



The Use of Kutaj as A Vamak Dravya in PCOS : A Systematic Review

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Abstract-

Polycystic ovarian syndrome/disease is a systemic endocrine and metabolic disorder. It was originally considered a gynecological disorder. Hyperinsulinemia and hyperandrogenemia are the chief culprits responsible for oligo/amenorrhoea, hirsutism, obesity and enlarged ovaries with multiple small cysts and thick tunica results in anovulation, previously known as Stein Leventhal Syndrome includes oligo/amenorrhoea, hirsutism, obesity and enlarged ovaries with multiple small cysts and thickened tunica. PCOS affecting up to 20% of females in their reproductive period, leading to primary or secondary infertility. Ayurveda, the ancient science has answer to many diseases including polycystic ovarian syndrome. As the name suggest it is group of many disorders hence a single yoni-vyapad or any single disease cannot be correlated with this entity. In Ayurvedic classics under various headings as Anartava, Nashtartava, Artava Kshaya, Vandhya Yonivyapat, Pushpaghni Jataharini, raja granthi Granthibhootha artavadushti, Srotodushti and can be to some extent compared with the symptoms of PCOS.

Key Words- PCOS, Ayurveda, Panchakarma, Vaman,Raja- Granthi.

Introduction

PCOS is one of such Disorder which commonly affects second or Third Decade of life in females. It is important to know thoroughly about this condition as modern science has no root cause treatment to treat it. Also the treatment of modern science implicated leads to serious side effects and dependency of the medicines. In ayurveda the condition PCOS, it cannot be correlate as a single disease, but the symptoms resemble to the features which are mentioned in various contexts Ayurveda advocate prevention of disease by following dincharya and ritucharya, by use of pathya aahar, vihar, aushadh and also by avoiding apathya aahar, vihar, prajnaparadha, mandagni, eating excessive sweet and kaphvardhak aahar and lack of love and other etiological factors. Therefore, kapha reducing,

insulin rebalancing, obstruction clearing aushadh aahar and vihar can helps to prevent / treat PCOS. This disorder involves pitta, kapha, medas with ambuvahasrotas and artavdhatu, these should be considered during treatment.

In this present case study, panchakarma plays an important role such bahudosh vyadhi like PCOS.

Etiopathogenesis ^(1, 2)

The cause of the PCOS remain unknown, insulin resistance and hyperandrogenism play an important role. There is no defect in Hypothalamo-Pituitary Ovarian axis but normal function is masked by inhibition of ovarian follicular development and inappropriate feedback to pituitary. The high oestrogen production is largely due to conversion of androgen to estrogen in the ovary and peripherally. It causes increase in luteinizing hormone (LH) and decrease in follicle stimulating hormone (FSH). A vicious circle is established for the increase in luteinizing hormone induces thecal hyperplasia and increased androgen synthesis in the ovary. High level of androgen results in increase in the peripheral production of the sex hormone binding globulin (SHBG). This leads to increased level of free androgens to produce hirsutism and to be converted to oestrogen. The hyperthecosis is related to an over production of androgens which reduces granulosa cell proliferation and maturation, as well as stimulating fibrosis of surrounding stroma and capsule resulting in anovulation and infertility (Jeffcoate's Principal of Gynaecology). According to Ayurveda - It occurs due to prajnaparadha, mandagni, eating excessive sweet and kapha alleviating foods.

Treatment

There is no such specific treatment described for PCOS but the line of treatment used in day to day practice is dipan, pachan followed by shodhana followed by shamana. Thus Shuddhi karma such as Vaman Virechana Basti Nasya are mainly used as a primary line of treatment in PCOS

Importance of Vamana in PCOS

According to Ayurveda, PCOS may be considered as Agni Vaishamyajanya Vikara (disease caused due to vitiation of metabolism) in general and Rasagni (metabolism at Rasa Dhatu level) and Medodhatvagni (metabolism at Meda Dhatu level) Mandya as far as Dosha is concerned it is Kapha-Vataja disorder. As PCOS is metabolic disorder, Vamana helps to increase metabolism of body, thereby reducing weight and specifically act on liver metabolism which is the main site of hormone formation.

On other hand, In ayurveda the prakruta vata dosha is responsible for regularisation and maintenance of normal menstruation. In PCOD there is growth of many follicles at a time but maturation of follicle and it's rupture does not occur resulting in polycystic ovaries. There is obstruction of prakruta vata due to vitated kapha dosha .With respect to the pathophysiology of the diseases shodhana chikitsa is preferred in ayurveda to clear the obstruction and regularise the normal function of prakruta vata dosha.

Vaman is better line of treatment for PCOS as it works on correcting the underlying root cause along with symptoms of the diseases.

Kutaja as Vamaka Dravya ^{3,4}

Acharya charak has mentioned 6 Vamak Dravya in kalpa sthan and kutaj is among them. But it is not used extensively for this purpose so the aim of the study is to highlight the vamak property of kutaj in the treatment of PCOS.

Kutaja (*Holarrhena antidysenterica*) is an important medicinal herbs of family Apocynaceae. It is a large shrub or a small deciduous tree with exfoliating bark and milky latex. Kutaja occurs almost throughout India, up to or altitude of 1250 meters often gregariously in deciduous forest and open wetland, especially abundant in the Sub Himalayan tracts. The traditional Ayurvedic textbooks explain two types of Kutaja.

1. Pum Kutaja - Male variety – (*Holarrhena antidysenterica*)

2. Stri Kutaja - Female variety - *Wrightia tinctoria* (*wrightia tinctoria*)

Parts used – Bark, leaves, seeds .

Chemical Composition- steroidal alkaloids, resin, flavonoids, phenolic acids, tannin, saponins, and Conessine, kurchine, holarrhimine, konkurchine, holarrhenine, kurchicine, and konkurchinine are among the alkaloids found in the bark

Synonyms

Kutaja, Girimallikaa, Kaalinga, Kalingaka, Indravriksha, Shakra, Vatsa, Vatsaka,

Classical categorization

Charak Samhita – Arshoghna ,Kandughna, stanyashodhan , Asthapanopag

Sushrut samhita- Aragvadhadi , pippalydi , Haridradim

Medicinal Properties

Rasa (taste) -Tikta (bitter), Kashaya

Guna (qualities) - Laghu (lightness), Rooksha (dryness)

Veerya -Sheeta

Vipaka - Katu

Effect on Tridosha - It balances Kapha and Pitta

THERAPEUTIC USE –

1. Shleshapittahara (balances Kapha and PittaRaktahara)
2. Samgraahika – (absorbs moisture)
3. Atisar (useful in diarrhea)

4. Upashoshana (dries up, solidifies feces)
5. Raktapittahara (useful in bleeding disorders like bleeding hemorrhoids,)
6. Hrudrogahara (useful in heart diseases)
7. Jvara(effective in fever),
8. Vatasruk (useful in gout) Visarpa (useful in treating herpes,)
9. Deepana (improves digestion strength)
10. Trut hara (quenches thirst)
11. Pachana (relieves ama, indigestion)
12. Kushtahara(useful in skin disease)
13. Jantujit (useful in relieving intestinal worm infestation)
14. Arsha Raktapradar

Discussion

Vamana is a medicated emesis therapy, which removes morbid Kapha collected in the body. These interventions are done only when there is a high Kapha imbalance occurs. Systematic daily treatment starting from Pachana to Swedana involves loosening and mobilizing the morbid Dosha to eliminate them. Vamana is the purificatory procedure to eliminate, expel vitiated Dosha through the gastrodo:10.46607/iamj1009102021 Moderate Marked intestinal tract particularly the augmented Kapha. By this treatment, vitiated Kapha Dosha from Sahakha to Koshta and Eliminated through the mouth. Effect of Vamanakarma on the entire body system can be explained by the concept of regulation of homeostasis by nervous system & endocrine system: A hypothetical approach There is an imbalance of Dosha in the diseased condition which means normal homeostasis (internal milieu) is disturbed.

Disease PCOS is *Vata Kapha Pradhana Tridoshaja Vyadhi*, where the increase of *Kledata* in , *Rasa*, *Rakta* and *Mamsa Dhatu* are included in *Samprapti*. Hence *Vamana Karma* which is indicated for *Kapha Dosha*, helps in removing the *Kledata* and *Vikruta Kapha Dosha*, *Kapha* along with *Pitta Dosha* as well as it removes the *Sanga*, in turn help in stimulation of *Rasa*, *Rakta* and *Mamsa Dhatu*. For *Hetu Vyadhi Pratyanyika Chikitsa Vamana Karma* was explained as first line of treatment. *Kutaja Yoga* for *Vamana Karma* can be selected which is indicated for *Raja Granthi*. This present article concludes that *Vamana* with *Kutaja Yoga* may shows improvement in signs and symptoms of PCOS. As the accumulation of *Kleda* is very fast, aggravation of *Dosha* takes place more frequently, these aggravation of *Doshas* are influenced by seasons, hence removal of *Dosha* in particular *Rutu* is more effective. Only one sitting of *Vamana Karma* may not able to remove the complete *Doshas*, hence if the patient is *Yogya* or fit *Stoka Stoka Dosha Nirharana* can be accepted in PCOD.

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