

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.

I. INTRODUCTION

The woman considered to be “Shakti”, the mother and source of creation in whose lap all of civilization is cradled. When we speak about “Women’s health” we understand that this encompasses many different issues during the different stages of Her life. Every woman goes through a series of profound changes during her lifetime. The primary changes are called Menarche, Pregnancy, Postpartum and Menopause. Because of these drastic changes she risk for developing many Pathologies quality of Woman’s life is dependent on many factors such as the culture and Position of society, environment, life style and changing Demands of the society towards her. As the stree is a mula of reproduction, her health is prime important.

Menstruation is one of the physiological processes seen in the reproductive life of women. In Ayurveda, diseases related To the female reproductive system i.e. gynecological disorders are described under the caption of Yonivyapada mainly due to Vitiation of Vata dosh¹. Though initially all the classics have given the number of Yonivyapad as twenty. Udavarta Yonivyapad is One among the 20 Yonivyapadas and mainly Vata predominant.¹ According to Ayurveda, the Clinical entity characterized by Pain, difficult expulsion of menstrual blood due to upward movement of rajas (Menstrual blood) propelled by vitiated vata. The Upward movement is called Udavrittam^{1,2,3}. Due to movement of flatus etc., natural urges in reverse direction, the aggravated Vayu (Apana vayu) moving in reverse direction fills yoni (uterus). This yoni seized the pain, initially throws or pushes the rajas (menstrual blood) upwards, then discharges it with great difficulty. The lady feels relief immediately following discharge of Menstrual blood. Since in this condition rajah (menstrual blood) moves upwards or in reverse direction, hence it is termed as Udavartini⁴. Besides painful and frothy menstruation, there are other pains of vata (body ache, general malaise etc.)⁵. In Madhukosha commentary all around movement of vayu is said to be the cause of pain⁶.

The discharge of frothy menstrual blood Associated with kapha. In modern science the udavartini disease can be interpreted as primary dysmenorrhea. On the basis of The symptom ‘immediate relief of pain following discharge of menstrual blood’ mentioned by Charaka, it appears to be the nearer To primary or spasmodic dysmenorrhea⁸⁻⁹. . Dysmenorrhoea meaning “PAINFULL MENSTRUATION” is one of the major Distressing factors in adolescent girls and women. It is one of most frequent of gynaecological complaints and it’s incidence Become higher with the degree of civilization of the community. Dysmenorrhoea effects 40-70% of reproductive age and effects Daily activities in up to 10% of women¹⁰. Primary dysmenorrhoea usually onset is form the time of menarche with the onset of Ovulatory

cycles, with no abnormal finding on examination. This situation not only has a significant effect on quality of life and Personal health but also has a global economic impact.

According to our science the major cause of disease is prakupita vata With vilomgati and thus vata shaman with its prakruta gati / anuloma gati will solve the problem. This is an attempt to explore for Safe and efficient ayurvedic treatment modalities for prakupita vata. Hence the study has been taken up to evaluate the role f Kuberaksha vati .The drug Kuberaksha vati in Bruhat Nighantu Ratnakara as Vedanasthapana, Vatahara, Anulomana Properties is selected.

II. CAUSES OF PCOD/PCOS

In Ayurveda, PCOD reflects the imbalance of Pitta and vata. The main reason for this condition in many females is today's lifestyle and unhealthy food habits. Slow digestive fire caused by sedentary lifestyle, junk food, lot of dairy consumption leads to weight gain and slow metabolism. Too much consumption of hormonal and contraceptive pills is also one of the main causes. Excessive mental strain and stress along with lack of any kind of physical exercise are also one of the causes of PCOD.

SYMPTOMS OF PCOD

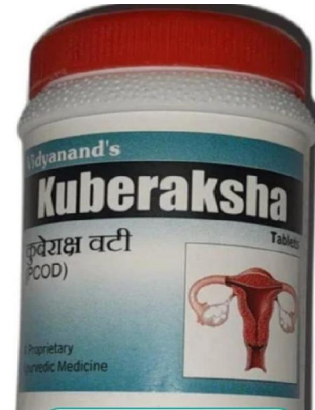
- Irregular periods.
- Heavy bleeding
- Hair growth
- Acne
- Weight gain Male-pattern baldness – Hair on the scalp gets thinner and fall out.
- Darkening of the skin
- Headaches

AYURVEDIC TREATMENT OF PCOD / PCOS

Depending on the symptoms These Panchakarma Treatmentd Should be given Like

- Virechan ,
- Vaman,
- Yogbasti
- Snehana Swedan
- Uttarbasti (If unmarried) ,
- Various Ayurvedic formulations/ medicines are also used for PCOS . Medicines should be taken under the guidance of Ayurvedic doctor.
- Dashmoolarishta
- Kuberaksha vati
- Kanchanar Guggul
- Raspachak chikitsa
- Chandraprabha tab
- Arogyavardini Tab
- Rajpravartani vati
- Shatavari kalpa

(Treatment mentioned here is as per our line of treatment. A Doctor should use his line of treatment according to the symptoms and Prakrtuti of His patient. And A patient should not take these medicine without advise of a doctor)



TAB Kubera 60 TAB:- PCOD, Premenstrual syndrome, Female infertility normalizes reproductive hormonal system controls menorrhagia and metrorrhagia Antihygroscopic action , Reverse osmosis.

(Note-PCOD is a hormonal disturbance aggravated by environmental factors. PCOD (polycystic ovary syndrome) can be controlled and life long it will not cause any problems. There are some ways to control it. Do daily exercise, avoid junk food, a healthy balanced diet, proper sleep, and no stress. Medicine is the second line of treatment. If you have not got your periods for two months, then I am prescribing you medicine to get periods. But before starting medicine make sure you are not pregnant. You have not mentioned your marriage history. If you are married, then do a pregnancy test before starting the medicine. Otherwise start medicine from tomorrow. Take it for five days, periods will come after five to six days from the last dose.)

III. AIM AND OBJECTIVES

- To study the effect of Kuberaksha Vati in Udavartini Yonivyapad w.s.r to Primary Dysmenorrhea.
- To Study Etiopathological and Clinical Features of Udavartini Yonivyapad.
- MATERIAL AND METHODSTotal 70 clinically diagnosed and confirmed cases of Primary Dysmenorrhea of age group in between 16-25 were registered for
- The present clinical trial from O.P.D. / I.P.D. of P.G. Department of Prasuti-Stree Roga, after taking informed consent form with
- Chief complain of Painful menstruation (primary dysmenorrhoea) with scanty or average amount of blood loss during menses
- Along with associated symptoms such as Nausea, Vomiting, Giddiness ,Irritability, Weakness for more than 2 cycles.

Drugs

Kuberaksha Vati-

Kuberaksha Vati contains Latakaranja,Shunthi,Hingu, Souvarchal and Rasona for Bhavana.The quantity Of these drugs are-Latakaranja 1Karsha(12gm), Shunthi 1Karsha(12gm),Hingu 1\2Karsha(6gm),Souvarchal ½ Karsha (6gm) and Rasona rasa as bhavana dravya. According to reference.All the ingredients are Measured and filter the powdered ingredients through the sieve and mixed homogenously. This mixture is Now taken in khalva yantra and subjected bhavana with Rasona ras for a day

Criteria for selection of patients:

A) Study Design-

A Randomized open clinical trial in patients diagnosed with Udavartini Yonivyapad was done.

B) Sample size -70 each group

C) Selection of patients – Female patients with complaints of Udavartini Yonivyapad were selected irrespective of age, Religion, occupation and prakruti. From the Streerog and Prasutitantra O.P.D.

D) Selection criteria

I) Inclusion Criteria-

- Female patients of age group 16 to 25.
- Patients with primary dysmenorrhoea i.e.pain without pelvic pathology.
- Diagnosed patients of Udavarta yonivyapad according to symptoms.
- Patient of any Caste, Parity, Income group and Occupation will be selected.
- II)Exclusion criteria-
- Patient of Secondary dysmenorrhoea , abnormal reproductive system.
- Pelvic inflammatory disease or any serious systemic disorder likely to influence the menstrual cycle.
- History of malignancy, hypo and hyper thyroidism, Diabetes mellitus, hypertension.
- Women using IUD / Oral contraceptive pills.
- PCOD and Other medical, surgical, Neurological conditions resulting dysmenorrhoea.
- Endometriosis, DUB, Endometrial polyp. Etc.
- Patients undergone Tubectomy.

Criteria for withdrawal of patients –

- Patient unable to tolerate the medication.
- Any adverse drug reaction.
- Patient fail to report for follow up or irregular medication.
- Patient not willing to continue further treatment.

E) Informed Consent:

The purpose of the study, nature of the study drug and the potential risks and benefits were explained to the patients in detail in Non-technical terms. Thereafter their written consent was taken before starting the Medicine.

IV. METHOD

A) Plan of Study

Study Group:

140 diagnosed patients of Udavartini yonivyapad were randomly selected for the clinical study and were divided into Two groups

Group A: - 70 patients were treated with KuberaKsha Vati & considered as Group A.

Group B: -70 patients were treated with Shatpushpa churna & considered as Group B.

PROCEDURE OF ADMINISTRATION

Patients were given the drug in following way

GROUP A- KUBERAKSHA VATI Drug dosage :250 mg 2 BID

Anupa :Koshna Jala

Kala :Morning and Evening before meal

Route :Oral

Duration :3 months

INVESTIGATIONS-

Blood investigation-CBC

USG if needed

FOLLOW UP: -

5Th day of each menses for 3 Consecutive cycles during treatment.

Total symptom score after

Treatment

Remark for overall Effect

0 – 3 Good improvement

4 – 6 Moderate improvement

7 and more No improvement

V. CONCLUSION

Therapeutic Effect of Group-A(Kuberaksha vati) Patients of this group showed relief by improvement in 87.44% in pain intensity, 83.81% in pain duration, 47.86% in menstrual flow amount, 94.83% in Nausea, 82.22% in Vomitting, 74.82% in Giddiness, 79.17% in Irritability, 80.36% in Diarrhoea , 77.05% in Weakness. Therapeutic Effect of Group-B(Shatpushpa Churna)Patients of this group showed relief by improvement in 79.29% in pain intensity, 80.00% in pain duration, 28.33% in menstrual flow amount, 91.19% % in Nausea, 87.50% in Vomitting, 72.65% in Giddiness, 42.08% in Irritability, 55.69% in Diarrhoea , 58.47% in Weakness.Percentage relief in symptoms in Group A was 78.62% and 66.13% in Group B. Comparing to this two-group Concluded that trial group (Kuberaksha vati) was significantly better than control group (Shatpushpa Churna).

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