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EFFECT OF SAHACHARADI TAILA BASTI IN ARTAVAVYAPADA(PCOS)-A CASE STUDY

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ABSTRACT

The most *debilitating* disorder which causes menstrual irregularities, obesity, acne and infertility in females in today's era is polycystic ovary syndrome. The associated endocrine and metabolic abnormalities with PCOS increase risk of hyperinsulinemia, dyslipidaemia, heart disease, diabetes and hypertension. Polycystic ovarian syndrome is manifested by amenorrhoea, obesity, hirsutism associated with enlarged polycystic ovaries. Furthermore it presents with infertility, increased incidence of pregnancy loss and pregnancy related complication. Most patients present with elevated levels of androgens, luteinizing hormone LH, estrogen and prolactin. The aetiology of PCOS is multifactorial with combination of genetic and environmental and lifestyle factors. Modern science includes hormonal therapy and laproscopic ovarian drilling as the only treatment for PCOS. Ayurvedic management offers lifestyle changes, medication and panchakarma such as *basti*. *Basti* is one of the most effective treatment for *artavavyapada*, the procedure includes administration of medicated *sneha* or *kwatha* through anal, region. A 26 YRS Female patient approached at opd complaining of irregular menses, weight gain. Usg scan reveals PCOS. Patient took allopathic treatment but didn't get relief and was willing for ayurvedic treatment. She was treated as per ayurvedic basic line of treatment for *artava vyapada*. She was administered with *sahacharadi taila basti* for 7 days along with *rasapachak vati*, *dashmula arishta*. After such three cycles of *basti chikitsa* patient got regular menses. In follow up after 3 months all symptoms subsided and patient got regular menses. During this treatment patient did not report any negative effects suggesting progression of PCOS.

Introduction

Polycystic ovarian syndrome itself suggests a collection of signs and symptoms which are related to ovarian and metabolic dysfunction. It was first described by Stein and Leventhal in 1935 and was so called as Stein –Leventhal syndrome previously. It is a complex disorder that begins at puberty and reproductive age of woman characterized by multiple small cysts over ovarian surface and symptoms such as amenorrhoea with irregular menses, obesity, hirsutism, acne and further infertility.

In Ayurveda, pcos disease is not mentioned directly as disease in texts but symptoms of pcos are mentioned under various references of menstrual irregularities under *artva vyyapada*.

From ayurvedic view, after puberty onset *rutucharya* (menstrual cycle) starts which consists of perpetuation of *beej* and laying bed for implantation (*garbhashaya*). in the absence of implantation the *shayya* becomes defunctional and is discharged from body in form of *rajastrava*. This cycle is repeated every month from puberty to menopause. For any action to be distorted there are two causes one is dysfunction or deficiency (*unmarga gaman or kshaya*) and other is obstruction *strotorodha* by *vatakapha* at *beej artha* that is why in menstrual irregularities two entities are described named *vataj* and *vatakaphaja yonivyapada*. *Rasayan* treatment for first category and *lekhan* and *bhedan* for second category is advocated.

CASE REPORT

A 26 yrs old married female patient came to opd at sane guruji hospital hadapsar

with complaining of irregular menses and weight gain since 4-5 months and took allopathic treatment for same for 3 months but did not get complete result from it. Her complaints were as follows; Irregular menses since 5 months Weight gain, hairfall Generalized weakness Constipation since 6 months

Past history

No any history of DM/HTN OR any other illness. Family history- no any history of major illness Occupation

Housewife

Education –graduation in BA

Menstrual history- 4-5 days/60-120 days/irregular cycle/moderate flow without clots/painful Marital status- married since 5 months

Diet – junk food and chinese twice a week Irregular food timings

Sleep- disturbed

Psychological aspects- stress, disturbed sleep, irritable

General examination

Pulse-80/min. BP-110/70mmhg RR-18/MIN Height-150 CM Weight-66kg built-moderate Tongue-slightly coated

Temperature- afebrile Systemic examination-CVS-S1S2 Normal

CNS- Conscious oriented RS-clear

P/A-soft nontender

P/V- Uterus size normal, anteverted anteflexed

Cervix-firm posterior

Fornices-clear.

Ashtavidha pariksha Nadi- kaphavattaj

Jivha- alpa sama Mala- asamyak Mootra-samyak Shabda -prakrut

Sparsha- anushna, ruksha Druka- prakrut

Aakriti- sthula

LABORATORY INVESTIGATIONS-

Routine blood investigation TFT,CBC,BSL
R,URINE R

IMAGING-USG ABDOMEN AND PELVIS

DIAGNOSIS- *Artavavyapada*

MATERIAL AND METHODS

In present case looking at signs and symptoms and extent of *doshas* being involved *shamana* and *shodhana* type of treatment was considered. Over all management was planned with internal as well as external medication. For internal use *rasapachaka vati* 250 mg twice daily and *dashmoola arishta* 15ml twice daily for 30 days.

For *shodhana* type *sahacharadi taila matra basti* 60ml for 7 days from 5th day of menses.

THERAPEUTIC INTERVENTION

Abhyantar chikitsa

Sr.no	Drugs of intervention	Dose	Anupan	Duration
1.	Rasapachaka vati	250mg twice daily after food	Lukewarm water	For 3 month
2.	Dashmoola arishta	15ml twice daily after food	Lukewarm water	For 3 month

Panchakarma –Basti of sahacharadi taila matra basti for 7 days from 5th day of menses. Purvakarma- stanika snehan and swedan at kati and udara pradesh done before every basti karma.

The order of *basti* :For 3 months

DAY OF MENSES	5 TH DAY	6 TH DAY	7 TH DAY	8 TH DAY	9 TH DAY	10 th DAY	11 th DAY
BASTI TYPE	Matra basti (60ml)	Matra basti (60ml)	Matra basti(60 ml)	Matra basti(60 ml)	Matra basti(60 ml)	MatraBasti (60 ml)	Matra basti (60ml)

OBSERVATION:

The cycle regularized after 3 months of treatment. The above said management was found to be more effective and satisfactory without any complication.

CRITERIA	BEFORE TREATMENT	AFTER 1 ST CYCLE	AFTER 2 ND CYCLE	AFTER 3 RD CYCLE
MENSES	IRREGULAR	REGULAR	REGULAR	REGULAR
WEIGHT GAIN	56KG	54KG	52KG	50KG
HAIRFALL	PRESENT	REDUCED	REDUCED	ABSENT
ACNE	+++	++	+	ABSENT

DISCUSSION:

In Ayurveda PCOD is not directly correlated with any disease condition. PCOD is considered as *yonivyapada* as *artavadushti/aartvavyapada*. The *samprapti* occurs in every patient differently. Treatment of PCOD can be done by deciding *dosha dushya dushti, srotodushti, sthan, samuthan* of *vyadhi*. So according to symptoms and sign of patient following *dosha, dushya, dushti* and *samprapti* taken into account.

SAMPRAPTI GATHAK

DOSHA- *kapha, saman, apan vata* and *pachak pitta* DUSHYA- *Rasadhatu-rajjodushti(artava),mansa meda dhatu*

SROTAS-*rasa-medo-artava*

SROTO DUSHTI- *Srotorodha* SAMUTHAN- *Pakvashaya* ADHISTHAN- *Garbhashaya*

SAMPRAPTI-

Increased intake of bakery products, lack of exercise, lack of sleep, increased intake of *kapha vriddhikar ahara* caused *srothorodha* which resulted into weight gain and secondary amenorrhoea symptom.

PROBABLE MODE OF ACTION OF DRUGS-

- 1) Rasapachaka vati -
Nourishes *rasa dhatu*, clears *srotorodha* normalizes *kapha pitta dosha* which is necessary in *pcos* patients.
- 2) Dashmula arishta-
Helps in improving health of intestines by removing toxins, *vatashamak, srotorodhar, malahar*
- 3) Sahacharadi taila basti-
The main objective in treatment is to regulate the menstrual cycle and proper

flow of *aartava* during each menstrual cycle. *Mulasthana* of *aartavaha srothas* is *garbhashaya* and *aartava vahini dhamani* which is the main seat of *apanvayu*. In this disease condition mainly *apanvayu dusti* occurs and *basti* is effective treatment on it. If we do only *lekhan* and *bhedhan* treatment it may lead to *vatta vrudhhi* so for that purpose using *sneha* is more effective. So we have given *sahacharadi tail anuvasana basti*.

Sahacharadi taila contents 4 part *tila taila* and 16 part *kwatha* of *sahachara, devदारु* and *nagara*. *Devदारु(cedrus deodara)* is *kapha vatashamaka* *Nagara(zingiber officinalis)* is *kapha vatashamaka* and *agnivardhaka* *Sahachara(barleria prionitis)* is also *kapha vatashamak, kapha nisaraka*

Sahacharadi taila mentioned by *acharya vagbhatta* containing three drugs have *ushna, veerya* and *kapha vatashamaka* properties.

According to *acharya charaka* *sahacharadi taila basti* is *sarvaroganashaka, rasayana,* and *vatakshya*.

Sahachara is used to remove unwanted follicles and help to destroy cyst on ovaries and stimulate follicular maturity.

CONCLUSION-

Using Ayurveda's basic principle of *dosha, dushya, dhatu, srothas* and *sthanadusti* any disease can be diagnosed and treated. In the above mentioned case Ayurveda treatment helped in improving ovarian function as well as in combating hormonal imbalance and regularizing

normal menstrual cycles. So it can be concluded that Ayurveda can not only help in relieving symptoms but also can successfully treat PCOD in today's era for better outcome with no side effects.

Along with *panchakarma* internal medicines is also important.

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