovaries that release an egg

alternately every month. These ovaries also produce female hormones that are responsible for many things like fertility, period schedule, facial hair. Apart from these they also produce androgens or male hormones but in very minute quantities. PCOD or PCOS is a condition that affects women's ovaries, the reproductive organs that produce progesterone and estrogen hormone that help in regulating the menstrual cycle and also produce small amount of hormones inhibit, relaxin and male hormone called androgens. Women with PCOD produce Higher than normal amount of male hormones. This hormone imbalance causes them to skip menstrual period and makes it harder for them to get pregnant. In 2006, the Androgen Excess PCOS Society suggested a tightening of the diagnostic criteria to all of the following including excess androgen activity, oligoovulation/ anovulation, polycystic ovaries and other entities are excluded that would cause excess androgen activity. [1]

Clinical features of polycystic ovarian disorder are.

- Most common features of PCOD are Oligomenorrhea/amenorrhea, Infertility/first trimester miscarriage, Obesity, Hirsutism, Acne, Acanthosis nigricans. [2]

- Male pattern alopecia Anovulation is the major pathology that is responsible for various changes in PCOD.

CASE HISTORY:

A 45 years old female patient presented in OPD of Ocean healing centre at karnal (Haryana), with complaints of pain in abdomen, irregular menses, nausea, Indigestion, weight increase and increase growth of facial hairs since 8 month. With this clinical presentation, on the basis of USG the patient was diagnosed as a case of PCOD and following Ayurvedic preparations like *Yavkashar*, *Kanchnar guggulu*, *Gulmakalana Rasa* was started. Meanwhile initial and routine blood investigations like Complete Blood Count, Urine Routine & Microscopic and Blood Sugar levels were sent to the labs which were within normal limits.

THERAPEUTIC INTERVENTION:


Ayurveda applies a holistic approach towards managing PCOD. Personalised treatment aims to address the root cause of the disease and bring balance to the body. In this case the used medicines are mentioned in table-1.

Criteria of Assessment

Ultrasound to reveals presence and size of ovarian cyst before and after treatment (Fig-1 an Fig-2).


Table -1: Medicines used:

Drug	Dose	Anupan	Time	Duration
<i>Ampachak vati</i>	500 mg	With luke-warm water	2tsb twice a day before meal	For 1 month
<i>Kanchnar guggulu</i>	1gm	Palin water	Three times a day after food	For 2-months
<i>Gulmakalana rasa</i>	250 mg	With luke-warm water	Two times a day	For 2 months
<i>YavakaKshara</i>	One pinch (250mg)	With abhyarishta	2 times a day	For 2 months
<i>Abhyarista</i>	40ml		Two times a day	For 2 months



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Patient Name :-	MEENA	Age/ Sex:-	46/F
Date:-	14.07.2022	Referred by :-	Dr. RAVI

ULTRASOUND WHOLE ABDOMEN

Findings:

Liver is normal in size and echotexture. Intrahepatic biliary radicals are not dilated. Portal vein is normal in calibre.

Gall bladder is well visualized. No intraluminal stones are seen. C.B.D. is normal in calibre.

Pancreas is normal in echotexture. Pancreatic duct is not dilated.

Spleen is mildly enlarged in size (12.3 cm) and normal in echotexture.

Both the kidneys are normal in size, shape, outline and echotexture. Corticomedullary differentiation is maintained. No calculus or hydronephrosis is seen on either side. There is a well-defined simple pericalyceal cyst of size ~ 17 mm in the mid pole region of right kidney.

There is a well-defined simple cyst of size ~ 7.0 mm in the upper pole region of left kidney.

Urinary bladder is well distended and appears normal in outline and wall thickness. No evidence of intraluminal stones is seen.

Uterus is normal in size, shape, and echotexture. No focal lesion seen. Endometrial thickness is 9.1 mm. Tiny cysts are noted at endometrial myometrial junction.

There is a well-defined complex cyst of size ~ 26 x 24 mm in the right ovary with internal echoes and septae. Left ovary is normal in size and echotexture. No adnexal mass lesion seen on left side.

Cervix is bulky in size with tiny nabothian follicles / cysts.


No free fluid is seen in the abdomen and pelvis.

Impression:-

- > Mild splenomegaly.
- > Simple bilateral renal pericalyceal cysts.
- > Tiny cysts at endometrial myometrial junction (ADV: MRI Pelvis for further evaluation).
- > Complex right ovarian cyst.
- > Cervicitis.

Please correlate clinically.

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Fig-1:USG report Before treatment

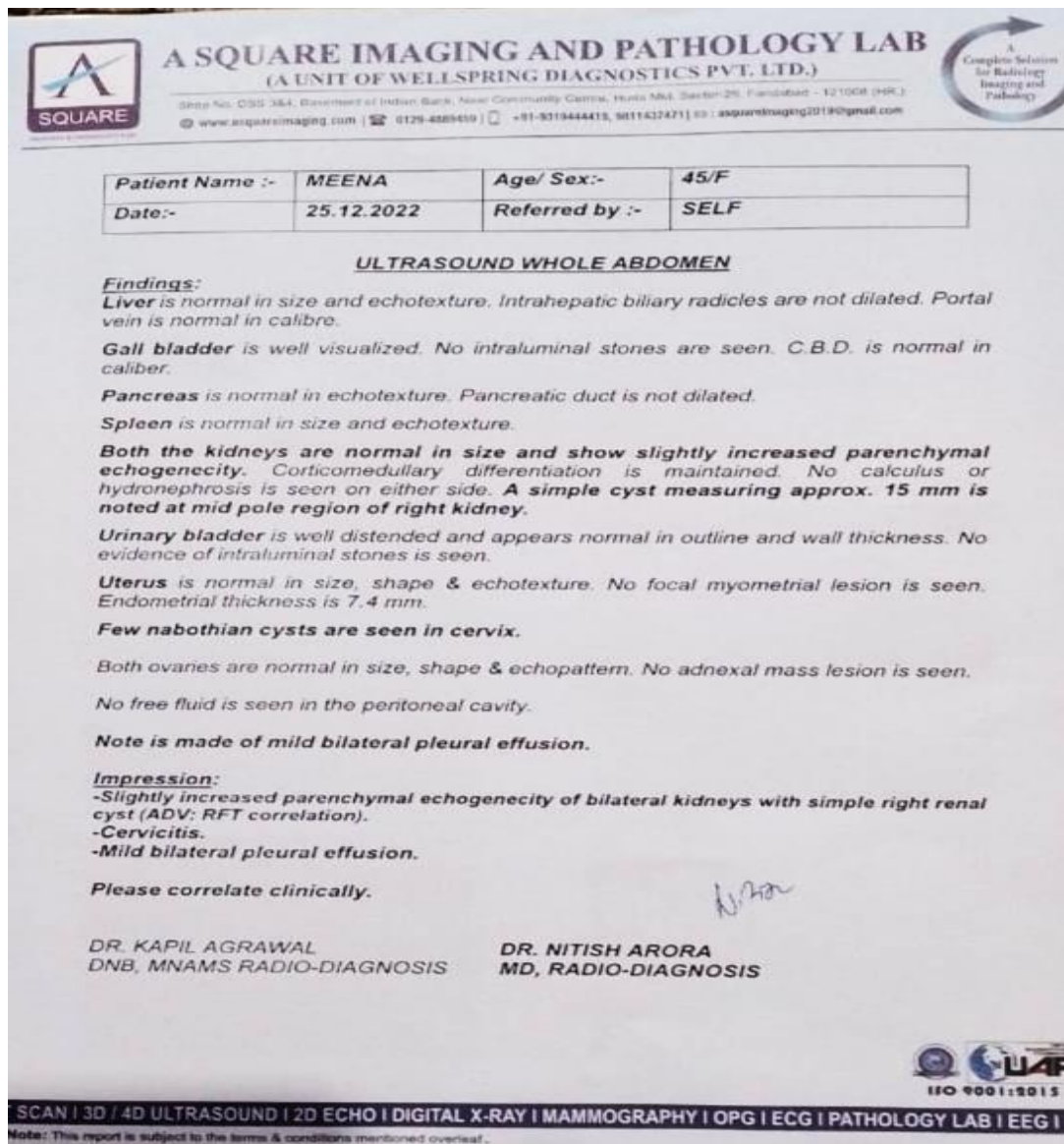


Fig-2: USG report after treatment

DISCUSSION:

Complex cyst was dissolved within two months of treatment, patient get rid of other symptoms like abdominal pain, indigestion. The ingredients and medicines used in this case have properties to relief the symptoms as follow.

Kanchnar Guggulu: It is a traditional classic polyherbal formulation used for the treatment of tumors, cystic swelling, PCOS, and ulcers. [3] It reduces swellings and lumps by drying the excess Kapha and fluid

in the body. It contains ingredients which show anti-inflammatory, anti-tumor, diuretic, and decongestant properties that help to promote healthy function of the body. [4]

Kanchnar Guggulu is widely used by Ayurvedic experts for normalizing the function of the thyroid gland. Detoxifying and cleansing properties of Guggulu are combined with Kanchnar to support the healthy function of the thyroid. It also helps to cleanse the lymphatic system (network of tissues and organs which help to remove

toxins, waste, and other unwanted materials from the body.

Gulmakalana Rasa: *Bhaishajya Ratnavali* indicate best use of *Gulmakalana Rasa* in Specially *Gulmarogadhikar* gaseous tumour, and cysts, it is used to treat heartburn, bloating, dry cough, dark and black stools, dysphasia, a sour taste in the mouth. [5] This is also beneficial for loose watery stools, fever, blood in the stool and gives relieves from abdominal pain, abdominal cramps.

Yavakakshar: It is a basic ionic salt (alkali) prepared from barley aka Yava containing potassium bi carbonate. It is very much useful and prescribed for the treatment of Urinary problems, abdominal issues, *AmaVata*, *Kapha* and *vata vikar*. [6] It is also used to detoxicate body from poisonous effect. It is prescribed in the ayurvedic treatment of stomach cancer, uterus cancer, tumors in abdomen, bronchitis, burns, excessive discharge of mucus from nose or throat (Catarrh), perniosis, cholesterolosis, cholera, cough, debility, dyspepsia, fever, measles, inflammation, phthisis, puerperium, sores, and urogenital ailments. Yavakshar has Diaphoresis & diuretic properties.

Yavakshar is an ayurvedic medicine and it balances *kapha* and *vata dosha*. *Yavakshar* is used as an ingredient for many Ayurvedic medicines. It is also used as a poultice for burns and wounds. It works as urinary coolant and gives good result in the treatment of blood in urine. *Yavakshar* is also prescribed in heart disease, anemia, malabsorption, spleen enlargement, throat obstruction, cough, piles & haemorrhoids. *Yavakshar* is also beneficial in non-cancerous prostate enlargement.

Abhayarishta is a potent ayurvedic concoction used for treating a myriad of ailments including piles, constipation,

dysuria, flatulence, anuria, gas and abdominal distension. [7] Known in Ayurveda, as the “king of medicine”, *Abhayarishtam* is the fermented liquid herbal formulation of the herb *Abhaya*, which is also known as *Haritaki*.

The scriptures of *Ashtanga Hridaya* and *Bhaishajya Ratnavali* signifies this *arishtam* as a magical potion formulated earlier by ancient *rishis*. It holds high significance for its use in the treatment of *Arsha* (Haemorrhoids), *Udara Roga* (abdomen distension, ascites), *Vibandha* (constipation), *Mutrabandha* (difficulty in urination), *Mutrakrichha* (painful urination).

CONCLUSION:

On the basis of this single case study it can be said that internal use of *Kanchnar guggulu*, *Gulmakalana Rasa*, *Yavakshara* and *Abhayarishta* have been used in case of PCOD. The obtained results and primary observations have shown very encouraging outcomes. Thus, above said medicine are highly effective, safe, easily available, cheap treatment for PCOD and proves one of best treatment for PCOD.

Limitation of study

PCOD is very common disease in young girls. In young girls it is not advisable to give that much hormonal treatment so for management. But Ayurveda gives good result in PCOD.

Consent of patient:

Informed consent has been taken before treatment.

Acknowledgement:

I would like to thanks to all teachers who taught me this principle for management of PCOD.

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