

## AYURVEDIC DIAGNOSIS AND MANAGEMENT OF PCOS: A CLASSICAL APPROACH BASED ON *DOSHA*, *DUSHYA* AND *LAKSHANA* CORRELATION

\*<sup>1</sup>Dr. Swati Pawar-Jagtap and Dr. Tanvi Nikhil Ugale<sup>2</sup>

<sup>1</sup>Associate Professor, Rognidan and Vikritivigyan, P.V. Belhekar Ayurved Medical College, Surve No. 316 Bhanashiware, Tal- Newasa, District-Ahilyanagar, 414609 (Maharashtra) India.

<sup>2</sup>Assistant Professor, Rognidan and Vikritivigyan, P.V. Belhekar Ayurved Medical College, Surve No. 316 Bhanashiware, Tal- Newasa, District-Ahilyanagar, 414609 (Maharashtra) India.

Article Received date: 21 May 2025

Article Revised date: 11 June 2025

Article Accepted date: 01 July 2025



\*Corresponding Author: Dr. Swati Pawar-Jagtap

Associate Professor, Rognidan and Vikritivigyan, P.V. Belhekar Ayurved Medical College, Surve No. 316 Bhanashiware, Tal- Newasa, District-Ahilyanagar, 414609 (Maharashtra) India.

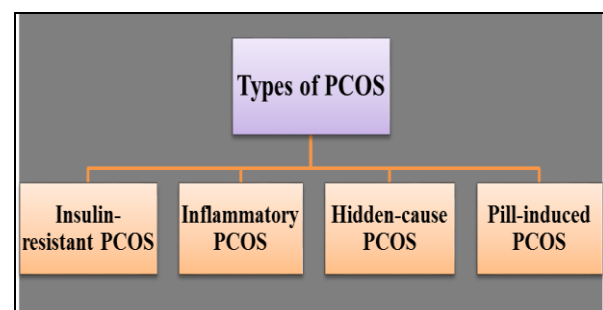
### ABSTRACT

Polycystic Ovary syndrome (PCOS/PCOD) is a complex disorder that impacts multiple areas of women's health including endocrine and reproductive health. It is the most common cause of anovulatory infertility. The key symptoms of PCOS, as evidenced by irregular menstrual cycles, hirsutism, infertility and obesity, etc. These symptoms are corresponded to the *Vata-Kaphaja Artava Dushti* or *Granthibhoot Artava Dushti* within Ayurveda. In Ayurveda, It is considered as condition which arises due to the *Vata-Kapha* imbalance. However Ayurvedic literature not mentioned direct term correlating PCOS, but through *Dosha Dushti*, it can be correlated with *Granthibhoot Artava Dushti* associated with *Vata* and *Kapha* disturbance, with scanty menstrual flow, pain and anovulatory menstrual cycle. When *Kapha* is aggravated, it results in *Strotoavrodha* which then leads to *Vata vaigunyata*. *Mithya Vihara* (*Atapa & Chinta*, etc.) and *Viruddhahara* (*Anashana & Rooksha Ahara*, etc.) may induce disease pathogenesis as major causative factors. This article highlights Ayurvedic diagnosis and management of PCOS with special emphasis to *Dosha*, *Dushya* and *Lakshana* correlation according to the Ayurvedic perspectives.

**KEYWORDS:** Ayurveda, PCOS, Artava Dushti, Strotoavrodha, Gynecological.

### INTRODUCTION

Ayurvedic texts discuss four primary elements involved in conception and healthy pregnancy which includes *Ritu*, *Kshetra*, *Ambu* and *Beeja*. Here *Beeja* referred to ovum, menstrual blood or *Artava*, which is of utmost importance. In Ayurvedic literature, *Artava* refer to *Antaha Pushpa* as well as *Bahya Pushpa*. Some of the properties of the *Bahya Pushpa* and the *Rituchakra* can also help in judging how well the *Antaha Pushpa* is functioning. The disruption of overall quality and functioning of *Artava* leads condition of *Artava Dushti*, the another associated condition is *Granthibhoot Artava Dushti* which can be correlated with PCOS based on the causative factors and symptomatic similarities. The major categories of PCOS based on their character and causative factors are depicted in **Figure 1**.<sup>[1-5]</sup>



**Figure 1: Major categories of PCOS as per modern aspects.**

### Ayurveda & PCOS

Several terms can be correlated with PCOS including; *Nastartava*, *Anartava*, *Artavkshaya*, *Pushpaghni*, *Jataharani* and *Granthibhoot Artavadushti*, etc. PCOS is considered a *Kapha-Vata* disorder in Ayurveda which

involves malfunctioning of *Rakta, Rasa, Meda, Shukra* and *Artava*, etc. The affected channels include *Medovaha, Artavavaha Srotas* and *Rasavaha*, etc. Imbalance in *Jatharagni* and *Dhatwagni* leads *Vandhyatva, Sthaulya* and irregular menstruation, etc. The concept of *Ashtaartava Dushti* as *Granthibhuta Artava Dushti* can be correlated with PCOS.<sup>[4-6]</sup> The components of *Pushpaghni Jataharini* exhibits clinical features consistent with PCOS including *Sthoulya, Lomashaganda* and *Vrithapushpa* which leads to irregular menstrual cycles. *Vandhya Yoni Vyapada* characterized by *Nashta Artava* which is one more clinical features similar to PCOS. The factors for *Vimshati Yonivyapad* also relate to *Artava Dushti* and are therefore important to understand within the context of PCOS in Ayurveda.

### Nidana According to Ayurveda

- ✚ Factors like *Vyayama, Anashana, Chinta, Rooksha* and *Alpa Pramitashana*, exposure to *Vata, Atapa, Bhaya, Shoka, Rooksha Pana* and *Prajagarana*, etc. can produce *Artava kshaya*, which can occur with PCOS.
- ✚ The *Vata* and *Kapha* aggravating foods, has an effect on metabolism, and the formation of *Ama* within the body. Similarly modern-day eating habits are overall important in the etiology of PCOS.
- ✚ *Viruddhahara* is also a relevant aspect of PCOS as it causes long-term cumulative impact affecting hormonal functioning of body, which is one of the major reasons of PCOS.
- ✚ *Mithya Vihara* includes stress, no exercise, poor sleep, *Vegadharana* and *Atichinta*, etc. which causes disruption in the *Rasavaha Srotas* that contribute to the causation of PCOS.
- ✚ Lack of exercise and incorrect food choices affects the *Medovaha Srotas* leading to the PCOS.
- ✚ The psychological disturbance (anger, jealousy and grief, etc.) along with *Ahara Parinama* lead to the formation of *Ama* and vitiation of *Rasa Dhatu* that ultimately affect *Artavavaha Srotas*.<sup>[5-7]</sup>

### Pathogenesis

1. **Role of Pitta:** *Pitta Dosha* is strongly connected to *Artava*; as they both interact with *Rakta Dhatu*. *Rakta & Pitta* when aggravated, they cause disturbances in *Artava* that can lead to either *Artava Kshaya* or *Artava Vriddhi*.
2. **Role of Vata & Kapha:** Imbalance in *Vata Dosha* may also lead to *Artava Kshaya* as indicated by shortened or limited menstruation. Obstruction of *Vata, Kapha*, or both, may also lead to outwardly or inwardly *Narashtartava*. This condition is seen in pathologies of polycystic ovarian syndrome (PCOS). *Mithyachara* disrupt the *Doshic* basis necessary for *Artava's* correct functioning, and result in various forms of the disturbance of *Artava*.<sup>[7-9]</sup>

### Symptoms

- Irregular or scanty menstruation or amenorrhea due to vitiated *Kapha* and *Vata dosha*.
- *Sthoulya* due to metabolic dysfunction and *Dhatwagni Mandya*.
- *Yuvanpidika* due to *Rakta dhatu dushti*
- *Atiloma* (excess hair growth)
- *Neelika* (skin discoloration) due to *Rakta dhatu dushti* leading to poor skin health.
- *Anaptyata* due to the dysfunction of *Artava* and *Artavavaha srotas*.

### Management of PCOS

*Nidana Parivarjana* is the first intervention in treating PCOS which includes avoiding causative factors. *Agnimandya, Medovridhi, Apana Vayu* and *Kapha* vitiation play major roles in the pathogenesis of PCOS, so there is needs to consider concept of *Pathya Ahara* and *Vihara*.

For *Agnimandya* and improving metabolism of *Ama* number of Ayurvedic formulations are recommended which include *Chitrakadi Gutika, Shadushana Churna, Trikatu Churna, Hingwashtaka Churna* and *Haritaki Churna*, etc. These formulations treat condition of *Srotovarodha* and bring *Apana Vayu* into proper flow of energy to eliminate waste.<sup>[8-10]</sup>

*Medovridhi* can be treated with *Takrarishta, Madhu* and using other *Lekhanadravyas* and dietary suggestions such as *Yava, Kulattha* and *Yavaka*, etc. In regards to the obstruction of the *Artavavaha Srotas Uttar-Basti* with *Dhanvantari Taila* can be performed to clear and regulates menstruation. *Vamana Karma* may be used to relieve *Srotovarodha*, help to eliminate vitiated *Kapha*, which is naturally *Soumya* and invariably help to reduce excessive *Kapha*. These detoxification measures help to re-establish the proper functioning of the *Artava*. Ovarian cyst management includes approaches to shrink ovarian cysts; this can be achieved by using natural compound like *Kanchanara Guggulu. Shatpushpa Taila* mentioned for *Vatakapahaja Artava Dushti*.

*Yoga* practices are considered useful in the management of PCOS, the *Asanas* like *Sarvangasana, Uttanapadasana, Halasana, Suryanamaskara, Vakrasana, Sheersasana* and *Mayoorasana*, etc. are offers health benefits in the management of amenorrhoea and infertility. *Sheersasana, Halasana* and *Sarvangasana* are useful for the balancing hormones and general reproductive health in female thus prevents chances of conditions like PCOS.<sup>[9-11]</sup>

### CONCLUSION

Polycystic ovary syndrome, or PCOS, is one of the pathological conditions mainly related with the female reproductive system. Endocrine, metabolic and reproductive systems all are involved in the pathogenesis or symptomatic manifestation of this condition. Irregular cycles, dark-patch acne, excess hair and unusual weight,

etc. are major symptoms associated with PCOS. Ayurvedic scholars never disclose the term PCOS, yet the disorder fits into many conditions described in Ayurveda earlier time. The *Granthibhoot Artava Dushti* can be correlated with PCOS along with other condition of *Artava Dushti*. *Artava kshaya*, which can accompany PCOS, can be caused by various factors, including *Anashana*, *Chinta* and *Alpa Pramitashana*, etc. Foods that aggravate *Vata* and *Kapha* have an impact on metabolism and the body's production of *Ama*. In a similar vein, contemporary dietary patterns play a significant role in the etiology of PCOS. Another important factor in PCOS is *Viruddhahara*, which has a long-term cumulative effect on the body's hormonal functioning. Stress, insomnia, *Vegadharana* and *Atichinta*, etc. are examples of *Mithya Vihara* which disrupts the *Rasavaha Srotas* and contributes to the development of PCOS.

## REFERENCES

1. Temani Rashmi, Sharma Surendra Kumar, Choudhary Poonam. An Ayurvedic Approach of PCOS. International Journal of Ayurveda and Pharma Research, 2024; 12(9): 119-123.
2. Acharya Sushrut, Sushrut Samhita, with Ayurved Tatvasandipika of Hindi commentary of Kaviraj Dr.Ambikadutt Shastri; Chaukhamba Sanskrit Sansthan, Varanasi, Reprint: 2076- Sharira Sthana2/4, pg.11.
3. Acharya Kashyap Kashyap Samhita Vidhotini Hindi commentary of Ayurvedaalankar Shrisatyapal Bhisagaachrya; Chaukhamba Sanskrit Sansthan, Varanasi, Reprint: 2069-Revatikalpadhyaya -33, pg.192.
4. Agnivesha, Caraka Samhita, Text with Cakrapani commentary Ed. By Vd.Y.T. Acharya, Chaukhamba Orientalia, Varanasi Nidana sthana 4/8 pg.633.
5. Vagbhata, Ashtanga Hridaya, Jaya Krishnadas Granthmala, Chaukhamba Orientalia, 2005 ed. A.H.11/34, pg. 188.
6. Acharya Sushrut, Sushrut Samhita, with Ayurved tatvasandipika of Hindi commentary of Kaviraj Dr.Ambikadutt Shastri; Chaukhamba Sanskrit Sansthan, Varanasi, Reprint, 2076 Sha.Sthana;2/23, pg.16.
7. Agnivesha, Caraka Samhita, Text with Cakrapani commentary Ed. By Vd.Y.T.Acharya Chaukhamba Orientalia, Varanasi. Vi. 5/15. pg. 251.
8. Verma S, Saxena A "Ayurvedic Approach To PCOS-A Critical Review" IRJAY, 2022; 5(12): 68-72.
9. Tiwari P.V, Ayurvedic Prasuti Tantra evam Stri Roga Chaukambha Sanskrit Samsthan Varanasi, Reprint edition, 2013; pp.70.
10. Dutta. D.C. Textbook of Gynaecology including Contraception, Fourth edition, page no.422., New central book agency (P) Ltd, Calcutta, 2009.
11. Acharya YT; Charaka Samhita of Agnivesha; Siddhithana; Chaukamba Surbharati prakashan, 2009; pp.688.