



# INTERNATIONAL JOURNAL OF AYURVEDA AND PHARMACEUTICAL CHEMISTRY

(A peer reviewed journal dedicated to allied Sciences)

## PUBLISHED BY

**Greentree Group Publishers (GGP)**  
greentreegrouppublishers@gmail.com

Volume 10 Issue 2 | 2019

## CONTACT DETAILS

- [submittoijapc@gmail.com](mailto:submittoijapc@gmail.com)
- [www.ijapc.com](http://www.ijapc.com)
- e issn 2350-0204
- [editor@ijapc.com](mailto:editor@ijapc.com)

## INDEXED IN

Open Access Scholarly Resources, ZB MED Germany, ZB MED Search Portal for Life Sciences, ZDB, Electronic Journals Library, Directory of Research Journals Indexing, I2OR, IP Indexing Portal, Geneva Foundation for Medical Education and Research, hbz composite catalog and many more..



## Role of *Vaman Karma* & Ayurvedic Herbal Preparations in PCOD - A Case Report

Sharma Rashmi<sup>1\*</sup> and Radhey Shyam Sharma<sup>2</sup>

<sup>1,2</sup>Post graduate Department of Prasuti Tantra & Stree Roga, University college of Ayurveda, Dr. S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India

### ABSTRACT

A number of women of reproductive age all over the world suffer from the hormonal disorder “polycystic ovarian disease” (PCOD). PCOD is common endocrine disorders in women. In Ayurveda, we will not get any direct reference of PCOD. Indirectly PCOD may be correlated with Kshaya of Artava<sup>1</sup> or with one of the type of Jataharani (i.e. Pushpaghni) described by Acharya Kashyapa<sup>2</sup>. In this case study Vaman Karma is done for Shodhan effect along with *Garbhashya Shodhak* & *Shulahar* properties of *Dashmula Kashaya* and *Granthihara*, *Bhedaneeya* and *Lekhaneeya* Guna of *Kanchanar Guggulu vati* and *Prashanvajrak Rasa* in a present case study on PCOD. The selected drugs for case study was purchased from the local market. Shodhan Karma (Vaman) along with this Shaman Yoga remarkably improved the functions of female genital organs (especially ovaries). After this treatment, successful conception is achieved in that patient.

### KEYWORDS

*Ayurveda, PCOD, Vaman Karma, Shamam Yoga*



**Greentree Group Publishers**

[Received 07/01/19](#) [Accepted 21/02/19](#) [Published 10/03/19](#)



## INTRODUCTION

Poly Cystic Ovarian Disease (PCOD) is a condition where a woman develops enlarged ovaries & characterized by multiple small cysts that are of the diameter 0.5-1.0cm. Meaning of word “polycystic” is “multiple cyst”. PCOD is more common during reproductive phase (16 to 38 years). It affects 25-30% of women of reproductive age. The etiology of PCOD is unknown it may be due to variations in normal hormonal levels, high levels of insulin, family history (mother or sister) and lifestyle or environment. Common symptoms of PCOD are menstrual abnormalities (amenorrhea or oligomenorrhea), infertility, hirsutism, skin problems, acne, obesity, depression or anxiety<sup>3</sup>. Following investigations are done for the diagnosis of PCOD-

- a) Hormonal assay:
  - Serum Estradiol, Serum Testosterone, Serum FSH, Serum LH, Serum sex hormone binding globulin (SHBG), Serum Prolactin and Serum Cortisol, Thyroid test
- b) Lipid profile
- c) Glucose tolerance test
- d) Ultrasonography (pelvis)
- e) Laparoscopy<sup>4,5</sup>.

The treatment of PCOD is mainly done by combination of estrogen & progesterone

hormones, Metformin (anti-diabetic), ovulation induction drugs (if patient is having infertility), Gonadotropin therapy, Exercise and by surgical treatment such as laparoscopic ovarian drilling (LOD), ovarian diathermy and pelvic laparoscopy, which are having their limitations and own side effects. Women with PCOD have a chance of developing endometrial cancer, breast cancer, cardiac disease, diabetes, high blood pressure and various psychological disorders in future<sup>6,7</sup>.

In Ayurveda PCOD can be correlated with Kshaya of Artava or with one of the type of Jataharani (i.e. Pushpaghni). The Lakshan of Artava Kshaya is Yathochita Kala Adarshana means Apravrutti of Artava in its Yogya Kala (it may be delayed or get disappeared), Artava is Alpa in pramana (less bleeding) and Yonivedana<sup>8</sup>. The Lakshana of Pushpaghni Jataharani is Vyarth Pushpa-darshana (anovular menstruation), Sthula Ganda-pradesha (cheeks are corpulent) and Lomayukta (hirsutism)<sup>9</sup>.

Chikitsa of Artavakshaya is done by Sanshodhana Karma (Vaman, Virechana adi Panchakarma, Uttar Basti) and Upayoga of Agneya Dravyas in various ways. Chikitsa of Pushpaghni Jataharani is not described by Acharya Kashyapa. In present case study, for Shodhana of Doshas Vaman Karma<sup>10</sup> is selected along with Shamana



Yoga (i.e. *Dashmula Kashya*<sup>11,12</sup>, *Kanchanar Guggulu*<sup>13,14</sup> and *Prashanvajrak Rasa*<sup>15</sup>) for the treatment of PCOD. Vaman Karma helps in Strotasa-Shudhi (cleaning or removing obstructions in the channels) along with this Shamana Yoga (*Dashmula Kashya, Kanchanar Guggulu* and *Prashanvajrak Rasa*) is having *Garbhashya-shodhak, Shulahar, Bhedaneeya, Lekhaneeya, Arbuda, Garnthi* and *Basthishulahar* properties<sup>16</sup>.

## CASE PRESENTATION

Female subject aged 30 years, married 5 years back, anxious to conceive, housewife, was examined in the hospital OPD) on 26-09-2018 (OPD No.40887/17-18) for PCOD. She had no previous history of secondary amenorrhea, gonorrhoea, syphilis, hepatitis, tuberculosis, mumps, and exposure to radiation or any toxin or chemical agent. She had history of PCOD

form four years & for this she had done conventional therapy and also for infertility but was unsuccessful. On examination, patient was found to be obese in body proportion her secondary sexual characters was normal, along with facial hairs. Patient was having *Kapha-vata prakruti* and *Medasarata*. During physical and pelvic examination (per speculum & per vaginum) any abnormal finding was not found in the patient.

### Treatment:

The treatment was done by Vaman Karma along with Shamana Yoga. (refer table 1 and 2). During treatment patient was advised to take *Samayaka ahara* (like green vegetables, fruits, milk etc.). *Ati ushna, Tikshna, Amla,* and *Snigdha* (oily) *ahara* should be avoided during this period. After this treatment, successful conception occurred in the concerned patient.

**Table 1** Medicines used for Shodhan Karma (Vaman)

Sr. No	Drugs	Days	Matra (Dose)
1)	Snehapana with Go Ghrita	For 7 days	First day-30 ml then everyday Matra increased gradually till Lakshana of Samyak Siddhi got in patient (130 ml)
2)	With Mahanarayan Tail Abhyanga Karma along with Sarvanga Swedan done	For 3 days	-
3)	Vaman (with Yasthimadhu + Haridra + Ghrita + Ksheera + Madhu		Matra decided according to Koshta and Bala of patient.

Before Snehapana, Chitrakadi Vati + Trikatu Churna is given for three days (for improving Agni-Deepna & Pachana property of patient)

## OBSERVATION & RESULT

The patient had followed the *ahara* & drug restriction strictly. The findings of

sonography report before and after treatment is attached.





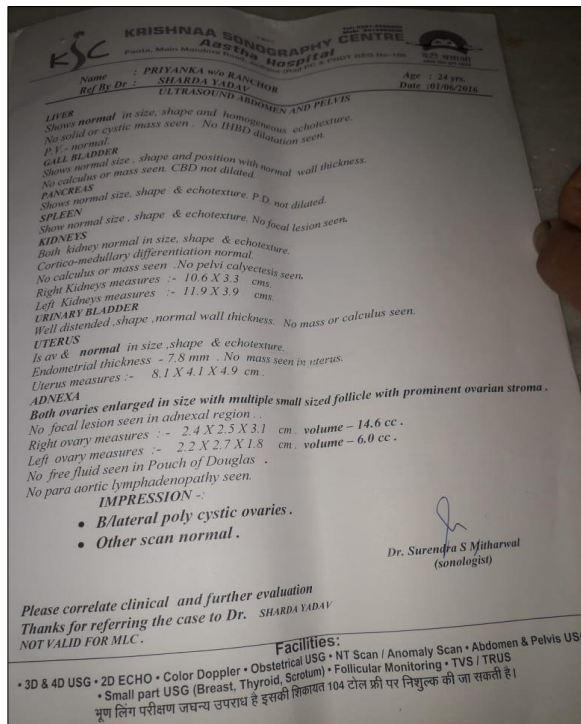
**Table 2 Shamana Yoga**

Yoga	Matra	Anupana
Dashmula Kashya	15ml	Jala
Kanchnar Guggulu	250mg	Jala
Prashanvajrak Rasa	250mg	Jala

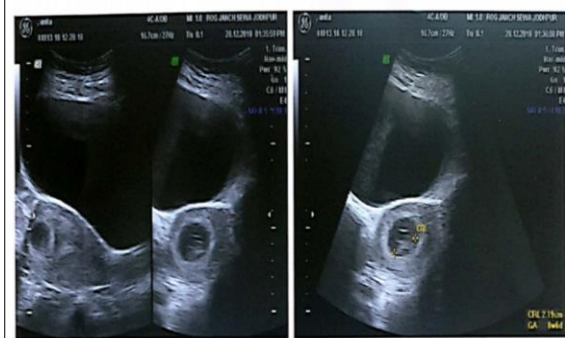
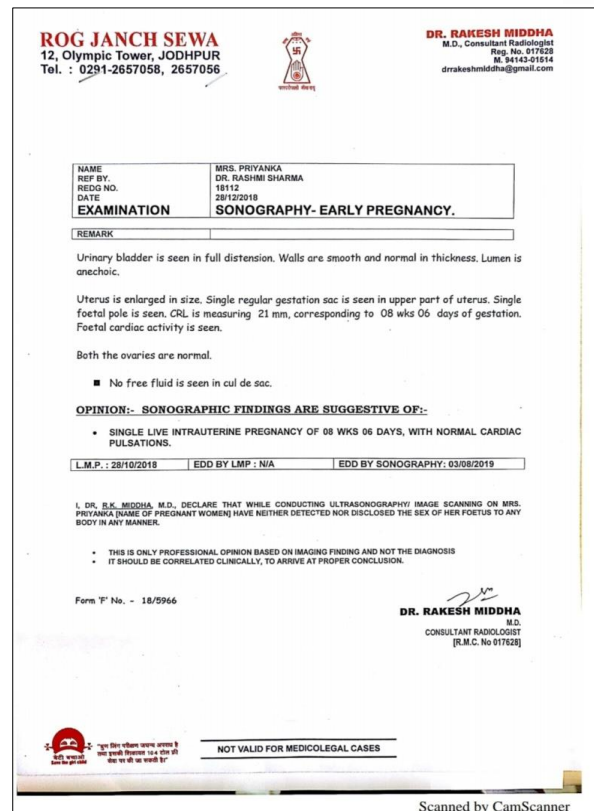
Twice daily

**Figures:**

- Scanned copies of sonography before & after treatment are given below.



**Fig 1 (Before Treatment)**



**Fig 2 After Treatment**



## DISCUSSION & PROBABLE MODE OF ACTION

PCOD is one of the common cause for infertility in women and also responsible for hormonal dysfunction of ovaries. Due to this reason excessive secretions of androgens from the ovaries along with improper development of ovum (egg) formation occurs. Disturbance in hormonal level is main cause of PCOD. PCOD problem treatment aims at correcting this hormonal imbalance & keeping their weight under control. Vaman karma and Shaman Yoga helps to bring back deviations of these hormones to normalcy. Vaman Karma will reduce Saumya Guna, resulting into relative increase in Agneya Guna of Sharira, ultimately increasing the pramana of Artava. *Garbhashya-shodhak*, *Shulahar*, *Granthihara*, *Lekhane* and *Bhedana* properties of *Dashmula Kashya*, *Kanchanar Guggulu* and *Prashanvajrak Rasa* act on female reproductive organs, along with improvement in the ovarian functions.

## CONCLUSION

Imbalance in Tri-Doshas (mainly by Kapha Dosh) is a main cause of PCOD. In this disease, the vitiated Doshas get stuck in the Manovahi strotas, leading to dysfunction of pituitary gland (hormonal imbalance). The

condition results in imbalance of female hormones and vitiation of Kapha Dosh, which results into formation of multiple cysts in ovaries, an-ovulatory periods, strotasa -avarodha and other symptoms. Vaman is considered as best chikitsa for Kapha- disorders & also helpful to remove Avarodha (obstructions) in Strotasa. *Garbhashya-shodhak* and *Shulahar* properties of *Dashmula Kashya* stimulates reproductive system and *Leekhaneeya*, *Bheedaneeya* and *Granthihar* Guna of *Kanchanar Guggulu vati* and *Prashanvajrak Rasa* also help in reducing the size and arrests further growth of ovarian cysts.

**Consent:** Written consent of the patient is taken. Proper advice and counseling also done during treatment.

### Acknowledgement:

The author is thankful to honorable Vice-chancellor (Prof. Radhey Shyam Sharma) of Dr. S. R. Rajasthan Ayurved University, Jodhpur for his guidance for this case study.



## REFERENCES

1. Kaviraj Ambikadatta Shastri, Sushruta Samhita, Ayurvedtatvasandipika Hindi Commentary, published by Chaukhamba Sanskrit Sansthan, 2010, Varanasi, Su. Sut. 15/16, p. 177.
2. Shri Satyapala Bhigacharya, Kashyapa Samhita, Vidyotini Hindi Commentary, published by Chaukhamba Sanskrit Sansthan, Varanasi, 2004, Ka. Ravatikalpadhya / 33, p.192
3. Dutta D.C., Text book of Gynecology, 5<sup>th</sup> edn., Jaypee Brothers Medical publishers (P) Ltd., Kolkata,2013, Chapt.28, p 459-463,470-471
4. V. G. Padubidri, Gynecology, Review Series, 3<sup>rd</sup> edn., Elsevier, New Delhi, 2006, p. 153
5. Textbook of Gynecology, Kamini A. Rao., 1<sup>st</sup> edn., Elsevier, New Delhi, 2008, p. 133-143
6. Hacker & Moore's, Essentials of Obstetrics' & Gynecology, 5<sup>th</sup> edn., Elsevier, New Delhi, 2010, p. 249-250, 364-365
7. Howkins & Bourne, Shaw's Textbook of Gynecology, 14<sup>th</sup> edn., Elsevier, New Delhi, 2008, p. 259, 331-333
8. Premvati Tewari, Ayurvediya Prasuti Tantra Evam Stri-Roga, Part I, 2<sup>nd</sup> Ed., published by Chaukhamba Orientalia, Varanasi, 2000.Drutiyadhyaya. p.163-167
9. Premvati Tewari, Ayurvediya Prasuti Tantra Evam Stri-Roga, Part I, 2<sup>nd</sup> Ed., published by Chaukhamba Orientalia, Varanasi, 2007.Shashtamadhyaya. p.310
10. Shri Satyanarayan Shastri, Charaka Samhita, Vidyotini Hindi Commentary, published by Chaukhamba Bharti Akadami, Varanasi, 2005, Ch. Sut.25/40, p. 468
11. Prof. Sidhi Nandan Mishra, Bhaisajya Ratnavali, published by Chaukhamba Surbharati Prakashan, Varanasi, 2011, p.1063