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Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 8999250451

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Efficacy of Vaman Karma in The Management of Poly Cystic Ovarian Syndrome**Dr. Komal Bhoge¹,**P.G. Scholar ,
3rd year, Prasuti Tantra & Stree Rog Dept**Dr. Sameer Gholap²**Associate Professor, Prasuti Tantra & Stree Rog Dept.
.SMBT Ayurvedic Medical College & Hospital,
PG Institute, Dhamangaon , Nashik.**Abstract –**

In today's civilized & fast era, the lifestyle has totally changed. No one follows the Ahara & Vihar prescribed by Ayurveda. This in turn creates many health problems. PCOD (polycystic ovarian Disease) is one of the Gynecological problem created due to this unhealthy lifestyle. PCOS is a condition characterized by an imbalance of hormones in women which can affect menstrual periods and ovulation. It is also one of the leading causes of infertility because of these distressing symptoms. Women may also experience depression & anxiety. PCOD affects about one in ten women of child bearing age. It is a very common problem. If not treated early, serious health complications such as diabetes and cardiovascular disease can develop. The aim of the 'panchkarma' therapies is to purify and detoxify the body. It helps to get rid of many chronic diseases as well as it helps the healthy person as a preventive treatment. Unbalanced doshas can not be balanced completely with the help of samshamana (Langhanapachan), but samshodhana i.e. purification helps to restore complete balance of doshas and dhatus. After samshodhana treatment if any medication is given it has better efficacy with lesser side effects. Thus Panchakarma is an essential treatment method of Ayurvedic cure.

Introduction –

PCOS is a hormonal imbalance disease and is characterized by changes that cause accumulation of multiple follicles in the ovaries without ovulation. The principal function of ovary is production of an egg each month for ovulation & that of all hormones necessary for reproduction. In PCOD the ovary fails to expel the matured egg and a small amount of fluid begins to accumulate inside the immature follicles to form multiple cysts. Patients with PCOS have increased androgen and estrogens, which set up a vicious cycle. These women also have high level of insulin in their blood because their cells do not respond normally to insulin.

Aim & objectives –

- To study the PCOD (polycystic ovarian Disease)
- To study the Vaman karma
- To study the efficacy of vaman karma in the management of PCOD

Material & methods –**Case report –**

A 22 yrs female complaints abdominal pain at time of menstruation, , c/o - irregular menses since 3 yrs , clot ++ , Hirsutism ++ , Facial hair ++ , occasionally change in voice occurs , Anxiety ++, report shows PCOD

weight – 74 kg , BP – 140 /80 mmHg , Pulse – 74 /min , RR – 18 /min

PCOD reports before treatment –

- BSL(F) – 100 mg/dl , (PP) -160 mg/dl
- TSH –3. 8 uIU/ml
- LH –20 mlu /ml

- FSH – 12 mlu /ml
- CBC – reports within normal level
- USG – Right ovary was enlarged size is about 3.9 x 2.5 x 3.1 cm

Chkitsa –

Shodhanchikitsa -

Vamanchikitsa was used for shodhantherapy ,

| | |
|----------------------|---|
| Purvakarma | Abhyantarsnehpan with Phalghrita (for 4 days in devided dose) Bahyasnehan – Till tail Swedan – Dashmulpachang used for Sarvang Swead |
| Pradhan karma | Vaman with this yoga – Madanphalchurna + vachachurna + saindhav |
| Paschat karma | Sansarjan karma for 5 days |

Shaman chikitsa

Ashoka arishta – 20 ml BD with koshnajal ,Chandraprabhavati 2 BD .

All this drug are purchased from GMP approved pharmacy ,

Duration – 3 months

Follow up - 1stday , ,30th day ,60th day ,90th day

Pathya–

- 1) Regular exercise is recommended – Evening or morning walk.
- 2) Consumption of vegetables preferred – bitter guard and drumsticks.
- 3) Drink at least 8 – 10 glasses of water daily.
- 4) Therapeutic Yoga and Meditation, Practice of Yoga and meditation are use the ul. Sarvangasan , vajrasana ,Simhasana are the effective asana in PCOD
- 5) Psychological state of mental well being can positively influence higher mental functions and thus pituitary.

Apathya -

- 1) Black gram, sour items, chillies and salted things have to be avoided.
- 2) To avoid refrigerated/chilled foods.
- 3) Avoid caffeine and alcohol
- 4) Avoid diwaswap
- 5) Avoid freshly harvested grains and sesame seeds in particular.
- 6) Avoid milk and milk products, particularly yogurt and buttermilk.
- 7) Avoid fish and jaggery.

Results & observation – After 3 months of treatment satisfactory results are shows ,

PCOD reports After treatment –

- BSL(F) – 90 mg/dl , (PP) -140 mg/dl
- TSH –3. 6 ulU/ml
- LH –18 mlu /ml
- FSH – 10 mlu /ml
- CBC – reports within normal level
- USG – Right ovary was enlarged size is about 3.1 x 2.3 x 2.1 cm

Abdominal at time of menstruation was reduced , weight is 68kg , Menstrual cycle is regular in that time period , blood clot at time of menstruation are also reduced

Discussion –

If virechana is given it causes further Pitta kshaya resulting into Artavakshaya. So vaman given will result in Soumya dhatu (Kapha) kshaya and Agneya dhatu (Artava) vrudhi. Thus if we try this concept to detoxify the body it will play important role in controlling PCOS and its symptoms. Female reproductive health can also be improved. That will help in eliminating toxins and toxic conditions, both physical & mental, clearing obstructions and keeping the shrotas (channels) clean & intact.

Conclusion –

- I. Vaman karma shows significant results in management of PCOD
- II. A proper yoga program after medical opinion can improve accumulated fat, insulin resistance.

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