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PCOS a Single Case Study an Ayurvedic Approach

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ABSTRACT

PCOD officially rename as PMOS (Polyendocrine metabolic ovarian syndrome) where broadness of disease is covered. This is not ovarian syndrome but multisystem disorder. P stand for polyendocrine i.e affects multiple hormone pathways, M stand for metabolic, o for ovarian i.e maintains clinical link to the ovarian.

It can be correlated with Artava kshaya (deficit menstrual flow), Pushpaghni (irregular cycles with excessive hair growth and obesity), Anartva (amenorrhea), Atarva dushti. In ayurveda treated pcos with multiple aspect like shodhana, shaman and nidan parivarjan. Drugs kaphamedoshamak are used to treat PCOS like metabolic disorder.

Key word- PMOS, atravakshya, yonivyapat, metabolic disorder

Introduction

Being part of developing country where we get more opportunity to explore and so many goals to achieve. In today fast world achieving more that affects life style of person some of factors like stress poor diet, irregular sleep and lack of physical activity are also increasing, so many metabolic disorders are developed compromising health. Lifestyle changes not only affect physically as well as mentally. DM, HT anxieties are most common among young people. Some of disease that only affect female like PCOD.

On May 12 2026 PCOD officially rename as PMOS (Polyendocrine metabolic ovarian syndrome) where broadness of disease is covered. This is not ovarian syndrome but multisystem disorder. P stand for polyendocrine i.e affects multiple hormone pathways, M stand for metabolic, o for ovarian i.e maintains clinical link to the ovarian.

In India estimated to affect 3.7% to 22.5% of women of reproductive age while global average is around 8% to 13%.

In Ayurveda no literature available on PCOS but according to sign and symptoms it can considered as not a single disease but it is correlated with the various gynecological problem under the umbrella YONIVYAPAT.

It can be correlated with Artava kshaya (deficit menstrual flow), Pushpaghni (irregular cycles with excessive hair growth and obesity), Anartva (amenorrhea), Atarva dushti.

PCOS is characterized by hyperandrogenism, polycystic ovaries, and ovulatory dysfunction.

In modern it is treated with hormonal therapy which has sometimes negative effects like weight gain, hot flushes etc

In ayurveda it is considered as kapha prominent TRIDOSHAJ where vitiated kapha leading medodushti leads to weight gain, cyst formation, Vata dosha causing irregular periods and anovulation, due to pitta dosha acne formation, hair loss etc. excess of medodhatu and impaired Atarva formation lead to cyst formation.

In ayurveda treated pcos with multiple aspect like shodhana, shaman and nidhan parivarjan. Drugs kaphamedoshamak are used to treat PCOS like metabolic disorder.

Case study

24 year old female with symptoms of irregular menses since last year,

Working as construction company HR

Weight gain upto 5 kg to 10 kg

Mood swings and progressive hair grown on face

Come to dr SWARNA clinic at pune for treatment

Ask for usg(A+P) but not willing for same

So the diagnosis made depending upon sign and symptoms.

Has sedentary life style, late night dinner and less sleep hour (late night sleep due to her job)

No proper exercise and stressful life because all family depends on her.

C/o

Amenorrhea since 6 months

Irregular menses since 1 year

Hair grown on chin and chest region 6 months

Mood swing 2 months

Lack of sleep 4 to 5 months

Weight gain since 6 months

PAST HISTORY

NO relevant past history

Family history-

Father had DM2 and HTN 10 Before 10yrs died due to RTA.

O/e

p- 90/min

BP -110/60mmhg

Spo2 – 99%

RR – 24/min

RS –AEBE clear

CVS –s1s2 normal

CNS- conscious and oriented

p/A – soft and non tender

Nidra – aniymit

Ahara- veg and non veg both most of the times Outside food like wada pav etc

BMI -27.2KG/M2

WT. 62kg

Height-151cm

Menstrual history

Menarche 14 yrs

Days - irregular sometimes 2 to 3 days sometimes 5 days or more

Pads - 1 or 2 pads per day

Interval – 2 to 3 months irregular

Pain - +++

Marital status- unmarried

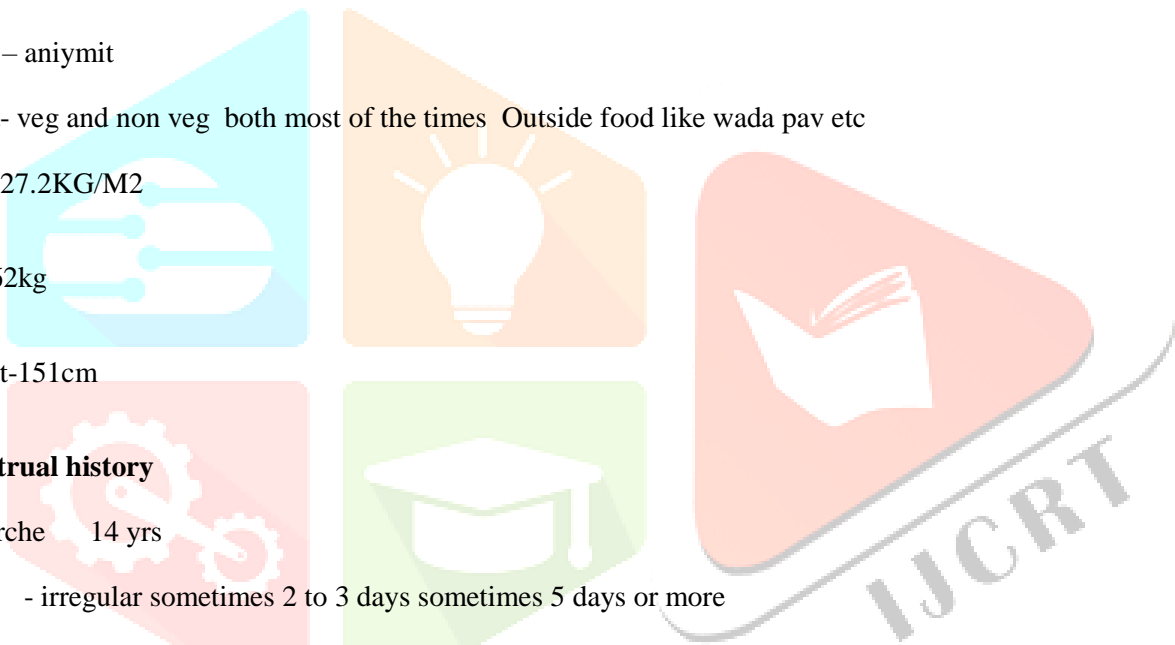
Investigations

Hb -10.1gm/dl

BSL (R)-132.91MG/DL

BSL (F) - 101.75MG/DL

THYROID PROFILE within normal limit



SAMPRAPTI

DOSHA – TRIDOSHAJ KAPHA PRADHAN

DUSHYA- RAKTA , MEDA, RASA,

STROTAS- RAKTAVAHA, ARTAVAHA, RASAVAHA, MEDOVAHA

STROTODUSHTI- SANGA, ATIPRAVRITI

ROGMARG- BAHYA

ADHISTHANA – SARVADEHIC, OVARY

SADHYATA – KRUCH SADHYA

Diagnosis was made based on clinical history, physical examination.

Treatment given**NIDAN PARIVARJAN**

- 1) Counseling done for first 3 sitting – for the stress
- 2) Avoid all purpose flour , white rice, packaged food item, canned juice , preservative and added sugar items in food.
- 3) Late night sleep completely avoided.

SHAMAN CHIKITSA

- 1) Navayas loha--- 1 BD after food for iron supplement- 1month
- 2) Aarogya vardhini wati once 1 day for rasayana karma- 1month
- 3) Lata karanj wati--- 1BD for hormonal imbalance ,regulate menstrual cycle and antioxidant property -3 months
- 4) Medohara wati ----1BD for weight management -3 months
- 5) Triphala churn --1tsf at night with luke warm water Aam pachan for first 3 days
- 6) Ashokarishtra - 1 tsf BD after food as uterine tonic

SHODHANA CHIKITSA

Before nasya and shirodhara prior snehan and swedan done sthanik

- 1) NASYA – with ANU tail to reduce stress- 7 sitting each interval after 3 days
- 2) SHIRODHARA --- takra dhara to reduce stress and induce sleep. 3 sitting each interval after 7 days

VIHARA

- 1) VYAYAM- regular exercise to increase insulin sensitivity and manage weight
- 2) Yogasan- Dhanurasan and bhujanagasan and pranayan Kapalbhati to reduce stress
- 3) Stress management- meditation

AHARA

- 1) Leafy vegetables, fruits, salad
- 2) Use of Ragi , jowar, bajra like millets brown rice in food

Result

	Before treatment	After treatment
Pain	+++	+
BMI	27.2 kg/m ²	26.3 kg /m ²
Weight	62kg	60kg
Menstrual cycle	Irregular 50 Days	Regular 30 days
Sleep time	Irregular	Regular and calm sleep

DISCUSSION

PCOS is a metabolic disorder predominantly involving tridoshaj but dominancy of kapha dosha and vat dosha. Sedentary lifestyle , kaphaprakopak ahara and vihara and stress is major issue resulting kapha prakop which is formation of ama dosha . This ama (toxin) and mala (waste) causing obstruction in srotas like rasavaha , raktavaha, and artav vaha. This leads to formation of cyst in ovaries . Dushta kapha and vata dosha obstruct aratav vaha srotas . this results irregularity or scanty menstrual flow (artav kshay), infertility among the reproductive age women.

PCOS in ayurveda can be co related with broad spectrum where rasa rakta medo and artav stroatas are involved. In this patient is under pressure of family responsibility where she is only person who's earning stress is main issue of pathogenesis.

Treating her firstly long time consultation has done. Her hb level are low so navayas loh has given after food for iron supplement.

Aarogya vardhini wati for rasayana karma ,it also stabilize metabolism and act as hepatoprotective.

Lata karanj wati is main drug during the treatment because it is anti diabetic and hypolipidemic , insulin resistant is break by it, hormonal imbalance is also achieve ,anti spasmodic and analgesic effect which regulate menstrual cycle and has antioxidant property also.

Medohara wati for weight management assist in burning excess fat and prevent fat accumulation.

Triphala churn Aam pachan for remove toxin (aam dosha) i.e koshta shuddhi

Ashokarishtra act as uterine tonic to maintain and regulate periods.

Nasya with anu tail and shirodhara with takra has given for stress management.

During the course of time ahara and vihara rule are strictly followed which most important and essential in PCOS as it is metabolic disorder where whole involvement.

CONCLUSION

Women who are whole sole of family when they are affected by disorder like PCOS which hampered physical as well as mental state. There is always need of treatment which calm there body as well as their mind. In ayurveda nasya and takradhara releases stress and calm the mind. It eventually act on endocrine system to maintain hormonal system of body.

Drugs like medohara vati reduces meda from the body improve in weight management . lata karanj vati maintain hormonal imbalance and its anti spasmodic activity maintain and regulate menstrual flow , hypolipidemic activity and anti diabetic activity reduces insulin resistance.

Navayas loha and aarogya vardhini vati maintain rakta dhatu reduces rakta kshaya and act as rasayana ‘

Triphala churn remove toxin and open channels all over body which reduces agnimanya.

Hence the treatment with ayurveda successfully treat disease like PCOS in patient with meaningful stress.

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