



AYURVEDIC INTERVENTION IN THE MANAGEMENT OF INFERTILITY ASSOCIATED WITH PCOS, A CASE STUDY

Dr. S. Srilatha*

Post Graduate scholar, department of Prasuti Tantra and Stree Roga, Dr. N.R.S. Govt. Ayurvedic Medical College affiliated to A.L. Govt. Ayurvedic teaching hospital, Vijayawada, Andhra Pradesh, India. *Corresponding Author

Dr. Kola Vijaya kumari

Associate Professor & HOD, department of Prasuti Tantra and Stree Roga, Dr. N.R.S. Govt. Ayurvedic Medical College affiliated to A.L. Govt. Ayurvedic teaching hospital, Vijayawada, Andhra Pradesh, India.

ABSTRACT Infertility is a failure to conceive within one or more years of regular unprotected coitus. ovulatory factor comprises 30-40% of infertility causes, out of this ovulatory factors PCOS is the major one. Polycystic ovarian syndrome is manifested by amenorrhea, hirsutism, and obesity associated with enlarged polycystic ovaries. And this infertility brings marital conflicts, social rejections which may leads to anxiety, disappointments and depression. In Ayurveda, vandyatwa is vatha dosha pradhana vyadi, especially apana vatha which is responsible for all menstrual and ovulatory functions. As the vasthi, the panchakarma procedure is best for vatha vyadis, in this present article a patient of infertility associated with pcos is successfully treated by matravasthi with phala tailam and oral administration of devadrumadi churnam.

KEYWORDS : Phala Tailam, Devadrumadi Churnam, Vandhyatwa, Vatha Vyadhi, Infertility.

INTRODUCTION

To become a mother is one of the most important desires of every women and every human being has intense desire to continue their own race. Failure to achieve conception by a couple of mature age, having normal unprotected coitus during appropriate period of menstrual cycle regularly, at least for one year of time period is considered as infertility. As per Ayurveda, the factors responsible for conception are Rtu (fertile period/ ovulatory period), Kshetra (uterus & female reproductive system), Ambu (proper nutrient fluid) Bheeja (shukra, shonitha i.e sperm and ovum) and also normalcy of manas (Psychology).

As per Ayurveda, the balanced state of doshas is mainly responsible for health and any derangement to this doshas will leads to disease. Vandhyatwa is not an independent disease, rather an important feature of so many diseases among which PCOS is found out to be a major cause. Vandhyatwa is a vatha dominated sannipathaja vyadhi and but the out look of the symptoms of PCOS as per modern description, it becomes clear that even though acharyas are not compiled as a syndrome, in Ayurveda most of them described as features of separate disease, this disease basically caused by the vitiated kapha dosha deranging the function of the vatha dosha as well. It has been observed that Ayurveda helps in treating infertility associated with PCOS. Ayurvedic medication and pancha karmas like vasthi helps by not only treating the symptoms but also by strengthening the reproductive system and improving the local cellular immunity. In this present case study phalataila matra vasthi and devadrumadi churna has been used in infertility associate with PCOS.

CASE REPORT

A 27 years old female patient, house wife by occupation visited the OPD of A.L. Govt. ayurvedic hospital affiliated to Dr. NRS. Govt. ayurvedic college, department of Prasuti tantra and stree roga on 4th may; 2019 With complaining of inability to conceive after 4years of marital life associated with irregular menstruation with scanty bleeding with length of the cycle 2 to 3 months, detailed history relieved that she had irregular menstruation since menarche, 2 years ago she went an allopathic hospital, then shewas diagnosed with PCOS also taken some medication for PCOS but she was not satisfied, now she approached A.L. Govt. Ayurvedic hospital for further for further management.

Past history

NO H/O DM/HTN/Thyroid dysfunction or any other major medical problems and nil surgical

Family history

No H/O same illness in any others of her family

Menstrual history

Age of menarche: 12 years

M.H- 2-3days/2-3months/Bleeding bright red in colour, scanty flow 1pad/day, without clots and foul smell with history of dysmenorrhea.

Marital life: 4 years

Obstetrical history: G0 P0 L0 A0 D0

Contraception: couple not at all used any type of conception.

General examination

Built	obese
Nourishment	good
Pulse	72/minute
Bp	110/70mmHg
Temp	normal
Respiratory rate	18times/minute
Height	5.3feet(161.544cms)
Weight	108 kgs
BMI	38
Tongue	uncoated
Pallor/cynosis /clubbing/oedema/lymphadenopathy	absent

Systemic examination

CVS	s1, s2 normal
CNS	Conscious and well organised
RS	B/L Airway clear, lungs clear no added sounds
P/A	soft
P/S	Cervix healthy, and nulliparous Oss, Mild white discharge present
P/V	Uterus anteverted, normal size, mobile, all fornix free

Ashta vidha pareeksha

Nadi	72/minute
Mala	once in a day
Mutra	2-3 times per day
Jihwa	aliphtha
Sabda	prakrutha
Sparsha	prakruta
Druk	prakruta
Akruthi	sthoullya

Dasha vida pareeksha

Prakruti	vatha-kapha
Vikruti	madhyama
Sara	madhyama
Samhanana	madhyama
Pramana	madhyama
Satmya	madhyama
Satva	madhyama

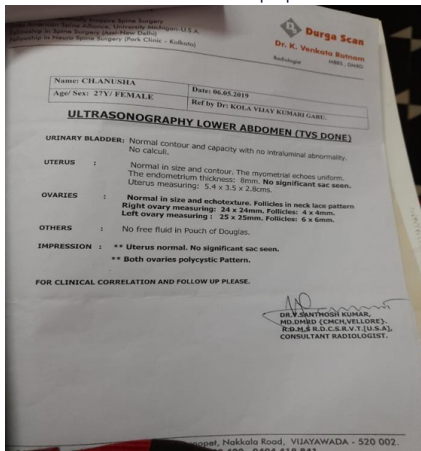
Intervention

Phala taila matra vasthi with the dosage of 60ml for 8 days following menstruation(5^l of LMP) for 3 consecutive cycles.

Devadrumadi churnam 3grams (1tsf) twice a day with honey.

LAB INVESTIGATIONS

USG Abdomen before treatment on 06/05/2019



Observations and results

Date	Complaints and observations
6/5/2019	c/o irregular menstruation <ul style="list-style-type: none"> dysmenorrhea over weight (obese) weight 108kgs, hirsutism over chin region USG abdomen shows bilateral ovaries shows are with follicles in necklace pattern (polycystic ovaries)
12/9/19	After completion of course of treatment (vasthi) <ul style="list-style-type: none"> Getting regular periods without any modern tablet Relied from dysmenorrhea 2 kgs of Weight reduced (106 kgs)
25/10/19	Patient conceived conformed by UPT
13/12/19	USG abdomen <ul style="list-style-type: none"> CRL 1cms 7weeks 1day G.S 2.2cms sac out ling are regular EDD 30/7/2020 Impression: single live intrauterine embryo corresponding to age of 7 weeks 1day.

DISCUSSION

As per Ayurveda infertility associated with PCOS is mainly due to vitiated kapha dosha deranging the functions of vatha dosha as well. Vitiation of Kapha dosha – manifests the symptoms like increased in weight, infertility, hirsutism, diabetic tendencies.

Vatha dosha mainly Apana vatha, a type of vatha dosha which is mainly responsible for all menstrual and ovulatory functions. Vitiation of vatha dosha- manifest the symptoms like painful menstruation, scanty less menstrual blood, and severe.

Herbal drugs present in phala tailam and devadrumadi churna are mainly having katu tikta rasa, ushna virya, katu vipaka, laghu ruksha guna and ushna virya can cause vatha anulomana (normalise the vatha dosha) and due to katu, tikta rasa and katuvipaka ama pachana will occur and leads to srotovishodana i.e medovaha srotho sudhi and arthavaha srotosudhi. Hence in females it is used to treat infertility, pcos, reproductive system related problems.

CONCLUSION

In this particular case the vitiated kapha dosha deranging the functions of vatha dosha. these vitiated vatha kapha dosha may leads to diminished physiological action of kayaghni and leads to accumulation of ama, which cause the sroto dusti/ sroto avaroda. vasthi is the best panchakarma procedure for vatha vyadhis, and taila is also best in treating vatha, and the ingredients present in phala taila, devadrumadi churna are also having kapha vathahara properties, hence with this Phala taila matra vasthi, we can improve jataraghni and vitiated ama can removed from the body and functions of dhatwagni gets improved, relief from sroto avarodha, which in turn helps in ovulation by balance the hormones in body and also improves the fertility.

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USG Abdomen after treatment on 13/12/2019

