



Case Study : Open Access

A case study on successful Ayurvedic management of polycystic ovarian syndrome (PCOS) induced infertility

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Abstract

Human anatomy and physiology are too intricate to be disturbed. Even the microlevel interruptions in a system can lead to macrolevel multisystem threats. Female reproductive system has such an intricate structure of the HPO axis which retains a very complex mechanism. PCOS is a syndrome arising due to the disturbance of this hypothalamo-pituitary-ovarian axis presented with hormonal imbalance, period irregularities and multiple ovarian cysts. This can bring adverse effects like weight gain, infertility, insulin resistance and even cancer.

Ayurveda considers PCOS as a kapha predominant tridoshajanya roga which results in AMA formation blocking the srotases. When it reaches the Arthava Vaha srotases, it causes anarthava (Amenorrhoea), atistoulyatha (Weight gain), vandhyatwa (Infertility), etc. Here is a case report of a 35 year old married woman who wanted to conceive and was presented with irregular menstruation, rapid weight gain, mood swings, and hair loss. On USG, she was detected to have a bilateral PCO pattern. She also has a history of failed ovulation induction and was referred for IUI/IVF by gynecologists. She also had left sided tubal blockage and scar endometriosis following previous LSCS.

Myrha and Vamha Ayurvedic tablets, which contain aamahara, lekhana, kaphahara and arthava janya herbs like Katuki, Kanchanar, Satapushpa, Kumari, etc., were given internally with strict diet and exercise advise. In four months of treatment, the patient got regular cycles with weight reduction, improvement of mood and energy and was conceived. She delivered a healthy baby boy. Sticking on to Ayurvedic principles has yielded the best results in this severe case of PCOS.

1. Introduction

Polycystic ovarian syndrome (PCOS) is defined using the Rotterdam criteria which is centered on elements like ovulation and menstruation irregularities and clinical as well as laboratory findings of hormonal imbalance along with multiple cysts in the ovary. If any two of the three are present for a patient, it is to be diagnosed as PCOS. One in ten women of the child bearing age is said to have PCOS according to the office on Women's health by the U.S Department of Health and Human Services. PCOS comes with a variety of symptoms including but not limited from irregular periods, weight gain, hair loss to insulin resistance and infertility (Shahina and Ammu, 2021).

Even though, there are number of postulates raised regarding the etiology of PCOS in terms of lifestyle, genetic and environmental factors, the exact one is still unknown. About 50-70% of PCOS women are obese. Leptin, adiponectin and cytokines produced by the adipose tissues in these obese women may disrupt the the pathway of insulin signaling, resulting in insulin resistance and increase in insulin levels, which in turn can further elevate the (LH) levels resulting in infertility or early pregnancy loss. Early onset of

menarche and early appearance of pubic hair are seen in PCOS individuals along with oligomenorrhea that can later turn to amenorrhea (Shahina and Ammu, 2021).

The treatment of PCOS includes hormonal therapy to regularize the menstrual cycle, antiandrogen medicines to reduce acne, hirsutism and hair loss and metformin to treat type 2 diabetes and PCOS symptoms. PCOS related infertility often lands up in IUI or IVF. There is a very limited scope and success to medicinal treatment in allopathy for it.

Ayurveda considers PCOS as a Kaphaja disorder arised due to faulty diet and lifestyle. Ahara rasa impaired by these factors undergoes partial digestion, resulting in the formation of AMA, which enters the srotas (Channels) and causes blockage in them. In turn causing Vata aggravation. This results in irregularities in menstrual cycle, weight gain, diabetes, etc. The Dushti of Artava Vaha srotas can also lead to infertility. Considering these basic Ayurvedic principles, very effective medicinal treatment can be planned to achieve best results, which help reverse PCOS and automatically improves fertility as a side benefit.

2. Case report

A 35-year-old married woman, trying to conceive with a second baby, approached Dhanvantari Ayurveda Clinic, Andheri West, Mumbai, with a history of PCOS since 2008 complaining of irregular periods, weight gain of about 20 kg within 9 years, severe mood

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swings, hair fall, lack of energy and hirsutism. She has been eager to conceive since 2016. Patient also complained of severe bloating and shortness of breath on exertion.

Family history: Nil

Past history: Nil

i. Menstrual history

Age of menarche	14
Cycle	Irregular
No. of days of bleeding	4
No. of pads/day	2-3
Interval	No periods without hormonal pills (Tab Meprate)
Pain	Severe at the site of scar endometriosis
Clots	Nil
Discharge	Present

ii. Personal history

Diet	Vegetarian
Appetite	Reduced and bloated
Bowel	Constipated
Bladder	Normal
Sleep	Excessive
Allergy	Nil

iii. Marital history: Married in 2012

Obstetrical history: G₁ P₁ L₁ A₀

First baby conceived and delivered through LSCS in 2013.

iv. Medical history

- Under OC pills for periods induction since 2014.
- Taking Letrozol and fertility supplements along with ovulation inducers for the past 6 months. No ovulation observed in follicular study.
- Gynecologists suggested her to go for IUI or IVF as a last refuge, following multiple failed ovulation inductions, for which the patient was not willing.

USG findings

Anteverted uterus of size 8.6*5.0*3.8 cm. Endometrial thickness of 6.3 mm, right ovary measured 16 cc and left ovary measured 12 cc with bilateral PCOS pattern noted.

HSG findings

No spillage seen in the left side suggestive of left tubal blockage.

Blood investigations

Haemoglobin-12.7 g/dl, ESR - 28 mm/1 h, AMH - 11.5 ng/ml, Prolactin - 15.7 ng/ml, FBs - 89 mg/dl. Thyroid parameters within limit.

3. Ayurvedic management

Internal medicine: Given in the first visit

Medicine given	Ingredients	Dosage
Myrha tablets (Ayurvedic proprietary medicine from Gynoveda)	Kutaj Twak Churna, Patola Churna, Katuki Churna, Shuddha Shilajit, Trikatu Churna, Trijat Churna, Yashad Bhasma Kanchnar, Varuna, Ashwagandha, Haridra, Amalaki., Methi, Saptarangi, Asana., Avartika, Jambu, Meshashringi, Mamejava, Guduchi, Bilva, Nimba, Karvellak, preservatives and excipients.	2 pills before breakfast and 2 pills after dinner
Vamha tablets (Ayurvedic proprietary medicine from Gynoveda)	Manjishtha, Pippali, Shatpushpa, Shatavari, Devdaru, Shuddha Hinga, Shuddha Kasis, Lauha Bhasma, Ghrit Kumari, Ulatambal, Dashmul, Haritaki, Devdaru, Kullatha, Krishna Jirak, Gajar Beej, Karpasa Beej, Methi, Lashun, Jyotishmati, Chitrak, Chandrasur, preservatives and excipients.	2 pills before breakfast and 2 pills after dinner

Advice

Follow the gynovedic diet and lifestyle strictly.

Regular exercise for at least 45 min a day.

Follow up after 1 month: Patient's hair fall reduced along with major changes in mood swings and energy levels which was acknowledged by her husband. She has lost 3 kg and bloating was completely cured. Patient got her first period on September 16th, 2022.

Follow up after 3 months: Following diet and exercise along with medicines, periods arrived naturally for three months, and the patient started tracking ovulation with home kit. Patient claimed an 80% reduction in pain at the scar endometriosis site and there was a weight loss of almost 9 kg due to which the breathing difficulty was no longer seen. Patient was advised to continue with the same routine.

Follow up after 4 month: Patient was tracking ovulation from the second month and was in contact with her partner during the

positive window. 7 days after her missed periods, she took a UPT which came positive in December 2021 and was confirmed with a beta HCG test and the patient consulted a Gynecologist for further checkups.

Patient gave birth to a healthy baby boy on 6th September 2022 by LSCS.

4. Discussion

PCOS is always associated with slow egg growth development, anovulation and a lot of inflammation. Ayurveda considers PCOS as kapha disorder. Faulty diet and lifestyle habits like lack of exercise, day sleeping, including more sugar, fast food, junk food, packaged food in diet leads to excessive kapha production. Excessive kapha affects the digestion and poor digestion gives rise to AMA which can be considered as sticky toxins that block the channels in the ovary. These blockages affect the egg growth and that is how PCOS pathology starts as per Ayurveda. Underdeveloped eggs stay small in size and could not ovulate because of not being fully mature and that is how an ovulation issue sets in. Pitta is responsible for digestion and metabolism. Excessive kapha affects pitta functions at every system. In the reproductive system, pitta is responsible for bringing some important changes in endometrium to make it more receptive for healthy conception. Poor quality pitta is responsible for inflammation in ovary and poorly developed endometrium which is a prime reason for implantation failure in PCOD.

That is why the Ayurvedic line of treatment for PCOS mainly includes Agni deepan, Amapachan, Strotoshodhan, Artaya janan and Lekhana. Herbs like Krishna jeeraka and Hingu are best to improve digestion and metabolism. Herbs like kumari (*Aloe vera*), Shatapushpa in Vamha are best at Artava-janana. Herbs like Chitrak and Pippali are best strotoshodhana. Herbs like shatavari, ashwagandha improves the quality of endometrium. Trikatu, Kutaj,

Kutki are best at AMA pachana. This is how all the herbs in Myrha Vamha collectively work on PCOS and improves fertility as a side benefit by supporting egg growth, ensuring ovulation, reducing inflammation and supporting normal endometrial growth for healthy implantation.

5. Conclusion

Patients suffering from PCOS/PCOD are always at risk of different fertility issues like anovulation, implantation failure, early pregnancy loss, recurrent miscarriages, *etc.* PCOS is one of the most common causes of infertility in the modern era. PCOS induced fertility can be treated very well with Ayurvedic formulations like Myrha and Vamha. These Ayurvedic formulations have exhibited very fruitful results in PCOS induced infertility where the patient was having multiple complications like severe PCOS, one fallopian tubal blockage and scar endometriosis. This treatment has not only helped conceiving in the severe PCOS case, but it has also provided significant relief in her associated complaints like hirsutism, weight gain, hair loss, dullness of skin. It has also provided significant relief in pain at the site of scar endometriosis.

Conflict of interest

The authors declare no conflicts of interest relevant to this article.

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