

Revalidation of Vaman karma in PCOD

¹Dr.Juhi kumari, ²Dr.Rashmi R.

¹PG Scholar , PG Department of panchkarma , Ramakrishna ayurvedic medical college , hospital & research centre , Yelahanka, Bengaluru

²Professor & HOD, PG Department of panchkarma , Ramakrishna ayurvedic medical college , hospital & research centre , Yelahanka, Bengaluru

Submitted: 01-09-2022

Accepted: 10-09-2022

ABSTRACT

Polycystic ovarian syndrome is a complex endocrine disorder. It is prevalent in young reproductive age group of women. It is a condition characterized by an imbalance of hormones in women which can affect menstrual periods and ovulation. It is also one of the leading causes of infertility because of these distressing symptoms. Women may also experience depression and anxiety. 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. The heterogeneous disorder is characterised by excessive androgen production by the ovaries mainly, which interferes with the reproductive, endocrine and metabolic functions. The major clinical features are amenorrhoea, oligomenorrhoea, hirsutism, obesity, acanthosis nigricans and infertility. In modern science the treatment recommended is hormonal therapy and other drugs which cause adverse effect in due course of life. 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, Mansa, 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. Out of all these vaman 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 its can give better results. The aim of the 'Panchakarma' therapies is to purify and detoxify the body. It helps to get rid of many chronic diseases as well as it helps the healthy person as a preventive treatment. In PCOD mainly Srotoavrodha will be present, for this Srotoavrodha

effectively managed by Shodhana process. So, for this study we used Vamana Karma for management of PCOD.

Key words: PCOD, Panchakarma, Srotoavrodh, Vamana Karma, Detoxify

I. INTRODUCTION :

PCOS is a hormonal imbalance disease and is characterized by changes that cause accumulation of multiple follicles in the ovaries without ovulation.¹ The principal function of ovary is production of an egg each month for ovulation and that of all hormones necessary for reproduction. In PCOD the ovary fails to expel the matured egg and a small amount of fluid begins to accumulate inside the immature follicles to form multiple cysts. Patients with PCOS have increased androgen and estrogens, which set up a vicious cycle. These women also have high level of insulin in their blood because their cells do not respond normally to insulin.² In Ayurveda, the balance state of Doshas is mainly accountable for health, this Dosha Vaishmya is directly connected to Doshas and Lakshanas of any disease. In PCOD as per modern description, it becomes clear that even though they are not compiled as a syndrome in Ayurveda most of them have been described as features of separate diseases or conditions.³ Menstrual irregularities have been described under Artavyapads or Yonirogas (uterine disorders). PCOS is a condition characterized by hyperandrogenism and chronic oligo-anovulation.⁴ PCOS is a multifactorial and polygenic condition.⁵ Hirsutism may be clinically evident in 25% of the cases. PCOS is often associated with insulin resistance, dyslipidaemia, systemic inflammation and endothelial dysfunction.⁶

Cause of PCOS

PCOS is caused due imbalance in Kapha, Pitta & Vata dosha along with imbalance in Meda, Rasa, Arthava dhatus. The causes of these

imbalance in Dosha and dhatus are many, like Mental Stress, Lifestyle disorders, improper eating habits, Lack of sleep and also excessive sleeping, day time sleeping etc which can be only assessed after detailed examination. Aartava-kshaya, which can be correlated with PCOS has been described as deficiency or loss of artava, artava does not appears in time or is delayed, is scanty and dose not last for three days. Pain in vagina also can be seen. According to Ayurveda, Aartava-kshaya is a disorder involving Pitta and Kapha doshas, Medas, Ambu/Rasa, Shukra/Artava Dhatu and Rasa, Rakta, Artava Vaha Srotas. Therefore Polycystic Ovarian Syndrome can also be described with same involvement of Dosha, Dhatu and Upadhatu.

- **Kapha dominance** patients as weight gain, subfertility, hirsutium, diabetic tendencies,
- **Pitta dominance** patients as hair loss, acne, painful menses, clots and heart problems.
- **Vata dominance** patients has painful menses, scanty or less menstrual blood and severe menstrual irregularity .

The pathology is an obstruction in the

pelvic cavity (Apana Kshetra) causing disorders in the flow of Vata. This in turn leads to an accumulation of Kapha and Pitta. The Ayurveda treatment principle for PCOS is to clear obstruction in the pelvis, normalise metabolism and regulate the menstrual system (Aartava Dhatu). Kapha reducing, insulin enhancing and hormone re-balancing drugs help to the relieve symptoms of Poly Cystic Ovarian Syndrome.

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 Rasapradoshaja⁸ and Santarpanotha vyadhi⁹. 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.

Treatment

Purvakarma	Abhyantara Snehan with Phalghrita (For 4 days in divided dose) Bahya Snehana–Tila Taila Swedan. Sarvanga Swedana with Dashmulpachang.
Pradhan Karma	Madanphal Churna + Vacha Churna + Saindhava Lavan.
Paschat Karma	Sansarjana Karma for 5 days.

Shamana Chikitsa-

Ashokarishta–20 ml BD with Koshnaja,
 Chandraprabha Vati 2 BD.

Duration - 3 months

Follow up - 1st day, 30th day, 60th day, 90th day
 Karma

Probable mode of action of Vamana Karma

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 deficient in particular with Bahu Dosha Avastha (vitiated Dosha). As far as Dosha is

concerned based on the pathology and symptom complex, it is Kapha-Vataja disorder. Due to increased Kapha and Agnimandya (deficient metabolism), more number of follicles are produced but not matured, resulting in cyst formation causing obstruction to the flow of Vata in proper direction, which in turn aggravates and results into anovulation and oligomenorrhea as Prakrita Vata (balanced Vata Dosha) is responsible for proper menstruation. Hence, the treatment should be planned to correct Agni, eliminate vitiated excessive Kapha Dosha and correct Vata Dosha by providing proper movement of Vata. To eliminate vitiated Dosha and to improve Agni, Samshodhana Chikitsa (bio purification) is a preferred treatment in Ayurveda. 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. Furthermore, there is direct relation of estrogen and obesity. Weight loss can improve not thus increased only circulating androgen and glucose levels but also helps for ovulation and thus increases pregnancy rate in obese women with PCOS.¹⁰ After Samshodhana (bio purification) to correct the residual pathology, Shatapushpadi Ghanavati was selected which was prepared using known Kapha Vatahara (pacifying Kapha and Vata Dosha), Agni Deepana (increases digestion), Artava Pravartaka (regularize menstruation) and Garbhashaya

Shodhaka (detoxify and improves the function of uterus)drugs. With respect to the pathology of PCOS, Ushna (hot), Tikshna (sharp), Ruksha (dry) and Lekhana (scraping) properties of the ingredients of Shatapushpadi Ghanavati normalizes Kapha vitiation and Vatavaigunya (vitiating Vata Dosha), reduces excess Meda (fat), removes Srotorodha/Sanga (blockage in micro-channels of the body) and creates normal functioning of Apana Vata (subtype of Vata which responsible for expulsion of waste) thereby regularizing the function of Aartavavaha Srotas as Prakrita Vata is responsible for proper menstrual flow.

Pathya

1)	Regular exercise is recommended - Evening or morning walk.
2)	Consumption of vegetables preferred- bitter guard and drumsticks.
3)	Drink at least 8 - 10 glasses of water daily.
4)	Practice of Yoga and meditation are advised, Sarvangasan, Vajrasana, Simhasana
5)	Psychological state of mental well being can positively influence higher mental functions and on function of pituitary gland.

Apathya

1)	Black gram, sour items, chillies and salted things have to be avoided.
2)	Avoid refrigerated/chilled foods.
3)	Avoid caffeine and alcohol
4)	Avoid Diwaswapa.
5)	Avoid freshly harvested grains and sesame seeds in particular.
6)	Avoid milk and milk products, particularly yogurt and buttermilk.
7)	Avoid fish and jaggery.

II. DISCUSSION:-

In today's civilized and fast era, the lifestyle has totally changed. No one follows the Ahara and Viharaprescribed by Ayurveda. This in turn creates many health problems PCOD is one among them. PCOD (polycystic ovarian Disease) is one of the

Gynaecological problems created due to this unhealthy lifestyle. Thus, we can deduce that the modern stressful lifestyle and food-habits are linked and contribute or accelerate many diseases, PCOS being one among them. Vamana given will result in Soumya Dhatu (Kapha) Kshaya and Agneya Dhatu (Artava) Vruddhi.¹¹

Thus, if we try this concept to detoxify the body it will play important role in controlling PCOS and its symptoms. Female reproductive health can also be improved. That will help in eliminating toxins and toxic conditions, both physical and mental, clearing obstructions and keeping the Srotas(channels) clean and intact. 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.

III. 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.Unbalanced Doshas cannot be balanced completely with the help of Samshamana (Langhana Pachana), but Samshodhana i.e. purification helps to restore complete balance of Doshas and Dhatus. After Samshodhana treatment if any medication is given it has better efficacy with lesser side effects. Thus, Panchakarma is an essential treatment method of Ayurvedic cure.

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