



A Case Study- *Dashamoola Niruha Basti* and *Shamana Chikitsa* in PCOS w.s.r *Arthava Kshaya*

Sharath Kumar M¹

1-Assistant Professor, Department of Prasooti Tantra and Streeroga, S.N.V.V's S.G.V Ayurvedic Medical College, Hospital and Research center , Bailhongal.

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Corresponding author-

Sharath Kumar M, Assistant Professor, Department of Prasooti Tantra and Streeroga, S.N.V.V's S.G.V Ayurvedic Medical College, Hospital and Research center , Bailhongal.

E-Mail: sharathmbgm@gmail.com

ABSTRACT:

PCOD is one of the conditions affecting this unique capacity of woman. The disorder is probably the most common hormonal abnormality in women of reproductive age and certainly a leading cause of infertility. PCOS (polycystic ovarian syndrome) is a complex disorder comprising of anovulation, hyperandrogenism and polycystic ovaries. In Ayurveda all gynecological disorders are explained under Yonivyapad. Based on the principles of *yonivyapad*, PCOS can be diagnosed and treated as well. Her reports showed PCOS, right tubal block and Anovulatory cycles. She was treated with different Ayurveda treatment modalities *Niruha basti* (oil and decoction enema) and internal medicines like *Abhraloha Aarogyavardhini* and *Dashamoolarishta*.

Keywords: PCOS, *Arthava kshaya*, Infertility, *Yonivyapad*

INTRODUCTION

Poly Cystic Ovarian Disease (PCOD) - as the name suggest, is a collection of signs and symptoms related to ovarian dysfunction. It was originally described by Stein and Leventhal in 1935, so called as "StienLeventhal Syndrome". It is a heterogeneous disorders characterized by menstrual irregularities, clinical, biochemical hyperandrogenism and hyperinsulinemia, which ultimately leads to infertility. PCOD is a common cause of infrequent and irregular periods affecting as many as 10% of woman in their reproductive age¹. Patients with PCOS complaints of increasing obesity, menstrual disorders –like irregular menses, oligomenorrhea or amenorrhea. PCOS patients along with infertility can have long term metabolic consequences. These patients are at risk of developing

Diabetes mellitus, endometrial carcinoma, hypertension and cardiovascular diseases². The conventional treatment for PCOS with infertility is metformin, Oral Contraceptive pills and ovulation induction drugs. Long term use of these drugs can cause side effects like GIT symptoms, ovarian hyperstimulation syndrome and hepatotoxicity also. But PCOS should be treated for infertility as well as menstrual disorders and to prevent long standing metabolic diseases In Ayurveda all gynecological disorders are incorporated in *Yonivyapada* and *Artavadushti*.³ Based on these principles PCOS and infertility can be considered as *Rasa, Rakta, dushti, Vata dushti* predominantly, associated *Kapha or Pitta dushti* and *Dhatavagni mandya*.⁴ As all female reproductive organs lie in pelvic area the *Apana vayu* governs all the physiological functions. So the management in PCOS should be targeted at *Agni deepana*,



Pachana, Vatanulomona and Rasa rakta shodhaka.

Case Report

A female of 32 years came to our OPD with primary infertility and willing for conception. Her married life was 8 years. She was taking allopathy treatment for last 5 years with ovulation induction drugs, laproscopic ovarian drilling and failed to conceive.

Main complaints:

- Irregular cycles
- Dysmenorrhea
- Anxiety

Associated complaints:

- White discharge
- Abdominal bloating
- Irritability

H/o present illness:

K/C/O PCOS since 5 years has taken allopathy medicines, hormones, ovulation induction drugs, has done diagnostic hystero laparoscopy.

Married life: 8years

Menstrual history:

2-3/45-60 days, irregular cycle, moderate flow sometimes with clots, dysmenorrhea

Personal history:

Occupation: Teacher

Diet: Irregular timings, for 4 years,

Sleep: disturbed, insomnia sometimes Psychological aspects: disturbed, stressed, anxious, irritable Clinical

examination: Patient well conscious, oriented Hemodynamically stable.

O/E :

P -76/min,

BP -100/60,

Ht.-152cm,

Wt.-57.5 kg,

Bowel - sometimes constipation,

Bladder - WNL ,

P/A – soft, non -tender,

P/V- uterus-AVAF, fx clear , cervical motion non tender.

P/S –Cervix healthy

Prakriti: Vata pittaja,

Jarana Shakti (digestive power) –Madhyama, Agni dushti.

Investigations:

Haemogram –WNL

Urine–NAD

TSH- normal

AMH, Sr.FSH, Sr.E2, Sr. Prolactin –WNL

USG – 1. 12/06/20- s/o Bilateral polycystic ovaries, Rt ovary- 17.1, left-10.6cc 2.

6/08/20- right ovary- 13cc, left-10.6 cc

HSG on 12/06/2020 –

1. Uterus Normal, left tube partially visualized, No Spill
2. Right tube blocked at cornu of uterus

Treatment(Table 1)

Follow up

Every time when she visited she was counselled, timely diet and exercise were advised. At every follow up her bowel habits, Basti pratyagam kal and other symptoms were assessed After 5 months of treatment her monthly cycles were regular plan on next visit was to do follow up HSG, ovulation study. But patient came on 26/08/2020 after 1 month 16 days amenorrhea and with UPT positive.

Treatment Outcome

After 5 months of treatment her monthly cycles were regular plan on next visit was to do follow up HSG, ovulation study. But patient came on 26/08/2020 after 1 month 16 days amenorrhea and with UPT positive.

Drugs

- *Aarogyavardhini vati –Triphala, Shuddha shilajita, Guggulu, Chitraka and mainly Kutaki and Nimba.*
- *Varunadi kwatha -Varun, Pashanbheda, Shunthi, Gokshur.*
- *Dashamularishta -Shaliparni Prishniparni Kantakari Bruhati Gokshur Bilva Agnimantha Patala Gambhari Tintuk Dhataki Draksha Koshtha Pippali Jatamansi.*
- *Abhraloha : Loha bhasma,abhraka bhasma,shunti, maricha, pippali, haritaki, bibitaki, amlakki, vidanga, chitraka, musta, shatavari,*

DISCUSSION

In the present case considering all laboratory and clinical findings female partner had PCOS, unovulatory cycles and so infertility.

1. Line of management was *Dhatavagni vardhana* (improve digestive power, *Deepana, Pachana, Vata pacification and Garbhashaya poshana*

2. Clinical examination and history revealed *rasa dhatavaagni mandya, Rasa dhatu dushti, Vata and Kapha vaigunya*, especially *Apana vayu vaigunya* (abnormal Vata and Kapha doshas).

3. *Aarogyavardhini* mainly acts on *Rasa and Rakta dhatu* and helps in *Prasadabhuta rajanirmitee* (quality follicular development) the drug is also useful for individuals suffering from indigestion and irregular bowel

movements.⁵ It brings about the promotion of the digestive power of the body, acts as a tonic for liver, heart, kidneys, uterus, rectum and intestine. It is also beneficial for chronic fevers and water retention.⁶ *Arogyavardhini vati* reduces inflammation of spleen, liver, bladder, kidneys, uterus and intestine. So it helped in relieving her constipation.

4. *Anuvasan and Niruha basti* helped in Vata pacification and *Anulomana* which is *Ardha chikitsa* for Vata dosha and it is the main causative factor for *yoniv Vyapada* and PCOS.⁷

5. After first cycle of *Niruha basti* she started getting normal periods without hormones and over a period of time she had monthly regular cycles.

CONCLUSION

Depending on Ayurveda basic principles of *Dosha, Dhatu, Agni* any disease can be diagnosed and treated as well.

In the case mentioned Ayurveda treatment helped in improving ovarian function as well as in combating hormonal imbalance and regularizing normal menstrual cycles.

So, it can be concluded that Ayurveda treatment can be successfully applied in PCOS and infertility in today's era for better outcome and with no side effects.

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Table 1 Shows Treatment Time line

SL NO	VISIT	LMP	TREATMENT
1	I	9/4/2020	<i>a. Dashamoola Niruha basti</i> <i>b. Arogyavardini vati 2BD</i> <i>c. Varunadi kashaya 15ml TID</i> <i>d. Abhra loha 1BD</i>
2	II	13/5/2020	<i>a. Arogyavardini vati 2BD</i> <i>b. Varunadi kashaya 15ml TID</i> <i>c. Abhra loha 1BD</i>
3	III	9/6/2020	<i>a. Arogyavardini vati 2BD</i> <i>b. Varunadi kashaya 15ml TID</i> <i>c. Shatapushpa Churna 1tsf BD</i>
4	IV	10/7/2020	<i>a. Arogyavardini vati 2BD</i> <i>b. Dashamoolarishta 15ml TID</i> <i>c. Shatapushpa Churna 1tsf BD</i> <i>d. Anuloma –DS 0-0-1</i>