



## ROLE OF LEKHANA BASTI IN MANAGEMENT OF PCOS - A CASE STUDY

KOMAL DILIP PAWAR<sup>1</sup> JAYASHRI SHRIKANT DESHMUKH<sup>2\*</sup>

### ABSTRACT:

Poly Cystic Ovarian Syndrome is one of the main causes of subfertility in women. It is associated with anovulation, androgen excess, obesity and subfertility. PCOS results in increased free testosterone, ovarian androgen secretion, free estradiol and estrone. According to *Ayurveda* PCOS is a disorder which involves the three *Doshas*, *Dhathus* 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*, *Pushpagani*, *Abeeja rtuchakra* (anovular bleeding). Here is a case report of 23 year old female who presented with irregular menstruation, rapid weight gain and hair loss. On USG she was detected to have bilateral PCO pattern. Treated with *Ayurvedic panchakarma therapy Lekhana Basti*.

**Keywords:** *Ayurveda*, Polycystic Ovarian Syndrome (PCOS), *Artava kshaya*, *Lekhana Basti*.

<sup>1</sup>PG Student Streeroga Prasutitantra 2nd yr, CSMS Ayurvedic college, Sambhajinagar, MS, INDIA

<sup>2\*</sup>Guide & HOD, Streeroga Prasutitantra, CSMS Ayurvedic college, Sambhajinagar, MS, INDIA

Corresponding Email id: [jayashrideshmukh@gmail.com](mailto:jayashrideshmukh@gmail.com) Access this article online: [www.jahm.co.in](http://www.jahm.co.in)

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## INTRODUCTION

Poly Cystic Ovarian Syndrome is a condition that has cysts on the ovaries that prevent the ovaries from performing normally. Symptoms of Poly Cystic Ovarian Syndrome include Amenorrhea or infrequent menstruation, irregular bleeding, infrequent or no ovulation, multiple immature follicles, increased levels of male hormones, male pattern baldness or thinning hair, excess facial and body hair growth, acne, oily skin or dandruff, dark coloured patches of skin specially on neck, groin, underarms, chronic pelvic pain, increased weight or obesity, diabetes, lipid abnormalities and high blood pressure<sup>1</sup>. *Aartava-kshaya*, which can be correlated with PCOS has been described as deficiency or loss of artava, artava does not appear in time or is delayed, is scanty and does 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*<sup>2</sup>

### Factor causing PCOS

#### Insulin resistance

Insulin is a hormone utilized by the body for glucose absorption. Insulin resistant condition in which the body cannot utilize insulin for energy production. Hence the body produces more insulin causing hyperinsulinemia (*aama*) that causes burden on hypothalamic pituitary ovarian axis that leads to PCOS.

**Obesity-** Obesity is a prime factor for producing PCOS but lean women also suffer from PCOS. The complications that arise due to obesity are Coronary artery disease, diabetes, Hypertension.

**Hereditary-** The chances of PCOS are more in women who have a family history of PCOS.

#### Criteria for diagnosis:

The presence of at least 3 of the following criteria:

Polycystic Ovaries on USG

Oligomenorrhea or anovulation

Clinical or bio-chemical evidence of Hyperandrogenism

Elevated LH

LH: FSH ratio > 3

Assessment criteria were based on the improvement in the score of cardinal symptoms which are irregular menstruation, duration of bleeding, dysmenorrhea, quantity of menstrual blood, excessive body hair, obesity, and skin discolouration before and after the treatment.

## CASE REPORT

A female patient, 23 years old, came to Prasutitantra and *Striroga* OPD of our Hospital on 05 March 2021 with chief complaint of Irregular Menses, Scanty Menses, rapid weight gain and hair loss and Constipation in the last 4 Years.

### Menstrual History –

Age Of Menarche -13year

LMP:13-06-2021

Interval-60 Days

Duration-2days

Pain-moderate

Clots- present

**Treatment Given**

Drugs used in *Lekhana Basti*:3Madhu,

*Saindhava, Sneha, Kshara,*

*Prakshepaka Dravaya's (Ushakadi Gana),*

*Gomutra, Triphala Qwatha.*

*Sneha: Triphala Taila*

*Triphala : Haritaki, Vibhitaki, Amlaki*

*Ushakadi Gana Dravaya's4: Ushaka, Tut-tha,*

*Kasis, Hingu, Saindhava, Shilajit*

*Kshara : Yava Kshara.*

**Table Number 1 shows *Lekhana Basti* Contents & There properties**

Drugs	Botanicalname	Rasa	Guna	Virya	Vipaka	Doshghnata	Karma
Amlaki <sup>5</sup>	Ambel-lica  Officinalis	Pan-charasaAmlaPradhanLavana Varjit	Ruksha Guru	Sheet	Madhura	Tridosha-hara	Vrishyaprajasthapana
Haritaki <sup>6</sup>	Terminalia Chebulla	KashayaPradhana	LaghuRuksha shana	Ushana	Madhura	Vatashamak	Vrishyagarbhasha y asotha hara
Vibhitaki <sup>7</sup>	Terminalia Beleric	Kashaya	Ruksha Laghu	Ushana	Madhura	Kaphashamak	Vajikaran
Ushaka <sup>8</sup>	DorenaAmmonium cum	Tikta,Katu	Ruksha Laghu	Ushana	Katu	KaphaVataShamak	Artava-janana
Hingu <sup>9</sup>	FerulaNarthrax	Katu	Laghu Tikshna	Ushana	Katu	KaphaVataShamak	Vajikaranaartvajan
Tuttha <sup>10</sup>	Cu So4	Kashaya Madhura	Laghu			Kaphahara	Lekhana bhedana
Kasis <sup>11</sup>	Fe So4	Tikta Kashaya		Ushana	Katu	VataKapha Hara	Rajapravartaka
Shilajit <sup>12</sup>	AsphaltumPunjabium	Tikta		Ushana	Katu		Yogvahi

Gomutra <sup>13</sup>		Katu	Tik-shan	Ush-na		Vatapitta Hara	
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### Observation

Due to *Samprapti Vighatana Kriya* of this *Ayurveda* treatment regimen the symptoms of Poly Cystic Ovarian Syndrome get reduced. The effect of therapy show highly significant

result on all above symptoms of Poly Cystic Ovarian Syndrome. When considering irregular menstruation most of the patients had 2 - 4 months duration.

### Results

**Table 2 shows before and after treatment results**

Sr. No	Signs	Before treatment	After one month	After two month
1	Delayed Menstruation	Abnormal Menstruation	Normal Menstruation	Normal Menstruation
2	Acne on face	+++	++	+
3	Weight gaining	72 kg	68 kg	63 kg
4	Thinning of hair	++	+	+
5	Darkening of skin	++	+	-
6	usg report	Endometrial Thickness 5.6mm -Right ovary volume 17.1cc -Left ovary volume 10.7 cc - Both ovaries are bulky(R>L) -Bilateral Polycystic ovarian Diseases	-	-Endometrial Thickness 4 mm - Right ovary volume 10 cc -Left ovary volume 9.6 cc - Residual mild changes Pcod

### Previous Research Done

**1 AYURVEDA PERSPECTIVE ON LEKHAN BASTI W.S.R. TO ROLE IN THE MANAGEMENT OF PCOD** WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH Deepti L. Kawale<sup>1</sup> and Sharad D. Tripathi<sup>2</sup>, <sup>1</sup>Professor, Panchakarma Department, Jupiter Ayurveda

Medical College, Shankarapur, Nagpur, India.<sup>2</sup>Reader, Shalyatantra Departments, Bhausaheb Mulak *Ayurved* Mahavidyalaya, Nagpur, India - Basti helps to relives symptoms of PCOD, the Kwatha mainly *Triphala* decoction pacifies *Vata* and *Kapha* vitiation. *Lekhan Basti* regulates menstruation,

decreases body weight, cause expansion of follicles and improves ovulation process. This therapy also helps to reduce premenstrual symptoms such as; hair loss and acne, etc. *Lekhana Basti* helps to treat Poly Cystic Ovarian Disease by improving ovarian dysfunction and menstrual irregularities, etc.

## 2. A CONCEPTUAL STUDY ON EFFECT OF LEKHANA BASTI ON POLYCYSTIC OVARIAN SYNDROME

Lecturer, Department of Prasuti Tantra & Stree Roga Gangasheel Ayurvedic Medical College, Bareilly, Uttar Pradesh, India, International Ayurvedic Medical Journal- Treatment with the combination of both *Triphala Kwatha* and *Triphala Taila Anuvāsana Basti* has additional effect on the symptoms of PCOD. It will be effective in regularizing menstruation, achieving considerable reduction in body weight, substantial growth of follicles, and thus ovulation because drugs used in combination are opposite of *vata* and *kapha*. It helps to remove *Aavarana* of *Kapha*. For the good quality of life relief on following lines must be procured, Gradual weight loss, Regular menstrual cycle, Cure from prolonged menses, scanty menses, Alleviation of symptoms like pre menstrual swelling, hair loss, acne, Promotion of fertility with production of healthy ovum

## DISCUSSION

Probable Mode of Action of Drugs

*Basti* works on whole body after entering into *Pakvashaya* or *Guda*. *Guda* is said as *Sharira Mula* having *Shiras* and *Dhamanies*, which spreads all over the body<sup>14</sup>. It exerts local as well as systemic effect. *Basti Dravyas* normalize *Apana Vata* making it to function normal. It also enhances the function of *Purisha*. One of the functions of *Purisha* is 'Anila Anala Dharana', thus *Basti* leads to correction of *Agni Dushti*. At the end, *Basti* normalizes the function of *Apana Vata* leading to normal *Rajah Pravritti* and normal *Beeja Nirmana*<sup>15</sup>. Here, *Triphala Taila* and *Prakshepeka Dravyas* used for the *Basti* and the *Gunas* of *Triphala* are *Balya*, *Deepan*, *Pachan*, *Yonivishodhana*, *Artavajanana*, and *Beejotsarga*.

Effect on menstrual irregularities: *Amapachana*, *Srotoshodhana*, and *Vatakapashamaka* properties of both *Triphala kwatha* and *Triphala taila* may be responsible for the efficacy. *Ushna*, *Tikshna*, *Lekhana*, *Pachana*, etc., properties of contents of *Lekhana Basti* are similar to *Pitta* increases *Agneya Guna* of *Pitta*, which is responsible for decreasing interval. This effect is also supported by *Vatanulomana* property of *Anuvāsana Basti*. Effect on follicular growth and ovulation: This may be because of removal of *Sanga* by *Kapha-Vata Shamaka Srotoshodhana*, *Aama Pachana*, etc. properties of both the

drugs. After removal of Sanga created by vitiated Kapha and Ama in Artavavaha Srotas, Apana Vata functions well leading to normal Rajah Pravritti and Beeja Nirmana. It may be hypothesized that both the treatment modalities may decrease LH level thus preventing premature luteinization. Thus normal FSH level stimulates growth and development of follicle.

Effect on other symptoms: In addition to properties like Lekhana, Ruksha, Tikshana, Deepana, Pachana, etc., of Triphaladi Kwatha adds this effect of reduction in body weight by regulating Jatharagni. Thus, it checks the excessive growth and accumulation of Medodhatu and thereby causing Lakshana Upashamana of disease PCOD.

## CONCLUSION

From this case study Polycystic Ovary syndrome (PCOS) Patients can be managed by Ayurveda treatment. For proper functioning of Artava vaha srotas balance apan vayu needed. Imbalance cause dushti (Diseases) in Artava vaha srotas. This is single Case Study but large scale study need with more number of patients of PCOS

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