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Research Article

Concept of Polycystic Ovarian Syndrome: Perspectives of Ayurveda and Modern Science

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ABSTRACT

Polycystic ovarian syndrome is a hormonal disorder affecting 12-18% women of reproductive age. Women with PCOS have irregular menstrual cycle, excess of androgens, insulin resistance, serum lipids alteration, anovulation, acne, hirsutism and infertility. According to Ayurveda this type of clinical features are found in *Pushpadhni jataharini* (disease similar to Polycystic ovarian syndrome mostly having hyperandrogenism and anovulatory cycle) and *Nashtartva* (no proper growth of follicles and chronic anovulation). It involves the imbalance of *dosha*, *dhatu* and *upadhatu*. Evidence based medical management of PCOS is done by controlling irregular menses, treatment of hirsutism and acne, management of infertility and insulin resistance. The chemical based drugs induce ovulatory cycle in women, instead of allowing it to restore to its original healthy rhythm. The successful treatment of infertility is usually possible in the majority of patients with PCOS by using natural, non-invasive and non-chemical remedies. The present review provides information about some herbal plants, extracts of plants, active constituents from plants and some formulations clinically tested in animal models inducing PCOS and humans suffering from PCOS.

Keywords: Polycystic ovarian syndrome, anovulation, hyperinsulinemia, Ayurveda, *dosha*.

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