

**A COMPARATIVE CLINICAL STUDY OF PCOSBLESS AND OVABLESS-  
MYO IN THE MANAGEMENT OF *GRANTHIBHUTA ARTAVA* DUSHTI  
W.S.R. TO POLYCYSTIC OVARIAN SYNDROME**



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**SPECIALTY –PRASUTI TANTRA EVUM STRI ROGA**

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## ABSTRACT

**Introduction-** Polycystic ovarian syndrome is the most common endocrinological disorder among women of reproductive age. Based on this the symptomatology and causative factors PCOS can be co-related with “*granthibhuta artava dushti.*” The present study included comparison between trial group of Tablet Pcosbless (anubhuta yoga) and control group of the standard drug Tablet Ovabless-myo for the management of PCOS.

**Methodology-** This study was Open random comparative control clinical trial. The ingredients of Tab Pcosbless were collected in extract form and tablet was prepared at Vasu Pharmacy, Vadodara. Drug Standardization & authentication, preclinical drug safety testing was done before the clinical trial. Out of 30 subjects, 15 were considered under trial group and 15 under control group. The treatment commenced from 5<sup>th</sup> day of menses and continued for two consecutive menstrual cycles. The response to the treatment was recorded and therapeutic effects were evaluated by symptomatic relief and through USG and Follicular study and LH, FSH, Oestradiol hormone levels. **Aims-** To study the etiopathogenesis of PCOS by *Ayurvedic* and modern view. To formulate Simple (Tab Pcosbless) Economical, and palatable tablet for PCOS. **Objective:** To evaluate the efficacy of Tab Pcosbless on menstrual irregularities & anovulation and to compare its efficacy with the standard drug Tab Ovabless-Myo in PCOS. **Result-** Total thirty three patients were enrolled in study. Three dropped out of the study, but all remaining thirty patients experienced improvement at the end of treatment. Out of 15 patients completed the treatment in group A, which maximum i.e. 46.7% patients reported marked improved, 33.3% moderate improved and 20% patients mild improved, none of the patients reported unchanged. In group B out of 15 patients completed the treatment, which maximum i.e. 53.3% patients reported marked improved, 46.7% patients Moderate improved, none of the patients reported unchanged. In both groups significant improvement ( $P < 0.005$ ) was observed in symptomatology, but control group was showed higher significant result in ovulation induction.

**Conclusion-** Tab Pcosbless is effective in regularizing menstruation cycle, reducing the ovarian volume and effective in substantial growth of follicles and thus ovulation. Through these achievements Tab Pcosbless has significant improvement in PCOS and will be also effective in cases of infertility caused by PCOS.

**Keywords:** *Granthibhuta artava dushti*, Poly Cystic Ovarian Syndrome, Tab Pcosbless, Tab Ovabless-Myo.