

PCOD : Ayurvedic view

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Motherhood is the crowning act in the women. PCOD is one of the alarming disorder of the present era, which causes ovarian dysfunction, irregular periods causing infertility. Even though vivid description about the PCOD is not available in the classics, it is considered as Vata Kaphaja disorder superimposed by pitta dushti. Presently 10% of the women suffer from PCOD and the increased incidence is due to change in life style and stress. Long term sequelae of PCOD are insulin resistance, Diabetes, Hyperlipidaemia, Endometrial cancer. This disease along with this complications turns into a syndrome. Conventional management of ovarian drilling and wedge dissection etc are being done, but the recurrence rate is high. This made me to focus in the poster the Etiopathology and management of PCOD on Ayurvedic lines.

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