



Case Report

ISSN: 2454-5023
J. Ayu. Herb. Med.
2023; 9(2): 43-47
Received: 09-05-2023
Accepted: 25-06-2023
© 2023, All rights reserved
www.ayurvedjournal.com
DOI: 10.31254/jahm.2023.9202

Managing PCOS with Samshodhan Therapy: A Case Report

Chanderlata Suman¹, Soni Kapil², Anil Bhardwaj³

¹ Department of Panchkarma, RGGPG Ayu College & Hospital, Paprola, H.P., India

² Associate Professor, PG Department of Panchkarma, RGGPG Ayu. College, Paprola, H.P. India

³ Associate Professor, PG Department of Prasuti Tantra Evum, Stree Roga, RGGPG Ayu. College, Paprola, H.P. India

ABSTRACT

Background: Polycystic Ovarian Syndrome is one of the most common metabolic and reproductive disorder among women of reproductive age. This condition is characterized by elevated androgen levels, anovulatory menstrual abnormalities and multiple small cysts in ovaries. This female endocrine disorder is prevalent in age group of 18-45 years with rate ranging from 2.2% to 26%. Sedentary life style, faulty dietary habits lead to obesity in young adults which results in metabolic and hormonal disturbances such as insulin resistance, hyperandrogenemia etc. In Ayurvedic literature, the features associated with PCOS closely resemble with *Nasta Artava*, *Ksheen Artava* and a group of *Yoni Vyapada* like *Bandhya*, *Arajska*, *Lohitkshara* and *Artava Vaha Strotas Viddh Lakshana* mentioned by *Acharya Sushruta*. PCOS also has close resemblance with *Pushpghani Jatharini* mentioned by *Acharya Kashyapa*. Symptoms of PCOS mimic with conditions like *Sthoulya*, *Aratava Kshaya*, *Agni Mandya*, *Rrakta/Medo Dhatu Dushti*, *Granthi Roga*. So, based upon *Rog Lakshana* and *dosha dushya* involvement, *Ayurveda* explains *Nidana parivarjanam* and *Samshodhan* as a prime line of treatment for PCOS. **Aim & Objectives:** The main aim of this study is to establish the role of *Samshodhan* therapy in PCOS. PCOS can be considered as *Tridoshaj Vyadhi* with *Vata & Kapha* predominance that is the reason *Vamana* for *Kapha Shodhan* and *Virechana* for *Vata* and *Pitta Sanshuddhi* were planned to achieve desired results. **Results:** In this case study, a 27 years female patient suffering from symptoms like *Ksheen Artava*, *Granthibhoot artava*, *Sthoulya*, was managed with *Samshodhan* therapy and got complete relief from symptoms. **Conclusion:** This case study corroborates the importance of *Samshodhan Chikitsa* in PCOS.

Keywords: *Samshodhan therapy*, *Ksheen Artava*, *Granthibhoot Artava*, *Polycystic Ovarian Syndrome*, *Nidana Parivarjan*, *Agni Mandya*.

INTRODUCTION

Polycystic ovarian syndrome, Stein – Leventhal Syndrome or Hyper androgen anovulation Syndrome is a common complex hormonal condition which was first diagnosed in 1935 by Stein- Leventhal. PCOS is multifactorial and polygenic condition^[1]. Diagnosis is based upon the presence of any of two criteria: Oligo and or anovulation, Hyperandrogenism (chemical and or biochemical) and Polycystic ovaries. PCOS is a heterogenous disorder with neuro endocrine findings and characterized by menstrual abnormalities in the form of oligomenorrhoea, amenorrhoea, or dysfunctional uterine bleeding^[2]. There may be hirsutism, acne, alopecia. Women with PCOS are more likely to develop various metabolic and reproductive health consequences that includes Abortions, Gestational diabetes, Hypertensive disorder, Pre- eclampsia, Pre – Diabetes, Type 2 Diabetes, Cardiovascular disorders, Stroke, Chronic Kidney Disease, Breast Cancer and others. Unhealthy life style and dietary behavior resulting in overweight, obesity, insulin resistance excess androgens are known to be risk factors. Leading causes for the development of PCOS are overconsumption of diet and drinks with high glycemic index, fructose, trans fat, animal fat, processed food^[3]. In *Ayurveda*, *Ahitkar Ahar* and *Vihar* leads to various kinds of diseases. Also, *Agnidushti* is the leading cause of all types of diseases^[4]. In this present case study, patient showed the features of *Nasta artava*^[5] (disappearance of menstruation at the time of natural menstruation, amount of bleeding of menstrual flow is less, pain while menstruating), *Granthibhoot Artava* (name itself suggests “clotted appearance of menstrual blood) and *Sthoulya* (obesity). Conclusive treatment of mainly all the diseases resembling with PCOS is *Nidana Parivarajan* and *Samshodhan* therapy. Thus, *Nidana Parivarjan* and *Samprapti Vighatan* done by *Samshodhan* therapy comes as the effective treatment in management of *Bahu Dosha Awastha*. Moreover, it is a metabolic disorder and *Shodhana Karma* properly channelizes body's metabolism by removing “*Sanga*” (obstruction caused by *Vitiated Kapha*) in *Artava Vaha Strotas*, leads to proper ovulation. When there is removal of obstruction, *Vitiated Vata Dosha* comes back in its natural state (*Apana Vayu* in its natural state performs the function of natural flow of *Mala, Mutra* and *Artava* i.e., Menstrual flow) and thus normal menstruation occurs^[6].

*Corresponding author:

Dr. Chanderlata Suman

Department of Panchkarma,
RGGPG Ayu College & Hospital,
Paprola, H.P., India
Email:

chanderlatasuman95@gmail.com

CASE REPORT

Chief complaints

- Gradual weight gain in the last 3 years.
- Irregular menstruation (increased menstrual interval) in the past 1 year.

Patient Information

This is the case of a 27 years old Mexican female patient who is musician by profession was diagnosed with PCOS at the age of 19 years. Patient was under regular hormonal therapy for ten years. In February 2021, patient came to India for her personal reasons because of this she discontinued the intake of hormonal pills. After discontinuation of hormones, patient developed irregular menses (prolonged menstrual interval) along with frequent headaches, mood swings. In addition, patient also complained of gradual weight gain in last three years. With all these complaints she came to the Ayurvedic hospital.

Treatment History:

- Patient was under cyclic hormonal therapy for ten years.
- Withdrawal of hormonal therapy 1 year back.

History of Past illness- No History of any chronic illness/surgical intervention.

Family history- No relevant family history was found.

Personal History:

Appetite – Increased
(10-12 hours/Night)

Thirst – Normal
Sleep – Increased
Prakriti - Kaphavataja
Koshtha – Madhyam

Menstrual History:

Interval– 40-70 days
Duration– 2-3 days
Amount– 1-2 pads/day
Smell– Not present
Clots– Present (2-3mm in size)
LMP- 21-6-22

General Physical Examination of Patient-

Examination	Findings
Weight	80 Kg
Height	5'5"
BMI	29.3kg/m ²
BP	110/70 mm Hg
Pulse Rate	86 per minute
Breast examination	NAD

Systemic examination:

Cardiovascular System/Respiratory System-NAD

Central Nervous System-Conscious, oriented.

Vitals-

Temperature – 98°F
Respiratory Rate – 18/min
Pulse Rate – 74/min
Blood pressure – 116/80mm of Hg

Ashtvidha pariksha –

Nadi - Kapha pradhan
Mutra - Nirmal
Shabda – Spasht
Druka - Samanya
Koshtha – Madhyam

Mala- Samanya
Jihva - Anavrutta
Sparsh - Mridu
Akriti – Madhyam

Laboratory Reports – (22/07/2022)

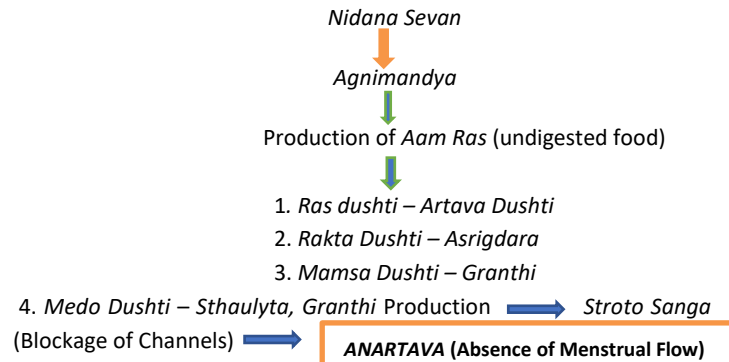
USG (Abdomen) – uterus is A.V., normal in size, shape and in echotexture.

Endometrial echo is well defined with thickness of 5.3mm.

Right ovary – Multiple small follicles of 5 – 5.1 mm sizes seen in the ovary

Left Ovary – No follicles seen

Samprapti of disease –



Samprapti Ghatkas:

Dosha – Kapha Pradhana Tridosha

Dushya – Ras, Rakta, Mamsa, Meda

Strotas – Rasavaha, Raktavaha, Mamsavaha, Medovaha, Artava vaha

Rogmarga – Abhyantara

Adhithana – Garbhashya, Phalkosha

Diagnosis – K/C/O PCOS - Ksheen and Granthibhoot Artava with Sthaulya

Treatment Protocol – As the patient was in the stage of *Bahu dosha* (vitiation of *Doshas* in large amount) and conclusive treatment for this kind of treatment is *Shamshodhan* therapy. So, *Shamshodhan Karma* was planned for complete detoxification of body and for the sake of

bringing *Doshas* in equilibrium (*Sam Awastha*). Since 20th July 2021, hormonal therapy was completely withdrawn. *Deepan* and *Pachan Karma* with *Chitakadi Vati* was done for three days. 11/08/2022 – 15/08/2022, *Snehpaan* with *Panchtikta Ghrita* for five days was done.

Protocol for Vaman Karma:

Table 1: Protocol for Vaman Karma

Sr. No.	Type of intervention	Intervention	Dose	Days	Route of Administration
1	<i>Deepan - Pachan</i>	<i>Chitrakadi vati</i>	250 mg	3 days	Oral
2	<i>Snehpaan</i>	<i>Panchtikta ghrita</i>	40ml – 210ml	5 days in incremental dose	Oral
3	<i>Sarvang Abhyang</i>	<i>Balashwagandha taila</i>	Till appearance of proper symptoms	3days	External Application
4	<i>Nadi Swedana</i>	<i>Dashmool Kwath</i>	Till appearance proper symptoms	3days	External Application
5	<i>Kapha provocative Ahara</i>	<i>Masha</i> pudding + curd <i>Rice</i> pudding	As per need	Last night before <i>Vaman</i>	Oral
6	<i>Vaman karma</i>	<i>Madanphal Pippali Churna</i>	4 gm	1 Day	Oral
		<i>Vacha Churna</i>	1 gm		
		<i>Madhuyashti Kwath</i>	150 ml		
		<i>Saindhav Lavan</i>	1 gm		
		<i>Madhu</i>	25 gm		

17th August 2022, *Vaman Karma* was completed without any complication followed by *Samsarjan Karma* for five days.

Result after Vaman Karma: Patient got her periods on 28th August 2022 for two days. This time her periods were moderately free from menstrual cramps and menstrual blood was free from clots. Also, patient weight was reduced up to 3.5kg.

Virechana Karma : Virechana karma was completed on 26 Sep. 2022.

Table 2: Virechana Karma

Sr. No.	Type of intervention	Intervention	Dose	Days	Form of Administration
1	<i>Snehpaan</i>	<i>Panchtikta ghrith</i>	40- 120ml	4 days	Oral
2	<i>Sarvang Abhyang</i>	<i>Balashwagandha tail</i>	Till proper symptoms appear	5 days (11 th -15 th day)	External Application
3	<i>Nadi Swedana</i>	<i>Dashmool Kwath</i>	Till proper symptoms appear	5days (11 th -15 th day)	External Application
4	<i>Virechana karma</i>	<i>Haritaki Churna</i>	18gm	1 Day (15 th day)	Oral
		<i>Sanaya Patra Churna</i>	20 gm		
		<i>Saindhav</i>	8 gm		
		<i>Argbadh Phal Majja</i>	2		
		<i>Munakka</i>	10-12		
		<i>Trifla Kwath</i>	150 ml		

During *Samshodhan Karma*, no *Shaman Ausadhi* was given to patient. Patient got her periods on 4th October 2022 for five days. There was total 8kg loss of body weight after *Vamana* and *Virechana Karma*. Patients is free from headaches or any mood swings which were severe before commencement of procedure.

Table 3: Baseline features

Features	Before Treatment	After treatment
Weight	80Kg	72 Kg
BMI	29.3 kg/ m ²	26.4kg/m ²
Menstrual cycle interval	40 – 70 days	30 – 34 days
Clots	Present (2-3mm)	Absent
Headache	frequent headaches	occasionally present
Feeling of Heaviness	Present	Absent

DISCUSSION

Role of Purva Karma –

Before proceeding to main karma i.e., *Samshodhan Karma*, *Purva Karma* are needed to be done. *Purva Karma* includes *Deepan*, *Pachan*, *Snehana* and *Swedana*.

Deepan Karma – It means ignition of digestive fire. *Deepan drugs* are having properties of *Agneya* and *Vayu Mahabhoot Pradhan*. Commentator *Hemadri* says, *Deepan* drugs helps in separation of *Leena Dosh* from *Dhatu*. Here, there is involvement of *Mandagni*. So, *Deepan* drugs are necessary for ignition of digestive fire so that *Agni* gets normalized.

Pachan Karma – It means digestion of *Ama* (undigested food). *Pachan Karma* is done in a condition where *Ama Awastha* is found. If *Snehana Karma* is done in *Amaj* condition, it leads to destruction of sensory perception and even death. Symptoms like *Vibhandh* (Constipation) and *Glani* (exhaustion/fatigue) appear if *Samshodhan* medicine is given in *Ama* condition^[7]. That's why *Deepan* and *Pachan Karma* are needed before initiation of *Snehana* and *Samshodhan Karma*.

Snehana Karma – *Snehana Karma* is done in two forms – Internal and External application. Internal application is done for minimum three days and maximum for seven days. Days for Internal application (*Snehpaan*) depends upon patient's *Kostha*, *Agni* and appearance of proper *Snehana* symptoms. *Snehana Dravya* properties are likely to increase the properties of *Kapha Dosh*. Hence *Snehpaan* on regular use is supposed to cause provocation of *Kapha Dosh* (*Kapha Utkleshan*) and so is the main aim of *Snehpaan*. *Snehana* also increases the *Drava Guna* of *Doshas* which is needed for the eviction of vitiated *Doshas*. *Snehana Dravya* with its *Sukshma* property, reach even at minute channels and performs its action their too.

Another form of *Snehana karma* is external application i.e., *Sarvang Abhyang* (full body massage with medicated oil). Main purpose of *Snehana Karma* before *Pradhan Karma* is alleviation of *Vata Dosh* and softness of *Doshas* (*Dosh Mriduta*), which results in expulsion of *Doshas* from body without any discomfort^[8].

Swedana Karma- *Sarvang Swedana* (fomentation) results in *Dosh* *Dravta* (liquefaction of *Doshas*) and helps to move *Doshas* from *Shakha* (extremities) to *Koshtha*. *Koshtha* is nearest route for expulsion of *Doshas* through *Samshodhan Karma*^[9].

Role of Vaman Karma – *Vaman Karma* which is also called as *Emesis* therapy, is responsible for eviction of *Kapha Dosh* followed by *Pitta*

and *Vata Dosh*. Drugs which are used in *Vaman Karma* reside the *Ushna*, *Teekshan*, *Chedhan*, *Vyavayi* and *Vikasi* property. These properties of *Vamak* drugs are responsible for liquefaction, scraping of *Kapha Dosh*. With the help of *Vyavayi Guna*, drug reaches whole body through minute channels, thus scraps the vitiated *Doshas* from whole body. PCOS appears due to *Agnidushti* (*Agnimandya*) along with *Ras*, *Rakta*, *Mamsa* and *Medo Dhatu Dushti*. Both *Kapha Dosh* and *Medo Dhatu* are having similar properties. Due to the action of *Vamak* drugs, symptoms of vitiated *Kapha dosha* get decreased and so as of *Medo Dhatu Dushti*. *Kapha* is responsible for trapping the normal flow of *Pitta* and *Vata Dosh*. *Vaman Karma* pacifies increased *Kapha dosha* mainly. When there is removal of obstruction caused by increased *Kapha Dosh*, *Pitta* and *Vata Dosh* get rid of obstruction. Normal function of *Vata* and *Pitta Dosh* crop up again.

Role of Virechana karma - *Virechana karma* /purgative therapy is a procedure for removal of vitiated *Pitta Dosh* through anal route and is indicated in *Pitta dosha* dominant diseases. *Virechana drugs* reside the properties like *Ushna*, *Teekshan* (responsible for digestion of *Ama Dosh*), *Sukshma* (drug reaches within minute channels and thus results in expulsion of *Doshas* from minute channels), *Vyavayi* and *Vikasi Guna*. *Virechana Smyak Lakshan* indicates expulsion of *Doshas* in specific manner: feces - *Pitta – Kapha – Vata Dosh*^[10]. Symptoms that might appear after *Virechana Karma* are: purification of senses, clarification of channels, lightness of body, full of energy, increase of digestive fire, free of disease. *Agni Dushti* is found to be main cause of disease. As *Virechana Karma* is responsible for increasing digestive fire proper formation of *Updhatu* (product of *dhatu* which function as construction and nourishing of body) will happen. *Stanya* (lactation) and *Artava* (menstruation) are *Updhatu* of *Ras Dhatu*^[11]. With the increase in digestive fire, proper formation of *Updhatu* will happen. Due to normalization of *Agni*, proper metabolism will take place followed by decrease in *Medo Dhatu Vridhi*. In the last step of *Virechana Karma*, *Vata Anuloman* transpires. Normal Flow of Menstruation blood is the function of natural *Apana Vayu*. After the removal of all kind of obstruction, *Vata Dosh* also come back in its natural state and thus normal flow of menstruation crops up.

CONCLUSION

PCOS has become a very common life style related serious problems if remain untreated. In Ayurveda, PCOS is not named as a single disease, but it is an imbalance of specific *Doshas* and *Dhatu Dushti*. In Modern, hormonal therapy play important role in treating PCOS patients. These hormones have so many side effects such as nausea, vomiting, headaches, leg cramps, abnormal weight gain, menstrual abnormalities. Major side effects are depression, Hypertension, venous

thromboembolism, arterial thrombosis which can be life-threatening. Ayurveda provides *Samshodhan* therapy, a promising and effective cure to PCOS patients without causing side effects. This therapy helps to regulate the imbalance of *Doshas* and body's metabolism. Further, proper formation of *Dhatu*s & their *Updhatu*s ensues in proper manner. This therapy makes person mentally and physically healthy. This case. This case study corroborates the importance of *Samshodhan Chikitsa* in PCOS.

Conflict of Interest

The authors declare no conflict of interest.

ORCID ID

Dr. Chander lata: <https://orcid.org/0009-0008-4835-4840>

Dr. Anil Bhardwaj: <https://orcid.org/0000-0002-4828-7798>

Dr. Soni Kapil: <https://orcid.org/0000-0001-6128-7429>

REFERENCES

1. Polycystic ovarian syndrome - synonym (Home page on internet). Available from: https://en.m.wikipedia.org/wiki/Polycystic_ovary_syndrome
2. Polycystic ovarian syndrome: a complex condition with psychological, reproductive and metabolic manifestation that impact on health across the lifespan (Home page on internet), published on 30 June 2010, Available from: <https://bmccmedicine.biomedcentral.com/articles/10.1186/1741-7015-8-41>
3. Causes – polycystic ovarian syndrome (Home page on internet) Page last reviewed: 11 october 2022 Available from: <https://www.nhs.uk/conditions/polycystic-ovary-syndrome-pcos/causes/>
4. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabala krit, elaborated Hindi commentary by Pt. Kashinatha Sastri and Dr. Gorakhnath Chaturvedi Part 2 Chikitsa sthana Ch. 15, Version Varanasi: Chaukhamba Bharti Academy; 2022, p. 409.
5. Sushruta Samhita, Ayurveda tatvasandipika vyakhyana Edited by Kaviraj Ambikadatta Shastri, Sharir Sthana Ch. 2, Ver. 23: Chaukhambha Sanskrit Sansthan Varanasi; 2011. p.16.
6. Ashtang hridayam, Vagbhattacharya, elaborated Hindi commentary by Proff. Ravidatt Tripathi, Sutra Sthana Ch. 12, Version 9, Varanasi: Chaukhamba Bharti Academy; 2012 p. 190.
7. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabala krit, elaborated Hindi commentary by Pt. Kashinatha Sastri and Dr. Gorakhnath Chaturvedi Part 1 Sidhi sthana Ch. 6, Version 14, Varanasi: Chaukhamba Bharti Academy; 2013, p. 2021.
8. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabala krit, elaborated Hindi commentary by Pt. Kashinatha Sastri and Dr. Gorakhnath Chaturvedi Part 1 Sidhi sthana Ch. 1, Version 7, Varanasi: Chaukhamba Bharti Academy; 2013, p. 960.
9. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabala krit, elaborated Hindi commentary by Pt. Kashinatha Sastri and Dr. Gorakhnath Chaturvedi Part 1 Sidhi sthana Ch. 1, Version 8, Varanasi: Chaukhamba Bharti Academy; 2013, p. 960.
10. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabala krit, elaborated Hindi commentary by Pt. Kashinatha Sastri and Dr.

Gorakhnath Chaturvedi Part 1 Sidhi sthana Ch. 1, Version 17, Varanasi: Chaukhamba Bharti Academy; 2013, p. 964.

11. Agnivesha, Charaka Samhita of Acharya Charaka, Dridhabala krit, elaborated Hindi commentary by Pt. Kashinatha Sastri and Dr. Gorakhnath Chaturvedi Part 2 Chikitsa sthana Ch. 15, Version 17, Varanasi: Chaukhamba Bharti Academy; 2022, p. 412.

HOW TO CITE THIS ARTICLE

Suman C, Kapil S, Bhardwaj A. Managing PCOS with Samshodhan Therapy: A Case Report. J Ayu Herb Med 2023;9(2):43-47. DOI: 10.31254/jahm.2023.9202

Creative Commons (CC) License-

This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY 4.0) license. This license permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. (<http://creativecommons.org/licenses/by/4.0/>).