



***AYURVEDIC PATHAYA AAHAR IN POLYCYSTIC OVARIAN SYNDROME***

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**ABSTRACT:**

*Ayurveda* focused on to maintain the health of a healthy person and cure the disease of the patient. *Ayurveda* mainly emphasis on holistic and scientific approach based upon dietary regime (*Aahar*) and life style (*Vihar*) more than medicines (*Aushadha*). *Ayurveda* text it is quoted that “if wholesome is followed medicine is not needed and if wholesome is not followed even medicines are not useful”. The Polycystic ovarian syndrome is a Psychosomatic endocrine disorder affecting women in their reproductive age group. The prevalence of PCOS is estimated 10% in young adult which is relatively high. In present scenario, incidence of this disease increasing exponentially due to sedentary lifestyle and faulty dietary habits. It is characterized by hyperandrogenism, anovulation and polycystic ovaries which clinically manifest in terms of amenorrhea or oligomenorrhea, hirsutism, acne, infertility etc. The neglected and untreated PCOS can lead to a wide range of some serious health conditions, diabetes in 20% women by the age of 30 years, dyslipidemia, hypertension, and greater risk of developing cardiovascular disorders and endometrial cancer.

**Keywords:** Polycystic ovarian Syndrome, *Ayurveda*, *Pathya aahar*

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## INTRODUCTION

Ayurveda says that, in some stages of *vyadhi*, following *pathya* and avoiding *apathya* is enough to cure the disease. PCOS is common female endocrine disorder caused due to unhealthy lifestyle. The increase incidence of PCOS is attributed to change in dietary habits in most part of world because of noticeable shift from eating fresh home cooked food to ready to eat processed food on daily bases which lacks nutritional value and dietary fibers. Adding of woes, there is increased use of preservatives and flavoring agents in food disrupts are endocrine system and leads to these catastrophes. Approximately 60%-80% of women with PCOS are obese and 60 to 70% have insulin resistance <sup>[1]</sup>, and develop various systemic hazards in later life. Recent scenario shifted their focus from medicines to food therapy due incapability of medicines to cure and prevent defective life style originate disorder i.e. PCOS. Present study deals with same issue and suggest a solution for that purpose mentioned in our ancient medicine system *Ayurveda* by *Aahar*.

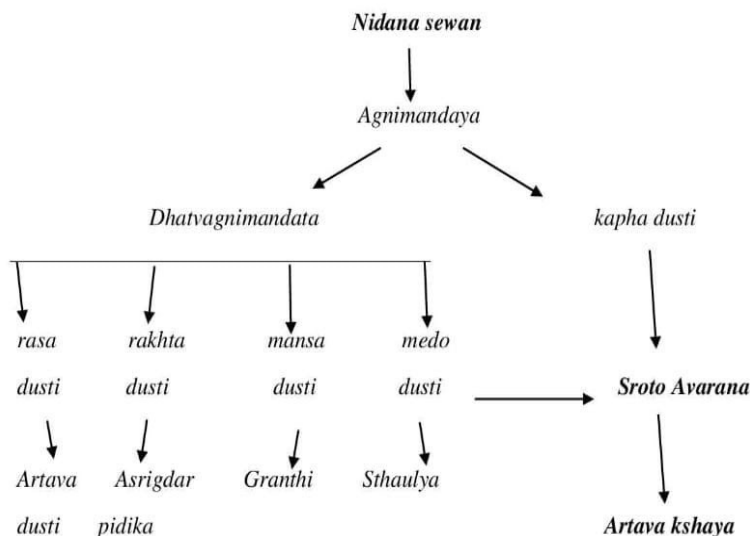
PCOS involves imbalance of *kapha dosha* and *vata dosha*, *medas dhatu*, *ambuvahasrotas*

and *artava dhatu*. *Pushpaghni jatiharini* described by *Aacharya Kashyap* has got much resemblance <sup>[2]</sup>. Dietic abnormality vitiate *doshas* which cause various gynecological disease may result in obesity, PCOS, Infertility. Defective life style including *Aahar* results in inadequate *dahtu*, *updhatu* formation. *Aartava vyapad* are also the consequences of same, which influences hormones causes leads to PCOS. Abnormal diet also hampers nourishment of fertilized egg and implantation of zygote.

Therefore, *Pathya aahar* and *vihara* optimize the synchronization of *Vatakapha* and *Agnideepan* at each level of *dhatu*. Which ultimately results in correction of insulin resistance and remove the obstruction of micro channels, so prevent and cure PCOS.

within the range of 22 - 34°C is considered optimum for its growth, but it can also tolerate 12 - 38°C. Nutmeg requires well drained, fertile soil with high content of organic matter. It grows well in soils with pH 6.5-7.5. Its optimum growth has been observed 2000-3500 mm rainfall.

**Probable Samprapti:**



In *Ayurveda* food has been compared to vital force (*prana*) [3]. From the above *samprapati* we found that, *vatakaphahara*, *agni dipanam*, *medohara*, *ruksha*, insulin balancing *aahar* can prevent PCOS.

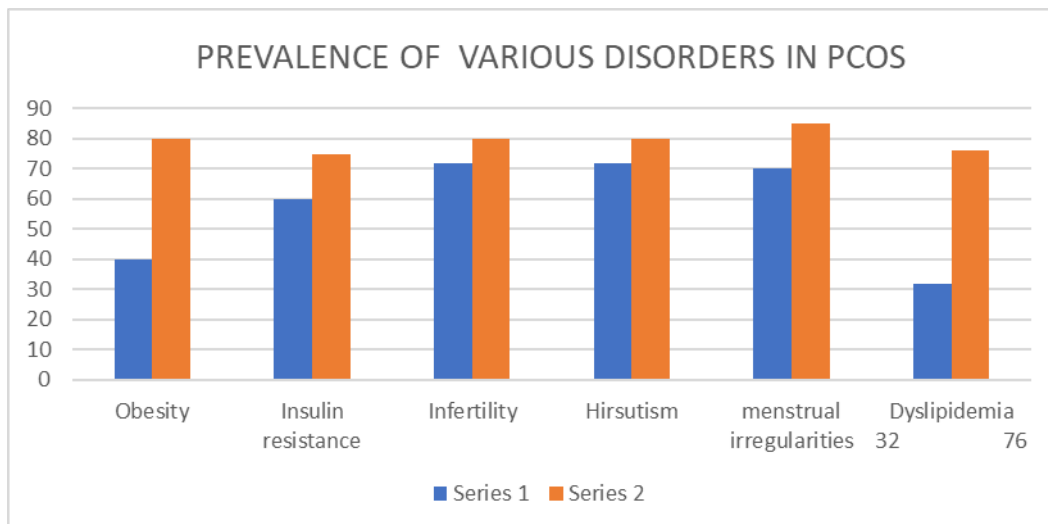
**AIM AND OBJECTIVES:**

To explore the ayurvedic *pathya aahar* for the management of PCOS.

**RESULT AND OBSERVATIONS:**

**MATERIAL AND METHODS:**

Review from diverse *Ayurvedic* literatures, research journals, previous research work done on PCOS and authentic internet sources.



**Table No.1 Prevalence of Various disorders in PCOS**

S. No.	Factors	% of prevalence in PCOS
1.	Obesity <sup>[4]</sup>	40-80%
2.	Insulin resistance <sup>[5]</sup>	60-75%
3.	Infertility <sup>[6]</sup>	72-80%
4.	Hirsutism <sup>[7]</sup>	72-80%
5.	Menstrual irregularity <sup>[8]</sup>	72-85%
6.	Dyslipidemia <sup>[9]</sup>	32-76%

**Table No. 2 Ayurveda Diet Recommendations for PCOS <sup>[10]</sup>:**

<b>Ahara varga</b>			
Sr.no	Varga	Dravya	Guna karma in Ayurveda
1.	<b>Dhayanak varga</b>	Yava	Virshya, agnidipana, shtaulavilekhana
		Godhum	guru, vrishya, kaphahar
		Gavedhuk	Karshyakari
		Mudag	laghu, ruksha, Kashaya
		Rajmas	guru, vatashyamak
2.	<b>Phala varga</b>	Amalaki	vrishya, medohara
		Bijapura	agni dipana, vatakapahanashan
		Narikel	guru, vatakapahar
		Parawat	amla ras, bhasmak roga nasak
3.	<b>Tail varga</b>	Til varga	sukshma, tikshna
		Eranda tail	guru, sukshma, srotoshodhana
4.	<b>Shaka varga</b>	Dronapuspi	madhur, guru, ruksha
		Ardaka	guru, tikshana
		Trikatu	sthaulyahar, dipana
		Jiraka	garbhashayashodhan, dipana, katu
		Lasuna	katu rasa, vrishya, laghu

		<i>Surana</i>	<i>Sthaulyahar</i>
<b>5.</b>	<b>Dhatu Varga</b>	<i>Saindhav</i>	<i>lavana, vrishya, sukshma</i>
<b>6.</b>	<b>Krutanna varga</b>	<i>Vilepi</i>	<i>guru, kaphamedohar</i>
		<i>Saktu</i>	<i>laghu, vrishya</i>
		<i>Dhana</i>	<i>1agnidipana, laghu</i>
		<i>shukh dhanya</i>	<i>laghu, medoghna</i>

**Table No. 3 Recent Evidences and Data for Ayurveda recommended diet useful in various disorders PCOS.**

<b>S. No.</b>	<b>Pathya Aahar Name</b>	<b>Latin Name</b>	<b>Recent Evidence</b>
<b>1.</b>	<i>Yava</i>	<i>Hordeum vulgare</i>	<b>Inhibit obesity</b> <sup>[11]</sup>
<b>2.</b>	<i>Mudag</i>	<i>Vigna radiata</i>	<b>Liver metabolism, Antihyperglycemic</b> <sup>[12]</sup>
<b>3.</b>	<i>Rajmas</i>	<i>Vigna mungo</i>	<b>Antihyperlipidemic Antihyperglycemic</b>
<b>4.</b>	<i>Amalaki</i>	<i>Phyllanthus emblica</i>	<b>Antihyperglycemic</b> <sup>[13]</sup>
<b>5.</b>	<i>Narikel</i>	<i>Cocos nucifera</i>	<b>Inhibit obesity</b> <sup>[14]</sup> <b>Dyslipidemia</b>
<b>6.</b>	<i>Parawat</i>	<i>Psidium guajava</i>	<b>Antihyperglycemic</b> <sup>[15]</sup> <b>Antihypertensive</b>
<b>7.</b>	<i>Til tail</i>	<i>Sesamum indicum</i>	<b>Dyslipidemia</b> <sup>[16]</sup>
<b>8.</b>	<i>Erand tail</i>	<i>Ricinus communis</i>	<b>Estrogenic</b> <sup>[17]</sup> <b>Antiandrogenic</b>
<b>9.</b>	<i>Jeerak</i>	<i>Cuminum cyminum</i>	<b>Inhibit obesity</b> <sup>[18]</sup>
<b>10.</b>	<i>Lasuna</i>	<i>Allium sativum</i>	<b>Antihyperlipidemic</b> <sup>[19]</sup>

			<b>Antihypertensive</b>
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## DISCUSSION:

- 1. Shook dhanya varga:** *Hordeum vulgare(yava)* contains less carbohydrate and more dietary fibers which help to maintain weight of individual. Low carbohydrate ketogenic diet has been reported to significantly reduce weight, LH/FSH ratio, testosterone, fasting insulin and insulin resistance. Available data- Atorvastatin (10mg /kg) was used as the standard and barley grass juice was administered at two dose levels (200 and 400 mg/kg) for a period of 60 days. Anthropometric parameters, lipid profile and lipid function markers were screened at regular intervals in all the treatment groups. At the end of the study, histopathological evaluations of liver and carotid artery were performed. The levels of in vivo antioxidant enzymes like SOD, catalase, reduced glutathione and lipid peroxidation in terms of malondialdehyde were also estimated in the liver homogenates. Decreased expression levels of PPAR gamma and caspase 3 in liver.
- 2. Shimbi dhayanak varga:** Greengram (*mudag*), black gram (*masha*) having high protein content. High protein diet considerable decrease in insulin

resistance, improvement in menstrual cycle irregularity, improved lipid profile and decrease in weight.

- 3. Maas varga:** *Acharya Sushruta* has quoted the use of fish meat (*matsaya maas*) in hypomenorrhea which is main symptom of PCOS. fish is rich source of omega 3 fatty acid and according to study omega 3 fatty acid reduce serum concentration of testosterone, regulate menstrual cycle, improve insulin sensitivity and prevent CVS disorders by lowering blood cholesterol level.
- 4. Phal varga:** *Acharya bhav Prakash* has mentioned the use of citrus fruits (*amla phala*) in hypomenorrhea: It has low glycemic index, rich in dietary fiber content, rich in vitamin C leading to slow consistent controlled rise of blood sugar and insulin level. Pomegranate (*dadim*), lemon (*matulung*), gooseberry (*amalak*), apple, orange, peaches, plum, raspberry, cranberry, strawberry, blackberry, kiwi, pear, watermelon, papaya has low glycemic index and *vatakapha shyamak* properties.
- 5.** Consume seeds like sesame seeds (*tila*), flax seeds (*atsi*), sunflower seeds, pumpkin seeds these are rich in mono unsaturated

fatty acids, oleic acid and high -quality vitamins and minerals. These acts as antioxidant and lower blood cholesterol level.

6. *Piper longum (Pippali)*, asafetida (*Hingu*), rock salt (*Saidhav lavana*), cumin seeds (*Ajaji*) as species in food preparations as these substances have potency to correct the *Ayurveda* pathogenesis of PCOS i.e. *Agney* and *vatakaphahar* property. Recent evidence in use of *Allium sativum* participates were taught to intake of either a total 800 mg/day garlic supplement or an identical placebo after lunch for 8 weeks. The blood sample as also taken to assess the change in outcomes of interest at the pre- and post intervention. garlic supplementation significantly reduced serum total cholesterol.
7. Consume butter milk (*takra*) having astringent (*kashay rasa, vata kaphahar*) property so helps reducing body weight.
8. Choose healthy cooking options such as baking, grilling, boiling and steaming instead of deep frying.
9. As per our data in the year 2022 of prasuti and stree rog in Rishikul Ayurvedic Hospital, the total number of PCOS patient were 130. We have given them all above

*pathaya aahar* we ended up with good result.

#### CONCLUSION:

PCOS is commonest health problem in women of reproductive age caused by hormonal imbalance due to unhealthy dietary habits. All these diets (*pathya aahar*) increase the fertility rate, regulate menstrual cycle, reducing body weight, improve insulin level and improve the quality of lifestyle in patients of PCOS.

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