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IMPORTANCE OF AAHAR AND VIHAR IN P. C. O. S.

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ABSTRACT

Polycystic ovarian syndrome/disease (P.C.O.S.) is an endocrine and metabolic disorder. It was previously treated as a gynecological disorder. It is featured by Hyperinsulinemia and hyperandrogenemia which further leads to oligo-, amenorrhoea, hirsutism, obesity and large ovaries with multiple cysts and thickened tunica results in anovulation. Unovulatory menstrual cycles are commonly seen in PCOS. The disease is also called as 'Infertility Queen'. Advices such as early recognition and intervention to avoid further complications, medical and surgical treatments can be prescribed as per severity of disease. *Ayurveda* suggests prevention of disease by following *Dincharya* and *Ritucharya*, by use of *Pathya Aahar-Vihar*, *Aushadh* and by avoiding *Apathya Aahar-Vihar*, and alleviating other etiological factors. Strategy for the treatment should be *Kapha* alleviating, insulin controlling, obstruction dissolving *chikitsa*.

Keywords - Polycystic ovarian syndrome (PCOS), *Yoni vyapad*, *Ritucharya*, *Dincharya*, *Pathya*, *Aahar*, *Vihar*

INTRODUCTION¹:

Ayurveda, holistic scientific ancient approach, has given the explanations of polycystic ovarian syndrome in the form of *Yonivyapad*. The literature of *Acharya Kashyapa* resembles more to PCOS. *Yonivyapad*, as the name suggests, it is group of many disorders hence a single *Yoni-Vyapad* or any single disease cannot be related with this entity. High level of androgen results in increase in the peripheral production of the sex hormone binding globulin (SHBG). About 20% young ladies are suffering from Polycystic ovarian syndrome (PCOS). Hyperandrogenic secretions, insulin resistance are the chief causes of PCOS.

CLINICAL FEATURES OF PCOS²:

Following are the most commonly seen clinical features of PCOS

1. Irregular menstrual cycles
2. Amenorrhea- There is a lack of menstruation for 4 months or more.
3. Variation in menstrual bleeding-
4. Infertility- no capacity to get pregnant, due to anovulatory menstrual cycles,
5. Obesity
6. Hair loss: due to high levels of androgen
7. Acanthosis nigricans
8. Pelvic Pain

LIFE STYLE MODIFICATIONS
REQUIRED FOR PCOS -

PCOS can be prevented / treated with the help of *Aahar, Vihar and Aushadh*;

AAHAR AND VIHAAR³:

AAHAR:

Pathya- Yava, Amla, Priyangu and Shali Shastik rice.

Apathya- Madhur Ras Aahar (potatoes sweets chocolates), *Abhishyandi aahar* (*Dahi, Udad, Kathal* etc), junk foods, bakery products etc. should be avoided.

VIHAR:

1. Strictly adhere to *Dincharya* and *Ritucharya*.

2. Weight management

3. *Yogasanas: Anuloma-Viloma, Kapalbhati and Mandukasan Vyayam* (exercise) *Suryanamaskar, Bhujanasana, Salabhasana, Budhakonasana, Dhanurasana, Suptavajrasanas, Sirsasana, Sarvangasana, Matsyasana.*

4. *Vyayama-* one hour exercise or aerobic exercise, different types of exercises should be adoptee for the management of PCOS. Time spent in the sedentary work should be curtailed.

Strategy: According to *Ayurveda*, there are three vital *Doshas* viz. *Vata, Pitta, and Kapha Dosh* which controls functions of the human body. Any vitiation in *Doshas* causes disease. As per *Ayurveda*, *Shukra Dhatu* is present in either sex. Upon the normalcy of *Shukra Dhatu*, normalcy of *Prajanana* system is dependent. Hormonal

imbalances may lead to infertility. So, hyperandrogenemia in females may cause polycystic ovarian disease.

Diet should be carefully taken by the females suffering from P.C.O.S. Diet containing fibers; rich in proteins should be adopted. Body weight must be reduced if the patient is overweight. Heavy meals can be divided into short spell breakfasts. As a whole strict fasting is not seems to be helpful, as it induces nutritional deficiency. Food of high glycemc index, carbohydrates etc. should be avoided. Salads containing green vegetables and fruits must be frankly eaten. Absolutely avoid junk, processed heavy foods, refined salt, flour; sugar and oil are really bad for PCOS persons. Avoid unhealthy fats and try to take healthy fats like mustard oil, ghee, sesame, seeds, and cashew nuts.

Some *Ahara & Vihara* suggested for a woman suffering from PCOS:

Avoid or decrease the intake of milk, milk products. Have proper and sound sleep in the night. Strictly avoid junk, processed and packaged food. Avoid meat, eggs, and deep-fried food. Sugar-containing foods increase *Kapha Dosha* which obstructs the body channels causing health ailments. Avoid sugar, go for honey. Do not take nuts much. Avoid eating sweet potatoes and potatoes as they cause weight gain. Control your anger, jealousy and stress.

Do not overburden yourself from work. Avoid overuse contraceptives to prevent imbalance of hormones. Exercise daily for at least 30 minutes to one hour, every day.

DISCUSSION:

PCOS is a one of the grievous female health problem as it disturbs the reproductive life of the female. PCOS as such is not described by ancient authors of Ayurved, but by correlating it with *Yonivyapad*, we can have its better understanding about its Ayurvedic approach and management. *Vandhya Yonivyapada* has much resemblance to PCOS from all *Yonivyapadas*. We can have the Ayurvedic protocols to manage the PCOS as *Aahara, Vihaar, Pathya And Apathya Aushadhi* and yoga and exercise are prescribed in *Ayurveda*. The PCOS can be treated through Ayurvedic management if applied carefully.

CONCLUSION:

Polycystic ovarian syndrome/disease is a systemic endocrine, metabolic disease. *Ayurveda*, the science of life, is the most ancient holistic approach of medicine, advices the early detection and management to prevent further progression of the disease, medical and surgical treatments can be called as per need of disease. *Ayurveda* suggests prevention of disease by intervening *Dincharya* and *Ritucharya*, use of *Pathya Aahar-Vihar*,

Aushadh- Shaman and Shodhana and avoiding *Apathya Aahar-Vihar*, and alleviating other etiological factors. Strategy for the treatment should be *Kapha* preventing, insulin balancing, obstruction dissolving *Chikitsa*.

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As per the *Ayurvedic* literature of the disease, prevention and management are the chief aspects of treatment. Through diet (*Aahar*), lifestyle (*Vihaar*) and medicine (*Aushadh*) we may control or cure the disease.

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