



A CASE STUDY OF PRIMARY INFERTILITY FROM PCOD TILL CONCEPTION

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ABSTRACT:

PCOD is a condition in which ovaries produce an abnormal amount of androgens, male sex hormones that are usually present in women in small amounts. Approximately 75 % of anovulatory women of any cause have polycystic ovaries and 20-25% of women with normal ovulation demonstrate ultrasound findings typical of polycystic ovaries. As per Ayurvedic literature, *Acharya Kashyapa* has mentioned about *pushpagni jataharini* which bears some resemblance with symptoms of PCOD. Many *yoni vyapads* have been mentioned which again is vast to conclude about the symptoms. In this case study female patient aged 25 year came with symptoms of PCOD and primary sterility since four year which was evaluated with sonography findings throughout the study. Patient was successfully treated with *Panchakarma Shodhan chikitsa Vaitaran Basti* and *shaman chikitsa*. Patient was completely cured for PCOD also she conceived and delivered a healthy baby boy.

KEYWORDS: PCOD, Infertility, Ayurved treatment, *Vaitaran Basti*

INTRODUCTION

It is the syndrome of hyperandrogenism of ovaries as per Rotterdam criteria.[1] Similarly, there can be associated symptoms like menstrual irregularities (amenorrhea, oligomenorrhoea, hypomenorrhea or metrorrhagia), obesity, acne, increased hair growth etc. Also, there can be elevated serum testosterone level, LH level, increased insulin resistance and reduced serum SHBG level [2].

Pushpagni jathaharini [3] if we considered the *Nidana* mentioned for *Jathaharini*, all were in the form of *Manasika* and *Aharaja nidanas*. Even though a clear cut *Samprapti* has not been explained for *Jathaharini* affliction, its *Lakshanas* are described which include *Vruta pushpa* can be refers to the anovulatory cycles, *Lomashaganda* refers to hirsutism and *Sthoola* refers to obesity. Among these if two of the three criteria present then diagnosis as PCOD can be done [4]. Hence, we can clarify that both hormonal and metabolic disturbance will be there in *Pushpagni jathaharini*. There is always a high level of inflammatory changes in patients with PCOD. Inflammation is also linked to excessive weight gain which can be correlated with *Samavastha* in *Ayurveda Apathya Aahara Viharas*. About 50-70 percent of female PCOD patient are obese[5].

Basti is considered as *Ardha Chikitsa* [half of the entire treatments] in Ayurveda[6]. It is mainly of two kinds i.e. *Niruha Basti* and *Sneha Basti*[7]. *Vaitarana* river mentioned in Garuda Purana and various other Hindu religious texts, lies between the earth and the infernal Naraka, the realm of

Yama, Hindu God of death and is believed to purify one's sins[8]. Also, *Vaitarani* River is mentioned in other texts like *Harihareshwara Mahatmya*, *Tirtha Yatra Parva* of *Mahabharat*, *Matsya Purana*, *Vamana Purana* and *Padma Purana*. Lastly, it is the *Padma Purana* which reveals the etymology of *Vaitarani* in *Vaitarani Mahatmya*, where it is defined as *Vai* (truly) *tarini* (saving)[9]. The term *Vaitarana* is used as a name associated with *Salyatantra Acharya* in *Sushruta Samhita*[10]. The ingredients in classical *Niruha Basti* are *Makshhika*, *Lavana*, *Sneha*, *Kalka* and *Kwatha*[11]. Apart from this while describing the *Abhava Dravya*, in the absence of *Makshhika*, *Purana Guda* can be substituted[12]. In *Niruha Vasti*, *Madanaphala* is also an ingredient[13]. *Basti* has a systemic effect as the *Veerya* [potency] of *Basti Dravyas* administered into *Pakwasaya* reaches the whole body through *Srotas* [channels] just like water when poured into the root of the tree reaches the whole plant[14]. *Basti* administered into *Pakwasaya* draws out the morbid matters from the body just like a cloth while colouring absorbs only colour not water[15].

AIMS AND OBJECTIVES

To know the efficacy of *Basti chikitsa* and *shaman aushadhi* in the symptoms of PCOD and Infertility.

CASE REPORT

A 25 yr. married female attended the clinic with complaints of irregular cycles, weight gain and unable to conceive even after four years of marriage. Her USG finding revealed bilateral PCOD with slightly small uterus.

Family History: Not Significant

Past History: Not significant

Table No.1: Menstrual History

Age of menarche	12 yr
Cycle	Irregular
Interval	2 to 3 month
No. of bleeding days	2
No. of pads/ day	1-2
Clots	Occasional
Pain	In back +
Discharge	Nil

Table No.2 : Personal History

Diet	Non vegetarian
Appetite	Good
Bowel Habits	Not satisfactory
Urine	No Burning
Sleep	Excessive

Marital History: Married since four year

The patient was 5 feet with 65 kg weight. On the basis of clinical history, physical examination and USG reports the patient was diagnosed with PCOD and Primary Infertility.

USG Findings dated 06/08/2021: Anteverted uterus and slightly small in size 5.9*3.1*3.2cm. Endometrial thickness of 5.8mm, both ovaries enlarged in size and show small cysts at periphery. Right ovary measures 4.3*2.7 cm and Left ovary measures 4.2*2.3 cm. S/o slightly small uterus with changes of PCOD.

INTERVENTION

In the first visit she was advised *Vaitaran Basti* for eight days for three cycles.

After *shodhan* she was advised

Internal Medicine:

Syrup Amyron 60ml bid after food

Tablet *Amycordial Forte* two tablet bid before food 7 am and 7 pm

Advice

Fruit vegetables with green gram cereal and *Chappati* of Millets were included in diet.

Dinner should be early before 8 pm was advised.

Regular kiegel exercise and *Surya namaskar*

Avoid processed and high calorie food.

Follow up and outcome after 5 months: Along with medicines and strict diet- periods become regular; 5kg reduction in weight was also noted.

Follow up USG Findings dated 25/01/2022: Anteverted uterus size 6.6*3.3*3.2cm. Endometrial thickness of 5.8mm, both ovaries are normal in size. Right ovary measures 2.3*2.7 cm and Left ovary measures 2.8*2.3 cm. S/o No demonstrable abnormality in pelvis

PCOD was cured now she was advised to continue same medicine for one month.

In next follow up dated (2/3/2022) USG report s/o Intra Uterine Pregnancy of 5 weeks 4 days. Patient was advised to continue Syrup Amyron 30 ml bd after food for one month. Follow up scan was done dated. (23/4/2022) s/o single live intrauterine pregnancy with changing lie. Patient delivered a healthy baby.

Table.No. 3: USG Findings

USG Findings Before Treatment	USG Findings After Treatment	USG findings of conception	
Slightly small uterus with changes of PCOD dated 06/08/2021	No demonstrable abnormality in pelvis dated 25/01/2022	Intra Uterine Pregnancy of 5 weeks 4 days dated 02/03/2022	single live intrauterine pregnancy with changing lie dated 23/4/2022

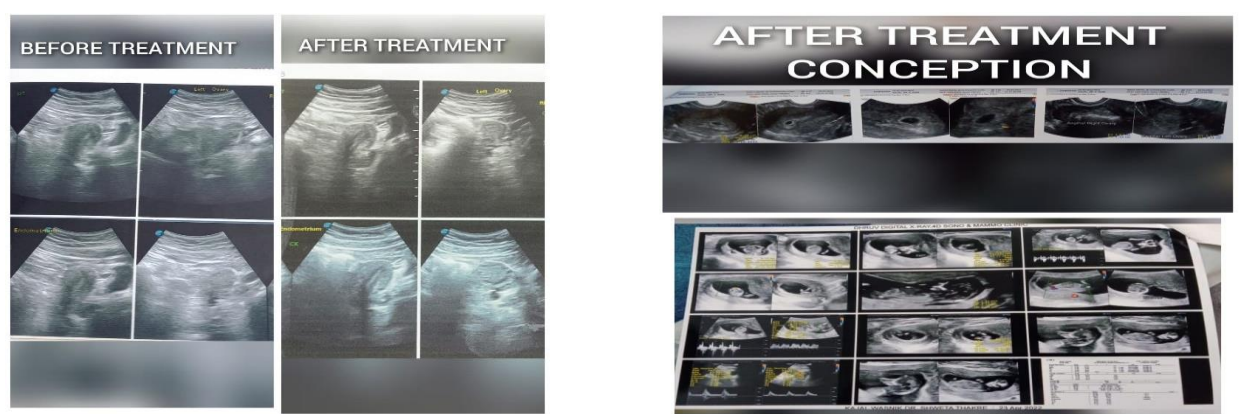


Image1: USG image findings Before and After treatment and after conception

Vaitaran Basti normalizes *Vata-kapha dosha* and its *Anulomana* property helps in relieving constipation. Majority of contents possess anti-inflammatory action reduces *Aamavastha* via their *Deepana* (carminative) and *Pachana* properties which help to normalize all *Dhathus*.

Table No.4 : Ingredients of Vaitaran Basti

S.No.	Ingredient	Quantity
1	<i>Chincha</i> (Tamarindus indica)	50 gram
2	<i>Guda</i> (Jaggery)	25 gram
3	<i>Saindhava Lavana</i> (rock salt)	12 gram
4	<i>Go mutra</i> (cow urine)	200 ml
5	<i>Til Taila</i> (sesame oil)	100 ml

Procedure of making *Vaitaran Basti*:

The jaggery is ground with equal quantity of cow urine so as to make a homogenous paste. Later the

rock salt is added to the paste. Sesame oil is added in needed proportions to the above said mixture of ingredients and ground till they become homogenous. To this, the tamarind paste is added and finally the cow urine in mentioned quantity is gradually added to the above said mixture. They are mixed thoroughly until they properly blend. The resultant liquid i.e. medicated decoction is filtered.

The filtrate is kept in hot water and made lukewarm. The temperature should be tolerable enough to be administered as enema. After checking the temperature of the decoction, it is administered as enema.

Time of Administration: Patient was given Basti for eight days empty stomach in morning for consecutive three cycles.

After *shodhan* administration of Tab.Amycordial Forte and Syp. Amyron have the properties *Arthava pravartakam* (menstruation inducing ovulation) which is beneficial in PCOD.

Amycordial Forte Tablet[16] is a herbal supplement that is formulated to support and maintain female physiology. It is designed to help restore hormonal balance and regulate menstrual cycles. Amycordial Tablet contains a unique combination of herbs that have been scientifically validated for their safety and effectiveness. Some of the key benefits of Amycordial Tablet include regularizing menstrual cycles and stimulating the production of sex hormone binding globulin (SHBG), which can help reduce free estrogen levels. Processed in the decoction of *Laghu Panchmool* (Classical Ay. Preparation, Processed), *Anantamool* (*Hemidesmus indicus*, Root), *Gainda* (*Tagetes erecta*, Leaf, Flower), *Chaulai* (*Amaranthus spinosus*, Whole Plant), *Doob* (*Cynodon dactylon*, Whole Plant), *Palak* (*Spinacia oleracea*, Leaf), *Karpas mool* (*Gossypium herbaceum*, Root), *Vata Jata* (*Ficus bengalensis*, Aerial Root), *Vansh Patr* (*Bambusa arundinacea*, Leaf) & Juice of *Ghrith kumari* (*Aloe vera*, Leaf Pulp Juice). Colour Used (Tablet) - Erythrosine (CI 45430) Other Ingredients - Sodium Methylparaben, Sodium Propylparben

Indications: Irregular menstrual cycles, Hormonal imbalance, Menstrual cycle irregularities, Menstrual discomfort or irritation

Amyron Syrup[17] is a health-restorative syrup designed for complete wellness for all age groups. It is enriched with vitalising herbs, such as *ashwagandha*, *shatavari*, *musli*, wheat germ oil, etc., that reduce tiredness, fatigue, and generalised weakness. It also constitutes papaya leaves, flax seeds, sunflower seeds, fenugreek, raisins etc., which helps in normal energy release. In addition, Amyron supplements natural iron from *arbi* leaves, *punarnava mandoor*, *lauh bhasma* etc., which improves haemoglobin levels and RBC synthesis. Amyron is a comprehensive formula enriched with abundant phytonutrients which are completely safe, easily digestible, gentle on the stomach and available in delicious pineapple flavour.

Key Ingredients: *Arbi*: Rich source of iron, improves haemoglobin level, *Methi*: Rich in micro-nutrients, Papaya: Improves blood and platelet count, *Amla*: Protects the body from oxidative damage, and improves iron absorption, Sunflower: Supplements omega-3 and omega-6, *Giloy*: Strengthens immunity and helps fight diseases, Wheat germ oil: Rich source of vitamin E, *Ashwagandha*: Reduces tiredness and fatigue, *Shatavar*: Rejuvenates body tissues, Musli and *Bidarikand*: Maintains normal function of bones and muscles, Kaunch: Maintains normal physical health, *Shilajeet*: Supports energy and alertness, *Draksha*: Supports energy production.

DISCUSSION

There is always a high level of inflammatory changes in patients with PCOD. Inflammation is also linked to excessive weight gain which can be correlated with *Samavastha* (metabolic toxins) in

Ayurveda. Apathya Aahara Viharas (unwholesome diet and lifestyle) causes the formation of *Aama* in Rasadhathu which in turn causes *Arthava Upadathu Dushti*. This vitiated condition leads to improper selection and maturation of ovum. The *Aama* thus produced, vitiates the remaining *Dhathus* which manifests as excessive weight gain. Kapha and Medho Dushti happen due to excessive intake of *Mamsahara* along with *Avyayama* and *Divaswapna* (day sleep).

Shodhan in any disease when *aam lakshan* are there is very important and so *Vaitaran basti* was administered before giving *shaman chikitsa*. Most of the studies related *Vaitarana basti* focus on *Amavata*. More studies are to be done on rest of the indications like *Klaibya* (male and female infertility). More researches and studies are needed to standardise the quantity of ingredients, selection of ingredients in different diseases conditions and to establish the mode of action of *Vaitarana Vasti* in different diseases.

Amycordial Forte Tablet is reported to help regulate and normalize menstrual cycles, which can be beneficial for individuals experiencing irregular periods or menstrual cycle irregularities. Stimulate the production of sex hormone binding globulin (SHBG), which can help regulate hormonal balance and reduce free estrogen levels, maintains feminine health by supporting and nourishing the female system. It may help improve overall nutritional status and enhance adaptation capacity. Also it is stated to have a beneficial effect on the body's defence system, which can help support overall health and well-being.

Amyron syrup can help reduce tiredness and fatigue, improving immunity and antioxidant defence, normalise energy release and vitality, improves iron absorption and increases haemoglobin and platelet count, provides essential nutrients like zinc, calcium, vitamins, and proteins.

Declaration of patient consent:

The authors confirm that they have acquired a patient consent form, in which the patient or caregiver has granted permission for the publication of the case, including accompanying images and other clinical details, in the journal. The patient or caregiver acknowledges that their name and initials will not be disclosed, and sincere attempts will be undertaken to safeguard their identity. However, complete anonymity cannot be assured.

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CONCLUSION

Age of patient has done miracle in fast results. Medicines of good quality have great efficacy and potency has once again benefited this case. Only USG was the primary investigation in every follow up so no more invasive procedure or blood investigations was needed hence not done and reported in this case study. Happiness was delivered with simple and effective line of treatment with limited medicines and investigation. Patients suffering from PCOD are of increased risk for succumbing to enfeebling health conditions namely type II diabetes, hypertension, cardiac complaints and carcinoma of the uterus. It

is also one of the preminent causes of infertility. Ayurvedic management is found to be very fruitful in management of PCOD and associated conditions. As it is often associated with excessive weight gain, healthy diet and appropriate physical activities are also found to be effective. Ayurvedic therapies can easily reduce the weight and also the symptoms of PCOD. It helps to lower the insulin resistance more efficiently there by favouring ovulation which is one of the prime factors for the maintenance of fertility. This case study concludes that after *shodhan* use of Amycordial tablet and Amyron syrup in combination was very effective in curing PCOD and helps the patient to conceive and deliver healthy baby.

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