Role of *Kuberaksha Vati* on Polycystic Ovarian Syndrome

Sampada Sandeep Sant and Shilpa Kantilal Ingle

1,2Kriya Shair, Government Ayurved College, Nanded, Maharashtra, India

Abstract

Polycystic Ovarian Syndrome is a disease in which women struggle with imbalanced hormones. The endocrine system works very closely with nervous system. As the nervous system is primarily related to the *Vata dosha*- the humour of movement- much of the hormonal function relates to *Vata*. PCOS is the most common endocrinopathy in reproductive age resulting severe irregularity in menses, hair loss, acne, weight gain, hirsutism, diabetic tendencies, depression, mood swings and subfertility also. *Ayurveda* classifies PCOS as a *Kapha* disorder, *Kapha* having first affects in *Jatharagni* to affect the metabolic aspect of the seven tissues called *Dhatu agni*. Each *Dhatu agni* is responsible for the nourishment and formation of that particular tissue that it resides in. In case of PCOS, *Rasa dhatu* (lymph and plasma), *Meda dhatu* (adipose tissue) and *Aartava- Upadhatu* of *Rasa*. *Aam* entering the cells of *Aartava*, begins to affect the cellular intelligence of the cell, causing error in cellular function and intelligence. Mistake of cellular intelligence is also expressed in the inhibiting of apoptosis means death of defective cells. Though it is very challenging disorder, *ayurveda* has a wide range of phytosterols to strengthen ovarian functions. *Kuberaksha vati* is one of them, giving very encouraging results on PCOS.

Keywords

*PCOS, Kuberaksha vati, Vatakapha dosha, Artavaahsrotas*
INTRODUCTION

Women are always more concerned about their face, figure and fertility and now a days menstrual irregularities, acne, obesity are the most common health problems that adolescent girls and young women face. The most worrying disorder is Polycystic Ovarian Syndrome. It affects not only the reproductive endocrinopathy but also involves the metabolic disturbances. Initially PCOS was related to infertility only but now it is clearly established that in many women, it starts with puberty and ends with menopause. PCOS not only affects the fertility of women but also associated with endocrine and metabolic effects like increased risk of type II Diabetes Mellitus, Chronic Heart Diseases, Dyslipidemia, Hypertension, Hyperinsulinemia and Obesity. So PCOS at any age should be treated not only for the fertility reason but also for the above mentioned risks. PCOS sometimes, is associated with menstrual irregularities which includes oligomenorrhea, amenorrhea and also menorrhagia due to unopposed estrogenic stimulation. It is also associated with acne and hirsuitism due to hyperandrogenism. In Polycystic Ovarian Syndrome, women are with high Body Mass Index which may be greater than 25 which means they are overweight or obese. Weight gain and inability to reduce weight is a major feature of PCOS. Ayurveda classifies PCOS as a kapha disorder. Kapha having first affected in jatharagni to affect the metabolic aspect of the seven tissues called dhatu agni. Each dhatu agni nourishes and forms particular tissue that it resides in. According to ayurveda PCOS can be correlated with Vandhya type of yonivyapada which is mentioned by Acharya Sushruta (Shushrut Uttarsthan 38/10) whose symptoms are amenorrhoea or oligomenorrhoea and also with arajaska type of yonivyapada which is mentioned by Acharya Charaka (Chara Chikitsasthan 30/17) indicating amenorrhoea.

Prevalence –

It’s prevalence in India is about 70% and throughout world 1 out of 10 women suffers from PCOS. The disorder accounts for 30% of all infertility cases with 73% of women suffering from PCOS experiencing infertility due to anovulation.

REVIEW OF LITERATURE

Causes of PCOS

No one is quite sure what causes PCOS, although women with PCOS often have a mother or a sister with the condition. There
is not enough scientific evidence to prove that the condition may be inherited.

- All the factors responsible for aamnirniti, rasa dhatu dushti, kaphavruddhi and medovruddhi are the basic causes of PCOS.
- Quantitatively and qualitatively heavy diet, too much cool and fatty diet in spite of impaired digestive fire.
- Lack of exercise and deep sleep immediately after meals specially during day.
- Prolonged and excess stress which is the major cause of majority of disorders along with diseases of endocrine system.

According to ayurveda these are some of the causes of vata vruddhi and rasavahsrotodushti.

**Pathophysiology of PCOS**

Though ayurveda classifies PCOS as a kapha disorder, imbalance between tridoshas is there. Aggravated kapha dosha blocks vata and pitta, so the movement is obstructed and the transformation process is suppressed. In PCOS, rasa dhatu which can be correlated with lymph and plasma; meda dhatu which can be correlated with adipose tissue and artava which is the updhatu of rasa dhatu.

**CASE REPORT**

A 23 years old young female patient of kaphavatanubandhi prakruti with pallor visited OPD of Government Ayurved College, Nanded, Maharashtra, with complaining of irregular menstrual cycles with more delayed tendency and with severe abdominal pain, weight gain with inability to reduce it and general weakness also specially dyspnea on exertion.

**AIM**

To evaluate the role of Kuberaksha Vati on PCOS.

**OBJECTIVES**

1. To study the pathophysiology of PCOS according to both ayurvedic and modern aspects.
2. To understand the role of each content of Kuberaksha Vati on doshas and dhatus.
3. To evaluate the action of the contents of the Kuberaksha Vati on PCOS.

**MATERIALS**

1. Detail case history of the patient.
2. All necessary and Supportive laboratory investigations.
3. All related classical texts available in the library of Government Ayurved College.
Nanded has been reviewed. Database available after net surfing was also reviewed as per the title.

4. Contents of Kuberaksha Vati-
As Kuberaksha Vati contains Latakaranj (caesalpinia Crista / Fever Nut) 4 parts and Rason (Allium Sativum / Garlic), Hingu (Ferula Narthex Bioss / Asafoetida), Shunthi (Zingiber Officinale / Dry Ginger) 1 part each.

METHODOLOGY
A single case study of PCOS is reported here. In which vitiation of tridoshas was observed and to pacify these doshas Rukshan, Deepan, Virechan was given along with planned diet, regular exercise with specific yogasanas.

The treatment of PCOS needs a holistic approach, not only to treat menstrual irregularities but also the correction of endocrine and metabolic disturbances. So this case is also managed by the following steps.

a. Lifestyle Modification- with (1) regular exercise - like brisk walk, Yogasana specially Pashchimottanasan, marjarasan and matsyasana which helps in reducing the weight. This also helps in regulates vatadosha particularly apaan vayu. (2) Diet control- As the present patient is of vatakaphanubandhi prakruti, diet is planned such a way that vatadosha should be regulated first. Ushna, guru, snigdha aahar with rich fibre, rich protein and rich fat specially Omega – 3 fatty acids was advised which reduce the insulin and triglycerides levels and regulate the hormones also.

b. Pacification of GIT by Shaman and Shodhan Chikitsa – As patient was presented with aam lakshanas, they were first relieved with Rukshan. Rukshan therapy was given with c triphala, sunthi and musta powder 4 gram each with warm water before meals for 5 days. Then aampachak vati was given 1 b.d. before meals for next 30 days for aampachan and deepan. After this Virechan was given with Abhayadi modak following proper oleation with abhyantar snehapan.

c. Regularization of Menstrual Cycle -
For this Kuberakshavati was given in 2 BD dose with luke warm water after meals for 2 months.

PROBABLE ACTION OF THE DRUG
Role of Latakaranj (caesalpinia Crista / Fever Nut) - Latakaranj has tikta -kashaya rasa , laghu - ruksha guna , ushna virya and katu vipak which acts as tridoshshamak
(pacifying tridosha), *vedanasthapak* (analgesic), *raktashodhak* (blood purifier) and *pramehghna* (antidiabetic). It also contains Bonducin – Glycoside having antitumor, analgesic and anti-inflammatory action\(^1\). It has *tikshna rasa* and *kaphaghna* (reducing kapha dosha) action\(^2\) which may act to dissolve the cysts.

**Role of Rason (Allium Sativum / Garlic)-**

*Rason* has *Madhur, lavan, katu, tikta, kashay rasa* and *snigdha, tikshna, pichhil, guru, sar guna*. It has *katu vipak* and *ushna virya*, all these characteristics of *Rason* are *kaphashamak* (pacifying kapha dosha), *vatashamak* (pacifying vata dosha) and *raktapittavrudhikar* (aggregation of rakta and pitta). On *shukravah srotas* it acts as *shukrajjanan* (increasing seminal production) and *artavjanan* (emmenagogue) due to its *pichhil* and *snigdha guna*. It is specially indicated on *kaphavatavikar*. Along with this actions it also acts as *deepan* (appetizer), *pachan* (digestive), *anuloman* (carminative), and *shulprashaman* (intestinal antispasmodic)\(^3\) which may help to regulate *tridoshas* specially vata and *kapha dosha* involved in PCOS. *Acharya Charak* elaborates *Rason* as *Vrishya* (aphrodisiac)\(^4\). *Rason* contains several active constituents like sulfur –containing compounds that are rapidly absorbed, transformed and metabolized. *Rason* contains volatile oils, Allyl- propyl sulphide, Diallyl disulphide\(^5\). Volatile oils of *Rason* can correct hyperglycemia. The exact mode of action was not fully understood, but several modes of action have been proposed. It is not clear that how *Rason* actually works in alleviating hyperglycemia. The hypoglycemic action of *Rason* could possibly due to an increase in pancreatic secretion of insulin from beta cells, release of bound insulin or enhancement of insulin sensitivity. It also has antioxidant property and tumor growth inhibition.

**Role of Hingu (Ferula Narthex Bioss / Asafoetida) –**

*Hingu* has *katu rasa, laghu-snigdha-tikshna guna*, *katu vipak* and *ushna virya*. It has *kaphavatshamak* and *pittavardhak* properties and relieves the *udaraanah* (flatulence) and thus helps to regulate the *adhogati* (downward direction) of *apaan vayu*. Due to its *ushna* and *tikshna guna* it acts as *vajikaran* (aphrodisiac) and *artavjanan* (emmenagogue)\(^6\). *Hingu* has *vatahar* (reducing vata dosha) and *stripushpajanan* (emmenagogue) properties which help to regulate the irregularity in menses. It acts like *garbhashay shudhikar* (uterine purifier) in *rajkruchhata*. 

---

\(^1\) e ISSN 2350-0204

\(^2\) www.ijapc.com
(dysmenorrhea). It contains volatile oils and Asaresinotannol separately or with combination with ferulic acid. According to Acharya Sushruta Shunthi is Vrushya due to its ushna virya and snigdha guna, it also have the Rochan (stomachic) and Deepan (appetizer) properties. According to modern science Gingerols are widely known to naturally improve diabetes and enhances insulin sensitivity and this property of Shunthi may affect on hyperinsulinemia, sometimes observed in PCOS.

**Role of Shunthi (Zingiber officinale / Dry Zinger) -** Shunthi has katu rasa, laghu-snigdha guna, madhur vipak and ushna virya. It has kaphavatshamak, rochak, deepan, pachan, shulprashaman, Vrushya and uttejak (stimulator) properties. It also contains Gingerin as oleo resin along with volatile oil and Gingerol, Shagaol, Zingerone. It contains volatile oils and Asaresinotannol separately or with combination with ferulic acid.

**OBSEVATION AND RESULTS**

<table>
<thead>
<tr>
<th>INVESTIGATIONS</th>
<th>BEFORE TREATMENT</th>
<th>AFTER TREATMENT</th>
<th>REFERENCE RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>USG – Abdomen and Pelvis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Ovary</td>
<td>43 ×20×23 mm, 11 ml</td>
<td>Right Ovary</td>
<td>41 ×20×21 mm, 10.8 ml</td>
</tr>
<tr>
<td>Left Ovary</td>
<td>43 ×26×22 mm, 13 ml</td>
<td>Left Ovary</td>
<td>39 ×30× 20 mm,12 ml</td>
</tr>
<tr>
<td>With MSF in both Ovaries</td>
<td></td>
<td>With MSF in both Ovaries</td>
<td>With MSF in both Ovaries</td>
</tr>
</tbody>
</table>

**ENDOCRINE SCREENING –**

<table>
<thead>
<tr>
<th></th>
<th>BEFORE TREATMENT</th>
<th>AFTER TREATMENT</th>
<th>REFERENCE RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>T₃</td>
<td>143 ng/dl</td>
<td>150 ng/dl</td>
<td>60 – 200 ng/dl</td>
</tr>
<tr>
<td>T₄</td>
<td>10.3ug/dl</td>
<td>8.5ug/dl</td>
<td>4.5 – 12 ug/dl</td>
</tr>
<tr>
<td>TSH</td>
<td>6.66 ulU/ml</td>
<td>2.47 ulU/ml</td>
<td>0.30 – 5.5 ulU/ml</td>
</tr>
</tbody>
</table>

**HAEMOGRAM**

<table>
<thead>
<tr>
<th></th>
<th>BEFORE TREATMENT</th>
<th>AFTER TREATMENT</th>
<th>REFERENCE RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron</td>
<td>29.42 ug/dl</td>
<td>63.12 ug/dl</td>
<td>60 – 180 ug/dl</td>
</tr>
<tr>
<td>% Transferrin Saturation</td>
<td>7.02 %</td>
<td>13.09 %</td>
<td>13 – 45 %</td>
</tr>
<tr>
<td>Total RBC</td>
<td>5.21 millions/cumm</td>
<td>4.74 millions/cumm</td>
<td>3.9 – 4.8 millions/cumm</td>
</tr>
<tr>
<td>MCH</td>
<td>24pq</td>
<td>27.3pq</td>
<td>27 – 32pq</td>
</tr>
<tr>
<td>MCHC</td>
<td>28.7 g/dl</td>
<td>32 g/dl</td>
<td>31.5 - 34.5g/dl</td>
</tr>
<tr>
<td>RDW-SD</td>
<td></td>
<td></td>
<td>39 – 46 fl</td>
</tr>
</tbody>
</table>
DISCUSSION

Latakaranj has tikshna, ushna virya and katu vipak, it regulates vatakapha dosha. It acts as shothahar, deepan, tridoshashamak.

Rason is tikshna, sar, kaphavatshamak and it acts on srotorodh (obstruction of channels) caused by kapha and vata. It has deepan, pachan, anuloman properties, which is useful in vatakapha predominant anartava cases resembling insulin resistance PCOD cases.

Hingu, due to its ushna, tikshna guna acts on aartavvah srotas as artvajan. It has properties as chedan (cutting action), anuloman, shulprashaman and relieve the rajkruchta. Shunthi is vrushya and uttejak acts to normalize menstrual cycle. It also has kaphavatashamak, deepan, pachan, rochan, anuloman, shulprashaman properties and help to maintain balance of vata and kapha dosha.

CONCLUSION

The contents of kuberaksha vati are kapha vata shamak. They are having rochan, deepan, pachan, anulomak properties. Some of them are with ushna, tikshna, sara guna. These together act to normalize vata dosha specially the apana vayu and once the apana vayu is regulated the functions of organs in the apana kshetra are also normalized.

Artavjanan, uttejaka and vrushya properties of the contents works on artava vaha strotas & helps in regularization of menstrual cycle. Due to this, PCO like picture in both ovaries may be normalized after treatment. Katu, tikta, kashaya rasa and laghu, ruksha guna of some of contents of kuberaksha vati helps to reduce the kapha dosha and vikruta meda dhatu. So finally it helps in reducing the increased weight. All the contents act upon GIT to normalize the digestive fire, once digestion is normalize, prakrut ahar rasa is produced and further rasa dhatu and its upadhatu are produced in pure form. Rakta dhatu is formed from the previous
pure *rasa dhatu* and also the next *dhatus* up to the *shukra dhatu* are also produced with purity. *Shunthi* and *Latakaranj* has *raktashodhak* properties, so *Kuberaksha vati* may have action on *rakta dhatu*, the changes in Hb, MCH, MCHC values may be observed due to this. The dhatawagni can be correlated with the endocrinal secretions, so T3, T4 especially TSH levels are observed within normal limit after treatment.
REFERENCES

3. Acharya Priyavat Sharma, Dravyagusssnavidnyan, Choukhambha Bharti Academy, Varanasi, 2013, page no. 72,73,74,75.
5. Acharya Priyavat Sharma, Dravyagunavidnyan, Choukhambha Bharti Academy, Varanasi, 2013, page no. 72,73,74,75.