

CONCEPTUAL VIEW OF SHAMAN AND SHODHAN CHIKITSA IN POLYCYSTIC OVARIAN SYNDROME

¹*Dr. Rutuja Gaikwad and ²Dr. Shrutika Sanjay Surlake

¹Assistant Professor, PhD (Scholar), Department of Prasutitantra and Streeroga, R.A. Podar Medical (Ayurvedic), Worli, Mumbai.

²M.S (Scholar), Department of Prasutitantra and Streeroga, R.A. Podar Medical (Ayurvedic), Worli, Mumbai.

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*Corresponding Author

Dr. Rutuja Gaikwad

Assistant Professor, PhD
(Scholar), Department of
Prasutitantra and Streeroga,
R.A. Podar Medical
(Ayurvedic), Worli,
Mumbai.

ABSTRACT

‘A woman’s health is her capital’. Today’s woman are multitasking experts, nurturing personal and professional dedications and dreams. Though, being a multitasker she pays the heavy price of self- neglect. Withering and waning in her constant endeavors to excel. And due to this she goes through a barrage of changes beginning from the time she attains puberty to the time she goes through menopause. Owing to this, women are subject to large number of complaints in relation to the reproductive system. Among those complaints, polycystic ovarian syndrome is one of the major issue which reflects various abnormal changes in her system. PCOS is a common endocrine disorder characterized by

➤ Hyperandrogenism

- Chronic anovulation
- Insulin resistance
- Obesity

Ayurvedic medicine has been proven to be efficient to treat PCOS.

Ayurveda lays emphasis on ‘स्वस्थस्य स्वाथ्य रक्षणं आतुरस्य विकार प्रशमनम्’. So the emerging health problem like PCOS is controlled by the shodhan and shaman chikitsa mentioned in ‘Ayurvedic ‘classics. It understands the disease by considering the Doshas and Dushyas involved in disease manifestation. The vamanadi shodhan karma and Deepanadi shaman karma makes the woman free from the disease by breaking ‘Dosha – Dushya samurchhana’.

KEYWORDS: Polycystic Ovarian Syndrome, Shaman, Shodhan, Yonivyapad.

INTRODUCTION

Present era is advanced and competitive. In this competitive world, women are trying equally to withstand. To achieve her goals, she should be in perfect, healthy conditions. But such as a leading and fast lifestyle has increased the chances of abnormality specially contributing to the female reproductive system, one of them being Polycystic Ovarian Syndrome(PCOS). PCOS is a multifactorial disorder, which includes:

- Disturbance in the Menstrual pattern
- Hyperandrogenism
- Small cysts in one or both the ovaries

PCOS can be described as an oligogenic disorder in which the interaction of number of genetic and environmental factors determine heterogenous, clinical and biochemical phenotype. Environmental factors implicated in PCOS can be exacerbated by unhealthy dietary choices and physical inactivity. Ayurveda has proved a boon to such disorders. As the doshas involved in PCOS are basically the Vata and Kapha, the Shodhan and Shaman chikitsa serves efficiently in treating the disease. In ayurvedic classics, all of the gynecological disorders are mentioned under Yonivyapadas. Ayurveda understands this on the basis of Dosha and Dushyas relationship. To combat this situation, Shaman and Shodhan is found to be very effective.

4. ACCORDING TO MODERN SCIENCE^[2]

A. Clinical Features

- Prevalence rate is 8-10 %.^[3]
- It is one of the leading cause of infertility in females.
- It is one of the leading endocrine, reproductive and metabolic disorder in the world characterized by:
 - Hyperandrogenism
 - Hirsutism
 - Acne
 - Chronic anovulation (irregular menses)
 - Irregular menses
 - Infertility
 - Endocrine Dysfunction

- Obesity
- Insulin resistance
- Acanthosis Nigricans
- Impaired Glucose Tolerance and Type 2 Diabetes Mellitus
- Dyslipidemia
- Metabolic Syndrome and Cardiovascular Disease
- Polycystic ovaries
- It was first time described by Stein and Leventhal in 1935 so called Stein and Leventhal syndrome.
- Poly means many/ multiple, cystic- abnormal sac containing fluid, Ovary- female gonads, Syndrome- group of multiple symptoms.

B. DIAGNOSTIC CRITERIA

- ✓ 2003 Rotterdam Criteria (2 out of 3)
- ✓ Menstrual irregularity due to anovulation oligo-ovulation^[4]
- ✓ Evidence of clinical or biochemical hyperandrogenism
- ✓ Polycystic ovaries by US
- ✓ 12 or more follicles measuring 2-9 mm in diameter
- ✓ Increased ovarian volume (>10 cc)
- ✓ Exclusion of other causes (CAH, tumors, hyperprolactinemia)

C. MANAGING PCOS

- Hormonal and Surgical Intervention is carried out (Laparoscopic ovarian diathermy LOD)
- Insulin level is lowered
- Fertility restoration
- Treat for Hirsutism and acne
- Restoration of regular menstruation
- Prevention of endometrial hyperplasia

5. Few Possible Diseases Described in Ayurveda Texts, That Can Be Correlated with PCOS

1. Pushpaghni Jataharini

वृथापिप्पं तु या नारी यथाकालं प्रणश्यतत | सथलू लोमशगण्डा वा पुष्पुघ्नी सा ऽप रेवती ॥

(का.कल्पस्थान रेवती कल्पाध्याय ६)

- वृथापुष्पं – Destruction of pushpa (anovulatory cycles)
- यथाकालं प्रणश्यतत-menstrual occur regularly
- स्थूल-*obesity*, लोमशगण्डा -Hairy chin and cheek(Hirsutism)

So pushpaghni jataharini clarifies both hormonal imbalance and metabolic disturbances

२. **Granthi:** वातादयो मांसंसृक च दष्टाः संदुष्य मेदश्च कफनववद्धमु।

वत्तोन्नतं वग्रथतं त शोफम कुवांत्यतो ग्रंथीः प्रददष्टः ॥

(सु ९/१३)

सग्रंथीः ग्रथणात्समतः ।

(अ.ह.उ.१/३)

Due to tridosha prakopaka ahara vihora which vitiates all the tridosha, which in turn vitiates the asruk, Manas and medadhatu, with predominance of kapha Disha causing khavaigunya at any particular part leads to the formation of unnata, vrutta vigrathita shopa called Granthi.

3. Vandhya Yonivyapat

वंध्या नष्ट आर्तव अववद्यात् ।

(स.सु.३८/१०)

- नष्टआर्तव – destruction of artavam
- भवत्यतनलवेदना – causing vatika types of pain

यदा दह यस्याः शोणणते गर्भशया बीजाभागः

प्रदोषम आपद्यते, तदा वंध्या या जनयती।

(च.शा.४/३०)

According to Charaka, while describing the beejadushti, there is a description that if a part of the beejas responsible for the development of uterus and artava is defective, then the born child would be vandhya.

4. Artavakshaya

आर्तव क्षये यथोच्यते अकालदशनतमल्पता वा यो तद् वेदना च ।

(सु. सू. 15/12)

आर्तव – Menstrual flow, क्षय – Cease or to get reduced

Irregular and scanty menses is one of the symptom of PCOS.

5. Sthoulya (Santarpanottha Vyadhi)^[5]

Sthoulya or Medoroga in Santar-panottha Vikara. i.e the disease caused by over nourishment. Kapha is an Ayurvedic humour which is dense, heavy, slow, sticky, wet and cold in nature. In a balanced state, Kapha gives nourishment to the tissues and govern all organs. However, when it is aggravated; Kapha which is heavy and dense in nature abnormally accumulates in weaker channels of the body. This directly relates to PCOD.

Samprapti

Santarpanottha nidana sevana leads to Agnimandya which leads to → Agnimandya leading to ama rasa formation → Dhatvagnimandya takes place → dushit Rasa dhatu is formed → madhurata and ati snigdha property of rasa dhatu, having close affinity to medadhatu → which leads to ati sthoulya and avarana on various strotas caused by kapha dosha → which results into improper formation of dhatu.

Samprapti Ghatakas

- **Dooshya** – Medodhatu, rasa, rakta
- **Strotus:** Artavvashrotas, medovashrotas
- **Strotodusti** -sangha
- **Agni** -manda at kosta and dhatu level.

Above lakshana have relevance with the symptoms of PCOS

Role of Tridosha in Ovulation and Menstruation

A) Vata (Apana vayu, Vyana vayu)

Uterine relaxation and contractions are under the influence of apana and vyan vayu. Vata is also responsible for the movement of follicles, rupture of follicles, release of ovum and movement forwarding to the fimbrial end.

B) Pitta

The action of various hormones which results into various stages of menstrual cycle i.e. ovarian cycle and endometrial cycle.

C) Kapha

It is responsible for the nourishment of the tissues that support the reproductive system including the growth of the follicles during ovarian cycles.

Nidan

Purvaroop- Irregular menses, gain in weight, cystic appearance of ovaries.

Lakshana of PCOS from an Ayurvedic Perspective

It includes Santarpanotha Nidan, Strotodushti lakshan and Beeja Dosh

- 1) Keshloma smashru dosha
- 2) Prameha purvaroop-
- 3) Strotasam lepa-
- 4) Atyartava
- 5) Neelika
- 6) Akala Khalitya
- 7) Keshlomasmashru dosha-

Ayurvedic Approach of Treatment

The treatment as per modern science is hormonal therapy and other drugs which may affect day to day life of a woman. Henceforth, Ayurveda plays a major role serving safety and efficacy of the treatment. Tridoshas represents the basis of the vital functions of the body, classified under the headings i.e. vata, pitta and kapha. Nidana Parivarjana” (avoid the causative factors) is said to be the very first step towards the management of PCOD.

PCOS, the term itself indicates more than one symptoms and hence possibility for multisystem involvement with ovarian dysfunction. Bahudosha avastha is evident in PCOS with multiple symptoms, so treatment include more than one as shodhan followed by shaman.

A. Shaman Chikitsa:-It Includes

***Deepan** - It includes the drug which strengthens the jatharaagni but do not digest ama. Deepan drugs are agneya in nature, laghu, tikshna gunatmaka, ushnaviryatmaka, katu amla rasa Pradhan.

***Pachan**– It includes the drugs which digest the ama by their ushna virya but do not stimulate jatharaagni. i.e. Mishreya, shatpushpa, Nagkeshar, Hingvashtak churna.

***Vatanuloman** – It includes the drugs which correct vitiated vatta dosha, facilitates evacuation of mala through anal canal. i.e. Aragwadha, Haritaki, chavya, Gandharvaharitaki, etc.

*Use of Agneya dravya includes:-

आर्तवं तु आग्नेयम् ।

(सु.शा.३/३)

आग्नेयानां च द्रव्यानां ववधीवत् उपयोगः।

दोषैरावत्तमागत्त्वादातवत् नश्यत न्स्त्रयाः॥

तत्र मत्स्यकुलत्थाम्लतलमाषसरा दहताः॥

(सु.शा.२/२१.)

Katu tikta rasa, ushna virya ushna ruksha tikshna guna, katu vipaka enhances Agni by clearing Ama dosha that is caused by kapha. Hence by initiating the proper action of Ahar rasa and updhatu artava, clears the Apanavayu aavarana and strotoshodhan, thus chala guna of apanavayu is triggered that helps in inhibition of artava and menstrual regularization.

Vatahar dravya	Erandmool, Kantakari, Shatavari	Reduces vidambhatwa, laghutwa andshetalatwa
Kaphaghna dravya	Vasa, Sahachar, Dhanvayas, Musta	Decreases the picchilta and guruta
Shothahar	Erand, Punarnava, Devdaru, Rasna	Reduced obesity and BMI
Lekhaniya or Medohar	Erand, Guggul, Dhanvayas	Reduces overweight n subsides the size of granthi
Kushthaghna	Haritaki, Guduchi, Pippali, Vasa	Acanthosis nigricans and acne can be controlled
Pramehaghna	Guduchi, Devdaru, Haritaki, Guggul	Reduces obesity and hyperinsulinaemia
Artavjanan/Vrushya	Shatavari, Ashwagandha, Bala, Gokshur	Enhances the quantity and quality of Shukra and aartav
Rasayana	Shatvari, Ashwagandha, Guduchi, Haritaki	Rejuvenates cells and tissues of the body

- **Daivavyapashraya chikitsa-** As a aagantuj vyadhi in relation to Pushpaghni jataharani, importance is given to Daivavyapashraya chikitsa such as varanbhandhan (Kashyap Revati Kalpadhyay), Mantrachikitsa etc.

B. Samshodhan Chikitsa

❖ सवात व्यापन्नयोतन तु कमभतभवमत नाददभीः॥

❖ -नदह वातादृते योतननारीणा संप्रदष्यतत॥११५॥

शमतयत्वा तो अन्यस्य कृयातत दोषस्य भैषजं॥११६॥

(च.थच३०.११५/११६.)

➤ **Vaman-** for kapha chedan and aavarana chikitsa. As kapha is the main dominating dosha. Vaman procedure purifies internal toxins. It balances hormonal system. Vaman acts on Thyroid gland. It also stimulates Pancreas to secret insulin in level, so P.C.O.S is decreased to a certain level. It is a painless, drug induced emetic procedure which is carried out in the Vasant rihitu. It is the best therapy for the elimination of Kapha Dosha. According to Ayurveda, PCOS may be considered as Agni Vaishamyajanya Vikara, Rasagni, Medodhatvagni Mandya, as far as Dosha is concerned it is Kapha- Vataja disorder. PCOS is said to be a metabolic disorder and Vamana helps to increase metabolism of body, thereby reducing weight and acts on liver metabolism where hormone formation mainly takes place.

- **Virechan:** It eliminates body toxins like vitiated 'Pitta'. The process of cleansing is carried out in the small intestine & other Pitta zones. Here drugs that stimulate bowel movement are increased for the expulsion of doshas through rectum. It acts on hormones system like 'Vaman Karma'. Vamana and Virechana also work on liver metabolism thus correcting the disturbed lipid levels. Virechana normalises the functions of Pita and Agni.

Virechan with erandam tailam 25 ml with milk

Virechan with 50 gm trivrutha lehyam

Virechan with kalyana gulam 25 gm

➤ UTTARBASTI

प्रततदोषं तु साध्यासु स्नहे क्रम इष्यते ।

दद्यात उत्तरबस्तीश्च ववशेषेण यथोददतान ॥

शक्राततु वाद्यो दोषाः स्तनरोगाश्च ककतीतः।

क्लैब्यस्थानातन मढस्य गभस्त य ववथधरेवच॥३१॥

(सु.उ.३८.)

Uttara basti is the most effective treatment in gynaecological disorders. Due to its local action on uterus and ovaries, it Dissolves the cyst in ovaries more effectively then oral medicines. It also helps to purification and clears the Aartava Vaha Srotas, pacifies vitiated Apana Vayu and improve follicular maturity.

- **Basti:** In this, enema of medicated oil or Decoction is given through rectum. Vitiated “Vata” can create various health problems. Basti releases obstructions in the way of Vata dosha and thus regulates the normal phenomenon of “Vata”. Different types of medicated Oils, Ghruta, milk or decoctions are used for Basti treatment. It can state miracles if administered in a proper way with appropriate medicines. Basti procedure eliminates the doshas from the anal canal. It balances the “Vata” Dosha. Apana Vayu is one of the Vata Dosha. Basti stimulate the parasympathetic nerve supply which in helps for the maintenance of normal cycle.^[6]

बस्तभ्यंगपररषेक प्रलपे वपचधारणमु ॥

अल्पपष्पु नष्टपष्पु नष्टबीजकमण्ट यबीजपररता अनवास्य इतत ॥

(का.भस ७/११.)^[1]

As per Kashyapa in oligo/hypomenorrhoea, amenorrhoea, Anuvasana Basti is the choice of treatment.

- **Nasya:** In this the drug is administered through nasal route which reaches the Shringataka Marma and disperses through ear, nose, eye, and tongue into Shira i.e. eliminates the morbid Doshas and promotes the normal physiological functioning. Nasya may also stimulate olfactory nerves and limbic system, which in turn stimulates hypothalamus leading to stimulation of Gonadotropin Releasing Hormone (GnRH) neurons, regularizing GnRH pulsatile secretion, leading to regular and normal menstrual cycle.

DISCUSSION

The Ayurveda treatment principle for PCOS is to clear obstruction in the pelvis, normalise metabolism and regulate the menstrual system (Aartava Dhatu). Kapha reducing, insulin

enhancing and hormone re-balancing drugs help to the relieve symptoms of Poly Cystic Ovarian Syndrome. The best medicine for PCOS are herbal medicines like Triphala, Kanchanar, Trikatu, Guggul, Dashamool etc which are effective in PCOS Ayurvedic treatment. Many Ayurvedic herbs like Shatavari, Shatapushpa also helps to grow egg naturally and also helps to rupture follicle naturally.

CONCLUSION

Women are facing such a leading n fast lifestyle that they fail to nurture their own health. Women are multitasking experts, nurturing personal and professional dedications and dreams. Though, being a multitasker she pays the heavy price of self- neglect. And due to this she goes through a barrage of changes beginning from the time she attains puberty to the time she goes through menopause. Owing to this, women are subject to large number of complaints in relation to the reproductive system. Among those complaints, polycystic ovarian syndrome is one of the major issue which reflects various abnormal changes in her system.

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