

PCOS; Modern and Ayurveda Review W.S.R. to Complication and Management of Bija Kosha Granthi

Available online at www.hjhs.co.in

REVIEW ARTICLE

Sushil Sarjerao Satpute^{*,a}, Vikram Vilas Shelke^b, Dhananjay Shivaji Khot^c

^aAssistant Professor, Rural Institute of Ayurved Research Center & Hospital Vidyagiri, Vita Road, Mayani, Tal.- Khatav, Dist. - Satara, Maharashtra, India.

^bAssistant Professor, Rural Institute of Ayurved Research Center & Hospital Vidyagiri, Vita Road, Mayani, Tal.- Khatav, Dist. - Satara, Maharashtra, India.

^cAssociate Professor, Rural Institute Of Ayurved Research Center & Hospital Vidyagiri, Vita Road, Mayani, Tal.- Khatav, Dist. - Satara, Maharashtra, India.

DOI [10.22270/hjhs.v5i4.82](https://doi.org/10.22270/hjhs.v5i4.82)

ABSTRACT

Ayurveda has given prime importance to women health and presented therapeutic approaches for managing common gynecological disorders, Poly Cystic Ovarian Syndrome (PCOS) is one such common health issue associated mainly with women of reproductive age group. The incidences of Poly Cystic Ovarian Syndrome (PCOS) increases day by day due to the adverse effects of life style of current scenario. The modern life style imparting physical as well as mental stress which causes pathological events like PCOS. The condition of PCOS mainly associated with other gynecological conditions like; *Alpa artava*, *Anartava* and *Asrikdoshha*. The PCOS on the basis of sign and symptoms comes under heading of *Aartavadushti* & *Yonivyapadas*. Pathologically disease possesses hormonal imbalances along with *Dhatu Dushti* which resulted cysts in ovary. Uses of herbs, ayurveda formulations and *Shodhna-Chikitsa*, etc. are some Ayurveda measures utilized for the management of PCOS. Considering these all aspects this article presented Ayurveda perspective on PCOS W.S.R. to complication and management of *Bija Kosha Granthi*.

Keywords: *Ayurveda*, *PCOS*, *Bija Kosha Granthi*, *Gynecological*, *Yonivyapadas*.

1. Introduction

PCOS is gynecological problem in which cyst formation take places in ovary due to the irregular menstrual cycle, hormonal imbalance, hereditary factor, disturbed daily regimen and use of contraceptive pills, etc. Ayurveda described PCOS as *Kapha* predominant disorder, *Kapha* blocking *Vata* and *Pitta* in PCOS thus movement is obstructed. *Artava dhatu* hampered by *Kapha* possessing sticky qualities and *Ama* causes *Sroto Dushti* in *Artava Vaha Srota*, these all consequences leads formation of cyst in ovary. This cyst possesses heavy, sticky and obstructive properties of *Kapha* and *Ama*. *Artava-kshaya* observed in PCOS along with pain in vagina and depending upon *Doshas* predominance disease posses following symptoms:

- Obesity, infertility and hirsutism in *Kapha* dominance.
- Hair loss, painful menses and acne, etc. may observe when *Pitta* is predominant.
- Painful menses, scanty menstrual blood and menstrual irregularity, etc. observe when *Vata* is predominant. (1-3)

Ayurveda suggested many therapeutic approaches in PCOS which helps to clear *Vata* obstruction, normalizes *Agni* thereby metabolism and helps to regulate formation and flow of *Arthava dhatu*. Many ayurveda formulations, herbs and purification techniques gives beneficial effects in the management of PCOS, however good conduction of daily regimen recommended as preventive approach which regularizes menstrual cycle and balances *Doshas* thus restrict pathogenesis of

such diseases. Ayurveda specifically described term *Bija Kosha Granthi* for similar sign and symptoms. *Bija Kosha Granthi* resembles symptomatic similarity with PCOS since it is associated with irregular menses, abnormal bleeding, amenorrhoea or oligomenorrhoea, anovulation, excessive growth in ovary region, abnormal hair growth, acne and pelvic pain. Diagnostic techniques such as; pelvic ultrasound, follicle stimulating hormone test, luteinizing hormone test, estrogens test, lipid profile and blood test, etc. can be used for diagnostic purpose of PCOS.

Causes:

- Injury to reproductive organ
- Improper sexual conduct
- Environmental and genetic factors
- Irregular daily and dietary regimen
- Poor hygiene
- Adverse drug effects
- Surgical trauma
- Hormonal imbalances

2. Complication of Bija Kosha Granthi

The disease manly affects reproductive organ thus initiates complication of infertility, the disease mainly associated with menstrual abnormalities thus it can affects process of

ovulations which may results loss of capacity to get fertilize with sperm when sexual conception take places. The psychological consequences may hamper mental status leading to the depression, the mental anxiety can initiates pathogenesis of metabolic disorders like obesity and diabetes mellitus. Abnormal hair growth & weight gain tendency affect physical appearance therefore confidence level decreases in such cases which leads psychological anxiety and social isolation. Loss of luster and lack of enthusiasm also observed which affects reproductive functioning and overall health of women get affected. (4)

Samprapti

The pathological events of disease depicted in **Figure 1**, following *Samprapti Ghatakas* mainly associated with disease pathogenesis (5-7):

- ✚ *Doshas* *Kapha & Vata*
- ✚ *Dushyaas* *Rasa, Medo & Artava Dhatus*
- ✚ *Srotas* *Rasa-Medo-Artava* *Vaha Srotas*
- ✚ *Vyadhi Adhistanam* *Garbhasaya /Yonimarga*

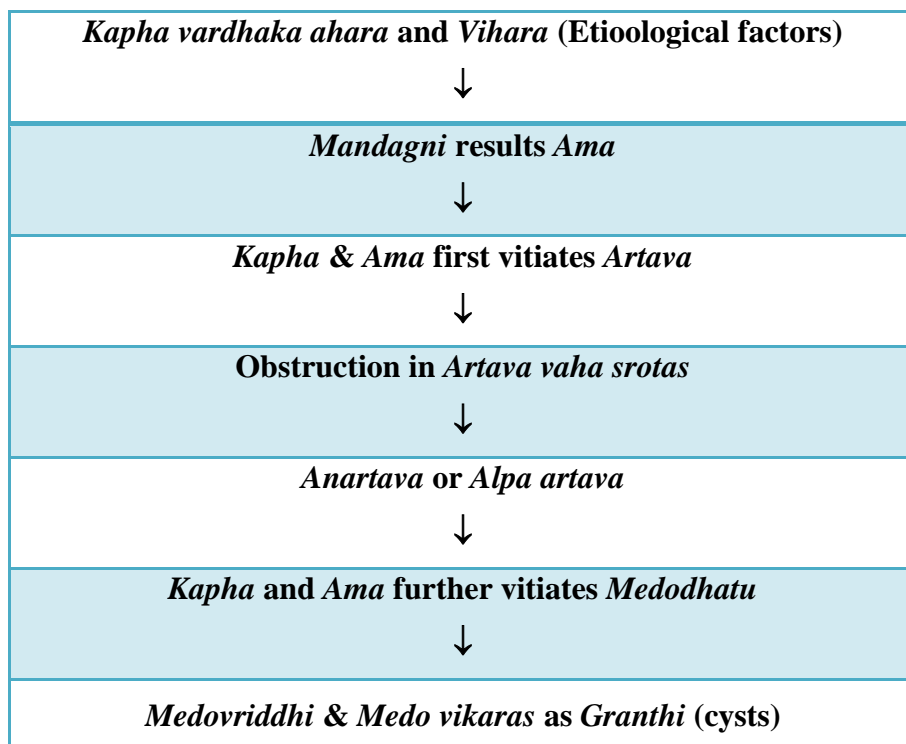


Figure 1. *Samprapti* of *Bija Kosha Granthi* (Cyst)

3. Ayurveda Management

Ayurveda suggested *Sodhana* and *Samana Chikitsa* for PCOS in *Samana Chikitsa* uses of *Vatakapha Hara Dravyas* recommended along with *Agni* potentiating *Dravyas*. *Vamana*, *Virechana* and *Basti* suggested as for the management of PCOS. Ayurveda also recommends good conduction of daily regimen, *Yoga* and dietary rules for avoiding prevalence of such types of pathological conditions.

Fruits, vegetable, grains and low-fat milk should be used to boost nutritional supply and resist consequences of obesity. Contraceptives and hormonal pills should not be used in excess. Smoking, alcohol consumption, late night awakening and junk food consumption may causes obesity which further results PCOS therefore these things need to be avoided. Stress, anger and anxiety may alter hormonal regulation through mental control therefore one should remain away from mental stress and anxiety.

Ayurveda formulations such as; *Sukumaram kashayam*, *Kumaryasava*, *Ashokarishtam*, *Dasamoolarishtam*, *Kanchanar guggulu*, *Shatavari gulam*, *Chitrakadi vati*, *Punarnavadi kashayam*, *Varunadi kwath*, *Triphala guggul* and *Chandraprabha vati*, etc. can be used to relives symptoms of *Bija Kosha Granthi*. Similar to classical formulations many herbs also useful in PCOS like *Cinnamon*, *Amalki*, *Shilajit*, *Shatawari*, *Aswgandha*, *Vidarikand*, *Kauncha*, *Ashoka* and *Salam*, etc. These herbal medicines reduce circulating androgens, boost ovarian functioning, support endocrine system, regulates menstrual cycle and metabolic activities thus helps in the management of PCOS.

Sodhana chikitsa; *Virechana*, *Vamana* and *Basti* recommended for curing pathogenesis of PCOS. *Basti* mainly suggested as detoxification therapy for condition like PCOS in which enema of medicated oil or decoction administered through body cavities. *Basti* relieves obstructions caused by *Vata dosha*, balances *Apana Vayu* thus controls regulation of *Aartava* in females. *Basti* helps to control irregular menses, dysmenorrheal and clears reproductive obstruction thus provided

beneficial effects not only in PCOS but also helpful in consequences of PCOS like infertility. *Uttarbasti* is the most effective since it clears *Aartava Vaha Srotas*, pacifies *Apana Vayu*, boost follicular maturity and regulate circulatory functions. Similarly *Vaman* offers therapeutic effects in PCOS since it purifies internal toxins, balances hormonal system, acts on thyroid gland and normalizes insulin secretion.

Yoga like; *Matsyasana*, *Ardhmatsyendrasana*, *Sarvagasana*, *Ushtrasana* and *Surya namaskar*, etc. are recommended under the supervision of an expert to relives consequences of PCOS. (8-10)

4. Conclusion

PCOS is gynecological health issue which involves vitiation of *Dosha*, *Rajodushti*, *Srotas Dushti*, *Ashtartava Dushti* and vitiation of *Rasa Dhatu*. The appearance of *Granthi* in ovary is major symptom of disease along with others like; *Alpa artava*, *Asrikdosha* and *Anartava*. Dietary habits, unethical sexual conduct, drug adverse effects, injury to reproductive system, hormonal disturbances and genetic factors can lead disease pathogenesis. Removal of *Ama*, boosting of *Rasa Dhatu*, treating *Agnimandya*, balancing *Tridoshas* and controlling of hormonal regulations, etc. are line of treatment. *Sodhana* and *Samana Chikitsa* can be used to achieve above mentioned therapeutic goals. *Yoga* and meditation can also be employed to acquire physical as well as psychological benefits in PCOS. The Ayurveda detoxification techniques play major role in disease management since *Vamana* balances hormonal regulation, *Virechana* clears minute channels of body thus improves circulatory functioning while *Basti* control hormonal regulation and relieves *Rasa Dhatu Dushti* thus helps in PCOS.

Acknowledgements

I would like to express my gratitude to Himalayan Journal of Health Sciences who gave me the opportunity to publish the article.

Financial Disclosure statement: The author received no specific funding for this work.

Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

References

1. Dutta DC. Text book of gynaecology, 3rd edition. Calcutta: New central book agency; 2001. p. 421.
2. Samhita C, Pt. Kashinathashastri. 1st edition., Vol.2, Varansi: Choukhamba Prakashana. 2001. p.843.
3. Dutta DC. Text book of gynaecology, 3rd edition. Calcutta: New central book agency; 2001. p. 431.
4. Nighantu B, Shri, Vidyotinihindivvyakhya B, Uttaradha. 1st edition. Varanasi: Chaukhamba Sanskrit Samsthan; 1984. p. 446, 778.
5. Murthy S, Astanga Hridayam KR. Varanasi: Krishnadas Academy; 1999.
6. Speroff L, Fritz MA, Clinical Gynecologic Endocrinology and Infertility. Lippincott Williams & Wilkins. 2005; 369.
7. Kadam R, Shinde K, Kadam R, Kulkarni M, Dimple. Contemporary and Traditional Perspectives of Polycystic Ovarian Syndrome (PCOS): A Critical Review. IOSR Journal of Dental and Medical Sciences (IOSR-JDMS). 2014; 13(9):89-98.
8. Sharma, Prof. Caraka Samhita PV (Text with English translation). Jaikrishnadas Ayurveda Series. Varanasi India: Chaukhamba Orientalia; 2000.
9. Murthy S, Prof. Astanga Hridayam KR. Varanasi: Krishnadas Academy; 1999.
10. Bhavaprakasa of Bhavamisra. Vol I. commentary by Dr.B. Sitaram. Varanasi: Chaukhamba Orientalia; 2006 .p. 258-9.