A clinical study to evaluate the role of kuberaksha vati & ashokarishta in the management of PCOS

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ABSTRACT:
Polycystic Ovarian Syndrome is common endocrine disorder in which women struggle with imbalanced hormones leading to Infertility. Most women with PCOS have many small Cyst on their Ovaries. The cyst are not harmful but leading to hormonal imbalance. The incidence of PCOS appears to rising in India day by day it is seen as many as 5% to 10% of women in their reproductive age. The incidence is increasing may be due to change in lifestyle to more sedentary existence overtime, lack of physical exercise, stress, strain, high caloric food and indiscriminate dietary habit results in metabolic, endocrinal, reproductive disturbances, therefore women faces various problem related to reproductive disorder like irregular menstrual cycle, ovarian cyst, miscarriage, irritability, hair loss, acne, hirsutism, weight gain.

To overcome through this problem Ayurveda suggests the very effective treatment. A 26 years old patient came in OPD of Streerog Prasutitantra Department on 10-05-2019 having compliant of obesity, menstrual irregularity, hirsutism, acne. she was treated by ayurvedic line of treatment i.e. Kuberaksha Vati & Ashokarishta. Hence presented a case.

KEY WORDS: PCOS, Kuberaksha Vati, Ashokarishta

INTRODUCTION:
Polycystic Ovarian Syndrome is common endocrine disorder in which women struggle with imbalanced
hormones leading to Infertility. most women with PCOS have many small Cyst on their Ovaries. the Cyst are not harmful but leading to hormonal imbalance. The incidence of PCOS appears to rising in India day by day it is seen as many as 5% to 10% of women in their reproductive age. The incident is increasing may be due to change in lifestyle to more sedentary existence overtime, lack of physical exercise, stress, strain, high caloric food and indiscriminate dietary habit results in metabolic, endocrinal, reproductive disturbances. Therefore women faces various problem related to reproductive disorder like irregular menstrual cycle, ovarian cyst, miscarriage, irritability, hair loss, acne, hirsutism, weight gain.

Ayurveda suggests that this is Vata type disorder (Apan Vayu) though the involvement of other Dosha can be there but in some measure because of the gynaecological disorders are mainly supposed to be due to vitiation of Vata.

**Kuberaksha Vati :**

<table>
<thead>
<tr>
<th>Sr No</th>
<th>Drug</th>
<th>Botanical Name</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Latakaranj</td>
<td>Caesalpinia bonduc</td>
<td>Kaphavata shamak</td>
</tr>
<tr>
<td>2</td>
<td>Hingu</td>
<td>Ferula narthex</td>
<td>Kaphavata shamak</td>
</tr>
<tr>
<td>3</td>
<td>Shunthi</td>
<td>Zingiber officinale</td>
<td>Kaphavata shamak</td>
</tr>
<tr>
<td>4</td>
<td>Rason</td>
<td>Allium sativum</td>
<td>Kaphavata shamak</td>
</tr>
</tbody>
</table>

**Ashokarishta :**

PCOS is a disorder involving pitta, kapha, medas, Ambuvaha srotas & Artav dhatu. The causes of PCOS as per Ayurved can be taken as eating excessive sweets & Kaphagenic foods. Because of this Kapha getting aggrevated in PCOS, we find Kapha disorder as well as Pitta and Vata Dosha disorder. Because all of three Doshas play an important distinctive role in production, development, maturation & release of ovum & therefore the ovarian cycle and menstrual cycle is under control of three Doshas.

The selected trial drug was decided according to Dosha, Dushya & hypothesized Samprapti.

**AIM AND OBJECTIVES OF CASE STUDY:**
To evaluate the role of Kuberaksha Vati & Ashokarishta in the management of PCOS.

**Type of Study :** Single Case Study.

**MATERIAL AND METHODS:**

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</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aamalaki</td>
<td>Emblica officinalis</td>
<td>Tridoshahar</td>
</tr>
<tr>
<td>2</td>
<td>Haritaki</td>
<td>Terminalia chebula</td>
<td>Tridoshahar</td>
</tr>
<tr>
<td>3</td>
<td>Bibhitak</td>
<td>Terminalia belerica</td>
<td>Tridoshahar</td>
</tr>
<tr>
<td>4</td>
<td>Aadrak</td>
<td>Zinziber officinale</td>
<td>kaphavatashamak</td>
</tr>
<tr>
<td>5</td>
<td>Chandan</td>
<td>Santalum alba</td>
<td>Kaphapittashamak</td>
</tr>
<tr>
<td>6</td>
<td>Dhataki</td>
<td>Woodfordia floribunda</td>
<td>Kaphapittanashak</td>
</tr>
<tr>
<td>7</td>
<td>Mustak</td>
<td>Cyperus rotundus</td>
<td>Kaphapittashamak</td>
</tr>
<tr>
<td>8</td>
<td>Vasa</td>
<td>Adhatoda vasica</td>
<td>Kaphapittashamak</td>
</tr>
<tr>
<td>9</td>
<td>Daruharidra</td>
<td>Berberris aristata</td>
<td>Kaphapittashamak</td>
</tr>
<tr>
<td>10</td>
<td>Jirak</td>
<td>Cuminum cyminum</td>
<td>Kaphavatashamak</td>
</tr>
<tr>
<td>11</td>
<td>Guda</td>
<td>-</td>
<td>Kaphavatashamak</td>
</tr>
</tbody>
</table>

**Study Centre:** C.S.M.S.S. Ayurved Rugnalay, Aurangabad.

**Study Details:**
- **Name of patient:** XYZ
- **Reg No:** 15150
- **Date of first visit:** 10/05/2019
- **Age:** 27 years
- **Gender:** Female
- **Religion:** Hindu
- **Occupation:** Job (comp Engineer)
- **Diet:** Veg & Nonveg

**Chief Complaints:**

**Duration:**
1. Obesity: 2yrs
2. Menstrual irregularity: 6 months
3. Hirsutism: 6 months
4. Acne: 6 months

**LMP:** 04/05/2019

**Menstrual history:**
- PMH: 3-4 days, Irregular, Painful, Scanty
- Since 40-50 days
- Obstetric history: G0 P0 L0 A0 D0
- No any past medical or surgical history

**EXAMINATIONS:**
- G C-Good
- TPR- Normal
- BP 120/70 MMHG
- CVS-S1S2 Normal
- R.S- Chest clear, AEBE
- P/A- Soft non tender
- CNS-Conscious, well oriented
- P/V- Uterus antevorted anteflexed, fornices clear.

**Ashtavidha Parikshan:**
1. Nadi = 78/min
2. Mala = Samyak
3. Mutra = Prakrut
4) Jivha = Niram
5) Shabda = Sapshta
6) Sparsha = Anusha
7) Druka = Alpashweta
8) Akruti = Sthul

Ultrasound Examination done on 26/01/2019, which s/o PCOS

TREATMENT PROTOCOL:
1) Standardized & authenticated drugs used.
2) The treatment was conducted in following way for duration of 3 months.
3) Patient was treated with
4) Kuberaksha vati 500mg BD with lukewarm water
5) Ashokarishta 20 ml BD with lukewarm water
6) Patient advised for consumption of vegetables preferred karela &

<table>
<thead>
<tr>
<th>Observations</th>
<th>Before treatment 1st day</th>
<th>During the treatment 30th day</th>
<th>During the treatment 60th day</th>
<th>After treatment on 90th day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hirsutism</td>
<td>Hair growth at 5sites</td>
<td>Hair growth at 5sites</td>
<td>Hair growth at 3-4 sites</td>
<td>Hair growth At 2-3 sites</td>
</tr>
<tr>
<td>Maximum follicular growth</td>
<td>Rt ovary 41×38×28 mm</td>
<td>Rt ovary 40×38×28 mm</td>
<td>Rt ovary 34×36×28 mm</td>
<td>Both Ovaries normal in morphology and echotexture &amp; no</td>
</tr>
<tr>
<td></td>
<td>Lt ovary 47×33×38mm</td>
<td>Lt ovary</td>
<td>Lt ovary</td>
<td></td>
</tr>
</tbody>
</table>

In the treatment period the patient had not taken anything except medicine. Patients complained mostly irregular, few or absent menstruation, scanty or less menstrual blood, dysmenorrhea, acne obesity and hirsutism. Assessment criteria were based on the cardinal symptoms which are irregular menstruation, duration of bleeding, dysmenorrhoa, quantity of menstrual blood, hirsutism, acne & obesity before and after treatment.

7) Follow up study was done for 3 months, at interval of every month & observations carried out.
8) No new complaint raised during the follow up period related to the study.

OBSERVATIONS:

In the treatment period the patient had not taken anything except medicine. Patients complained mostly irregular, few or absent menstruation, scanty or less menstrual blood, dysmenorrhea, acne obesity and hirsutism. Assessment criteria were based on the cardinal symptoms which are irregular menstruation, duration of bleeding, dysmenorrhea, quantity of menstrual blood, hirsutism, acne & obesity before and after treatment.
<table>
<thead>
<tr>
<th></th>
<th>Multiple follicles present</th>
<th>42×38mm</th>
<th>30×34mm</th>
<th>36×28mm</th>
<th>signs of PCOS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Menstrual cycle</strong></td>
<td>45 days</td>
<td>35 days</td>
<td>30 days</td>
<td>28 days</td>
<td></td>
</tr>
<tr>
<td><strong>Obesity</strong></td>
<td>Wt 62kg</td>
<td>61kg</td>
<td>59kg</td>
<td>56kg</td>
<td></td>
</tr>
<tr>
<td><strong>Acne</strong></td>
<td>Papules, few postules</td>
<td>Papules, few postules</td>
<td>No Papules, few postules</td>
<td>No Papules, postules</td>
<td></td>
</tr>
</tbody>
</table>

**DISCUSSION**

According to Ayurveda PCOS is a disorder involving Pitta, Kapha & Vata has, Rasa & Meda Dhatu, Rasavaha, Raktavaha & Artavavaha Strotasa. The given treatment works to improve hormone utilization & regulates overall hormone balance. The combination of drugs is also quite beneficial in curbing the three aggravated Doshas & brings balance & strength to the menstrual system & it helps to regulate Artavachakra. The properties of Deepana & Pachana of above drugs they elevate the Jatharagni, Dhatwagni. There is also Kapha reducing, insulin enhancing & hormone rebalancing drugs helps to relieve the symptoms of PCOS. Hence by governing HPO axis through hypothalamus it helps in maintenance of follicular growth.

Medicines helps to bring balance & strength to the menstrual system.

**CONCLUSION:**

In this case, complaints of patient very much diminished. Within the follow up period of 3 months, No significant complication is evident in study. All symptoms of patient obesity, irregular menses were well diminished. It is nonsurgical & non-hormonal treatment. In conclusion PCOS (Pushpaghni Jaataharini) can be cured by using Ayurveda treatment regimen.

**REFERENCES:**

2) Textbook of Streeroga Prasutitantra evam Streeroga Premvati Tiwari
<table>
<thead>
<tr>
<th>Source of funding: Nil</th>
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Conflict of Interest: Non

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