



Role Of *Agadtantra* In PCOD (Polycystic Ovarian Disorder) Due To Chemical Exposure.

Dr. Nirmitee Ram Bhujbal.¹

Dr. vidya undale-Newaskar.²

MD (Scholar) Department of Agadtantra Evum Vidhivaidyaka¹

Associate professor department of Agadtantra Evum Vidhivaidyaka.²

MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, India.

• Abstract-

Polycystic Ovarian Disorder (PCOD) is a common health issue related to hormones. It is often connected to chemicals in the environment, especially those that can cause hormonal imbalance, like BPA, phthalates, and parabens. These chemicals imitate or interfere with hormones, which may lead to the development of PCOD. *Ayurveda*, with its special branch called *Agadtantra* (which focuses on poisons and toxins), provides a helpful way to understand and treat problems caused by chemicals. This study looks at how certain concepts of *Agadtantra*, especially *Dushi Visha* (long-lasting low-level toxins) and *Gara Visha* (toxins made from bad mixtures), are connected to PCOD. *Ayurvedic* treatments were looked at, which include detox therapies called *Shodhan Chikitsa*, antidote formulas known as *Agads*, herbal remedies, and changes to daily habits. The results show that *Agadtantra* offers a complete and effective way to manage PCOD. It helps by removing toxins, balancing hormones, and fixing body imbalances. Combining *Ayurvedic* methods of treatment along with modern medical text could provide a safer and natural way to manage PCOD in today's environment filled with chemicals.

• **Key words-** PCOD, *Agadtantra*, *Gara visha*, *Dushi visha*, *shodhan chikitsa*.

• Introduction-

PCOD (Polycystic ovarian disorder) is a disorder caused due to hormonal disruption is seemingly increased over the last decade. Although lifestyle choices and genetics play a significant role in PCOD, new studies indicate a high correlation between PCOD development and chemical exposure, these are mainly caused due to endocrine disrupting chemicals (EDCs).

Agadtantra (*Ayurvedic* toxicology) is one of the eight branches of *Ayurveda* which mainly deals with treatment of *Visha Chikitsa* (I.e. Toxicity). It offers unique approach to understanding and managing such chemically induced disorders.

• Aims and Objectives-

- To study role of *Agadtantra* in PCOD caused due to chemical exposure.
- To analyse alternative approach towards management of PCOD.

• Materials and methodology –

Data was collected from all the essential ayurvedic texts and relevant journals and websites and articles.

Concept of PCOD according to modern –

(Symptoms shown as)-

- Irregular menstrual cycles
- Multiple ovarian cysts
- Hirsutism
- Hormonal imbalance
- Insulin resistance
- Central fat deposition
- Weight gain and acne etc.

chemical exposure that causes hormonal disruption –

Name of chemical	Effect	Mostly found in
Bisphenol A (BPA)	Mimics estrogen	Plastic containers, canned food linings, receipts
Phthalates	Disrupt estrogen and testosterone	Perfumes, lotions, plastics, vinyl, detergents
Parabens	Mimic estrogen	Cosmetics, lotions, shampoos, processed foods
Perfluorinated compounds (PFCs / PFAS)	Affect thyroid and reproductive hormones	Non-stick cookware (Teflon), stain-resistant fabrics, fast food wrappers
DDT & other pesticides	Mimic or block hormones	Insecticides, contaminated fruits and vegetables
Polychlorinated biphenyls (PCBs)	Disrupt estrogen and thyroid hormone	Electrical equipment, old paints, contaminated fish
Atrazine	Disrupts reproductive hormones	Herbicides used in agriculture

PCOD according to ayurvedic perspective –

Predominantly it is a disease of *Vata-kapha* imbalance., *Aama* (toxins), *Agni* (digestive fire) and *Artavavaha strotas dushti*.

Agadtantra approach towards PCOD caused due to chemical exposure –

The concept of *Dushi visha* and *Gara visha* and its management can be applied to PCOD caused due to chemical exposure.

1. *Dushi visha* –

It is type of low-grade toxins originated from animal, plant or mineral poisons remains in the body for long time and slowly disturbs health. Unlike other poisons *Dushi Visha* doesn't produce immediate and severe symptoms but causes chronic disorders over time.

2. *Gara visha* –

Poisons produced due to improper mixing of non-poisonous substances which became toxic when combined improperly causes delayed effects on body.

Management according to *Agadtantra* –

- 1) *Nidan parivarjan* (Elimination of causative factor)-
avoid certain chemicals by using steel /glass containers.
natural cosmetic products
- 2) *Shodhan chikitsa* (detoxification)-
 - a) *Basti* (enema)
 - b) *Vamana* (emesis)
 - c) *Virechana*(purgation)
 - d) *Raktamokshana* (bloodletting)
 - e) *Shirodhara*
- 3) Use of *Agadas*-

<i>Kalpa</i>	Uses
<i>Dushivishari Agad</i>	Chemical exposure (<i>dushi visha</i>) induced PCOD.
<i>Bilvadi Agad</i>	<i>Kapha-vata samprapti</i>
<i>Panchshirish Agad</i>	<i>Vishagna</i>
<i>Amrut ghrta</i>	<i>Vishagna, vata-kaphaghna</i>

- 4) Other drugs – *Shatavari*, *Ananta* (*Hemidesmus indicus*), *Manjishtha* (*Rubia cordifolia*), *Ashwgandha* (*Withania somnifera*).
- 5) Diet and lifestyle management –
Exercise and yoga
Meditation & stress management
Anti-inflammatory drugs – *Haridra* (turmeric), *Shunthi*(ginger).
Avoid processed food.

• Discussion-

PCOD caused due to Chemical exposure which we have correlated to *Dushi visha* and *Gara visha*. It is disease of *Vata-kapha* imbalance, *Aama*, *Agni* and *Artavavaha strotas dushti* to counter this we can use *Agadas* and *shodhan chikitsa*.

Along with lifestyle management which restores *Vata-kapha* imbalance, reduces *Aama*, improves *Agni* and detoxifies *Aartavaha strotas*.

The study of poisons and toxins mentioned in *Agadtantra*, provides a strong foundation for hormone balance restoration, chemical load reduction by using *Agadas*, and physiological detoxification through *shodhan karmas*.

• Conclusion-

Ayurveda provides holistic approach towards diseases. Thus, in today's chemically laden society, combining *Agadtantra* principles with contemporary diagnostics may offer a safer, more natural way to manage PCOD.