



# A CASE STUDY TO ACCESS THE EFFICACY OF VAMANA WITH MADANAPIPPALI IN PCOS

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## ABSTRACT

PCOS is becoming very common in reproductive age of women. The prevalence rate varies from 2.2% - 26%. It is considered as most common endocrinal disease. Sedentary lifestyle, stresses are contributing factors in its increasing prevalence. The common symptoms of PCOS are menstrual irregularities, Infertility, Obesity, Hirsutism, Endometrial hyperplasia, Insulin resistance, Anxiety and Depression. Menstrual disturbances commonly observed in PCOS are Oligomenorrhea, amenorrhea and prolonged erratic menstrual bleeding. A female patient of age 25 years, already diagnosed with PCOS admitted in IPD of Government Ayurveda College, Bilaspur with registration number 15525 in *Prasuti Tantra and Strirog* department. According to Ayurveda it is the condition of Bahu dosha avastha, so Vamana with Madana pippali is considered for *Sodhana* purpose. The response to the treatment was recorded and therapeutic effects were evaluated based on symptomatic relief and through USG, LH, FSH hormone levels. The results revealed that PCOS could be curable through Vamana chikitsa.

Keywords: PCOS, Bahudosha Avastha, Vamana, Madana phala, Granthi

## INTRODUCTION

In the world Polycystic Ovary Syndrome (PCOS) is becoming most common endocrine disorders among women. Symptoms include infertility, obesity, alopecia, acne, hirsutism, and menstrual irregularities. Women with the syndrome are also more likely to experience co-morbid physical and psychological conditions such as diabetes, heart disease, also depression and anxiety. The prevalence of PCOS in general population is about 5-10% worldwide.

The author's of Ayurveda has explained all the symptoms of PCOS in different context like *Yoni Vyapat*, *Artava Dushti*, *Kaphaja Vataja Artava Dushti*, *Kaphaja Granthi* etc. It's the condition of *Bahu dosha avastha* according to Ayurvedic pathology. *Bahu dosha avastha* condition according to Ayurveda found in PCOS. Looking into the *Dosha* condition, the symptoms are more of *kapha* and *Vata* vitiation. *Kapha* gets vitiated causing *Sroto avarodha* and leading to *Vata Vaigunyata*. As oligomenorrhea is the most common symptoms it can also be compared to *Artavakshaya* told by *Acharya Sushruta*. So here *Sanshodhana* and *Agni Vardhaka chikitsa* being adopted by the acharyas.

Many research works were being conducted *Vamana* with *Madana pippali* followed by *Shamana chikitsa*. Therefore, here the present study is taken on *Vamana* therapy with *Madana pippli* in PCOS to observe the results by using subjective & objective parameters. Symptoms of PCOD are taken as subjective whereas USG of Abdomen is considered as objective parameter. The results of therapy will be discussed in discussion part.

## **MATERIAL & METHODS**

A female patient of age 25 years already diagnosed with PCOS and Hirsutism admitted in IPD of Government Ayurveda College, Bilaspur with registration number 15525 in *Prasuti Tantra and Strirog* department. She had been referred to dept. of *Panchkarma* for further management. Patient was suffering with Oligomenorrhea with Hirsutism since 2016 with PCOS. She was undergoing allopathic medicine management for 5years. Also, she has taken medications from other health management for PCOS for 4years. So, there was a medical history of PCOS around 5 years. She presented with complains of Oligomenorrhea, Delayed menstrual cycle, constant Weight gains mainly Central obesity, Hirsutism and maximum associated symptoms of PCOS. Along with she had other associated complains like-hyper acidity, flatulence, disturbed sleep, and heaviness in the body. USG was also suggestive of polycystic ovarian disease. After complete examination, blood investigations were done.

### **VAMANA KARMA:**

***Deepana Pachana:*** *Trikatu churna* (3g) given twice daily for 3 days before 30 min of food with luke warmwater.

***AbhyantaraSnehapana:*** *Shuddh Go Ghrita* for five days in *Arohana krama* (Escalating dose), started with 30 ml.

First Day - 30ml

Second Day - 60ml

Third Day - 90ml

FourthDay - 120ml

Fifth day – 150ml

After observing *Samkyak Snigdha Lakshana* on 5<sup>th</sup> day, the patient is advised rest for next day. *Sarvanga abhynga* with *Til* oil and *Baspa swedana* with *Dasha moola kwatha* had been carried out on the resting day also *Kapha Vridhikar* diet had been advised at dinner. On 7<sup>th</sup> day *Vamana* conducted after *Sarvanga Abhynga* and *Baspa Swedana*. *Pradhana karma* of *vamana* has been done with following drugs– *Yavagu* prepared with *Guda* & *Salisasthika* rice is given initially. Then Milk is given *Akantha pana*.

One *Muhurta* time gap is maintained after *Vamaka Yoga* (*Madana pippali churna*, *Vacha*, *Saindhava* & *Honey*). *Yastimadhu phanta* & *Lavanodaka* has given, and the *Vegas* are observed. *Pittantaka Vamana* with *Madhyamasuddhi* is observed. *Dhoompana* have been carried out after 30 min of *vamana*. *Samsrajana krama* followed for 5 days from the day of *Vamana*.

## **OBSERVATION**

### **Observations and Results:**

Weight: Before Treatment: 78 kg

After Treatment: 76 kg

Height of the patient: 1.48 m

BMI: Before Treatment: 35.60 kg/m<sup>2</sup>

After Treatment: 34.70 kg/m<sup>2</sup>

Ultra sonography report before and after treatment: The main change observed in the report was, decrease in the number of non-dominant follicle and ovarian volume. Uterus is normal in shape, size and contour, other details of USG are given in table.

No.of Follicles	Right Ovary		Left Ovary	
	B.T.	A.T.	B.T.	A.T.
No.& Size of Dominant follicle(DF)	No DF seen	No DF seen	No DF seen	No DF seen
Number of Non-Dominant follicle	11-14	3-5	8-11	3-7
Size of Non-Dominant follicle	6-8mm	4-7mm	5-7mm	4-7mm
Ovarian Size	4.8cm×1.5cm×3.4cm	3.7cm×1.5cm×3.6cm	5.1cm×1.6cm×3.4cm	4.3cm×1.2cm×3.4cm
Ovarian Volume	24.48cc	19.98cc	27.74cc	17.54cc

Ovarian Stroma	Echogenic	Echogenic	Echogenic	Echogenic
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(Showing the Ultra sonography Report)

## **DISCUSSION&CONCLUSION**

PCOS is not described individually in *Ayurvedic* texts. As it is a syndrome so the symptoms of PCOS found scattered in different texts like *Kashyap Samhita*, *Carak & Shusrut Samhita* etc. *Acharya Shussruta* has explained *Sodhana chikitsa* in *Artavakshaya*. *Acharya Kashyapa* explained that *Vamana* helps to cure Obesity and *Kaphaja* diseases. Obesity and Oligomenorrhoea is one of the cardinal features in PCOS. *Vamana* plays an eminent role to expel out the excess accumulated *Doshas* also increases the *Agni*. Also *Vamana* is the *chikitsa* for *Medo*, *Granthi* and *Kaphajarogas*. *Ayurvedic* pathology shows dominance of *Kapha* and *Vata dosha* in *PCOS*. As it is a disease of grouped of symptoms, so it is considered under *Bahu dosha Avastha* in *Ayurveda*. So *Vamana* would be the ideal treatment for *samprapti vighatana* of PCOS. Hence it can be concluded that *Vamana* with *Madana phala pippali* (*Randia Dumetorum*) powder is effective in the treatment of PCOS

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