



AN OPEN LABEL SINGLE ARM CLINICAL STUDY TO EVALUATE THE COMBINED EFFECT OF *MRDU VAMANA* AND *PALĀŚA TWAK KAṢĀYA* IN *ĀRTAVAKṢAYA* IN DIAGNOSED CASE OF POLYCYSTIC OVARIAN DISEASE

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ABSTRACT

Background and objectives: Polycystic ovarian disease(PCOD) is one of the most common multifactorial and polygenetic disorder affecting the female reproductive system. One in every five women in India is diagnosed with PCOD. PCOD is diagnosed by the presence of any two of the following three criteria - Oligo and/or anovulation characterised by oligomenorrhoea or amenorrhoea, clinical and/or biochemical hyperandrogenism and Polycystic ovaries. In patients suffering from PCOD, 87% suffer from Oligomenorrhoea, 40% with Hypomenorrhoea and 20% from a combination of both. These menstrual irregularities can be understood in terms of *ārtavakṣaya*. *Āchāryās* have mentioned *śodhana* especially *vamana* followed by *āgnēya dravya upayōga* as its management.

Methodology: 20 patients diagnosed with polycystic ovary were given *dīpana* with *Aṣṭa chūrṇa*, *sadyo snēhana* with *sukumāra ghr̥ta*, *sarvāṅga abhyaṅga baṣpa svēda* followed by *mṛdu vamana* and *samsarjana krama*. Then *Palāśa twak kaṣāya* was given internally. The study duration was 2 consecutive menstrual cycles. Pre and post assessment of the interval between two cycles and duration of menstrual phase was done with menstrual chart and the quantity of bleeding with Pictorial Bloodloss Assessment Chart. The results were analysed by paired t test.

Results: Statistically significant ($p < 0.001$) results was obtained in terms of interval between two cycles chart, number of days of bleeding and quantity. BMI was also found to reduce after the treatment.

Interpretation and Conclusion: In *ārtavakṣaya*, the *āgnēya dhātu* is in *kṣayāvastha* along with *śrōtō duṣṭi*. According to *Cakrapāṇi*, in order to remove the *śrōtōrōdha*, *śōdhana* is advised. But *Dalhana* adds that, the *śrōtōrōdha* should be removed but it should not further affect the already decreased *āgnēya dhātu*. Hence *vamana* which does *saumya dhātu nirharaṇa* without affecting the *āgnēya dhātu* is done followed by *Palāśa twak kaṣāya* which is indicated *ārtavakṣaya*.

Key words: Ayurveda, Oligomenorrhoea, Hypomenorrhoea, Artava, Artavakshaya, Palasha, Butea monosperma, Vamana, Polycystic ovarian disease, Irregular menstruation.

Access this Article Online	Quick Response Code:
Website: http://heb-nic.in/jrim	
Received on 09/03/2021	
Accepted on 20/03/2021 © HEB All rights reserved	

