

Clinical Study to evaluate the effect of Pratimarsha Nasya with ShatavariGhrita in PCOS

1. Dr. Archana Suhas Wadkar

(Reader, Panchakarma Department)

2. Dr. Vaishali Atri

(PG Scholar, Panchakarma Department)

Hon.Shri.Annasaheb Dange Ayurvedic Medical College Ashta Sangli Tal-Walwa,Dis-Sangli

Corresponding Author : Email Id- archanaswadkar@gmail.com Mobile no- 8888817891

ABSTRACT:

Menstruation is a major part of female lives, and regular menstruation with adequate amount is a key for healthy life, but now-a-days, due to unhealthy lifestyle menstruation cycle is affecting as well and gives rise to various gynaecological disorders. In this list of disorders there is a PCOS, a polycystic ovarian syndrome, a endocrine disorder, an emerging common disorder affecting a large number of the population worldwide. Highly variable.

Studies done in South India and Maharashtra prevalence were reported as 9.13% and 22.5% respectively. Researches, suggest that 5-10% of females 18-44years of age are affected by PCOS. From Adolescent many of females suffered from PCOS and its comorbidities like Diabetes mellitus, obesity, etc. In PCOS, lifestyle intervention plays a major role in the management and that Ayurveda plays its significant role. In Ayurveda Classical texts concept of healthy menstrual is mentioned and the treatment for its disorders is mentioned as well under a broad heading of ArtavaVyapad. So, this study will emphasize on careful holistic approach in management of PCOS with ShatavariGhritaPratimarshaNasya..

KEYWORDS: PCOS, ArtavaVyapad, PratimarshaNasya ShatavariGhrita, Nasya, Ayurveda.

INTRODUCTION:

A woman's body experiences many changes in adolescents as the menstrual cycle starts, Women's good health is always emphasized with a good healthy regular menstrual cycle yet nowadays 5-10% of females of 18-44 yrs of age are affected by menstrual abnormalities. But when we think more about the menstrual abnormalities there are some other associated symptoms like an excessive breakout of acne, loss of hair from the top and sides of the head, and excessive body hair or facial hair.

These symptoms all collectively emphasized under the category PCOS-A Polycystic Ovarian Syndrome.

PCOS is emerging as one of the major health problems with complex conditions. It is categorized as a lifestyle disorder. In simple terms, PCOS is a disease caused due to the person's lifestyle, there is a need for a multimodular approach in treating PCOS and for treating the lifestyle disorders as the main goal is to modify the lifestyle and with the help of Ayurveda, one can achieve a healthy lifestyle.

PCOS direct correlation in Ayurveda is difficult, but due to its symptoms, it seems related to Artavakshaya.

But so far no scientific studies was carried out; hence the present study was carried out to scientifically evaluate the efficacy of this *Ayurveda* treatment regimen in Poly Cystic Ovarian Syndrome.

OBJECTIVES:

1. To study PCOS
2. To study Artavakshayaa
3. To study about PratimarshaNasya

RESEARCH METHODOLOGY:

The study was conducted at ADAMC, Ashta, Sangli and the source of data are patients suffering from PCOS attending Dhanvantari Hospital.

POPULATION AND SAMPLE:

In this study, the sample size is 10 patients among the women suffering from PCOS attending Dhanvantari Hospital. The observation was made for 3 consecutive menstrual cycles. PratimarshaNasya is advised for regular 21 days in 1 cycle, two drops and two times i. e morning and evening daily. The follow up was scheduled at 6th day of each three cycle and last follow up of study was the 1st day of 4th cycle.

DATA AND SOURCES OF DATA

For this study the primary data has been collected from the patients attending the hospital at the time of their first consultation.

MATERIAL USED IN THE STUDY

Shatavari-

The medicinal plant Shatavari, Shatavari means “who possesses a hundred husbands or acceptable to many”. It is considered both a general tonic and a female reproductive tonic. Shatavari may be translated as “100 spouses”, implying its ability to increase fertility and vitality. In Ayurveda, this amazing herb is known as the “Queen of herbs”, because it promotes love and devotion.

Shatavari is the main Ayurvedic rejuvenative tonic for the female. It is sheeta, haskashayamadhurarasas, it is snigdha, vrushya, does the rasayanakarma. Mitigates vatta and pitta, relieves constipation. It increases varna, oja, bala, smruti, medha and buddhi. It is Pathya and produces pushpai. e menstrual cycle and gives fertility. It eliminates bhuta, paapa and shaapa.

OPERATIONAL DEFINITIONS:

Nasya

The medication which is installed through the nose is called Nasya. The drugs administered through the nose or Nasya reach the brain and eliminate the morbid doshas responsible for diseases and cure the disease.

PratimarshaNasya

According to matrabheda, Nasya is two types Marsha and Pratimarsha. PratimarshaNasya is Shigrakaari and when comes to gunas it is Shrestha than Marsha. From ajanmamarana like basti it can be given any time. It can be used daily and gets the gunas like marshanasya, it has no pathya, no threat of akshi-sthabdhata etc like marshanasya.

Exclusion Criteria

1. Congenital abnormalities of reproductive organs.
2. Patients with hypo/hyperthyroidism
3. Patients who are not willing to take nasya karma
4. Pregnant and lactating women

Inclusion Criteria

1. Patient with a confirmed diagnosis of PCOS.
2. The subjects who are willing to participate in the study.
3. Patient suffering from clinical signs of PCOS like an abnormality in menstrual bleeding.
4. Female patients with age 18 to 35 yrs.

Assessment Criteria-

Grade \ Criteria	0	1	2	3
Duration of Bleeding	3-5 days	1-2 days	1 day	Spotting
Cycle	28 days	28-45 days	45-60 days	Above 60 days
No. of pads used per cycle	10 pads per cycle	5-10 pads	Less than 5 pads per cycle	Less than 2 pads
Weakness	No	Pain is present but able to do daily work and no need of analgesics	Daily activities affected, get relief after taking analgesics	Not able to stand up from bed
Pain during Menstruation	No	Pain is present but able to do daily work and no need of analgesics	Daily activities affected, get relief after taking analgesics	Not able to get relief even after taking analgesics

OBSERVATION AND RESULT:

The assessment was done on subjective criteria. The statistical analysis is made using paired standard 't-Test.

Parameter	Hypothesis	test used	Level of Significance	degree of Freedom	Test Value	P Value	Decision	Significance
Duration of Bleeding	There is significant difference between before and after treatment	Paired t test	5%	9	6.71	1.83	Reject the Hypothesis	Significant

Cycle	There is significant difference between before and after treatment	Paired t test	5%	9	8.53	1.83	Reject the Hypothesis	Significant
No.Of Pads per cycle	There is significant difference between before and after treatment	Paired t test	5%	9	8.771	1.83	Reject the Hypothesis	Significant
Weakness	There is significant difference between before and after treatment	Paired t test	5%	9	0.000173	1.83	Accept the Hypothesis	Not Significant
Pain during menstruation	There is significant difference between before and after treatment	Paired t test	5%	9	0.000108	1.83	Accept the Hypothesis	Not Significant

In the present study the trial was conducted on 10 diagnosed Patients. All Patients were assessed before and after treatment using Parameters. The Statistical Analysis was done using Software by Paired ‘T’ Test and result is more significant. Hence, Pratimarsha Nasya with ShatavariGhrita is effective in the management of PCOS.

DISCUSSION :

In PCOS, hormonal imbalance is one of the factors that contribute to the irregularity of the menstrual cycle. Pratimarsha Nasya has an immediate effect on stimulating the hypothalamus, which in turn activates the pituitary gland, stimulating the ovaries.

For normal menstruation, various factors are needed i.e HPO – axis, (Hypothalamus Pituitary Ovarian axis), the feedback signals and local responses within the ovary. Acharya Kashyap has described nasya karma for ViphalArthava—a suitable treatment modality. This may stimulate the hypothalamus & regulates the HPO axis and secretes the hormones in a balanced manner.

If we see the gunas of Shatavari too have Vata Pitta shamakagunas which clean and nourish the strotas, it does the Rasayana karma which also relaxes the body and mind. Also, as per reference of Acharya Kashyapa Nitya Nasya with Shatavarigritha corrects all artava doshas.

CONCLUSION:

Poly Cystic Ovarian Syndrome is an emerging health problem with complex conditions. There is a need for a multimodule approach to treat PCOS and PratimarshaNasya will help in it. ShatavariGhrithaPratimarshaNasya shows a good effect on managing irregular menstrual cycles and also nourishes the overall body.

So, this study has given a very cost-effective, yet easy to administer at home for patients.

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