

CRITICAL REVIEW OF POLYCYSTIC OVARIAN SYNDROME WITH SPECIAL EMPH
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ABSTRACT

Polycystic Ovarian Syndrome (PCOS) is an intricate disorder that is characterized by a multitude of symptoms relating to reproduction, metabolism, endocrinology and appearance which may severely impact fertility and metabolic health in the long run. Ayurveda does not have a specific title for this disorder it can be defined in terms of *Anukta Vyadhi* in accordance with its clinical characteristics and *Samprapti*. According to *Kriya Sharir*, *Tridosha*, *Dhatu* and *Agni* must all work in unison for optimal female reproductive physiology. The reproductive tissues may not be adequately or abnormally nourished if *Rasadhatvagni* and other tissue metabolism levels are compromised. *Artava* formation impairment and metabolic disruptions may be exacerbated by the production of *Ama* subsequent to *Agnimandya*. According to Ayurveda, the disorder can be treated using *Nidana parivarjana*, *Shodhana*, *Shamana*, *Satvavajaya* and proper lifestyle choices, which provide treatment algorithm as opposed to mere symptom reduction.

KEYWORDS: Ayurveda, PCOS, Artava, Kriya Sharir, Srotodushti.**INTRODUCTION**

The Ayurvedic concept of *Sharir Kriya* can be used to understand PCOS, a complex metabolic and endocrine illness. From an Ayurvedic standpoint, its manifestations are mostly related to *Artavavaha Srotodushti*, which has an impact on *Artava*'s development. Obesity, irregular menstruation, hirsutism and Anovulation, etc. are clinical manifestations of PCOS. In general, *Vata-Kapha* imbalance is the primary cause of PCOS. While disturbance of *Vata*, especially *Apana Vayu*, disrupts the normal timing and progression of menstruation and ovulatory activities, increases *Kapha* contributes to *Sthoulya* and excessive accumulation of *Meda*. Therefore, a disruption in the physiological synchronization of *Kapha*, *Vata*, *Meda* and *Artava* may contribute towards the pathogenesis of PCOS.^[1-4]

Physiological Aspects of Nidana:

Both *Ahara* and *Vihara* might be taken into consideration while examining the causes of PCOS. Overindulgence in *Guru* and *Snigdha* meals, as well as *Santarpanajanya Ahara*, can weaken *Agni* and encourage the accumulation of *Kapha* and *Meda*. Similarly excessive food intake, delayed awakening, irregular eating patterns, *Avyayama*, *Divasvapna* and insufficient physical activity can exacerbate *Kapha* and disrupt metabolic balance. *Vata* aggravation may be exacerbated by psychological elements like *Chinta* and *Shoka*, which also disrupt normal reproductive physiology.^[3-5]

Srotodushti in PCOS

Artavavaha Srotas deal with the creation, movement and release of *Artava*. Anovulation and irregular menstruation may be caused by their dysfunction, which can also lead to *Srotorodha* and reduced follicular maturation. Similarly *Medovaha Srotas* physiologically

control metabolism of *Meda*, while disruption of this *Srotas* can lead to excessive adipose tissue deposition. These may further affect hormonal and reproductive processes which contribute towards PCOS. Disruption of these *Srotas* also causes symptoms of *Sthoulya* and metabolic disorders.^[4-6]

Samprapti (Patho-Physiological Aspects)

Modern science presented many physiological aspects related to the pathogenesis of PCOS as depicted in **Figure 1**. Modern science emphasizes role of the hormonal functions in the development of PCOS symptoms.

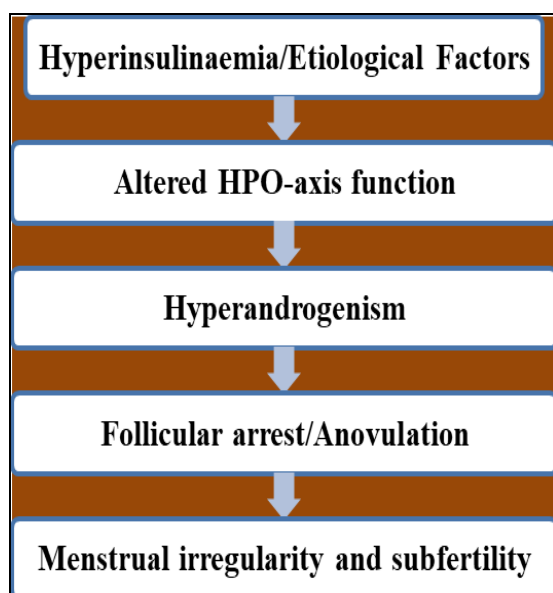


Figure 1: Patho-physiology of PCOS as per modern aspect.

According to Ayurveda *Samprapti* of PCOS is associated with vitiated *Dosha*, *Dhatu* and *Srotas*. *Vata* may be exacerbated by repeated exposure to *Vata*-provoking elements, such as insufficient sleep, erratic eating patterns, disrupted daily schedules and poor adherence to menstrual cleanliness. Normal *Kala Niyama*, including the physiological timing of hormone secretion, follicular development, ovulation and menstruation, may be disrupted by this disturbance. *Sthoulya* is the outcome of excessive accumulation and aberrant development of *Meda* due to the aggravation of *Kapha* and the *Ashraya-Ashrayi Bhava* between *Kapha* and *Meda*. The *Artavavaha* and *Shukravaha Srotas* may become obstructed as a result of aggravated *Vata* facilitating the aberrant distribution of *Kapha* and *Meda*.^[4-8]

Vata's Kapha Avarana, especially in the *Artavavaha Srotas*, may interfere with *Apana Vayu's* regular movement and function, causing symptoms like *Nashtartava* or irregular and delayed menstruation. *Rasa* and *Mamsa Dhatu* are impacted by the combined influence of *Vata* and *Kapha*. Additionally *Anyonya Vata Avarana* causes other systemic symptoms, especially when *Apana* and *Vyana Vayu* are involved.^[7-9]

Kriyakala of PCOS Samprapti

The hypothalamic-pituitary-ovarian axis may not operate normally in PCOS due to psychological stress and other etiological factors that affect the neuroendocrine system. According to Ayurveda, repeated and incorrect exposure to different *Nidanas* can impede *Agni* and cause *Tridosha Dushiti*.

Sanchaya in PCOS

The initial accumulation of the corresponding *Doshas* results in their distinctive characteristics during the *Sanchaya* stage. While a buildup of *Vata* may result in *Stabha Koshtata*, *Kapha Sanchaya* which may manifest as *Gaurava* and *Alasya*.

Prakopa in PCOS

Improper digestion may lead to the creation of *Ama Rasa* with prolonged exposure to causal causes and impairment of *Agni*, which can exacerbate *Kapha*. Various manifestations can occur based on the prevalent *Dosha*. *Pitta Prakopa* may show up as *Amlika* and *Pipasa*, whereas *Vata Prakopa* may cause *Koshta Toda* and irregular *Vata* movement.

Prasara in PCOS

Srotodushti is a result of *Rasagni Mandya* and *Rasa Dhatu* vitiation during the stage of *Prasara*. Progressive *Dhatu Dushti* and *Dhatvagni* impairment may develop as the disease process advances. *Ama's* buildup and circulation may also cause *Srotorodha*, *Vata* related symptoms like *Vimargagamana* and *Atopa*, as well as *Kapha* related manifestations like *Arochaka* and *Avipaka* may also be seen during this stage.

Sthanasamshraya in PCOS

The vitiated *Doshas*, especially *Vata* and *Kapha*, interact with vulnerable tissues during the stage of *Sthanasamshraya* to produce *Dosha-Dushya Sammurchana*. *Angamarda*, *Agnimandya* and irregularities in the amount, time or regularity of *Raja* can all be signs of *Vata* involvement. *Sthoulya* and delayed menstruation may result from *Kapha* involvement.

Vyakta in PCOS

The established pathogenic process manifests clinically during the *Vyakta* stage with distinctive signs and symptoms. PCOS related symptoms, such as *Yathochitakala Adarshana*, *Yoni Vedana*, *Atipravritti*, *Anapatyata*, *Beeja Granthi*, *Sthoulya*, *Atilomata*, *Karshnya* and *Youvana Pidaka*, may become apparent if the *Dosha Dushya Sammurchana* is not corrected.

Bheda in PCOS

When proper management is not implemented, the disease progresses into a chronic or complex state, which is represented by the *Bheda* stage. Infertility, *Vata Vikara* and *Artava Nasha* are examples of long term symptoms. *Hridroga*, *Gulma* and other *Vata* dominant

illnesses may be predisposed to by persistent *Avarana* and *Srotodushti*.^[8-10]

Management of Samprapti of PCOS

Ayurveda suggested various options for managing PCOS and related symptoms as depicted in **Table 1**.

Table 1: Ayurvedic approaches for managing PCOS.

Ayurvedic approaches	Role in PCOS
<i>Nidana Parivarjana</i>	Minimizes <i>Shoka</i> , <i>Krodha</i> and <i>Prajnaparadha</i> . This helps to reduce stress induced manifestations of PCOS
<i>Samshodhana</i>	<i>Virechana</i> and <i>Basti</i> may be considered in <i>Avarana</i> , <i>Vamana</i> may be considered useful for <i>Kapha</i> predominance. <i>Kala Basti</i> , <i>Yapana Basti</i> and <i>Lekhana Basti</i> may be considered useful for persistent reproductive dysfunction.
<i>Bahih Parimarjana</i>	<i>Udvartana</i> and <i>Ruksha Swedana</i> may be considered beneficial in <i>Kapha</i> predominance.
<i>Satvavajaya</i>	Control of excessive <i>Kama</i> , <i>Lobha</i> , <i>Mada</i> and <i>Matsarya</i> may help to prevent <i>Avarana</i> and further <i>Dosha</i> aggravation.
Ayurvedic Drugs	Commonly mentioned drugs include <i>Kataka</i> , <i>Trivrit</i> , <i>Jyotishmati</i> , <i>Haridra</i> , <i>Gokshura</i> and <i>Jatamamsi</i> , etc. These drugs correct <i>Dosha</i> vitiation and helps to restore physiology of hormonal system.

CONCLUSION

PCOS can be viewed as a pathological condition that arises from different disrupted combinations of *Vata*, *Kapha*, and *Pitta* along with *Dhatus* and *Srotas*. PCOS is a complicated endocrine metabolic condition that includes ovarian hyperandrogenism, hyperinsulinemia and dysregulation of hypothalamic-pituitary-ovarian axis. These anomalies cause irregular menstruation and infertility by interfering with follicular maturation and ovulation. Low-grade inflammation, metabolic dysfunction and obesity may make the illness worse. *Medovaha* and *Artavavaha Srotodushti* induced *Avarana* of *Apana Vata* which may result from *Agnimandya*'s accumulation of *Meda* and *Kleda*. As a result, irregular menstruation, poor ovulation, and infertility may arise from disturbed *Apana Vata* and *Artava* function. Ayurvedic therapy that includes *Nidana Parivarjana*, *Shodhana*, *Shamana*, *Satvavajaya* and suitable lifestyle changes may tackle the underlying disease causes.

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