



AYURVEDIC TREATMENT AND MEDICINE IN PCOD FOR TEENAGE, ADOLESCENCE AND WOMENS

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Abstract

PCOD is most frequent & considered cause in female. About 4%-20%, of females show this kind of problem. It is caused due to unhealthy life style , eating junk food, being over weight ,etc. .To identify it show symptoms like stomach pain, Irregular menses, weight gain, Achne, etc. . Since the condition is not described properly in Ayurveda we can correlate it with some similar diseases based on its signs & symptoms which brings it under control and use for treatment . It can be also bring under control by having proper balance diet, doing regularly exercise, not having junk foods and regularly approaching your physician . There are some medicines / drug formulations used in Ayurveda are given for treatment like Euton ,Mahamanjishthadi khada ,Dashmoolarista ,Kumari Asava.

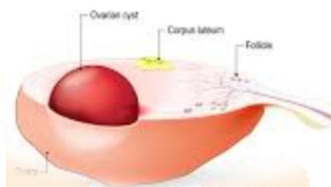


Keywords :PCOD (Polycystic ovarian disease), Ovaries , Cyst, Menses, Doctor ,Ayurveda , Euton ,Mahamanjishthadi khada ,Dashmoolarista ,Kumari Asava.

Introduction –

PCOD is regarding the ovaries and eggs in females which occurs in adults adolescence , women and is very commom around the world ,about 4%- 20% female in world suffer from PCOD . During the ongoing of menses the immature and partially mature eggs are released in fallopian tube and then after uterus and as the time passes this immature ovary eggs gets converted into cyst [2,3]. Due to formation of cyst the problems start arising in females like stomach pain ,irregular menses , weight gain may take place , hair loss etc[2,3]. It is also said that it occurs when you have unhealthy lifestyle , food like junk food or being obese or over weight[8,6] .PCOD can be balanced with healthy life style and proper balance diet and by doing regularly exercise [2,7,8] .

OVARIAN CYST



Cause -

- 1) Pcod is caused due several factors like due to excess of testosterone and estrogen increase by some amount which are hormones are present in women and men and in this for women have difficulty in pregnancy [2,5,6] .
- 2) Unhealthy life style[5,6]
- 3) Not having proper diet [5,6]
- 4) Genetically problems[5,6]
- 5) Due to having insuin resistance[5,6]

PCOD symptoms

- Acne (chest, face or upper back) [1,5,6]
- Hair growth in excess (face, body, chest, belly, or back)[1,5,6]
- Hair thinning or hair loss [1,5,6]
- Heavy bleeding during menstruation[1]
- Weight gain [1]
- Irregular menstruation [1,5,6]
- Darkening of the skin (neck or under the breasts, or in the groin)[1,5,6]
- Absence or skipped period [1]
- Fatigue[7]
- Insulin resistance[8]
- Infertility[7,8]



- Sleep apnea [8]
- Pelvic pain[7]
- Type 2 diabetes [1]
- Depression and anxiety [8]

If neglected you may suffer from

- Heart diseases[5,6]
- Uterine cancer[5,6]
- Ovarian cancer[5,6]
- Diabetes[5,6]

Treatment on PCOD

- Weightloss[7,8]
- Healthy lifestyle[7,8]
- Surgery[8]
- Ivf[7]

5 ways to tackle

- Healthy diet to gain more stability[2]
- Do exercise regularly [8,2]
- Go for follow ups of doctor [7,2]
- Avoid to get eggage in stimulants[7,8,2]
- Be positive[7,5,6]



Ayurvedic treatment for PCOD

The people suffering from PCOD would have questions like, If PCOD can be cured permanently? Ayurvedic doctors can provide effective treatment of these problem. Bu question arises in them that should we can opt for an ayurvedic treatment / consult the ayurvedic doctor ? because we all know or have psychological thinking that for ayurvedic meds take few time to produce its action as compared to aloopathy meds. But there are several benefits regarding the ayurvedic medicines. Some of the benefits are:

- **Excellent for overall health.** Its aim is to have the good health by keeping them strong & mentally healthy and physically healthy[1].
- **Effective herbs for fertility.** There In Ayurveda there are many herbs or natural remedies that can boost fertility of both males and females [1].
- **Non-surgical treatment.** Some women / people get feared by the name surgery or some times it is unable to cure some diseases from doctor so they tell us to not to prefer the surgery due to having much complicated or high risk surgery for fallopian tube blockage told by doctors. Since Ayurveda can cure some treatment partially or completely. So in Ayurveda doctor use medicinal oil in uterus via vagina and cervix through a tube and by this tube the medicinal oil reaches to fallopian tube and other internal organs starts healing process[1,5,6].
- **No side-effect.** Allopathy We are very well known to medicines which are allopathic and ayurvedic in market. And we also have knowledge by taking allopathy meds would show some side effects. But compared to ayurvedic meds they show very little amount or doesn't show any side effects to body[1].
- **Affordable.** Ayurvedic treatment is very affordable compared to Allopathy treatment and also gives better results [1].

SOME HOME REMEDIES CAN BE ADVISED BY THE PHYSICIAN TO YOU

Some time physician may suggest you to use home remedies in your daily diet or as nutraceutical (to reduce the effect by some natural process at home level.)

These are of following :-

- I. Maintaining carbohydrate diet :- like eating more fibrous & protein (grains) diet than carbohydrate food [4,6].
- II. Adding anti-inflammatory :- like tomatoes, leafy vegetables, nuts, olive oil etc.[4,5]
- III. Increasing iron intake:- like spinach egg broccoli. [4,5,6]
- IV. Increasing magnesium intake :- spinach, bananas, almonds, cashews.[4,7,6]
- V. Avoiding junk food :- like pizza, burger, bakery products etc[8,5]
- VI. Avoid coffee :- due to it stimulates the body for increasing estrogen levels. [4,7,8]
- VII. Adding a daily schedule for exercises[7,8,4]



AYURVEDIC MEDICINES IN PCOD

1) Euton

Euton (Medicine for uterine disorders as a curse)

Key Ingredients-

Audumber Fruit, Ashwagandha, Shatavari, Ashok, Upalsari, Indrajav, Parsik Yavani of the uterus

Properties and Uses

Swelling, swelling etc. Disorders include miscarriage or pregnancy to prevent miscarriage If you continue taking Euton from the beginning, the uterus will get stronger Very beneficial results in terms of pregnancy and fetal nutrition comes Pregnancy due to strong drugs like Ashwagandha, Shatavari

This medicine is useful as a tonic. Vomiting, headache, Nausea, indigestion are problems in pregnancy get away good sleep comes & also improves digestion Natural growth of mammary glands.

In this Ashwagandha, Shatavari are lactating medicines to women menstruation that is heavy, bloody, white, irregular Menstruation, waist pain during menstruation, back pain etc. Euton in disorder it has been found to be very useful.

Dosage :- Take 2 to 4 teaspoons of stock with water after meals.[5,6]

Packing: - 200 & 400 ml bottles

2) Mahamanjishthadi khada

In obese women due to accumulation of fat in the body, the function of the endocrine glands Amenorrhea due to deficiency (absence of menstrual bleeding at all) and in cases of Alpartava (slight menstrual bleeding). It is beneficial to fall asleep

Mahamanjishthadi Khada by regulating the metabolism of fat and

Alpartava is beneficial in these situations.[5,6]

Packing :- 200 & 450 ml bottles [6]

3) Dashmoolarista

Dasmool, Chitrakamool, Pushkarmool, Gulvel, Lodhra, Amla, Javasa, Vijayasar and Harde A unique confluence of means is the Dasamularist .

It gives strength to the uterine muscles, but just as much contraction as they need it is expelled out of the body with mild to moderate pain then Menstruation is relieved.

It resolves the weakness caused in the uterus women, allowing the uterus to return to normal shape after delivery.

It helps the body regain its original shape of the uterus . Due to weakness caused in uterus it is very beneficial in infertility.[5]

Packing :- 200 & 450 ml[6]

4) Kumari Asava

Packing: 200 ml 450 ml. [6]

Anartav (absence of menstrual bleeding at all) and Alpartav (slight Profuse menstrual bleeding) is one of the main causes of formation It is a lack of blood. Kumari Asava infusion is helpful in increasing blood with iron ash in it becomes Trikatu, Chitrak etc. with the help of appetite stimulants it removes deficiency of blood, thus yielding Anartava and Alpartava etc eliminates complaints. [6]

5) Lodhrasav

lodhrasav especially kaphaj blood pressure(Mostly large amount of bleeding) is very useful .

Amenorrhoea (an abnormal absence of mensuration) in kapha-predominant women and expectorant blood pressure is likely to happen. So in this state Lodhrasava is especially useful.[5]

Uterine prolapse Hemorrhage (a lot of bleeding inside the body) and swelling of the uterus result in hematoma (in excess Menstrual bleeding) due to vasoconstriction, diuretics etc beneficial due to its anti-inflammatory properties. Women who have frequent miscarriages and Abortion occurs, where uterine contractions benefit.

Packing : 200 ml. 450 ml.[5,6]

6) Shatari

Mother's milk for baby is not only abundant in quantity but also in quality Shatari improves the physical condition of women, mothers, pregnant women and pregnant women Increases strength. By calming acidity and increasing body strength and weight shatari is able to give health.[5,6]

Packing : 200 gms [5,6]

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