

## **PCOS (*Vatakaphaja Artavadusti*)**

In Ayurveda, even though no direct reference about Polycystic Ovarian Syndrome (PCOS) is available, there are some diseases, symptoms of which are very similar to that of PCOS. The features of PCOS may be correlated with *Vata-Kaphaja Artava Dushti* resulting in *Abeejata* of *Artava* (*Nashtartava*). Due to *Ahitakara Ahara* and *Vihara*, *Jatharagnimandya* takes place which leads to production of *Ama* and causes *Rasadhatu Dusthi*, it turns into *Dushta Artava utpatti* which leads to menstrual abnormalities. Vitiating of *Vata-Kapha* leading to *Avarana* of *Artava* resulting in *Nashtartva* (no proper growth of follicles and chronic anovulation) can be considered as the main pathology. Aggravated *Kapha* and *Ama* having affected *Rasadhatu* moves through the channels to *Medadhatu* as *Kapha*, *Ama* and *Medadhatu* have similar qualities hence these are easily attracted to each other. *Medadhatu's* metabolic disturbance reflects the *Kapha* aggravation. *Medadhatwagni* affected by the increased *Kapha Dosha* and *Ama* causes *Medavriddhi*, increased *Medadhatu* causing obesity. As *Medavriddhi* leads to increase/ vitiate the *Meda*, *Kapha* and *Ama*, it starts to block the channels of the body. Thus *Amapachana*, *Srotosodhana* and *Vatanulomana* should be considered as principle of treatment while treating PCOS. So the treatment should aim at the correction of obesity and clear the *Avarana* by using *Vata-Kapha Shamaka* drugs which certainly help in the proper ovulation and menstruation.

**Dr. Shivshankar Rajput**

**Email:** shivshankerdr@gmail.com