

## A CLINICAL STUDY TO EVALUATE THE EFFICACY OF ROOKSHANA POORVAKA VAMANA KARMA IN PCOS

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### ABSTRACT

Polycystic ovarian disease or syndrome is a condition characterized by hyperandrogenism, menstrual disturbances, obesity, hirsutism and infertility. It is a health problem that affects three in ten women of the child bearing age group. Menstrual disturbances include amenorrhoea, oligomenorrhoea and irregular menstruation which further leads to infertility. Ultrasound examination shows cysts in the ovaries. Conventional treatment for PCOS includes lifestyle changes, ovulation induction, surgical therapy and other symptomatic treatment modalities. Considering the menstrual abnormalities and anovulation, pcos can be correlated to Arthava kshaya, where prakupitha Kapha does the avarana of Apana vata. Sarvanga Udhwartana followed sarvanga basshpa sweda as vishista poorva karma and Vamana karam is a treatment modality applied to enhance the suppressed action of vata by relieving the Kapha Avarana. Vamana karma helps in decreasing saumya guna and increases Agneya Guna. It was observed that Maximum patient in the study given statistically significant relief in almost all Parameters. The results of the present clinical study has given ( $p < 0.001$ ) which shown statistically highly significant.

**KEYWORDS:** PCOS, Aratva kshaya, Sarvanga ushwartana, Vamana karma.

### INTRODUCTION

Poly cystic ovarian syndrome is a heterogeneous, multisystem, multifactorial, endocrinopathy in women of reproductive age with ovarian expressions of various metabolic disturbances, it is a syndrome manifested by amenorrhea, hirtuism, obesity associated with enlarged polycystic ovaries.<sup>[1]</sup> Sedentary lifestyle, lack of exercise, excessive stress, and anxiety accompanied with junk food worsens the prognosis.<sup>[2]</sup> Artava kshaya is one among the Artava vyapad, where the prakupita kapha dosha does avarana of apana vata, further there is obstruction to the passage or channels carrying Artava. According to sushruta symptoms given to be yathochit kala adarshanam, which could be either be irregularity of menses, scanty flow with pain in genital region or irregularity of ovulation.<sup>[3]</sup>

For this condition shodhana karma holds good, Acharya Dalhana states Vamana karma should be administered than Virechana because virechana pitta will reduces and leads to further Artava kshaya.<sup>[4]</sup> Being a santarpana vyadhi and mamsa medo rasa dusti is involved so poorva karmartha rookshana udhwaratana followed by bashpa sweda, hence here Vamana karma is administered.<sup>[5]</sup>

**Incidence:** It is believed that 5-10% of the reproductive-aged female population is living with polycystic ovary syndrome.<sup>[6]</sup>

**Objectives:** To evaluate the efficacy of Rookshana porvaka Vamana in Pcos.

### MATERIALS AND METHODS

The patients were selected from the OPD and IPD of SKAMCH&RC after considering the Inclusion and Exclusion criteria. Then they were selected on the basis of clinical examination, signs and symptoms in a single group and treatment was adopted. Totally 10 patients were registered for the study and Assessment of results was done by considering the subjective and objective parameters pre and post treatment. Then it was compared for assessments and results. All the results were analysed statistically for 'P' Value using paired t-test.

#### Inclusion Criteria

Female aged 15-35

Diagnosed with PCOS with complaints of disordered or absent of menstrual cycle and ovulation

#### Exclusion Criteria

Abnormal menstrual cycle not due to PCOS confirmed by USG studies.

#### Systemic illness

Amenorrhoea, obesity not due to PCOS

**Diagnostic criteria**

USG of abdomen and pelvis  
Signs and symptoms of PCOS

**Study Design****Assessment Parameters****Subjective parameters**

Interval between two cycles  
Duration of bleeding  
Amount of bleeding  
Reduction in weight

**Intervention**

**Poorva karma:** Sarvanaga udhwartana with triphala choorna followed by sarvanaga bashpa sweda for 7 days

till nirama lakshans obtained Snehapana with shatphala gritha and shatavari gritha was given in arohana karma till samyak snigdha lakshanas are obtained (Dosages are decided depending upon the Agni and Koshta) During Visramakala Sarvanga abhyanga with patient was advised to have kaphotkleshakara ahara such as Masha, Dadhi, milk based sweets Pradhana karma – vama karma- once the patient has passed bowels and had good sleep sarvanga abhyanga with moorchitha tila taila followed by Bashpa sweda was done akantapanartha ksheera was used yashtimadhu phanta was given as vamaopaga vama was given with madanaphala pippali in antharna musti pramana Depending upon the shuddi Samsarjana karma was adopted.

**OBSERVATION AND RESULTS****Table 1: Showing effect of the treatment on Interval between two menstrual cycle.**

Interval b/w two menstrual cycle	Mean		Mean diff.	Paired test				
	Before	After		S.D	S.E	't'	p	Re
BT-AT	1.1	0.3	0.8	0.41	0.05	24	<0.005	HS

**Graph 1**

Out of 10 patients there is a statistically significant change on interval of the cycle as compared to before

treatment. Vama karma as alleviates srothavrodha by eliminating vitiated Kapha, consequently increases the Aartava of agneya in nature.

**Table 2: Showing Effect of the treatment on duration of bleeding.**

	Mean		Mean diff.	Paired test				
	Before	After		S.D	S.E	't'	p	Re
BT-AT	1.2	0.2	1	1.32	0.59	1.69	<0.05	HS

**Graph 2**

Out of 10 patients 4 patients exhibited duration of bleeding less than three days which was normal between

3-5 days with normal flow and one patient had bleeding more than 5 days which frequently reduced to 3-5 days during next menses.

**Table 3: Showing Effect of the treatment on Amount of Bleeding.**

	Mean		Mean diff.	Paired test				
	Before	After		S.D	S.E	't'	p	Re
BT-AT	1.2	0.4	0.8	1.02	0.32	2.5	<0.05	HS

**Graph: 3**

Out of 10 patients 8 patients had scanty flow and 2 patients had excess flow which was Normal after shodhana has their will be srothoshodhana,

Vatanulomana. Regulating vata and also Kapha dosha. Has the avarana is cleared it brings about normal menstrual flow.

**Table 4: Showing Effect of the treatment on Reduction of bodyweight.**

	Mean		Mean diff.	Paired test				
	Before	After		S.D	S.E	't'	p	Re
BT-AT	1	4.83	3.83	2.5	1.04	3.68	<0.05	HS

**Graph: 4**

On statistically analyzing the effect of treatment (sarvanga udhwartana, bashpa sweda and vama karma) on weight reduction it was noted that there is statistically significant change. The result may be due to sarvanga udhwartana which does medhohara and following

particular pathyas during snehapana and also by vama karma.

**DISCUSSION**

Artava kshaya is one of the important diseases pertaining to artava. It is explained by Brihatrayee i.e Sushruta,

Charaka, Vagbhata & by Laghutrayee like bhavaprakasha, madhavakara. It is characterised by delayed, scanty menstruation associated with pain along reproductive tract.<sup>[7]</sup>

Artava kshaya is a condition in which prakupita kapha does the avarana of apana vata there by leading to aratava nasha and obstructing the artava pravrutthi. Hence pacifying prakrupita kapha and clearing the avarana is beneficial in the management of artava kshaya.

Being syndromic PCOS can not be correlated to a single condition explained in Ayurveda. Considering the menstrual abnormalities and anovulation, PCOS can be co related to Artava kshaya.

For this condition of Artava kshaya (PCOS) Shodhana karma holds good, Acharya Dalahana says Vamana karma. should be administered not Virechana, because by Virechana pitta will reduces and leads to further Artava kshaya.

For poorva karma adopting sarvanga udhwartana which does kapha hara, medo hara and srotho vilayana is helpful.<sup>[8]</sup>

Vamana karma is a treatment modality applicable to enhance the suppressed action of Avruta i.e Vata by relieving the Kapha Avarana. Vamana karma is having the property of Ushna, Tikshna, Sukshma, Vyavayi, Vikasi and Prabhava(Urdhwa Bhagahara). Ushna guna helps in Deepana Pachana, and vilayana of doshas, Tikshna guna deataches the dosha from Shaka to Koshta, Sukshma, Vyavavi and Vikasi guna helps in entering the dravya to sukshma srotas in micro level leads to linata of Doshas and Dhatu and moves to Koshta, Vamana dravya produces Vamana by Urdwa bhagahara prabhava. Vamana dravya having the property of Ushna, Tikshna, Vyavayi, helps in increasing pitta, by removing excess sowmyamsha from the body,<sup>[9]</sup> hence here Vamana karma is administered in this study which has showed highly significant result.

## CONCLUSION

In this age of modernization and urbanization, the erratic life style and diet, increased stress, strain and restlessness have resultantly expanded the spread of hormonal imbalance and menstrual disorders. Among these artavakshaya consequent to PCOS comprises a major part.

Panchakarma therapy is designed to eliminate the vitiated doshas through the nearest route and to maintain a state of its equilibrium. Apaana Vayu is the governing factor of the normal physiology of menstruation. If there is obstruction by kapha in the prakruta movement of apaana vayu, it gets vitiated and affects artava pravritti. Ayurvedic literature, advocates Shodhana & Agneya dravya upayoga According to Dalhana in the context of Artava kshaya, Shodhana involves "VAMANA" which

is adopted in this study showed significant result. Adopting proper pathya ahara, regular excersice would be a beneficial in this condition.

A longer observation period may be taken with shamana aushadhi as there will be scope to analyse the effect comprehensively.

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