Female reproductive system consists of hypothalamo-pituitary-ovarian axis and intact uterine-adnexa which maintains a complex mechanism. In human body all the systems are interrelated to function properly; any imbalance in one system may cause multisystem pathogenesis. Polycystic ovarian syndrome (PCOS) is a common endocrinopathy, which is multifactorial and polygenic condition, manifested as oligoovulation or anovulation, signs of hyperandrogenism and multiple small ovarian cysts. Signs and symptoms vary within individual’s overtime. This adversely affect the reproductive system by menstrual disorders, infertility, obesity, depression, sleep apnea, insulin resistance and in due course may result in diabetes mellitus, endometrial cancer, cardiovascular disease etc. According to Ayurveda PCOS is a disorder which involves the three Doshas, Dhatus like Rasa, Raktha and Medas. The Srothas involved in this condition are Rasa, Rakta and Arthava vaha which eventually manifests features such as Anarthava (amenorrhea), Vandhyathwa, Pushpagni, Abeeya rtuchakra (anovular bleeding). Here is a case report of 19 year old girl who presented with irregular menstruation, rapid weight gain and hair loss. On USG she was detected to have bilateral PCO pattern. Based on the clinical features, treatment principles adopted were Aamapachana, Vata anulomana, Kaphapittabara and Arthava janana. After 2 months of internal medications, symptoms reduced markedly and menstruation was normal. Adherence to Ayurvedic principles is found to be helpful in PCOS for a healthy and fruitful life.
around 20-30%. Hyperandrogenism appears in the form of acne and hirsutism, abnormal facial hairs extended to breasts and thighs. Baldness is very common without virilism. On examination, an elevated BMI score, thyroid enlargement, hirsutism, baldness, hyperinsulinemia and elevated blood pressure are the findings.

Hormonal therapy restores menstruation, reverts hirsutism and other comorbidities arising due to PCOS of long duration. Surgical therapies include ovarian wedge resection, laparoscopic ovarian drilling and rarely oophorectomy in severe ovarian hyperthecosis and hyperandrogenism.

Ayurveda emphasis the maintenance of Sudha Arthava (healthy ovum) for a fertile period. Rtumati Charya, Dinacharya, Rtucharya helps to attain and maintain healthy life.

Not following the Charyas (regimens) bring about a lifestyle impacted by stress and strain which leads to the intake of unhealth food hampering the formation of Rasa Dhatu which causes the vitiation all Dhathus especially Medho Dushti (adipose tissue) and Rakthadhathu (blood cells). As per Asrayi Asraya Bhavas, Kaphadosha is affected which leads to blockage of the Srothas (bodily pathways) which in turn leads to Vata aggravation, obesity, hormonal imbalance and amenorrhoea. Pitta Dushti is manifested as hormonal imbalance.

Case Report

19 year old unmarried woman approached the Prasuti Tantra and Stree Roga OPD of Government Ayurveda College Thiruvanthapuram with complaints of irregular menstrual cycles, gradual weight gain and hair loss since 5 months. Her USG findings reveal bilateral PCOS.

Family History: Father was diabetic for 10 years. Past History: No relevant history.

Menstrual History

| Age of Menarche | 13 |
|-----------------|----|
| Cycle           | Irregular |
| Interval        | 2-3 months |
| No. of days of bleeding | 3 |
| No. of pads/day | 3-4 |
| Pain            | ++ |
| Clots           | NIL |
| Discharge       | Present |

Personal History

| Diet            | Non Vegetarian |
|-----------------|----------------|
| Appetite        | Reduced |
| Bowel Habits    | Constipated |
| Bladder         | Normal micturition |
| Sleep           | Excessive |
| Allergy         | Dust |

Marital History: Unmarried

The patient was moderately built with 73 kg. On the basis of clinical history, physical examination and USG reports the patient was diagnosed with PCOS.

USG Findings: Anteverted uterus of size 6.9*2.8*3cm. Endometrial thickness of 5.2mm, both ovaries with 12cc volume and bilateral PCOS pattern were noted.

Blood Investigations: Haemoglobin-12.5g/dl, FBS-102mg%, PPBS-119mg%, Thyroid profiles were within normal limits.

Ayurvedic Management

Internal medicine: In the first visit

| Tila thailam    | 1 tsp at 6am in empty stomach |
|-----------------|-------------------------------|
| Gandharvahasthadhi Kashayam | 90ml bd before food 8am and 8pm |
| Kumaryasavam    | 20ml at 9.30am and 9.30 pm after food |
| Kanchanaraguggulu | 1bd with Kashayam |
| Triphalachooram | 1tsp at bedtime in hot water |

Advice

Green leafy vegetables like spinach, kale, and broccoli are advised to be taken.

Administration of Tila tailam (Sesame oil) with green gram soup at morning.

High fiber rich foods like orange.

Regular exercise and Yoga

Avoid processed and high calorie food.

Follow up and outcome after 3 months: Along with strict diet- Periods become regular; 5kg reduction in weight was also noted. Follow up USG reveals normal uterus and ovaries, dominant follicle on the left side.

DISCUSSION

There is always a high level of inflammatory changes in patients with PCOS. Inflammation is also linked to excessive weight gain which can be correlated with Samavastha (metabolic toxins) in Ayurveda. Apaytha Aahara Viharas (unwholesome diet and lifestyle) causes the formation of Aama in Rasadhathu which in turn causes Arthava Upadathu Dushti. This vitiated condition leads to improper selection and maturation of ovum. The Aama thus produced, vitiates the remaining Dhathus which manifests as excessive weight gain and hair loss. Hair being the Mala Roopa of Asthi, unwanted hair and hair loss occurs in Asthi Dhathu Dushti (bone tissue degeneration). Kapha and Medho Dushti happen due to excessive intake of Mamsahara along with Ayuyamaya and Divaswapna (day sleep). These vitiated Dosha and Dhathus reaches the ovary which hampers its morphology. To normalize this condition drugs having the action such as Aamapachana, Agni deepana (carminative), Pachana (digestive), Vatanulomana,
Lekhana and Artava janana (ovulation induction) properties should be used.

Tila tailam is the best among the Tailavarga (oil group) with properties like Theekshna (strong), Sookshma (subtle) and Vyavayi (fastly diffusing), which acts at the molecular level in the body. Tila is Balya, Jataragnivardhaka, Vajikarana, Arthavajanana and Vatahara, it is rich in Vitamin E which is a natural antioxidant. It also contains Vitamin B6, zinc magnesium iron etc.

Gandharvahastadhi Kashayam normalizes Vata-kapha doshas and its Anulomana property helps in relieving constipation. Majority of contents possess anti-inflammatory action mainly Punarnava (Boerhavia diffusa) and Gandharvahastha (Ricinus communis), Chirivilva (Holoptele integrifolia), Viswa (Zingiber officinalis) and Hutaasa (Plumbago zeylanica) reduces Aamavastha via their Deepana (carminative) and Pachana properties. Pathya (Terminalia chebula) has Rasayana properties which help to normalize all Dhathus. Kumaryasavam have the properties of Vata Kapha samanam, Deepana pachanam and Arthava pravartakam (inducing ovulation) which is beneficial in PCOS.

Kanchanaraguggulu has Vata-Kaphasamana, Lekhana (scrapping) and Shodhohara (anti-inflammatory) properties. Kanchanaraguggulu exhibits cytotoxic effect by inhibiting cell division and reducing cell proliferation. It is found to be effective in balancing Kapha by boosting metabolism, the bitter, astrangent and pungent taste of Guggulu helps in burning fat and enhances digestion. Anti-inflammatory, anti-diabetic properties of Kanchanara (Bauhinia variegata) helps in the reducing insulin resistance often associated with PCOS. Triphala choornam protects the body from free radicals, inflammatory and mutagenic changes. It also has hypoglycemic action which reduces insulin resistance. Regular exercise and Yoga keeps the body and mind in equilibrium, which is a state of Swastha.

Due to the above properties, vitiated Doshas and Jataragni (digestive fire) get corrected, Srotoshodhana occurs resulting in expulsion of Doshas out of the body. Lekhana property reduces Kapha and Medhas. Rasayana and Arthavajanaka properties restore the normalcy in the female reproductive system.

**CONCLUSION**

Patients suffering from PCOS are of increased risk for succumbing to enfeebling health conditions namely type II diabetes, hypertension, cardiac complaints and carcinoma of the uterus. It is also one of the preeminent causes of infertility. Ayurvedic management is found to be very fruitful in management of PCOS and associated conditions. As it is often associated with excessive weight gain, a healthy diet and appropriate physical activities are also found to be effective. Ayurvedic therapies can easily reduce the weight and also the symptoms of PCOS. It helps to lowers the insulin resistance more efficiently there by favoring ovulation which is one of the prime factors for the maintenance of fertility.

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