

## ROLE OF SAMSHODHANA IN THE MANAGEMENT OF POLY CYSTIC OVARIAN SYNDROME

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### ABSTRACT

According to Modern science, Ancient spiritual science one of the mottos of born humankind is to have the progeny that is Reproduction. Poly Cystic Ovarian Syndrome is a most common complex condition with the involvement of multiple Endocrine glands of a woman in the reproductive age which alter the reproductive health of the individual. The prevalence rate is around 6-26% across the world. Hyper-Androgenism, Hypo-Menorrhoea or Oligomenorrhoea, Polycystic ovaries, other Metabolic symptoms with Anxiety or Depression are the symptoms along with the biochemical changes. According to *Ayurveda* PCOS symptoms correlated to those with which has the *Lakshanas* supporting with the symptoms like *Sthoulya*, *Prameha*, *Granthi*, *Kshudraroga*, *Khalithya*, *Arthava* and *Yoni Dosh* with *Bahudoshatva* in general. All those conditions have *Samshodhana* as a prime line of management which not only cures the disease of the origin by expelling all *Dooshita Doshas* out of the body through *Vamana*, *Virechana*, *Basti*, *Nasya*. Also repeated *Samshodhana* prevents reoccurring and there will be maintained *Dosha* balance and proper *Dhatu* formation by which the fertility increases.

**Keywords:** Reproduction, Poly Cystic Ovarian Syndrome, Hyper Androgenism, Oligomenorrhea, Bahudoshavastha, Samshodhana

## INTRODUCTION

Every organism brought into this world has the objective of breeding so as in human beings. When a person cannot have progeny that is called Infertility which is a common infirmity of a married couple in recent days. As the world is updating at a speed which eased all our works, but it also hurts human health which is termed as Lifestyle disorders. Which are due to lack of physical exercise, excessive nutritive food intake and mental stress which causes Poly Cystic Ovarian Syndrome. It is the common cause of infertility these days. The Polycystic Ovarian Syndrome is a hormonal disorder common among women of reproductive age. And it is defined by a combination of signs and symptoms of androgen in excess and ovarian dysfunction in the absence of another specific diagnosis. Globally PCOS prevalence rate is between 6 and 26%<sup>1</sup>. And according to Practitioners, the rate is tripled due to pandemic. Irregular periods, Excess androgen, Polycystic ovaries are the common signs and symptoms of PCOS. As PCOS is a Lifestyle disorder that has the involvement of altered Hormonal levels which affects mainly the metabolic system the *Samshodhana* has admirable effects. Due to the *Nidana sevana* like *Acheshta*, *Adhyashana*, *Ati Madhura Guru Ahara sevana*, *Divaswapna*, *Ati Chintita* there will be involvement of *Kapha*, *Vata Dosha* in

increase and *Pitta* in decrease. All the *Dhatus* are involved mostly *Rasa* and *Meda*. And the syndrome is having a group of symptoms of *Bahudoshavastha*, *Arthavakshaya*, *Granthi*, *Sthoulya*, *Pushpagnijataharini*, *Dhatupradosha*, *Arthava* and *YoniVyapath* which are mainly Indicated with *Samshodhana*. Thus, the *Samshodhana* can be the prime line of treatment for PCOS. *Samshodhana* is the main treatment of choice by the *Vaidyas* where the diseases are of metabolic origin. *Samshodhana* does the *Agnivruddhi* that it not only increases the digestive fire but does the increase in the functioning of the metabolic system also it does the *Vyadhishaman* that is it removes all toxins which are the reasons for the disease. Also, the *Samshodhana* maintains the *Prakruthi* that is the health of the individual. Which leads to the good health of *Shareera*, *Manas*, *Indriya*<sup>2</sup>.

*Chikitsa Chatuspada* has the main role in successful treatment. *Dravya* is one among them<sup>3</sup>. The drugs in *Shodhana* that should be selected are of *Kapha Vatahara* property.

### Poly Cystic Ovarian Syndrome

The most common causes for the rise in PCOS are Sedentary and Stressor lifestyles, prolonged exposure to the toxins like DDT, Genetic factors that can give rise to PCOS.

## Pathophysiology of PCOS

Alex Rotstein, Ragini Srinivasan, and Eric Wong

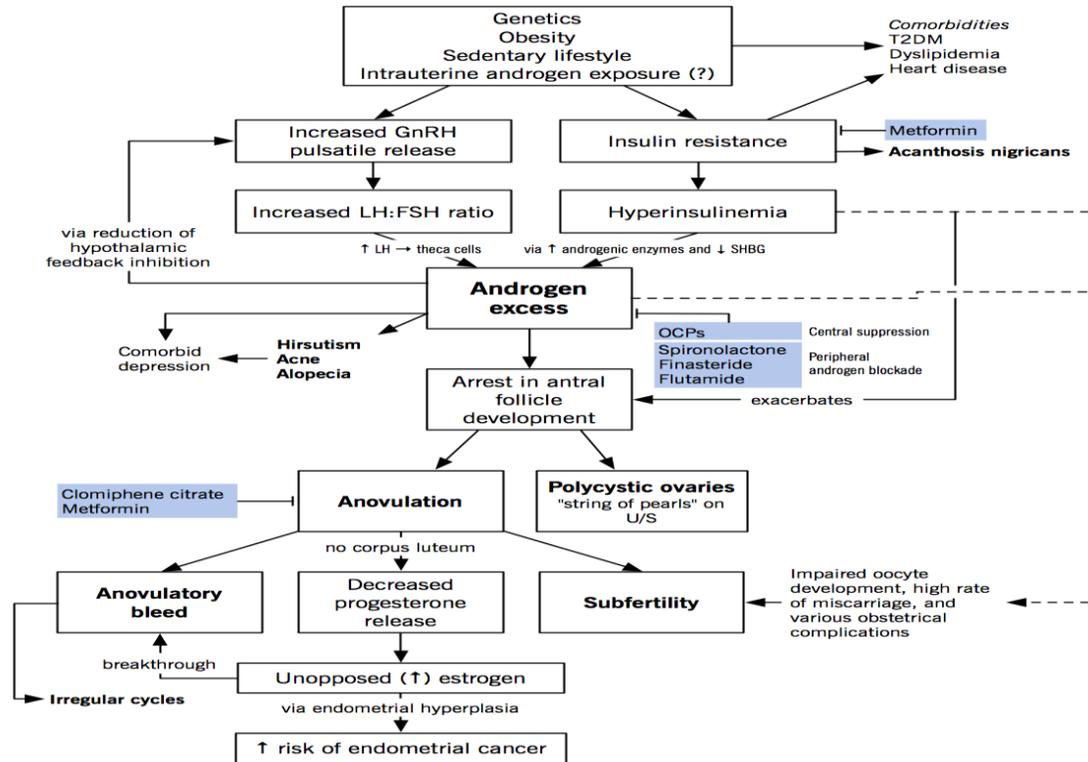


Figure 1: Pathophysiology of PCOS<sup>4</sup>

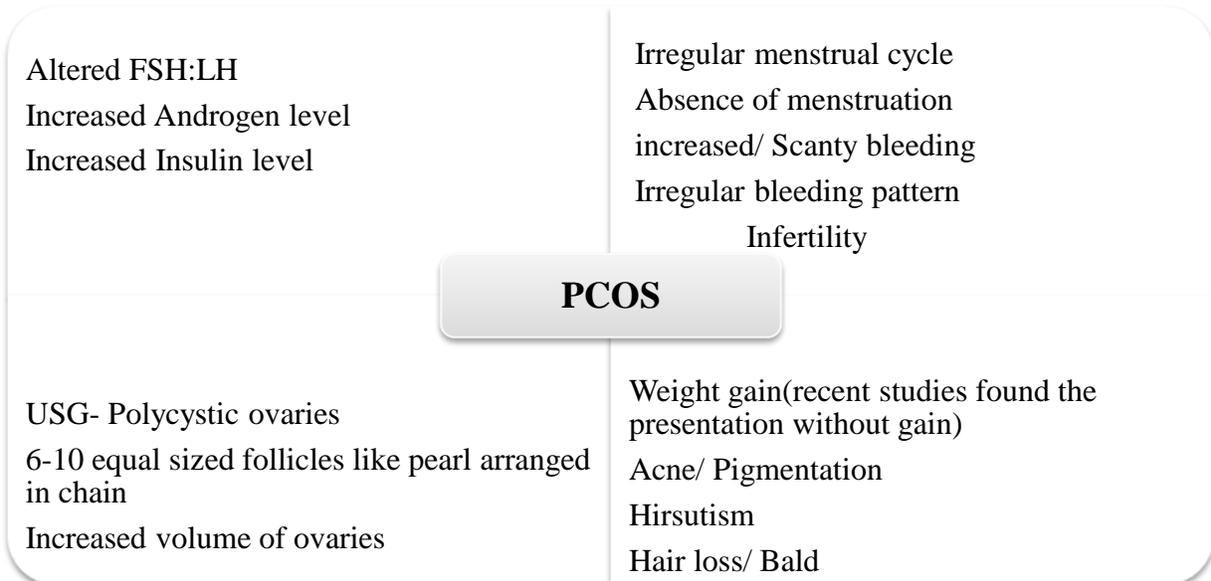


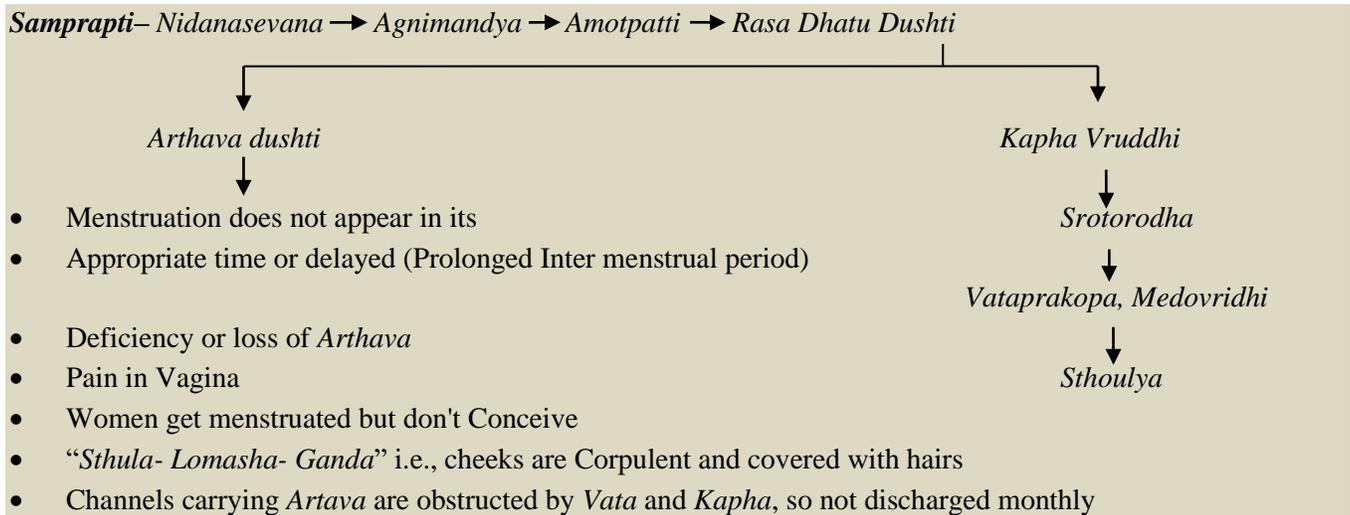
Figure 2: Signs and Symptoms of the PCOS

It is necessary to know about the *Samprapti* and *Nidana* of diseases for the treatment purpose.

**Nidana-** *Santarpanaahara Guru, Snigdha, Picchila, Madhurarasayukta Ahara, Anooa mamsa, Pishtanna, Gorasa* (cheese, curd), *Gowdika* (preparation of guda), *Viruddhanna* (like a milkshake), *Bhuktwa Divasvapna* (sleeping immediately after having food),

*Cheshtadwesa* (hatredness for physical activity), *Shayyasukha* (Clinophile), *Asanasukha* (white collar jobs).

**Rupa-** *Tandra, Klama, Alasya, Gurugatratwa, Uttara Dhatu dourbalya, Sweda, Kledadhikya, Sphik Sthanodara Lambana, Medo dushti, Granthi, Vrita pushpa, Lomasha ganda*



**Figure 3:** *Samprapti* of the PCOS<sup>5</sup>

**Samprapthi Ghataka-**

- *Dosha- Kapha, Vata*
- *Dushya- Rasa, Rakta, Mamsa, Meda, and Upadhatu Arthava*
- *Agni- Jataragni, Dhatwagni*
- *Ama- Jataragni janya, Dhatwagni janya*
- *Udbhavasthana- Ama pakwashaya*
- *Sancharasthana- Rasayani, Artavavaha Srotas, Sarva shareera*
- *Adhishtana- Apanasthana*
- *Vyaktasthana- Garbhashaya, Sarva shareera*
- *Srotas- Rasa, Rakta, Mamsa, Meda, Artavavaha*
- *Dushti- Sanga, Ati pravrutti, Granthi*
- *Rogamarga- Abhyantara*

**Kriyakala-**

- *Sanchaya- Agnimandya*
- *Prakopa- Alsaya, Gaurava*
- *Prasara- Guru Gatratra*
- *Sthana Samshraya- Sthoulya, Endometrial hyperplasia, Polycystic appearance of the ovary, Menstrual irregularities*

- *Vyakta- Anartava, Pradara, Klaihya*
- *Bheda- Endometrial carcinoma, DM, Atherosclerosis, Hypertension, Cardiovascular diseases.*

**CHIKITHSA**

As the disease PCOS has an increasing prevalence and there is no permanent cure except hormonal supplementation and modification of lifestyle. So, people are looking for other systems of medicine which can give a permanent cure. So, it is necessary to know about the treatment modality and its effect.

In *Ayurveda*, there is no available *Chikitsa Suthra* for condition PCOS. Due to the long-term *Nidana Sevana* which lead to *Dooshana* of the *Doshas* also the *Dhatu*s till *Shukra* and symptoms will be that of *Bahudoshavasthadi* conditions. So, the choice of treatment will be *Nidana Parivarjana, Samprapthivighatana* also the treatments explained for the *Sthoulya, Bahudoshadi* symptoms. If we go through *Chikitsa* pattern in all these conditions *Shodhana* comes as the prime line of management.

*Samshodhana* does the elimination of *Mala* which is accumulated due to *Nidana* and also cures *Roga* gives strength to the *Dhatu* by increasing *Agni* which helps in the proper formation of the *Dhatu* by all these means increases the health. And as we know the *Shamana* line of management can be followed but still there are chances of reoccurrence of the *Vyadhi*<sup>6</sup>. Due to this reason, *Shodhana* is selected over *Shamana*. Also, *Shamanaushadhis* can be given after the *Samshodhana*.

**Vamana- Vamana** is the best line of treatment for the elimination of *Dushita Kapha Dosha*<sup>7</sup>. Where in PCOS there will be vitiation of *KaphaDosha*. Also, the PCOS has the conditions like *Mandagni*, *Granthi*, *Medoroga* which are indicated with *Vamana* also in *Arthavakshaya* condition there is a specific indication of the *Vamana* by *Acharya Dalhana*. Research said that in PCOS *Vamana* acts on *Vikruta KaphaDosha* and *MedoDhatu* by correcting the level of *Agni* which is like increasing liver metabolism by that reduces the gained weight and also helps in maintaining hormonal levels.

*Madana phala, Ikshwaku beeja, Dhanmargava*

**Virechana**-According to the research the *Vamana* is effective in obese PCOS, but *Virechana* is effective in lean PCOS. *Virechana* is indicated in *Meha*, *Granthi*, *Kshudra rogas*<sup>8</sup>. *Dalhana* explains the *Virechana chikitsa* in *Arthava kshaya*<sup>9</sup>. It helps in the expulsion of toxins in the body especially in *Pakvashaya* also does the *Anulomana* of *dooshitavata* which leads to absorption of the medicine and other diets.

*Trivruthleha, Aragvada churna, Sudhakalpa, Saphala/ Shankhini*

**Basti**- *Basti* can be taken as treatment of choice in *Raja Kshaya*. Which acts on the Enteric nervous system by that activates the Hypo-Thalamo-Pituitary axis and maintaining the hormonal levels. Expels the toxins that improve the absorption of the medication. *Basti* corrects the *Jataragni* by that there will be *Ama pachana*. As it corrects the *Apana Vata* functioning there will be proper *Raja Pravritti* and *Beeja Nirmana*. This may be considered as balancing the LH and FSH hormonal levels. Whereas the *Uttara Basti* has the local action on ovaries and the Endometrium.

*Uttara basti* also carried out which has the local action on endometrium and ovaries.

*Basti* should be prepared using *Aragvadadigana, Varunadigana, Rodradigana, Eladigana* which are *Vata-Kaphahara*, acts on *Dooshita Medo Dhatu* and *Granthi* and *Visha*<sup>10</sup>. *Karma Basti* can be the choice of treatment method because the action will be to the deeply seated *Doshas* and *Kramena Sanchita Mala* also it will nourish *Dhatu* till *Shukra*<sup>11</sup>.

**Nasya**- As the *Nasa* is the door to the *Shiras* it stimulates the olfactory nerves by then it stimulates higher centres which that is Hypothalamus which regulates Endocrine glands which are affected in PCOS by then normalizing the function of menstruation, Ovulation. *Shodhana Nasya* or *Sneha Nasya* can be selected.

*Shatapushpa Taila* can be used for the *Nasya* in PCOS.

## DISCUSSION

As the infertility cases increasing recent days mainly caused by PCOS which is the complex of syndromes like Irregular periods, Weight gain, Excess androgen, Polycystic ovaries. From an Ayurvedic perspective this can be considered under the *Bahudoshavastha, Arthavakshaya, Granthi, Sthoulya, Pushpagni-Jataharini* in which the *Nidana, Lakshana* areas that of the cause and PCOS. So Based on the *Samprapthi, Dosha Dushya* involvement, and *Roga Lakshana Samshodhana* will be the line of management for the condition. Where after *Samshodhana* there will be the removal of the route cause for the disease, fewer chances of reoccurrence compared to *Shamana*<sup>12</sup>. So *Vamana, Virechana, Basti, Nasya* can be the line of management. *Vamana*, as it is the best line of treatment for *Dooshitakapha* by removal of it, improves the metabolism. *Virechana* helps to remove the toxicity from *Pakvashaya* which also affects the metabolism. *Basti* acts on the deeper *Dhatu* level and causes detoxification and proper nourishment. *Nasya* acts directly on the hormones by stimulating them. And as mentioned in the classics and research-proven that there should be repeated *Samshodhana* should be conducted to improve PCOS and to achieve fertility.

## CONCLUSION

According to *Ayurveda*, there is no specification principle of treatment about the syndrome PCOS, that's why the treatment can be planned based on *Samprapthi*, *Dosha Dushya* involvement. Also, the symptoms of the PCOD mimics the conditions like *Sthoulya*, *Arthava kshaya*, *Agni mandya*, *Dhatu Dushti*, *Granthi*. The treatment plan always will be the *Samprapti Vighatana*. The finest way to achieve that is *Samshodhana*. And also, the treatment principle of conditions like *Sthoulyadi* explains *Samshodhana* as the prime line of management. *Vamana*, *Virechana*, *Basti*, *Nasya* can be the treatment of choice based on *Dosha*, *Dushya*. By the treatment of *Shodhana* there will be *Agni Vruddhi*, then *Vikruta Dosha Nirharana* will be there if we administer *Shamanaushadhis*, *Pathya* so that it does *Vyadhi Upashamana* finally leads to *Prakruti gamana*.

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