

**“COMPARATIVE CLINICAL STUDY TO EVALUATE THE EFFECT
OF *KANASHATAHWADI KASHAYA GHANAVATI* AND CAPSULE
PCONIDD IN *ARTAVKSHAYA W.S.R.* TO PCOD”**



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Specialty – *Prasuti Tantra Evum Stree Roga*

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ABSTRACT

TITLE:“COMPARATIVE CLINICAL STUDY TO EVALUATE THE EFFECT OF KANASHATAHWADI KASHAYA GHANAVATI AND CAPSULE PCONIDD IN ARTAVKSHAYA W.S.R. TO PCOD.”

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Introduction:PCOD is one of the most common endocrine disorders among women with reproductive age.*Artavakshaya* refers to irregularity of cycles in the form of oligomenorrhoea and hypomenorrhoea which are due to primary aggravation of *Vata*. *Anartava* is produced when *Vatamarga* is obstructed by *Kapha*. Due to this *Vatamargaavrodha*,there will be formation of *Granthi*. Based on this pathophysiology PCOD can be one of the leading cause for *Artavakshaya*.The present study included comparison between trial groups capsule *Kanashatahwadi Kashaya* and Capsule PCONIDD individually and combine for the management of *Artavakshaya* w.s.r to PCOD.

Methodology: This study was randomized open comparative clinical study.*Kanashatahwadi Kashaya* granules were prepared in Pharmacy of PIA, Waghodia, Vadodara and filled in Dhanvantari pharmacy, Anand, Gujarat.Capsule PCONIDD procured from Snehanatura Pharmacy, Karnataka.Drug standardization and authentication was done before the clinical trial.30 patients fulfilling the diagnostic criteria were selected and randomly allocated in 3 groups of 10 each.The study duration was 3 months. The responses to the treatment as recorded and therapeutic effects were evaluated by symptomatic relief and through USG, S.LH, S.FSH hormone levels.

Aim: To compare the effect of capsule *Kanashatahwadi Kashaya* and capsule PCONIDD and combine treatment protocol in PCOD.

Objectives:

1. Comprehensive study of *Artavakshaya* with special reference to PCOD.
2. Comprehensive study of capsule *Kanashatahwadi Kashaya* and capsule PCONIDD and its therapeutic evaluation in PCOD.
3. To evaluate the effect of capsule *Kanashatahwadi Kashaya* and Capsule PCONIDD on reduction of cyst and decreasing ovarian volume.
4. To observe the effect of capsule *Kanashatahwadi Kashaya* and Capsule PCONIDD in regulation of menstrual cycle.

Result: Total thirty seven patients were enrolled in study. Seven patients dropped out of the study and thirty patients completed the treatment. Total 10 patients completed the treatment in group A out of which maximum i.e. 50% moderate improved, 30% patients markedly improved and 20% patients reported mild improvement. None of patient reported unchanged and complete cured. Total 10 patients completed the treatment in group B out of which maximum i.e. 60% markedly improved, 30% patients moderate improved, 10% unchanged. None of patients reported mild improved and complete cured. Total 10 patients completed the treatment in group C out of which maximum i.e. 50% unchanged, 30% patients moderate improved, 20% markedly improved. None of patients reported mild improved and complete cured.

Conclusion Today's lifestyle behavior like junk food habits, irregular dietary pattern and physical inactivity leads to menstrual irregularities related to PCOD especially in age group of 20-25 years. *Guru, Atimadhuraaharasevana, Vishamashana, Anashana, Adhyashana, Diwaswapna, Ratrijagarana and Avyayama leads to Agnidushti, Dhatudushti and further Artavahasrotodushti.. Capsule Kanashatahwadi Kashaya* individually was found statistically

significant in normalizing duration (45.5%) and interval of menstrual cycle (63.7%), improving the quantity of menstruation (81.8%), relieving the pain during menstruation (59.1%) and in reducing ovarian volume (57.3%). Capsule PCONIDD individually was found statistically significant in regularizing menstrual cycle (44.8%), improving the quantity of menstruation (55.0%), relieving pain during menstruation (59.9%), reducing ovarian volume (53.8%) and number of cysts (61.7%). Both combine capsules has significant result in regularizing menstrual cycle (61.2%), reducing ovarian volume (50.1%) and number of cyst (55.4%).

Keywords: *Artavakshaya*, Capsule *Kanashatahwadi Kashaya*, Capsule PCONIDD, Poly cystic ovarian disease.