

Conceptual study of PCOD and Agni Dushti according to Ayurveda

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Abstract:

In Indian subcontinent Women of reproductive age are facing various disorders associated with reproductive system. The most common disorder which is considered as the fastest growing endocrinal disorder is PCOD. According to Ayurvedic *Samprativigyan* PCOD falls into the category of *Yonivyapad*. Malfunctioning of *Dhatus* lead to impaired hormonal system which further leads to imbalance of reproductive system. Ayurveda describes six main body components which are responsible for manifestation of a disease i.e. *VyadhiGhatak* namely *Dosha*, *Dhatus*, *Mala*, *Agni*, *Strotas* and *Aam*. Whenever any of these components gets vitiated state of normalcy of body is

lost and etiology and pathogenesis leads to disease.

Keywords:

Ayurvedic *samprati*, *Yonivyapad*, *Dhatu*, *Dosha*, *Mala*, *Agni*, *Strotas* and *Aam*.

Introduction:

Polycystic Ovarian syndrome is described as an endocrinopathy which is characterized by the complex manifestation such as irregular menstrual bleeding, obesity, insulin resistance, abnormal menstrual cycles polycystic ovaries, habitual abortions and infertility. PCOD appears to be complex genetic trait.⁽¹⁾ It is the most common cause of *hyperandrogenismhirsutism* and anovulatory infertility in developed countries.⁽²⁾ The etiology is not clearly described there is confusion about diagnostic criteria. The management of PCOS is difficult and challenging task, faced by modern gynecologists. Because of high prevalence i.e (52%) in Indian

subcontinent the holistic approach is needed and demanded as well.⁽³⁾ Some predisposing factors responsible for PCOD such as; genetic factors, high maternal androgen, androgen secreting tumors, diabetes mellitus, obesity and insulin resistance. We know that most gynaecological disorders come under the heading of *Yonivyapada*.⁽⁴⁾ According to Ayurveda, disease should be examined by fivefold examination system (*Nidanpanchaka*).⁽⁵⁾ *BandhyaYonivyapad* was described by *AcharyaSushruta* and main feature is *Nashtarava*.⁽⁶⁾ While describing eight disorder of *Aartava* as clearly defined *Nashtarva* stating that *Aatavain* this condition is not completely absent or destroyed but it is not evident due to the obstruction by *Vata* and *Kapha* in the *Aatavavahastrotas* eventually leading to *Amenorrhoea*.⁽⁷⁾ The *Aartava* which has been used in *Samhita* in context to menstrual blood, ovum and ovarian hormones.

- Menstrual blood: Here *Aartava* refers to menstrual cycle bleeding in case of PCOS due to obstruction of *Aatavavahastrotas* by *Vata* and *Kapha* *Dosha* resulting into *Amenorrhoea* i.e. *Nashtarava*.
- Ovum: When the *Aartava* refers to ovum the *Nashtaravastage* indicates anovulatory cycle causing infertility. In this case the menstrual flow may be normal or not. This condition is seen in PCOS as 30% of women with PCOS have normal menses.⁽⁸⁾
- Ovarian Hormone: If *Aartava* is taken as ovarian hormone, the basic *pathophysiology* of PCOS can be related to

AavaranjanyaSamprapti i.e. *Aavarana* of *Aartava* by *Doshas* leads to hormonal imbalance causing PCOS.

Nidana:

According to *AyurvedNiadan* means factor responsible for disease i.e. causative reason and the course of disease as well. As in our classics specific etiology is not clearly described but we can correlate PCOS with *VandhyaYonivyapad* and *Nashtarava* collectively and so the causative factor responsible these two can be considered as etiological factor for PCOS.

AaharajviharajMithyadharan:

a) *AaharajMithyacharan* Include faulty dietary habits irregular food timing (*vishamashan*) diet abnormalities such as consumption of spicy, oily, junk foods, irregular inclusion of bakery food items (pizza, burger, bread), beverages like cold drinks, aerated soft drink, alcohols, tea, coffee and over eating (*Adhyashan*) leads to *Agnivikruti*.

b) *ViharajMithyacharan* following irregular or abnormal life style is *viharmithyachar*. Sedentary lifestyle, lack of exercise, irregular and altered sleep patterns (*Diwaswapana*, *Ratrijagarana*).

1. *Manasbhava*: *Irshya*, *Krodha*, *Dwesha* and *Vishada* are the *manasdosha* which disrupt the normal *manoviyapar* which are the vicious fruits of stress competitive pressures at work and educational undue ambitions. All these factors lead to *Agni vikriti* which in turn result in obesity. Obesity plays an important role in causing PCOS is clearly mentioned and discussed in Modern Medical Sciences too.⁽¹⁰⁾

2. *Bijdosha*: This complex multi genic disorder for which an interaction between multiple genetic and environmental factors are responsible. A high prevalence of PCOS or some of its features among first degree related suggests its genetic influences.⁽¹¹⁾
3. As various chromosomal and genetic abnormalities come under *Bijdosha* its genetic origins are likely polygenic or multi factorial or both.⁽¹²⁾

Pathophysiology of PCOS as per Ayurvedic Physiology:

Ayurveda has a different approach towards Nomenclature and classification of disease it proves in case of PCOS that Ayurvedic text does not address PCOS as one disease, but a group of symptoms like *Anartava*, *Yonivyapad*, *Arajaskayoni*, *Vandhyayoni*, *Kasthatava* can also be taken into consideration while dealing with PCOS.

As the pathophysiology according to Ayurved advocates that *Dosha*, *Dhatu*, *Upadhatu Mala* are the *Vyadhi* responsible for disease in the body. It is clear that *ArthavaDhatu*, and *dhatughatit Arthavahastrotas* are vitiated by *Dosha*, *Dhatu*, *Mala* which intern defers the nourishment formation and movement of ovum in the *Arthavahastroas*. As a result ovarian and menstrual cycles get disturbed though *Arthavahastrotas* is considered as *Agni pradhan* along with *Rakta*, *Pitta*, *PrakrutKapha* play an important role in the nourishment of uterine endometrium and follicular development, growth, maturity during ovarian cycle.

Agni:

Ayurveda has named the digestive power of our body as *Agni*. The digestive force in the physiology is known to be the responsible factor behind metabolism of diet, assimilation, transformation of energy into various body functioning. *Agni* if maintained (*prakrut*) imparts life longevity, enthusiasm, complexion, strength, equilibrium of body metabolism (*Upchaya*), luster, immunity, life but on the other hand if this digestive fire gets diminished or extinguished (*Shanteagnaumriyate*), the body (*sharir*) may face a stage or condition like or near to death.⁽¹³⁾

Types of Agni:

- A. *Kayaagni* or *Jatharagni* (1)
- B. *Bhutaagni* (5)
- C. *Dhatvagni* (7)

These are 13 types of digestive forces which maintained body homeostasis. Hence maintenance of *Agni* to run body functioning normally is of utmost importance.

Ama :

When the *Agni* is imbalanced the digestive power gets diminished which gives rise immature *Rasa dhatu* or *AMA* which vitiates all *Dhatu* *Doshas* and *Malas* while circulating in the body imparting them *Samata*. *Samata* is another important factor responsible for state of disease in an individual. All the types of *Agni* impairment (*Agnimandya*) form *AMA* from various origins. This *Amagets* accumulated, deposited as toxins, an auto antigen. These toxins are the cause of allergies during the reaction of toxic allergies some antibodies are formed in the body causing diseases. *Acharya Charaka* has clearly addressed *AMA* as *Amavisha*.⁽¹⁴⁾

According to modern medical science proteins, carbohydrates and fats are three main component of *food*. During digestion *Jatharaagni*, *Bhutaagni* and *Dhatvaagni* digest protein carbohydrate, fats and we get end products such as amino acid, urea, carbon dioxide and energy .

Due to *Mandaagni* intermediate products are formed instead of end products such as lactic acid, uric acid, ketone bodies which are highly responsible for pathogenesis in disease formation can be correlated to *AMA* concept. Obesity, inflammation, *Dhatupradoshaj* disease are the main diseases caused due to *AMA* formation as a result of imbalance *agni* i.e. *Mandaagni*.

So PCOS *samprapti* i.e. *etiopathology* can be summarised in the following way as :Due to irregular dietary habits, lifestyle routine *Agni* dims its power leading to *Ama* which is slimy immature *Rasa dhatu* blocks the *Vata* (*Upstambhitvayu*) and vitiated *kapha* and *pitta*, it altogether blocks the further nourishment of *Dhatu*s (from *Ras* to *Arthvaha*). It results into weight gain, hyper *androgenism*, hyper *insulinemia* that leads to *menorrhagia*, *amenorrhea*, *anovulatory cycle*, *Graviditbijjakosh* or *Arthvakosh* (Poly cystic ovaries).This give rise to a bunch of or group of signs and symptoms (*rupa*) can be labeled as PCOS .The sign and symptoms of PCOS are clinically manifested as:

1. Disrupted menstrual cycle(either irregular or infrequent)
2. Acne
3. Obesity
4. *Hirsutism*

Radiological diagnosis of PCOS:

In radiology PCOS affected ovaries show clear enlargement in size,structure and cysts if any .

Laboratory Techniques:

1. FSH are generally found low in PCOS
2. Estrogens may be elevated
3. Insulin assay generally elevated
4. SHBG (Sexual Hormone Binding Globulins) can be recorded low
5. Luteinizing Hormone may be elevated
6. Lipid profile

Conclusion:

Now a day's PCOS is the such a health hazard spreading fast into every strait of the society. It is every challenging issue in front of the health system. To have an Ayurvedic inside of PCOS this article discusses all the aspects and conclusion to avoid PCOS leads to *Nidan parivarjana* by simply following strictly regular lifestyle.

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