



PCOS-TODAY'S LEADING SYNDROME

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ABSTRACT

Polycystic ovarian syndrome is a common endocrine system disorder among women of reproductive age. Most women with PCOS have many small cysts in the ovaries. Hence, it is called Polycystic ovarian syndrome. Hyperinsulinemia and hyperandrogenemia are the chief culprits responsible for various signs and symptoms which we find in PCOS. The symptoms of PCOS may begin in adolescence with menstrual irregularities and may lead to infertility. PCOS is a common female endocrine disorder affecting approximately 5-12% of women. It causes worry as it is commonly found in reproductive age, also it is thought to be one of the leading cause of female infertility. Current treatments for PCOS are only moderately effective at controlling symptoms and preventing complications. Though in *Ayurveda* this condition has not been explained as a single disease entity, but it can be constructed under the headings *Yonivyapada* and *Artavadushti*. *Ayurvedic* treatment has a holistic approach towards management of PCOS. Each patient is given a unique therapy based on her specific health needs due to PCOS. Thus, *Ayurvedic* treatment not only helps in controlling PCOS, it also helps in restoring health and well-being.

KEYWORDS: Polycystic Ovarian syndrome (PCOS), Holistic Approach, *Artavadushti*, *Yonivyapada*.

INTRODUCTION

PCOS is currently considered as a life style disorder affecting 22-26% of young age girls in their reproductive age in India. It is one of the leading causes of infertility or menstrual disorders in women and is increasing exorbitantly due to sedentary habits. It is primarily characterized by irregular menstrual cycles, in which even ovulation may not occur. Pubertal events seen in such cases include oligomenorrhoea, hirsutism, acne and weight gain. There is no single criteria sufficient for clinical diagnosis because of multiple aetiologies. Though globally it has an alarming incidence, its diagnosis is difficult as it manifests as a spectrum of symptoms rather than a specific one.

CAUSESE OF PCOS

PCOS is a very common female health complaint, it is complex manifestation involving many factors and organs. Actual causes of PCOS is still unknown, but there can be few causes which we can consider, they are as follow:-

1. Hereditary

Genetics may be a factor. PCOS seems to run in families, so the chance of having it is higher if other women in your family have it or have irregular periods or diabetes.

PCOS can be passed down from either your mother's or father's side.

2. Hormonal Imbalances

In PCOS there is abnormality in secretion of androgens, luteinizing hormone (LH), sex hormone binding globulin (SHBG), prolactin. This may stop ovulation.

3. Insulin Resistance

Your body may have problems in using insulin leading to abnormal blood sugar levels. This increase the levels of insulin in your body, which increases androgen secretion again leading to hormonal fluctuation. The exact reason why these hormonal changes occur is not known.

4. Mild Inflammation

Women with PCOS have mild inflammation, this type of low-grade inflammation stimulates polycystic ovaries to produce androgen in the body.

SIGNS AND SYMPTOMS OF PCOS

1. Irregular Periods: This is the most common characteristic of PCOS. It include menstrual intervals longer than 35 days, fewer than eight menstrual cycles a year.

2. **Ammenorrhea:** Absence of menstruation for four months or longer.
3. **Variation in menstrual bleeding:** Prolonged periods that may be scanty or heavy flow with clots. Bleeding may extend to more than 9 days.
4. **Infertility:** Not able to get pregnant because of not ovulating.
5. **Hircutism:** Increased male hormones causes excess hair growth on the face, chest, stomach, back, thumbs or toes.
6. **Skin Changes:** Includes Acne, oily skin, or dandruff.
7. **Obesity:** Abnormal weight gain, usually with extra weight around the waist and difficulty in reducing weight.
8. **Hair thinning:** Increased androgen levels may cause male pattern baldness due to excessive hair fall.
9. **Acanthosis nigricans:** Patches of skin on the neck, arms, breasts, or thighs.
10. **Skin tags:** Excess flaps of skin in the armpits or neck area.
11. **Pelvic Pain**
12. **Sleep apnea.**

PCOS TREATMENT IN AYURVEDA

In *Ayurveda*, this condition of PCOS is not explained as a single disease entity, but can be considered under the heading of *Yoni Vyapat* (Uterovaginal disorders). Also *Pushpaghni Rewati*, mentioned by *Acharya Kashyapa* bears some similarities with the symptoms of PCOS. In *Ayurveda*, the balance state of *doshas* is mainly responsible for health and any derangement to this will lead to disease. As, treatment modalities mainly aim at providing comprehensive care by correcting the *ama dosha*, achieving *Koshta Shuddhi* and regularizing *tridoshas*. The management of PCOS should concentrate on treating *agnimandya*, at *Jataragni* and *dhatwagni* level, alleviating *sroto avarodha*, regularization of *apana vata*.

In *Ayurveda* various menstrual issues are mentioned under *artavavaha srotodushti*. PCOS is a complex disorder which falls in *artavakshaya*, *anartava*, *rasavahasroto dushti* and *medovahasroto dushti*. There is definite cure for PCOS in *ayurveda* but you must be patiently strong and willing as treatment may extend upto 6 months to 1 year.

INTERNAL MEDICINES USEFUL IN PCOS

Saptasaram Kashayam, Varunadi Kashayam, Dashmoola Kashayam, Tila Kashayam, Kumaryasava, Ashokarishta, Hingavachadi Churna, Shatavali Ashwagandha Churna, Raja Pravartinin Vait, Chandraprabha Vati, Kanchnar guggulu, Pippalyadi taila.

YOGA IN PCOS

The some *Yogasanas* that are beneficial for treating PCOS-related symptoms are *Suryanamaskar, Bhujanasana, Salabhasana, Budhakonasana, Dhanurasana, Suptavajrasanas, Sirsasana, Sarvangasana, Matsyasana.*

LIFESTYLE ADVICE

You need to include exercise in your lifestyle. Otherwise you may develop Glucose intolerance and diabetes. Avoid or restrict non-veg, oily food and sweets and sleep at regular intervals, Avoid milk, salted nuts, avoid soya products, limit salt intake.

HOME REMEDIES FOR PCOS

Pinch of turmeric along with a teaspoon of *Amla* Powder 2 times a day, *Triphala* Powder 1 teaspoon at bed time.

CONCLUSION

Polycystic ovarian syndrome is a lifestyle disorder and the leading cause of infertility among women of reproductive age group, leading to endocrine dysfunction and multiple signs and symptoms. This condition is to be properly perceived, interpreted and diagnosed which is key to providing a better line of treatment. It is the need of hour to plan a comprehensive care through *Ayurveda*, which should be complete and conducive to the patients. Treatment of a women affected with PCOS needs a well-balanced controlled diet and exercise for weight reduction along with medications and preventive measures. So, it will be more beneficial to follow the healthy mode of life mentioned by *Ayurveda*.

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