

A CLINICAL APPROACH OF SAHACHAR TAIL MATRABASTI IN PCOS

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ABSTRACT

Menstrual cycle involves monthly dramatic hormonal changes in females affecting their physical and emotional state. But now a days, factors like emotional, stress, less physical activity, change in lifestyle causes alterations in hormonal balance in females which also affects menstrual cycle. Due to certain etiological factors some what like to much physical exercise, excessive stress and pregnancy or breast feed and pcos. Among all of above causes pcos is the major causes of irregular menses. Pcos was originally described in 1935 by Stein and Leventhal. So also called as Stein and Leventhal syndrome. The syndrome manifested by 1) amenorrhea, 2) irregular menses, 3) hirsutism and obesity associated with enlarged polycystic ovaries. It affects females of 18–44 age. In India, the incidence of PCOS is on

the hike; nearly 35% of women suffer from it. The current available treatment for pcos is hormonal, symptomatic, and surgical treatment but it is associated with many side effects. Thus it is necessary to modulate a well accepted ayurvedic approach towards the syndrome and formulate the management. It can't be correlated with single disease mentioned in ayurvedic text so the treatment of pcos would be done on the basis of samprapti Ghatak dosh, and dushya, involved status of Agni and strotas as mentioned in introduction. We know vata doshas are the responsible factors in samprapti of pcos in correlation with ayurveda. The drug selected to study Sahachar has vata kaphagna properties which are the main causative doshas or factor involved in the samprapti of pcos. Matia basti given through Guda (rectal route) to normalizes Apana Vayu leading to Vatanulomana and also the physiological functioning of

Vata, which may help in tuín foí the extúsiún of ovum fíom the follicle and ovulation and simultaneously it also helps to íeduce the ovaíian volume by íuptuíe of cyst. It can be given in any íutukal and have no complications. The amount of tail used in matíabasti is low about 60 ml which is beneficial in pcos.

KEYWORD: PCOS, gynecological disorder, pushpagni jatiharini, bhijkosh granthi, artavdushti, sahachar tail, Matrabasti.

INTRODUCTION

According to vrudha vaghabhata

स्त्री हि मूलमपत्यानां स्त्री रक्षित रक्षितो। अ.सं.शा.२/४२ ,

As we all know women are base of family and nation. So it is very important to provide better health and facilities to every woman. As the age of puberty i.e.13-14yrs menstruation begins in females and every female attends natural process of menstruation after puberty i.e. menstrual cycle is 28-30 days or in some females it about 35 days. In ayurveda maharshi charak explaied the swaroop of raja Or artava that means of menstrual days and the color of menstrual blood as follows

मासात्नत्पच्छदािातर्तापंचरारानुबंधीच ।नएवअर्तबुिन एव अर्तअल्पआतावं शुद्ध आहदशेत्।।

च.चि.३०/२२६ .

As we know Menstrual cycle involves monthly hormonal changes in females affecting their physical and emotional state. But due to certain etiological factors such as physical exercise, excessive stress or breast feed and pcos. Among all of above causes pcos is the major causes of irregular menses, So Pcos means polycystic ovarian disease or syndrome, first described by Stein and Leventhal in 1935 so also called as Stein and Leventhal syndromes which is manifested by:

- amenorrhea,
- irregular menses ,
- hirsutism and obesity ,
- associated with enlarged polycystic ovaries.

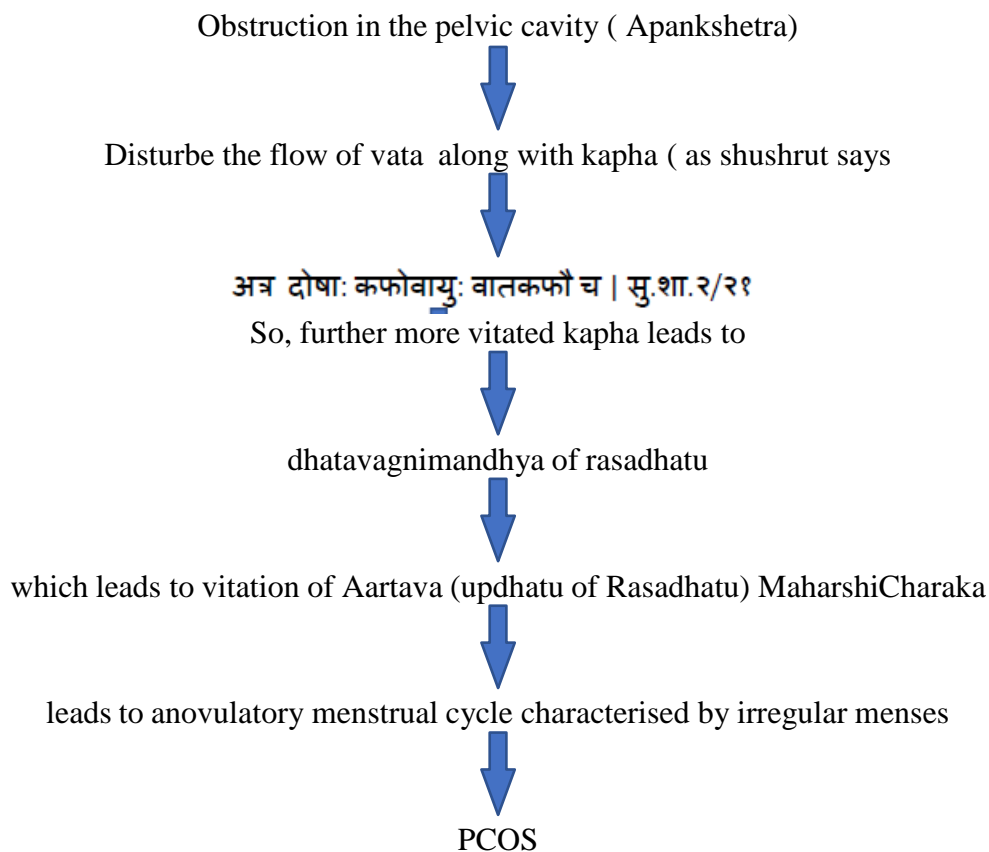
Prevalence rate of pcos in India ranging from 2.2% to 26% and most reports have studied adult women with ranged 18 to 45 yrs. pcos is most common endocrinopathy in women and it can't be correlated with single disease mentioned in ayurvedic text so the treatment of pcos

would be done on the basis of samprapti Ghatak dosh, and dushya , involved status of Agni and strotas. Mostly vara dosha are responsible for formation and maturation of follicles and simultaneously responsible for ovulation. So sahachar has vatakaphagna and deepan pachan properties which are the main causative doshas involved in the samprapti of pcos as ayurveda. And Matrabasti is a type of Sneha Basti which can be given in all seasons without any strict regimen of ahara and vihar. It has Bhumhana as well as vatashamak properties.

Pathogenesis

- Remains incompletely clear
- Insulin resistance with resultant hyperinsulinaemia initiates PCOS in 50–70% cases.
- Cause of hyperinsulinaemia and insulin resistance is also not entirely known.

According to Ayurveda



Causes:- not clearly known yet

1. May be changes in lifestyle
2. Dietary habits
3. Stress
4. Smoking

5. No exercise
6. Runs in the family
7. Obesity causing insulin resistance
8. Hyperprolactenimia
9. Congenital adrenal hyperplasia
10. Cushing disease or syndrome Genetic factor – CYP21 gene mutation.

According to ayurveda

1. Vata dosha are main factor involved in sampaprapti of pcos mentioned bycharaka

न हि वातादृते योनी नारिणाम् संप्रदूष्यति ।
शमयित्वा तमनस्य कुर्याद दोषस्य भेषजम् ॥

2. As sushrut says

दोषावृत्त मार्गार्तव नश्यति स्त्रिया।

avruta vata leads to artva nash Or irregular menses

Clinical features

| According to modern | According to ayurveda |
|--|----------------------------------|
| Pt complains of increasing obesity ..(Abdominal 50%) | 1 Pushapagni jatiharini |
| Menstrual abnormalities | 2 Aartavakshay |
| 1. Amenorrhoea / | |
| Oligomenorrhoea- 87% | |
| 2. Irregular uterine bleeding- | |
| 26% | |
| 3. Infertility-20% | |
| Androgen excess | 3 Arajaska yonivyapad |
| 1.Hirsutism | |
| 2.Acne | |
| 3.Alopecia or Baldness | |
| Obesity | 4 Granthibhut aratavdushti |
| Acanthisis nigricans | |
| Enlarged polycystic ovaries (usg) | |
| | The symptoms are explained below |

According To Ayurveda Disease Review

Direct mention of pcos is not found in ayurveda granthas, however above symptoms of pcos can be corrected with symptoms of various disease that mentioned in ayurveda such as Aartavakshya, pushpagni jatiharini and arajaska yonivyapd, granthibhut artava.

Aartavakshya

आर्तवक्षये यथोचितकालदर्शमल्पता वा योनिवेदना च । सु.सु. १५/१२

In this condition the menstruation delayed or doesn't appear in its appropriate time or the quantity of menstrual flow is reduced (scanty menses) as well as intermenstrual period is prolonged (oligomenorrhea) which can be correlated with symptoms of PCOS.

Pushpagni jatiharini

वृथा पुष्पं तु या नारी यथाकालं प्रणश्यति ।

स्थूललोमशगण्डा वा पुष्पघ्नी साऽपि रेवती ॥ का.क.६. रेवती

According to Kashyap the symptoms can be correlated with PCOS as

वृथा पुष्प = follicular atresia,

यथाकालं प्रणश्यन्त = amenorrhea Or oligomenorrhea,

स्थूल = obesity.

लोमश = hirsutism.

गण्डा = follicular cyst.

Arajaska yonivyapad

अरजस्का इति अनार्तवा । चक्रपाणी

Acharya Chakrapani mentioned the term anartava that means it's closely related to the amenorrhea which is one of the symptom of PCOS.

Also Maharshi Charak mentioned in Asthadinidya Adhyaya the lakshana of Atisthula person the fat distribution of sthula is on sthan and central obesity same as in PCOS patients.

Sushruta Samhita Sharirasthan he mentioned Granthibhutaartava which is correlated with the symptoms of PCOS.

As per ayurveda samprapti ghatak involved in PCOS**PCOS**

- Can be compared with – Aartavakshaya Granthibhutaartavadushti, arajaska yonivyapad Pushpagnijatiharini.

- Dosha:- kaphavata
- Dushya :- Rasa, Rakta and Aartavadhatu
- Strotas:- Rasvaha, Raktavaha and Aartavaha strotas
- Agni :- jatharagni , Dhatvagni.
- Sthan :- Beej granthi.
- Updhatu:- Aartava(raja)
- Rogmarg:- Abhayantar

Diagnosis

According to Rotterdam diagnostic criteria (2003)(2 out of 3)should be present

- Menstrual irregularity due to oligo-ovulation Or Anovulation
- Evidence of clinical or biochemical hyperandrogenism
- Polycystic ovaries by USG
- Increased ovarian volume (>10 cc)
- 12 or more follicles measuring 2-9 mm in diameter
- Exclusion of other causes such as (CAH, tumors, hyperprolactinemia)

Ayurvedic Approach Of Treatment for Pcos

The current available treatment for pcos is symptomatic, hormonal, some antidiabetic medicines Or surgical treatment is not only capable of curing the disease but also is associated with many side effects. Hence it is necessary to modulate a well accepted ayurvedic approach towards the syndrome and formulate the management. For treatment of pcos we used sahachar tail matrabasti, which has the properties to cure the pcos. The samprapti of pcos happened due to vata in apankshetra and matrabasti is one of the most important treatment for vata with the help of basti treatment

- Firstly the Aggravatedvata is being normalised
- Secondly toxins waste products or ama i.e.undigested residues are being eliminated from all over system
- Thirdly the colon is nourished and it's function repaired and the route and method of matrabasti are explained in abstract.

बस्तभ्यंगपररषेक प्रलपे वपचधारणम् ||

अल्पपष्पु नष्टपष्पु नष्टबीजकमण्ट यबीजपररता अनवास्य इतत | (का.भस ७/११.)

As per Kashyapa in hypomenorrhoea Or oligo, amenorrhoea, Anuvasana Basti is the choice of treatment and the rasva matra of anuvasan basti is matrabasti. And the matrabasti is more convenient because of today's lifestyle and working schedule.

Drug Review:- Sahachar

Family:- Acanthaceae L.N.- Barleriaprionitis Guna:- laghu ,

Rasa:- tikta , madhur Virya:- ushna

Vipak:- katu

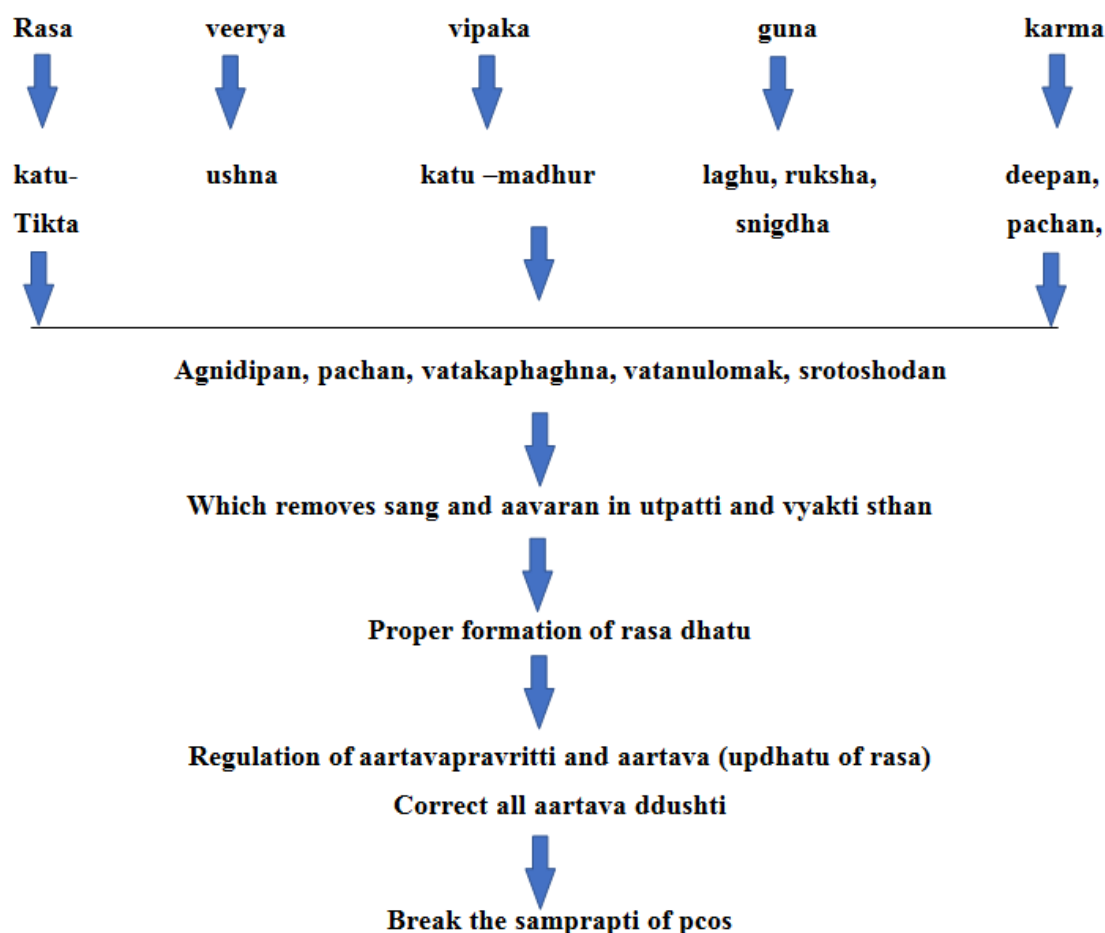
Doshghanata:- kapha-vatashaman also had antidiabetic and antioxidant property.

Gadhanigraha:- In gadanigraha, the Sahacharmulvari had the properties of garbhvrudhi

Bhavaprakash Nighantu:- In pushpavarga he mentioned Sahachar hastiktaras, ushnnavirya and had property of kapha-vatashaman

Charak Smhita:- In chi he mentioned Sahachar tail had the properties to deal with darunvatavyadhi darunvatavyadhi.

How it acts:-



DISCUSSION

The main principles of ayurvedic treatment for pcos are to clear the obstruction in pelvic cavity i.e. in apankshetra, regulate the menstrual system (Aartava Dhatu), reducing body weight, vata-kaphashaman, insulin enhancing and regulation of hormones, with the help of sahachar tail matrabasti which relieves the symptoms of pcos by the action of their rasa, virya vipak that helps to maturation and rupture of mature follicles.

CONCLUSION

In this modern era of advance technology woman along with household activities and responsibilities work outside equally as men. Women are also subject to large number of complaints in relation to the reproductive system due to changes in lifestyle, stress, depression, anxiety which leads to menstrual abnormalities with polycystic ovarian syndrome.

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