MANAGEMENT OF ARTAV DUSHTI (W.S.R. TO PCOS) BY VIRECHANA AND STANYA SOADHANA GANA: A SINGLE CASE STUDY

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ABSTRACT

Now a day’s prevalence of PCOS is increased in women of reproductive agegroup. Etiology is unknown may be due to defective life style. Features are found Obesity and Acanthosis Nigricans Amenorrhoea / Oligomenorrhoea; Hirsutism, anovulation leads toInfertility. Though PCOS are menstrual disorders (Amenorrhoea or Oligoamenorrhoea) and irregularities in menstrual pattern aetiology is unknown stress, obesity are the contributing factor. Features are found Obesity and Acanthosis Nigricans Amenorrhoea / Oligomenorrhoea; Hirsutism, anovulation leads to Infertility. So one patient with infertility, scanty menses, obesity, high BMI with PCOS is selected for study. Eight types of Artavdusti are mentioned in Ayurvedic classics. Stanya and Artav both are Upadhatu of Rasa Dhatu and again Artava has all the qualities of Sonita(Rakata). Under Artava; menstrual blood and Ovumare included. Drugs under Stanya Shudhan Gana mentioned by Charkachary may have properties of both Rasa& Rakshodhandue toStanya purification property and both Stanya and Artav are Upadhatu of Rasadhatu. So Stanya Shodhan gana was taken for study of Artav dushiti in PCOS. As Artav is Ushna Gunatma aka Pitta Dosh Pradhan. Virechan is main procedure for Pitta intervention like drilling for correcting the PCOS but no definitive permanent solution are available till date. So one patient got conceived. After taking Shodhan and Shaman Chikitsa patient got conceived.

KEY WORDS: PCOS, Artav Dushti, Virechana, Stanya Shudhan Gana.

INTRODUCTION

Polycystic Ovarian Syndrome (PCOS) is the most common disorder among women of reproductive age. It is also known as Stein-Leventhal Syndrome, as first described in 1935 by American gynaecologists Irving F. Stein, Sr. and Michael L. Leventhal, among 7 patients with irregularities in menstrual pattern and anovulation. PCOS is a syndrome of ovarian dysfunction along with the cardinal features of hyperandrogenism and polycystic ovarian morphology. The common features found in PCOS are menstrual disorders (Amenorrhoea or Oligoamenorrhoea); Hirsutism, Obesity, Anovulation & Infertility. Though aetiology is unknown stress, depression, food habits, lack of exercise leading to obesity are the contributing factors. In obese women with PCOS weight loss help to restore ovulation, improves pregnancy rates and lowers levels of androgens. In spite of the high prevalence of PCOS even among young adult females the patho-physiology is poorly understood. In Ayurvedic classic Acharya’s Acharya’s explain the Artav Dushti with its management. Sushruta describe Artavam Sonitam and both Artav & stanya are Upadhatu of Rasa Dhatu. In Charak Samhita Charkacharya mention Stanya Shodhan Gana under the heading of Mahakashay’s. So Stanya Shodhan gana may also effective in management of Artav dushiti.

DRUG REVIEW

Drugs in Stanya Shodhan Gana are Pattha, Shunthi, Devdaru, Nagarmotha, Murva, Guduchi, Vatsak, Kirattikta, Kutaki and Sariva.
CASE STUDY
A 30 yrs old married woman came to OPD of Streeroga & Prasutitantra, IPGT & RA, Jamnagar, C/O secondary infertility 10yrs. Marital life of patient is 11th year. In obstetric history patient has one child of age 10 years. In present complaint patient has less menstruation blood flow with 1 pad per day for 3 days (oligomenorrhea), Acne, acanthosis nigricans, Patient had taken allopathic treatment for last 8 years. In that treatment patient undergo many investigation and hormonal treatment. But patient did not conceive after high expenditure. So the patient was in depression and she discontinue allopathic treatment. In general, examination patient height was 162 c.m and weight 76 k.g. With B.M.I. 28.95 i.e. patient was overweight. On Ultrasound study of abdomen and pelvic cavity patient diagnose as bilateral polycystic ovaries.

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Viruddhashana, Use of refrigerated water, Ice creams, Cold drinks, Mental Stress

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Pitta Dushti

Kapha - VataDushti

Metabolic Disorders

Anovulation, Infertility

Metabolic Disorders

Anovulation, Infertility

Obesity, Hirustisum, Oligomenorrhoea

Obesity, Hirustisum, Oligomenorrhoea

PCOS

PCOS
According to complaint of patient Shodhanand shaman Chikitsawas planned. For Shodhan Chikitsa Virechan was done. But Virechan karma was done in 3 steps; Deepana pachana of dosas was done for 7 days with Trikatu Churna (1/2 tsf with Luke warm water b.d. before meal), Snehan with Goghrut (Cow Ghee) for 7 days in increasing dose as per Agni (1st day 30 ml, 2nd day 60 ml, 3rd day 90 ml, 4th day 120 ml, 5th day 150 ml, 6th day 180 ml, 7th day 210 ml). After Snehpana was completed then 3 days swarga snehana with bala tail and Sarvanga vaspa sweda karma was done. Next day Virechan done with Trivrutta Avleha 100 gm with Luke warm water. After completion of Sansarjan karma Shaman Chikitsa start with Stunya Shodhangana Gana Churna (fine powder) 10 gns(2tsf) bd in empty stomach Koshnjalala (Luke warm water) in morning and evening for three months.

During the course of treatment patient had advised.

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<td>Godhuma, Shali, Maduca, Tila, Masha, Yavanna, Amulaki, Dadima, Green Leafy Vegetables &amp; Easily digestible food. Exercise regularly, Yoga and Prayana.</td>
<td>Spicy, Oily, Over eating, Fried food, Bakery items, Fermented items, Carbonated drinks, Virudhashana. Use of refrigerated water, Ice creams, Cold drinks, Mental Stress, Worries, Over Anxiousness.</td>
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After regular treatment patient conceived and delivered female child with full term normal delivery.

RESULT

Main pathology of PCOS disturbed hormonal and metabolic function of the body. Also due disturbed Vata dhosha function of H-P-O axis is get irregular causing symptoms like anovulation. Dushita Kaptha Dosha results in Medo Dushih results in Sihaulya (Obesity). Pitta dosha is mainly responsible for any metabolic & hormonal changes in body. Due to Pitta dosha vikriti there is vikriti in Stunya and Artavputati from Rasdhauta So in the management of PCOS first action required is Pitta & Vata Dosha Shaman. Drugs in Stunya Shodhan Gana are having properties of Rasayan, Rakshodhan. As it has the property of Stunya purification property and both Stunya & Artav are Upadhatu of Ras dhatu. Also VataShaman action helps in ovulation.

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