

A CLINICAL STUDY OF MATRA BASTI AND YONI BASTI WITH NARAYANA TAILA INPUSHPAGHANI JATAHARINI W. S. R. TO PCOS

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ABSTRACT

Polycystic ovarian syndrome/disease (Infertility) is a systemic endocrine and metabolic disorder. It was originally considered a gynecological disorder. Hyperinsulinemia and hyperandrogenemia are the responsible for oligo/ amenorrhoea, hirsutism, obesity and enlarged ovaries with multiple small cysts in anovulation. In Ayurveda few diseases in group of yoni vyapad and jatiharini have some similarities with this entity but pushpaghni jatiharini described by Acharya Kashyap has got much resemblance. This disorder involves pitta, kapha, medas with ambuvahasrotas And artavdhatu, these should be considered during treatment.

KEYWORDS: Polycystic ovarian syndrome (PCOS), Yoni vyapad, Infertility.

INTRODUCTION

An unvitiated female genital tract only can lead in to proper sexual function & perfect pregnancy with a healthy & virtuous progeny. Artava represent the healthy state of reproductive system following a rhythm & cyclicity in female genital physiology. Thus, we can consider 3.

Physiological concepts under Artava.

1. Dhatu (updhatu) rupa artava – hormones.
2. Beeja rupa artava – ovum.
3. Rajahsrava rupa artava- menstrual flow.

Pushpaghni Jataharini (Ka S.K.6/32-33).

Woman menstruate in time but it is useless (Vritha pushpam i.e anovulatory cycle). Has

corpulent and hairy cheeks hirsutism; may be due to hyperandrogenism. Thus, Pushpaghni Jataharini seems to be nearer to polycystic ovary syndrome As the ultimate effect of artava vyapat being the Abeejatva (anovulation), Unfruitful. Treatment of artava vyapat is very essential for women life. PCOS in simple words is a state of anovulation with androgen excess with metabolic disorder PCOS is metabolic syndrome according to ayurved treatment should be holistic, grass route level. Treatment in modern medicine in other word is mainly symptomatic Moreover it may fail in preventing the long term consequences of PCOS.

SAMPRAPATI OF PUSHPAGHANI JATAHARINI

Intake of heavy, foods which increases secretion (Abhishyanda), sweets, cold, spicy Foods in frequent intervals (Vishamasana)



Kapha Pitta Vridhi (tridosha prakopa)



Inturn vitiating the Dusya Rasa and Rakta



Causing to Pushpaghni Jataharini leading to symptoms like anovulatory menstrual cycles, Increased facial, body hairs.

Treatment Protocol

Narayana Taila

अश्वगन्धां बलां बिल्वं पाटलां बृहतीद्वयम् ।

श्वदंष्ट्राऽतिबलानिम्बं स्योनाकं च पुनर्नवाम् ॥ २०१

प्रसारिणीमग्निमन्यं कुर्याद्दशपलं पृथक् ।

चतुर्दोणे जले पक्त्वा पादशेषं श्रुतं नयेत् ॥ १०२

क्षिपेत्तत्र च गोक्षीरं तैलात्तस्माच्चतुर्गुणम् ॥ १०३ ॥

शनैर्विपाचयेदेभिः कल्कैद्विपालिकैः पृथक् ॥

पणचतुष्टयेनैव तगरेण च साधयेद् ॥ १०५ ॥

ततैलं नावनेऽभ्यगे, पाने वस्ती च योजयेत् ॥ १०८ ॥

यथा नारायणो देवो दुष्टदैत्यविनाशनः ॥ ११० ॥

अस्य प्रभावाद्बन्ध्याऽपि नारी पुत्रं प्रसूयते ॥ १०९ ॥

तथैव वातरोगाणां नाशनं तैलमुत्तमम् ॥ ११२ ॥

तैलाढकेन संयोज्य शतवर्या रसाढकम् ।

कुलाचन्दनं मूर्वा वचा मांसी ससैन्धवैः ॥ १०४ ॥

अश्वगन्धावचारास्ना शतपुष्पेन्द्रदारुभिः ।

(शा० सं० म०९)

According to Sharangdhar Samhita, Sneha Kalpana may be defined as “the medicament prepared by using one part of Kalka dravya (paste of indicated herbal ingredients), four parts of oil (commonly sesame oil) and sixteen parts of Drava dravya (liquid media mostly kwatha-decoction of herbs).

The Narayana Taila with its Katu, Tikta Rasa Laghu, Ruksha Guna, Ushna Veerya and Katu Vipaka and Vata Kaphashamaka Doshaghnata ultimately leads to Karmas such as Deepana pachan Vilayana, Anuloman aand srotoshodhana Resulting Maracanã And Vatakaphashamana, which may remove sanga and Avarana leading to proper function of Vayu regulating Beejagranthi Karma resulting in Beejotsarga (ovulation).

Phytoestrogens are plant derived substances whose structure results in chemical nature similar to endogenous estrogens of human. The main action of phytoestrogen is due to their adaptogenic activity. They may be beneficial in both hypoestrogenic and hyperestrogenic state in the body. Thus, they have mixed estrogenic and antiestrogenic action, depending on

target tissues The drugs of Narayana Taila have Prajasthapana, Rasayana, balya Brimhaniya properties which may correct the function HPO axis subsequently resulting in proper functioning of the Beejagranthi. The drugs of Narayana Taila possess anti-oxidant, adaptogenic, immune-modulatory. Etc. properties, which may help in relieving stress, age-decline, etc. (causes of anovulation)

AIM AND OBJECTIVE

- To verify the efficacy of this treatment regime on improvement of sign and Symptoms of PUSHPAGHANI JATAHARINI.
- To observe the rate of conception in womens with infertility due to An-ovulatory infertility
- To provide safe, cost effective, non-surgical, non- HRT treatment

IMPORTANCE OF MATRA BASTI

वास्तिर वाते च पित्ते च कफे रक्ते च शष्यते। संसर्गे सन्निपाते च वस्तिरेवहितः सदा 11 (सु. ३५/३)

Basti is considered as the paramoushadhi of vata. Bastiis indicated where vayu plays a pathological role,basti is indicated to prevent the pathogenicity of vayu.

Matra Basti given through Guda (rectal route) normalizes Apana Vayu leading to Vatanulomana and physiological functioning of Vata, which may help in turn for the extrusion of ovum from the follicle and ovulation. Basti Dravya spreads all over the body, pacifies the aggravated Dosha along with Vyana Vayu leads to Samyaka Rasa Raktadi Dhatu Nirmana. Sukshma Bhaga of Rasa reaches the Beejagranthi, whichregularizes the Beejotsarga with the help of normal Apana Vayu. Basti which can act on the enteric nervous system and thereby act on the Central Nervous System can further stimulate the Hypothalamo- Pituitary Ovarian (HPO) axis. A well co-ordinated HPO axis can normalise the menstrual cycle.

IMPORTANT OF YONIPURAN

Yoni Pichu is an ancient and very result oriented Ayurvedic treatment for gynaecological complaints and a complete solution for women's genital ailments. Vitiated dosha can be nullified. Dhaatu can be strengthened and teats recurrent miscarriage, Heal ulcer.

DISCUSSION

PCOS is a disorder involving Pitta, Kapha, Medas, Ambuvahastrotasa and Artava Dhatu. The cause of PCOS as per Ayurveda can be taken as eating excessive sweet and Kaphagenic foods, Mandagni because of this Kapha is getting aggravated in PCOS, we find Kapha disorder as Pitta and vata disorder. Because of all three Doshas play important and distinctive role in the production, development, maturation and release of ovum and therefore the ovarian cycle and menstrual cycle is under control of three Doshas. In PCOS we will give matra basti and yonipuran with Narayana Taila with its Katu, Tikta Rasa Laghu, Ruksha Guna, Ushna Veerya and Katu Vipaka and Vata Kaphashamaka Doshagnata ultimately leads to Karmas such as Deepana pachan Vilayana, Anuloman and srotoshodhana Resulting Maracanã And Vata kaphashamana, which may remove sanga and Avarana leading to proper function of Vayu regulating Beejagranthi Karma resulting in Beejotsarga (ovulation).

CONCLUSION

PCOS is a hormonal disorder causing enlarged ovaries with small cysts on the outer edges. Its incidence is on the rise because of modern day lifestyle of youngsters. As correlated with Artava Kshaya, Artava Dushti, Yoni Vyapada, Bandhya, and Jataharini. According to Ayurveda, PCOS can be managed with Samshodhana Chikitsa and lifestyle modification. In Ayurveda we can give basti and yoni purana. Basti is considered as the paramoushadhi of vata. Basti is indicated where vayu plays a pathological role, basti is indicated to prevent the pathogenicity of vayu.