

CASE REPORT

Management of Polycystic Ovarian Syndrome (PCOS) by *Yoga* and *Siddha* Intervention – A Case Study

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ABSTRACT

Poly Cystic Ovarian Syndrome (PCOS) is a hormonal disorder among women in reproductive age. PCOS often develop around the time of first menstrual period during puberty. PCOS, a multisystem disease, is a major reason for female infertility around the world. Menstrual irregularity and the evidences of hyperandrogenism are the characteristics features of PCOS. A 23-year-old female with complaints of irregular menstruation, severe acne in the face visited *Siddha* Clinical Research Unit, Bengaluru in January 2018. History revealed that she was suffering from PCOS since 2010 and she was under allopathic treatment since then. She was subjected to Ultrasonogram (USG)- abdomen once in 6 months during allopathy treatment, results showed no remarkable changes in USG – abdomen and PCOS persists. The patient was treated with *Siddha* medicines – *Elathy chooranam*, *Arumuga chenduram* along with *Yoga* (*Salabhasanam*, *Pranayamam*) for 30 minutes twice a day. There was a notable difference in USG abdomen and menstrual cycle after 1-year treatment with *Siddha* medicines and *Yoga*. This case demonstrates that PCOS can be well managed with *Siddha* medicines integrated with *Yoga*.

KEYWORDS

Siddha medicine, *Yoga*, *Salabhasanam*, *Pranayamam*.

1. INTRODUCTION

Poly Cystic Ovarian Syndrome (PCOS) is the most common endocrinopathy in women of reproductive age, resulting from insulin resistance and the compensatory hyperinsulinemia. This results in adverse effect on multiple organ systems and may result in alteration in serum lipids, anovulation, abnormal uterine bleeding, and infertility.^[1] The prevalence of PCOS in Indian adolescents is 9.13%. PCOS was defined as the presence of any two of the three features, 1) Oligo/amenorrhea: absence of menstruation for 45 days or more and /or < 8 menses

per year,²⁾ Clinical hyperandrogenism: modified Ferriman and Gallway (mFG) score of 6 or higher,³⁾ Polycystic ovaries: Presence of >10 cysts, 2-8 mm in diameter usually combined with increased ovarian volume > 10 cm³, and an echo dense stroma in pelvic ultrasound scan⁽²⁾. In *Siddha* system of medicine, various herbal and herbo-mineral formulations have been used for the management of PCOS traditionally along with lifestyle changes and physical activity. In *Siddha* system of medicine, *Yogam* (*Yoga*) forms an important part. Many *Siddhars* have dealt with *Yogam*, among them *Siddhar* Thirumoolar is noteworthy. The term "*Yogam*"

means "Union". *Siddhars* have defined *Yogam* as an art which controls the mind by preventing it from distracting through sense and sense organs and unite it with the divinity after realizing the true entity of eternal bliss.^[3]

Hereby, we report in this case study, a patient diagnosed as PCOS with irregular menstruation was treated with *Siddha* medicines integrated with Yoga (Salabhasanam and Pranayamam). A considerable change in the USG abdomen has been noticed with regular menstruation.

2. CASE DESCRIPTION

A 25-year-old female, working as IT consultant for the past 3 ½ years in Bengaluru, who is non-smoker, non – alcoholic visited the SCRUPD in January 2018, with the complaints of irregular menstruation, severe acne in the face, for the past 7 years. The detailed history from the patient and the laboratory investigation revealed that she was suffering from PCOS and it was first diagnosed in 2010 and she was subjected to allopathic treatment since then. After the initiation of allopathic treatment, USG-abdomen was monitored once in every 6 months. There is no relevant family history regarding her medical condition. On her visit to SCRUPD in January 2018, her last menstrual period (LMP) was 07/06/2017, the impression in USG abdomen was found to be Polycystic Ovarian Syndrome (PCOS), with multiple follicles present at the periphery of right and left ovary which was taken on 12/01/2018. On physical examination her *Nadi* was found to be *Azhal Vali*, her weight was 61kg and pulse rate was 72/minute.

3. YOGA, THERAPEUTIC INTERVENTIONS AND ITS OUTCOME

Siddha treatment was initiated on 23.01.2018. Initially the patient was treated for her

presenting symptoms amenorrhea and severe acne in the face. *Siddha* medicines were given to initiate the menstruation. Menstruation started on 03/03/2018. USG – abdomen was taken on 14/03/2018 which shows the impression of Polycystic Ovarian Syndrome. The following *Siddha* medicines were given, *Elathy chooranam* and *Arumuga chenduram* along with Yoga (Salabhasanam and Pranayamam) (Fig 1,2) was advised to do 30 minutes twice a day to reduce the polycystic ovary. The dosage of the drugs was prescribed as per Table1. The same treatment was continued along with Yoga; USG abdomen was monitored once in 6 months. The same treatment was continued for 1 year. The menstrual cycle interval reduced. Acne in the face reduced, the patient weight reduced to 54kg, the patient did not report any adverse reaction. On 05/04/2019, USG abdomen was taken and no significant abnormality was detected. The impression of USG abdomen and LMP (Table2) revealed the good prognosis of PCOS. Patient was followed up once a week. There were no specific complaints and adverse reactions observed.

Figure 1. PRANAYAMAM



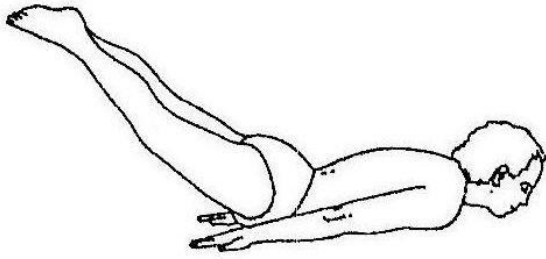


Figure 2. SALABHASANA

4. DISCUSSION

The case was treated with *Elathy chooranam*, *Arumuga chenduram* along with *Yogam* (Salabhasanam and Pranayama) intervention as per the following criteria:

As the *Siddha* system of medicine is based on Mukkutram (*Vali*, *Azhal*, *Aiyam*), it is essential to normalize the elevated level of Azhalin patient. *Elathy chooranam* was given to reduce the heat (*Azhal*), which is indicated traditionally to reduce the body heat (*Azhal vayu*).^[4]

The patient was treated with *Arumuga chendooram* which contains Purified ingredients of *Rasam* (mercury), *Kantham* (magnetic oxide of iron), *Kanthagam* (sulphur), *Vengaram* (borax), *Inthuppu* (rocksalt) and *Ayappodi* (iron). Amongst them *Vengaram* (borax) is indicated for normalizing amenorrhea and dysmenorrhea.^[5]

Longevity and ageing with elegance are an important speciality of *Siddha* system. *Kayakalpam* or rejuvenation therapy is the unique therapy in *Siddha* system of medicine which enhances the life span, promotes health, the body lustre, improves the efficiency of the different cognitive abilities and enhances the innate health. *Kayakarpam* not only includes medicinal herbs (*Mooligai karpam*) and minerals (*Thathu karpam*), *Siddhars* have included *Asanas*, *Pranayama* and *Yoga* among the *Karpam*, for promoting rejuvenation, healing and regeneration of living tissue in the body.^[6]

Salabasanam was advised to the patient to do it, daily in the morning and evening for 30 minutes. As the *Salabasanam* has the ability to cure the diseases related with abdomen muscles. *Pranayamam* was also advised along with *Salabasanam* for the excitability of the Central Nervous System to become active. One of the conditions for normal activity of the brain and the spinal cord is an adequate supply of oxygen to the nerve cells. The cells of the brain and spinal cord consume much more oxygen than the cells of other organs. As inadequate supply of oxygen leads to a decrease in the nerve cells and kill them. It also improves circulation in the brain.^[6]

Table 1. Administration of Drugs

S.No	Drug administered	Dosage
1.	<i>Elathy chooranam</i>	1gm twice a day with honey
2.	<i>Arumuga chenduram</i>	100 mg twice a day with honey.

Table 2. Prognosis of PCOS

S.NO	DATE	USG-ABDOMEN	PERIOD OF AMENORRHOEA
1	18.08.2016	PCOS (multiple follicles in the periphery of right and left ovary)	10 months.
2	12.01.2018	PCOS (multiple follicles in the periphery of right and left ovary)	9 months
3	14.03.2018	PCOS (multiple follicles in the periphery of right and left ovary)	9 months
4	11.07.2018	PCOS (multiple follicles in the periphery of right and left ovary)	3 months
5	05.04.2019	No significant abnormality detected	32 days

USG – Ultrasonography; LMP – Last menstrual period.

5. CONCLUSION

This combined *Siddha* treatment of above-mentioned oral *Siddha* drugs and Yogam were helpful in treating the patient of PCOS. Simple modification in life style with Yoga has shown much more effect in hormonal disease PCOS along with *Siddha* medications. This approach may be taken into consideration for further treatment and research work only with Yoga practices without medication.

INFORMED CONSENT Informed consent was obtained from the patient involved in this study.

CONFLICT OF INTEREST Authors have concluded that there is no Conflict of Interest.

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