



A SYSTEMIC REVIEW ON POLY CYSTIC OVARIAN DISEASE (PCOD)

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ABSTRACT

Among women of reproductive age, polycystic ovarian syndrome—a heterogeneous endocrine disorder—represents the most significant growing health threat. It is a mix of polycystic ovaries, oligomenorrhoea, and hyperandrogenism (clinical or biochemical). It is commonly linked to both obesity and insulin resistance. It is essentially a systemic metabolic and endocrine condition. A history of irregular periods and skin symptoms such as acne, hirsutism, alopecia, obesity, and Acanthosis Nigricans are common in women with PCOS. This ailment and a few others in Ayurveda, including Yoni Vyapad, Puspghani Jataharini, Nashtartav, and Aartavadushti, share several characteristics. In Ayurveda, the specific or precise illness is not stated. It involves a Dosha, Dhatu, and Updhatu imbalance, which indicates that several variables operating at various levels are implicated. Therefore, following Dincharya & Ritucharya, Nidaan Parivarjana, Samshodhana Aaganeya, & Artavajanan Dravyas is a potential course of therapy. Consequently, this research attempts to investigate the ayurvedic idea of PCOS.

KEYWORDS - PCOS, Yoni Vyapa , Nidaan Parivarjan, Dincharya & Ritucharya

INTRODUCTION

The most prevalent health risk for women of reproductive age is PCOS. Oligo-ovulation or anovulation, signs of androgen excess, and the ultrasound appearance of many cysts in the ovary are its defining clinicopathologic characteristics. PCOS affects 6–10% of women in the reproductive age group. It is usually linked to insulin

resistance, obesity, and hyperandrogenism, all of which can hinder embryo development and implantation, as well as worsen egg quality and make conception more challenging. Numerous gynecological problems have been discussed in Yoni Vyapad (Arajska, Bandhya, Lohitakshaya Pushpghani), Aartava Dushti, and other disorders, such as Nastaartav, have been discussed individually by Acharya Sushrut. By adhering to Dincharya and Ritucharya, using Pathya Aahar, Vihaar, and Aushadh, as well as Panchkarma treatments, Ayurveda aids to avoid the sickness in this instance. It is a group of disorders, as the name would imply. This means that no two diseases—Yonivyapad or otherwise—can be connected.

METHODOLOGY

To assemble a list of pertinent references, the Charaka Samhita, Sushruth Samhita, and many traditional Ayurvedic literature were carefully investigated. To find research papers and other materials relevant to pcod-related studies, web sources are examined.

ETIOLOGY OF PCOS

It is unknown what causes PCOS specifically. From a contemporary perspective, insulin resistance and hyperandrogenism are key factors. As our bodies produce less SHBG (sex globulin binding hormone) and IGFBP-I as their insulin levels rise, this results in an increase in androgens.³ Therefore, a decline in SHBG increases the bioavailability of free androgens. An increase in IGFBP-I causes an increase in IGF-I. Additionally, it changes Pu50C17- activity, which raises androgen levels.⁴ Increased insulin causes a rise in IGF-I, which acts on theca cells to enhance LH-mediated androgen synthesis and LH hypersecretion, which causes the generation of ovarian androgen. According to Ayurveda, everything happens as a result of Mandagni, overeating, and meals that promote Kapha.

SIGN AND SYMPTOMS

- PCOS often causes menstrual disruption, which can range from oligomenorrhoea to amenorrhea. Women with PCOS often report having three to six cycles a year, which can cause endometrial hyperplasia and Ca.
- Teenagers with severe acne seem to frequently have PCOS.
- About 50% of patients are obese, which increases their risk of developing CVS and Diabetes Mellitus later in life.
- Hyperinsulinemia and insulin resistance are significant and frequent conditions in PCOS. It is a crucial biochemical characteristic of PCOS.
- PCOS individuals also have abnormal lipoproteins

TREATMENT AND MANAGEMENT

Through Aahara, Vihara, dietary adjustments, herbal medicines, and some panchkarma treatments, Ayurveda heals illness. PCOS is primarily affected by Dosha, Dhātu, and Updhatu; it is not associated with a particular disease, but its symptoms are similar to those of several Yoni Vyapads, including Arajksa, Lohitkshaya, and Pushpghani Jatharini.

Since Ayurveda believes in the tridoshas, an imbalance of the vata here causes painful and irregular menstruation. If the pitta dosha is out of balance, it can cause carcinomas, hirsutism, acne, and heart issues. Weight gain, cysts, and symptoms like depression are signs of kapha dosha involvement. The following factors should be taken into account while planning an Ayurvedic therapy for PCOS.

Nidaan parivarjan: The fundamental causes of PCOS are what we eat, what we believe, and what we do. As a result, patients closely adhere to aahaar-vihara. Sandwiches, burgers, pizza, salads with cucumber and raw mushrooms, and cheeseburgers are examples of mithaya aahar (unwholesome) foods that must be rigorously avoided. Weight loss is assisted by exercise and yoga poses including shavasan, mandukasan, and anulom-vilom.

SOME MEDICATION USEFUL IN PCOS

- Kanchnaar Guggulu
- Vridhivadhika Vati
- Arogyavardhini vati
- Shatavari ghrutt
- Varunadikshaya
- Pushpdhanwa Ras
- Yograj guggulu

DISCUSSION

The appropriate physiology of the other three components depends on the proper operation of artava, making it the most crucial of the four variables. "streenam garbhoupayogi shyaat artavam Sarva sammtam," In ayurvedic literature, artava refers to both Bahaya Pushpa, or menstrual blood, and Antaha Pushpa, or hormones and ovum. The traits of bahya Pushpa and rituchakra can be used to predict the physiology of antaha Pushpa. If there is no physical defect in the genital tract and the antaha Pushpa (hormones) are functioning physiologically, the bahya Pushpa (menstruation) displays characteristics of shudha artava.

The prospective doshaja vitiation appears to be a Kapha vata predominance tridoshaja vikara after studying the etiology, pathophysiology, observing the signs, and symptoms of PCOS, and correlating them with the characteristics of vata, pitta, and Kapha in their natures as well as in vitiated states. PCOS is a complicated

endocrine condition linked to hirsutism, obesity, and repeated ovulation. It is a major factor in infertility and irregular menstrual cycles.¹³ In Ayurveda, PCOS is not associated with a specific entity, but it resembles other terms like pushpaghni jatiharini, shandi yoni vyapad, Charak's bandhya, Sushruta's bandhya yonivyapad, and Kashyap's vikuta jatiharini. The practices of dincharya and ritucharya, as well as pathya aahar, vihar, aushadh, and apathya, help prevent and lessen PCOD.

CONCLUSION

PCOS is a complicated disorder that affects women and has aspects related to the mind, body, and metabolism. Hyperandrogenism and insulin resistance both play a role in the pathophysiology of PCOS. The Ayurvedic literature do not make reference to the direct association with PCOS. Therefore, the course of treatment should be determined by their dosha-dushya participation. Women with PCOS require a balanced diet, regular exercise, and ayurvedic herbal medications in addition to contemporary medications, depending on the patient's needs, as the first line of therapy. With medicine and lifestyle adjustments, the illness is curable.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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