



## Polycystic Ovarian Syndrome: The mother of all lifestyle disorders in women – An Ayurvedic approach to its management

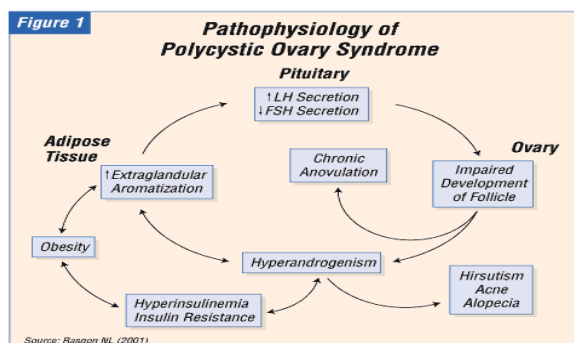
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### Abstract

PCOS is probably fastest growing health hazard amongst women of reproductive age. The prevalence of this disease in general population is about 5-10% worldwide. This familial disorder appears to be inherited as a complex genetic trait. The association of amenorrhoea with bilateral polycystic ovaries and obesity was first described by Stein & Leventhal. It is characterized by a combination of hyperandrogenism (clinical or biochemical), chronic anovulation and polycystic ovaries. This is frequently associated with insulin resistance and obesity. This condition is receiving so much attention due to its high prevalence and possible reproductive, metabolic, and cardiovascular consequences. It is the most common cause of hyperandrogenism, hirsutism, and anovulatory infertility in developed countries. As the aetiology is poorly understood, there is controversy about diagnostic criteria, clinical features of the syndrome. The management of PCOS is difficult and challenging task, faced by modern gynaecologists. So the holistic approach is demanded specially in Indian subcontinent because of high prevalence here (52%). This particular feminine disorder is not described word to word in Ayurveda. PCOS associated some features are closely related with some of Yonivyapada yet some features nearly bring into its relation with Aartvadoshti. Word Aartava has been used extensively in Samhita in context of menstrual blood, ovum and ovarian hormones. Ayurveda, the age-old science of life, speaks of prevention and cure of PCOS through Aahar (Diet), Vihaar (Lifestyle Modification) and Aushadh (Medicine). Possible line of treatment is stipulated with Nidanaparivarjan, Samshodhana, Aaganeya Dravya, Savayonivardhana Dravya.

### Image



### Biography

Senior ayurvedic consultant, expertise in gynaecological disorders as well as antenatal and postnatal care through ayurveda. Practising Garbhasanskara for healthy progeny. Having practical knowledge of all ayurvedic procedures conducting on women as local treatments especially expertise in Uttar basti. Presented paper and attended as a delegate in many National and International conferences. Also published original research papers in National and International journals. Currently doing research work on ayurvedic approach to PCOS and its management. So sharing my experience of this research work with you all.

### Publications

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Sharma Muneesh (2017) A review towards PCOS in ayurveda.wjpmr3(8)372-374.

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