

A CASE REPORT OF PCOS WITH INFERTILITY

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Abstract

Polycystic ovary syndrome (PCOS) is a common endocrine disorder affecting women of reproductive age, often leading to infertility due to hormonal imbalances, anovulation, and irregular menstrual cycles. Despite conventional treatments, many women with PCOS face challenges in achieving pregnancy. This case report presents a 31-year-old woman diagnosed with PCOS, who had been struggling with infertility for two years. After unsuccessful attempts with allopathic treatments, she sought Ayurveda treatment following which she achieved a successful pregnancy after five months of treatment.

The patient presented with symptoms such as irregular menstrual cycles, hirsutism, and weight gain. and irregular ovulation assessed from USG report. She was prescribed a combination of Ayurvedic formulations, dietary modifications, and lifestyle recommendations aimed at balancing hormonal levels, reducing inflammation, and promoting regular ovulation. Specific Ayurvedic formulations, such as sukumarakashayam, yogarajaguggulu, kumaryasavam,

Talisadichoornam were used to support reproductive health and restore balance. In addition, treatments focused on improving digestion (Agni) amapachana, vata anulomana, kapha pittahara, artava janana such as abhyanga, swedana, yoga vasthi, nasyam and takradhara for reducing stress, factors that are often overlooked in conventional infertility management.

After five months of Ayurvedic treatment, the patient experienced regular menstrual cycles, improved ovulation, and a significant reduction in hirsutism. She successfully conceived, achieving a positive pregnancy test. This case highlights the potential of Ayurveda as an adjunct or alternative treatment for PCOS-related infertility, emphasizing the importance of individualized care and a holistic approach in managing reproductive health. Further studies are warranted to explore the efficacy of Ayurvedic treatments in PCOS and their role in improving fertility outcomes.

Keywords: PCOS, infertility, yoga vasthi, nasyam, reproductive health, anovulation.

Introduction

1. Holistic Approach:

Ayurveda emphasizes a holistic view of health, considering the physical, mental, and emotional aspects of a person. This comprehensive approach can help address various underlying imbalances that contribute to PCOS and infertility.

2. Individualized Treatment:

Ayurvedic treatments are tailored to the individual's unique constitution (Prakriti) and imbalances (Vikriti). This personalization can lead to more effective management of symptoms and overall health.

3. Natural Remedies:

Ayurveda uses natural herbs, dietary changes, and lifestyle modifications to restore balance. Techniques such as Panchakarma (detoxification) and specific herbal formulations aim to regulate hormones, improve insulin sensitivity, and enhance reproductive health.

4. Focus on Root Causes:

Rather than merely addressing symptoms, Ayurveda seeks to identify and treat the root causes of PCOS. This can include addressing lifestyle factors, stress, and digestive health, which play a crucial role in hormonal balance.

5. Lifestyle Modifications:

Ayurvedic practices emphasize maintaining a balanced diet, regular exercise, yoga, and meditation. These lifestyle changes can support weight management, reduce stress, and promote hormonal balance, all of which are important for managing PCOS and enhancing fertility.

6. Emotional Well-being:

The emotional and psychological aspects of PCOS and infertility can be significant. Ayurveda recognizes the mind-body connection and offers therapies such as yoga and meditation that can help alleviate stress and anxiety, promoting a more positive mental state.

7. Preventive Care:

Ayurveda encourages preventive health practices to avoid the complications associated with PCOS, such as diabetes and metabolic syndrome. By addressing lifestyle factors early, individuals can manage their health more effectively.

8. Long-term Solutions:

Ayurvedic treatments often focus on long-term health rather than short-term fixes, which can lead to sustainable improvements in reproductive health and overall well-being.

Conclusion:

While Ayurveda can be a valuable adjunct to conventional treatment for PCOS-related infertility,

Case report**Patient information****Age:** 31 years**Gender:** Female**Occupation:** House wife**Ethnicity:** Indian**History:**

Patient was normal before 2 years suddenly she developed weight gain, irregular menstrual cycles, hirsutism. After went to an allopathic doctor and took USG which shows PCOS. Her husband is having normal report which known by semen analysis. She underwent allopathic treatment for PCOS-related infertility for one year.

Family history:

Parents both diabetic

Life style: Sedentary life style.**Dasavidhpariksha****Prakruti:** VK**Vikruti:** KP**Sara:** Madhyama**Samhanana:** Madhyama**Pramana:** obese**Satmaya:** Avara**Sattva:** Avara**Aahara Shakti:** Poor**Vyayam Shakti:** Low**Vaya:** 31 years**Astavidhpariksha****NadiPariksha:** 80/ min**MutraPariksha:** pus cells present 6-7 times/day**Mala Pariksha:** Constipated**JihwaPariksha:** Coated**ShabdaPariksha:** Avara**SparshaPariksha:** Cold**DrikaPariksha:** Normal**AkritiPariksha:** Obese

"From June 2020 to June 2022, the couple struggled to conceive. Having initially pursued allopathic treatment for a year following their marriage (from June 2021), they sought Ayurvedic care and provided their ultrasound report."

Clinical findings

The patient presented with symptoms such as irregular menstrual cycles, hirsutism, and weight gain and irregular ovulation assessed from USG report and unable to conceive child after 2 years of marriage.

Time line 4.6.22 to 1.9.22

Diagnostic assessment

USG report and with symptoms.

Therapeutic interventions

Patient came with USG report on 5.6.22 and started internal medicines from 6.6.22.

Sukumaram kashayam – 20 ml with 60 ml warm water in empty stomach morning and evening.

Talisadhichooranam – 5gms morning and night after food.

Yogarajaguggulu - 1 tablet Tid after food.

Kumaryasavam – 20 ml with 60 ml warm water after food for 1month

She got admitted in hospital for 1month 7.7.22 to 6.8.22

Abyanga for seven days with dhanvantaratailam

Swedana for seven days patrapottalisweda

Yoga vasti for 8 days

Snehavasti with sahacharaditailam and kashayavasti with dhanvantarakashayam.

Nasyam for 7 days with Anutailam

Again continued internal medicines for 1 months 7.8.22 to 1.9.22

Sukumaram kashayam – 20 ml with 60 ml warm water in empty stomach morning and evening.

Talisadhichooranam – 5gms morning and night after food.

Yogarajaguggulu - 1 tablet Tid after food.

Kumaryasavam – 20 ml with 60 ml warm water after food for 1month

Pushpadhanvaras – 1 tablet Tid

Follow up and outcomes

Discussion

The patient presented with symptoms such as irregular menstrual cycles, dysmenorrhea, hirsutism, and weight gain. She experienced irregular ovulation, as assessed from an ultrasound report, and had been unable to conceive after two years of marriage, despite undergoing allopathic treatment.

After taking the prescribed medicines, she had her menstrual period within 10 days. Sukumaraghritha⁽¹⁾ possesses properties that promote the movement of vata and has the potential to alleviate conditions like gulma, vidradhi, and yoni arthi. Similarly, TalisadhiChooranam⁽²⁾ has properties that help in the proper flow of vata, and since PCOS is characterized by kapha obstructing vata, it can be effective in treating the condition.

YogarajaGuggulu⁽³⁾ has properties that remove doshas affecting the artava (menstrual cycle). Kumaryasavam⁽⁴⁾ is known for its ability to reduce udavarta, effectively alleviating menstrual pain and promoting a regular flow.

Snehana and swedana therapies help to bring the doshas to the koshta (digestive tract). Vasti⁽⁵⁾ therapy works to promote the movement of vata and can eliminate gulma, assisting in fertility.

The ingredients used in the therapy, such as Sahacharadi Tailam and Dhanvantara Kashayam, are effective in treating PCOS and enhancing fertility.

Additionally, Nasya therapy stimulates the hypothalamic-pituitary-ovarian axis, thereby supporting ovulation and improving the chances of fertilization.

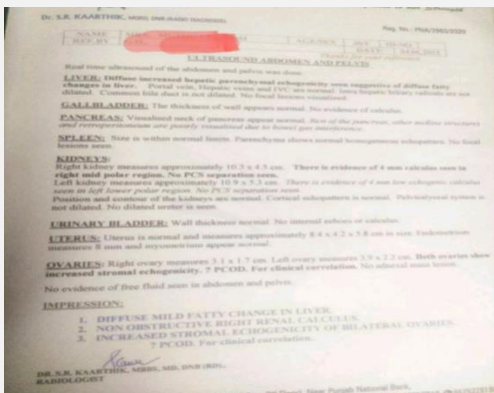
After end of the therapy and continuation of above medicines along with pushpadhanvaras added she got pregnant which is confirmed by card test and then by USG.

Conclusion

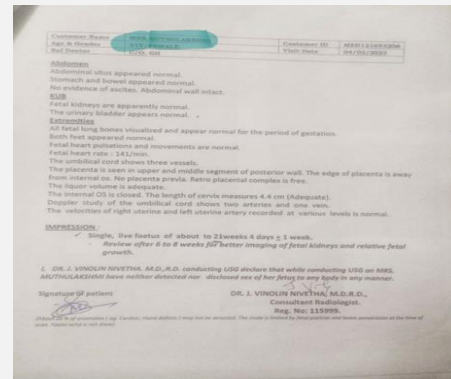
By effectively following the aforementioned Ayurvedic procedures, she conceived on September 6, 2022, demonstrating that Ayurveda can be an effective approach for treating PCOS-related infertility.

USG report

Before Treatment



After Treatment



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