Managing PCOS with Samshodhan Therapy: A Case Report

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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 lifestyle, 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, Khena Artava and a group of Yoni Vyapada like Bandhya, Arojska, Lohitkshara and Artava Vaha Strotas Vidhak Lakshana mentioned by Acharya Sushruta. PCOS also has close resemblance with Pushaghani Jatharini mentioned by Acharya Kashyapa. Symptoms of PCOS mimic with conditions like Sthoulia, Aratava Kshaya, Agni Mandy, Raktaka/Meda Dhatu Dushhti, Granthi Roga. So, based upon Rog lakshana and dosha dushya involvement, Ayurveda explains Nidana parivarjanam and Shamshodhan as a prime line of treatment for PCOS. Aim & Objectives: The main aim of this study is to establish the role of Shamshodhan therapy in PCOS. PCOS can be considered as Tridosha Vyadhi with Vata & Kapha predominance that is the reason Vamana for Kapha Shodhan and Virechana for Vata and Pitta Shamshudhi were planned to achieve desired results. Results: In this case study, a 27 years female patient suffering from conditions like Khseen Artava, Granthibhoot artava, Sthoulia, was managed with Shamshodhan therapy and got complete relief from symptoms. Conclusion: This case study corroborates the importance of Shamshodhan Chikitsa in PCOS.

Keywords: Shamshodhan therapy, Khseen Artava, Granthibhoot Artava, Polycystic Ovarian Syndrome, Nidana Parivarjan, Agni Mandy.

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[2]. 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 oligomenorrhea, amenorrhea, 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, Agnidushhti is the leading cause of all types of diseases[3]. In this present case study, patient showed the features of Nasta artava[3] (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 Sthoulia (obesity). Conclusive treatment of mainly all the diseases resembling with PCOS is Nidana Parivarjan and Shamshodhan therapy. Thus, Nidana Parivarjan and Samprapti Vighatan done by Shamshodhan therapy comes as the effective treatment in management of Bahu Doshha Awastha. Moreover, it is a metabolic disorder and Shodhana Karma properly channelizes body’s metabolism by removing “Sango” (obstruction caused by Vitiated Kapha) in Artava Vaha Strotas, leads to proper ovulation. When there is removal of obstruction, Vitiated Vata Doshha 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[3].

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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-

<table>
<thead>
<tr>
<th>Examination</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>80 Kg</td>
</tr>
<tr>
<td>Height</td>
<td>5'5&quot;</td>
</tr>
<tr>
<td>BMI</td>
<td>29.3 kg/m²</td>
</tr>
<tr>
<td>BP</td>
<td>110/70 mm Hg</td>
</tr>
<tr>
<td>Pulse Rate</td>
<td>86 per minute</td>
</tr>
<tr>
<td>Breast exam</td>
<td>NAD</td>
</tr>
</tbody>
</table>

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

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 –

Nidana Sevan

Agnimandya

Production of Aam Ras (undigested food)

1. Ras dushti – Artava Dashti
2. Rakta Dushti – Asrigdara
3. Mamsa Dushti – Granthi
4. Medo Dushti – Sthaulyta, Granthi Production

Strato Sanga

(Blockage of Channels)

ANARTAVA (Absence of Menstrual Flow)

Samprapti Ghatkas:

Dosha – Kapha Pradhana Tridosha
Dushya – Ras, Rakta, Mamsa, Meda
Stratras – Rasavaha, Raktavaha, Mamsavaha, Medovaha, Artava vaha
Rogmarga – Abhyantara
Adhithana – Garbhashya, Phalikosha
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 JOURNAL OF AYURVEDIC AND HERBAL MEDICINE | APRIL-JUNE 2023 | 44
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.

Protocol for Vaman Krama:

Table 1: Protocol for Vaman Krama

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

11/08/2022 – 15/08/2022, Snehaan with Panchtikta Ghrita for five days was done.

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

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

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.
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 (Snehapaan) depends upon patient’s Kostha, Agni and appearance of proper Snehana symptoms. Snehana Dravya properties are likely to increase the properties of Kapha Dosha. Hence Snehaapam on regular use is supposed to cause provocation of Kapha Dosha (Kapha Utkleshan) and so is the main aim of Snehaapam. 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 there 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 Dosa and softness of Doshas (Dosha Mriduta), which results in expulsion of Doshas from body without any discomfort[8].

Swedana Karma- Sarvang Swedana (fomentation) results in Dosha Dravta (liquefaction of Doshas) and helps to move Doshas from Shakha (extremities) to Koshta. Koshta 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 Dosa followed by Pitta and Vata Dosa. 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 Dosa. 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 Dosa 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 Dosa. Vaman Karma pacifies increased Kapha dosha mainly. When there is removal of obstruction caused by increased Kapha Dosa, Pitta and Vata Dosa get rid of obstruction. Normal function of Vata and Pitta Dosa crop up again.

Role of Virechana karma - Virechana karma /purgying therapy is a procedure for removal of vitiated Pitta Dosa through anal route and is indicated in Pitta dosha dominant diseases. Virechana drugs reside the properties like Ushna, Teekshan (responsible for digestion of Ama Dosa), Sukshma (drug reaches within minute channels and thus results in expulsion of Doshas from minute channels), Vyavayi and Vikasi Guna. Virechana Snyak Lakshan indicates expulsion of Doshas in specific manner: feces - Pitta – Kapha – Vata Dosa[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. Stanyaa (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 Dosa 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

Table 3: Baseline features

<table>
<thead>
<tr>
<th>Features</th>
<th>Before Treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>80Kg</td>
<td>72 Kg</td>
</tr>
<tr>
<td>BMI</td>
<td>29.3 kg/m²</td>
<td>26.4 kg/m²</td>
</tr>
<tr>
<td>Menstrual cycle interval</td>
<td>40 – 70 days</td>
<td>30 – 34 days</td>
</tr>
<tr>
<td>Clots</td>
<td>Present (2-3mm)</td>
<td>Absent</td>
</tr>
<tr>
<td>Headache</td>
<td>frequent headaches</td>
<td>occasionally present</td>
</tr>
<tr>
<td>Feeling of Heaviness</td>
<td>Present</td>
<td>Absent</td>
</tr>
</tbody>
</table>
thromboembolism, arterial thrombosis which can be life-threatening. Ayurveda provides *Shamshodhan* 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 Dhatus & their Updhatus 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.

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