

Role of Kuberaksh Vati in Yreatment of PCOD

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Abstract: Polycystic Ovarian Syndrome is common endocrine disorder in which women struggle with imbalanced hormones leading to Infertility. Most women with PCOS have many small Cyst on their Ovaries. The cyst are not harmful but leading to hormonal imbalance. The incidence of PCOS appears to rising in India day by day it is seen as many as 5% to 10% of women in their reproductive age. The incident is increasing may be due to change in lifestyle to more sedentary existence overtime, lack of physical exercise, stress, strain, high caloric food and indiscriminate dietary habit results in metabolic, endocrinal, reproductive disturbances, therefore women faces various problem related to reproductive disorder like irregular menstrual cycle, ovarian cyst, miscarriage, irritability, hair loss, acne, hirsutism, weight gain. To overcome through this problem Ayurveda suggests the very effective treatment. A 26 years old patient came in OPD of Streerog Prasutitantra Department on 10-05-2019 having compliant of obesity, menstrual irregularity, hirsutism, acne. She was treated by ayurvedic line of treatment i.e. Kuberaksha Vati & Ashokarishta. Hence presented a case.

Keywords: Polycystic Ovarian Syndrome.

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