



AN EVALUATION OF THE AYURVEDIC PERSPECTIVE ON POLYCYSTIC OVARIAN SYNDROME (PCOS)

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<p>Article Info</p> <p>Article Received: 19 January 2026, Article Revised: 08 February 2026, Article Accepted: 28 February 2026.</p> <p>DOI: https://doi.org/10.5281/zenodo.18850684</p>	<p>ABSTRACT</p> <p>Women are often regarded as symbols of spirituality, strength, love, sacrifice, and courage. The role of women in the modern world is undergoing significant transformation. Our actions, thoughts, and daily activities can greatly influence our hormones. Hormonal imbalances leading to PCOS are a pressing health concern for women today, contributing to issues such as obesity, infertility, emotional vulnerability in society, and mental stress due to irregular menstrual cycles. In Ayurveda, references can be found in the <i>Kashyapa Samhita</i> and <i>Sushruta Samhita</i> that correlate the symptoms with various conditions of PCOS. <i>Acharya Charaka</i> has stated that certain diseases, which may not be explicitly named or described, can be treated based on the <i>Dosha</i> and <i>Dushya</i> involved. Therefore, understanding the <i>dosha-dushya</i> concept in relation to PCOS, along with the conditions of <i>artava kshaya</i>, <i>anartava</i>, <i>nashtartava</i>, <i>vandhyatwa</i>, and <i>pushpagni jataharini</i>, and addressing them through Ayurveda is essential in today's context. The treatment for such diseases is explained as <i>Nidana parivarjana</i>, <i>Shodhana</i>, <i>Shamana</i>, <i>Eka mulika prayoga</i>, <i>Abhoutika chikitsa</i>, and <i>Rasayana</i>. Thus, it is crucial to explore treatment methods for PCOS through Ayurveda and analyze them for various conditions of PCOS.</p> <p>KEYWORDS: <i>Anartava</i>, <i>Artavakshaya</i>, PCOS, Hormonal imbalance, Infertility.</p>
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INTRODUCTION

Polycystic Ovarian Syndrome (PCOS) is a somewhat enigmatic endocrine disorder. It impacts female reproductive capabilities and also has implications for women's health. The endocrine and metabolic irregularities linked to PCOS can result in infertility and pose long-term health risks such as Type 2 diabetes, an

unfavorable lipid profile, coronary heart disease, hypertension, and obesity.^[1] Incidence: Polycystic ovary syndrome (PCOS) is one of the most common endocrinological disorders in women of Reproductive age, affecting 5% to 10% of these women. Anovulatory infertility is common consequence of PCOS, and the incidence of PCOS in women with anovulatory infertility

is higher at 70 % to 80%. PCOS is associated with a variety of long-term health problems that affect physical and emotional wellbeing.^[1] in 6 globally affected by infertility published by WHO.^[2]

In Ayurveda understanding of *Artava* according to Charak acharya, Sushruth acharya and other acharyas. *Utpatti of artava* occurs from *rasa dhatu* in the female body. *Rasa Dhatvagni* influences the *poshaka rasa dhatu*, leading to the formation of *Stanya* and *Artava* as *Upadhatu*. *Artava* is *agneya*. *Garbhotpatti* is the *Samanya karma* of *Prakrut artava*.^[3] The quantitative deficiency of *Artava* leads to irregularities in the menstrual cycle (*Anartava*) and oligomenorrhea (*alpa artava*). Symptoms associated with *Artava vaha Srotas* include infertility (*vandhyatwa*), intolerance during copulation (*Mithun asahishnuta*), and a decrease in menstrual flow (*artavanasha*).^[4,5,6]

Bhavaprakasha has mentioned that in *arthava kashya* the women have a desire for *katu, amla, lavana, ushna, vidahi guru annapana* and *phalasaka*.^[7]

Nashtartava is a condition which is described by Acharya Sushruta. according to Dalhana commentary, either *Kapha* or *vata* alone or *kapha vata* together may cause *Avarana* (obstruction) to *artava srotas* leading to *nashtarthava*.^[4]

Insulin resistance and compensatory hyper Insulinemia is one of the major pathophysiological factors in PCOS. Hyperandrogenism and other associated symptoms in PCOS develop due to insulin resistance. It can be considered as a prediabetic stage. *Prameha purvarupa* like *Anganam shithilam* (flabbiness of body), *Ghanangata* (obesity), *Keshavridhi* (hirsutism), *Asye madhuryam* (sweet taste in mouth) are seen among PCOS patients. This insulin resistance on long term leads to type 2 diabetes, dyslipidemia, cardiovascular disease etc.

Clinical symptoms of PCOS shows similarity with *Pushpagni Jataharini* described by Kashyapa *Samhita Revathi Kalpa adhyaya*. *Pushpagni, Revati*, although have regular cycles it is fruitless. She has cheeks with excessive hair growth. This may be considered as the clinical manifestation of hyperandrogenism and anovulation.^[8]

Nidana of PCOS: Etiological factors

Aaharaja Nidanas	<p>Intake of excess <i>Abhishyanda Ahara</i> leading to <i>Kapha Medo Dushti</i> and <i>Srotorodha</i>. Here the movement of <i>Vata</i> especially <i>Apana vata</i> got obstructed by the increased <i>Kapha</i> which in turn obstructed the natural functioning of <i>Artava</i> also.</p> <p>Quality - currently the food is chemically processed which gives less nutrients to the body, junk foods like pizza, panipuri, Chinese foods and processed food items like bread biscuits and instant packed foods. Leading cause for <i>rasa dushti</i>. Having tea after breakfast and meals causes decrease in digestion. <i>Abhishyanda ahara</i> like curd pickle alcohol smoking.</p> <p>Quantity and Time- currently the food intake time is not according to biological clock, usually it is said that our digestion i.e. <i>Agni</i> is compared to sun as the sun rising <i>agni</i> increases and decreases as sun sets. but today's generation due to work patterns having heavy food during night time is in practice very</p>
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✚ Understanding of Ayurvedic perspective & Treatment approach

Despite the scale of the problem, the prevention, diagnosis, and treatment of infertility – including assisted reproductive technologies like in vitro fertilization (IVF) – are still underfunded and remain out of reach for many due to high expenses, societal stigma, and limited access. Millions of individuals encounter devastating healthcare expenses after pursuing infertility treatment, turning this into a significant equity concern and frequently a medical poverty trap for those impacted,” stated by Director of Sexual and Reproductive Health and Research at WHO, which encompasses the United Nations’ Special Programme of Research, Development and Research Training in Human Reproduction (HRP). “Enhanced policies and public funding can greatly enhance access to treatment and safeguard low-income households from descending into poverty as a consequence.

In modern the medicine fails to combat PCOS and still a research topic. In Modern the medicines usually prescribed are oral contraceptive pills from 2nd day of menses till next cycle and continued for PCOS which usually the patients fails to start the pill from 2nd day or forget to take it on timely and gets bored of continues taking the 21pills and antidiabetic drug like metformin for insulin resistance. In this only the symptomatically treatment will be given but the root cause and factors causing the PCOS are not tackled Charaka acharya has told to treat the disease based on *Dosha Dushya* involved in it so based on this understanding the doshas involved in PCOS condition and *Nidana parivarjana* as a first line of treatment plays an important role in treating it. Apart from this infertility cases due to PCOS are difficult to conceive through modern medication. Ovulation induction, follicular studies and IUI, in some cases ovum retrieval and IVF which are expensive which all people cannot afford it, but is ayurveda special drugs are mentioned for *Deha shodhana* like panchakarmas *garbhashaya shodhana, beeja* and *beeja granti shodhana* by *Uttara basti* and *artava janana* drugs and few *Rasayanas* are also mentioned which will be cost effective and simple procedures through this PCOS can be managed and infertility can be treated. So, the understanding of PCOS based on ayurvedic concept and treating it becomes the necessity in present era.

	<p>agni is not capable to digest it and junk foods in the evening. Early morning where agni is good having tea or beverages at that time cause decrease in appetite and having tea or beverages after breakfast and meals also decreases the digestion process.</p> <p>“<i>Sarveroga mandagni api</i>” Body metabolism has also important role in ovulation. disturbance in it causes anovulation.</p> <p>Thyroid hormone has an important role in the metabolism of the body as well as sex hormone balance Hyper and Hypothyroidism both are responsible for anovulation.</p>
Viharaja Nidanas	<p>Lack of physical activity leads to an increase in <i>kapha</i>, which is a contributing factor for <i>Prameha</i> as well, and results in an increase in <i>medho</i>. Excessive physical exercises like gym causes <i>vata vrudhi</i>. <i>Diva Swapna</i> causes <i>kapha vrudhi</i> and <i>Ratri jagarana</i> causes <i>vata vrudhi</i> both <i>dosha vrudhi</i> is seen in PCOS.</p> <p>Pulsatile release of GnRH hormone during night sleep. Obesity is linked to a higher likelihood of developing insulin</p>
Manasika Nidanas	<p>Earlier lifestyle of women was stress free compared to today's women Stress of duty and the responsibilities of housewife gives here stress and strain. Decrease in GnRH pulse due to stress and strain but in PCOS there is increase in GnRH pulse that is selective abnormal increase in LH and FSH. But in ayurveda PCOS is not directly mentioned as it's due to present day life style which has an impact on irregular menstrual cycles in women compared to previous life style. In places where <i>Dinacharya</i>, <i>Rutucharya</i>, and <i>Aharavishesha ayatana</i> have been adhered to more rigorously than they are today, late awakenings lead to an increase in <i>kapha</i>, along with the consumption of spicy and junk foods and <i>Virudhha ahara</i> in hurry, which gets improperly digested causing ama. Mentally stressful work which has an impact on mind, night awaking and day sleeping which causes <i>vata Kshaya</i> and <i>kapha vrudhi</i> which is totally opposite to biological clock the hormones are sensitive and pulsatile in nature gets varied.</p>

Samprapti of PCOS: Pathogenesis

The blood that has been organized throughout the entire month by the *Dhamani's* (the uterine vessels and their tributaries) will be expelled through the action of vata. We can consider *Kapha* and *Vata* as *Dosha*, *Rasa*, *Rakta*, *Mamsa*, *Medas* as *Dushya*. *Updhatu* of *rasa* are *artava* and *stanya*. *Mala* of *rasa dhatu* is *kapha* which is completely diff. from that of *prakruta kapha dosha kapha vrudhi* – leading to *medho vrudhi Prameha* and *artava kshaya* – PCOS. For flow of menstrual blood *vata Anulomana gati* is important *Avarna* of *vata* causing *nashtartava* (amenorrhea) Usually, patient complaints of even constipation if there is *vata* vitiation.

Nidana -> *vata* vitiated -> *vata Anuloma gati* is hampered (amenorrhea)

Nidana -> *Mandagni* -> improper metabolism of *rasa dhatu* -> leading to decreased or less formation of *Sara Bhaga* i.e. *artava* scanty bleeding. *Rasa-Rakta* endometrium is not properly formed less bleeding.

Hormones are affected anovulation -> *kapha* and *vata dushti* -> *Anarthava* -> PCOS.

Ayurveda perspective of follicle development and ovulation.^[9]

The development and enlargement of follicles are attributed to *Kapha*, as one of its roles is *upachaya*, which signifies growth. *Vata*, on the other hand, is responsible for differentiation, separation, and expulsion. Therefore, *Vata* plays a crucial role in the rupture of follicles and the proper progression of the menstrual cycle and ovulation. These processes represent the normal functioning of the *Doshas*. In cases of PCOS, the vitiation of *Kapha* leads to inadequate follicle development, while the vitiated *Vata* causes premature luteinization of the follicles, resulting in anovulation. In this scenario, the function of *Pitta* is somewhat diminished by the influences of *Vata* and *Kapha*, leading to a decreased rate of aromatization (as *Pitta* is insufficient to convert elevated androgens into estrogens, resulting in androgen excess) and preventing the maturation of follicles. This hormonal imbalance initially disrupts the ovarian cycle, which subsequently manifests as an irregular menstrual cycle.

Lakshana: Clinical Features

Lakshanas as per *Dosha & Dushya dushti*:

Dosha dushti	Vata	<i>Anartava, vibandha(constipation), udavartini yonivyapt, artava kshaya</i>
	Kapha	<i>prameha, granti, sthoulya</i>
	Rasa	<i>Aruchi, Gouravam, Tandraagninasa, Angamarda, Srotorodha, Klaibya</i>
	Rakta	<i>Kushta, Pidaka, Asrigdar</i>
	Mamsa	<i>Granthi</i>
	Meda	<i>Prameha Poorvaroopa</i>
	Asthi	<i>Keshaloma</i>
	Majja	<i>Gaurava</i>
	Shukra	<i>Klaibya, Garbhasrava.</i>

✚ Treatment Modalities

Nidana parivarjana for PCOS

Nidana parivarjana is utmost important than the treatment aspect. If *Nidana* is not stopped giving treatment goes waste. In present era patients are ready taking the treatment but when come to changing of their lifestyle pattern it is hard to do so it is a paramount to change their sedentary life style it may be slow or it may take long time but we must have to change their life style. eg - gradual change in their weight is half treatment done, avoiding sleep during day time and having health food.

Samprapti Vighatana Chikitsa

- ✓ **Vata-** *vata anulomana* drugs like *haritaki churna*, *triphalala churna*
- ✓ **Kapha-** *amalaki churna*, *trikatu churna*
- ✓ **Vata kaphahara** – *varunadi kashya*, regular exercise and proper healthy diet
- ✓ **Mandagni** – *agni Deepana* – *agnitundi vati*, *chitrakadi vati*.
- ✓ **Rasa dhatu dushti** – *Vamana Basti*
- ✓ **Raktha or pitta dushti** (acne) *rakta shodaka Kashaya*, *pitta vardaka* drugs like *tila*, *Rajapravartini vati*.
- ✓ **Medo dushti** – *Sthoulya hara chikitsa* like *udvartana*, *Varunadi Kashaya*, *Chandraprabha vati*
- ✓ **Beeja dushti** – *arthava janana* drugs and *shodhaka* drugs, *Pushapadhanva rasa*, *Nashtapushpantaka rasa*, *chaturbeeja churna*, *Rajapravartini vati*.
- ✓ **Garbhashya shodana** – *Uttara basti* with *lashuna taila*, *phala ghruta*.

Shodhana therapy

Probable mode of action of *Panchakarma* in PCOS.^[10]

- ✓ **Basti** improves quality of *Artava* by regulating *Apan Vayu* thus regulate menses, prevent dysmenorrhea, clears *Artava Vaha Srotas* and reduces symptomatic manifestation related to the PCOS. *Basti* removes obstructions in the path of *Vata dosha* therefore reduce pathological severity of female genital disorders.
- ✓ **Virechana** eliminates toxins and control vitiation of *Pitta* and maintain functioning of hormonal system therefore helps to manage diseases originated from hormonal imbalances.
- ✓ **Vamana** is very effective to removes vitiated *Kapha*. It is well evident that aggravation of *Kapha* can leads obesity which further trigger pathogenesis of PCOS therefore pacification of *Kapha* through *Vamana* helps to limit progression of PCOS. Moreover, *Vamana* acts on Thyroid and stimulates Pancreas therefore maintain normal level of hormones and decreases chances of PCOS.
- ✓ **Nasya-** It stimulate olfactory nerves and limbic system, hypothalamus, GnRh neurons, regularizing GnRh pulsatile secretion and regularize normal menstrual cycle. For *Nasya Narayana Taila*, *Shata*

Pushpa taila, *Shatavari Ghrita* can be used. *Pratimarsha nasya* can also be performed.

- ✓ **Uttara Basti** - it cleanses and purifies the *Artava Vaha Srotas*, calms the disturbed *Apana Vayu*, and enhances follicular maturity. For *Uttara Basti-Dhanvantara Taila*, *Bala Taila*, *Phala Ghrita* can be used.

Shamana Aushadhi

- ✓ **To induce menses** – *Rajapravartini vati*, *Tila guda kashaya*.
- ✓ **For scanty bleeding-** *Lashuna vati*, *Trikatu churna*.
- ✓ **To regularize the periods** – *Chandraprabha vati*, *Kumaryasava*, *Ashoka Arishta*, *Ashwagandha choorna*, *Shatavari pratimarsha nasya*, *Dashamoolaarishta*.
- ✓ **For infertility** – *Shatavari ghratapana*, *Phala ghrita*, *Swarnaksheeri swarasa*.
- ✓ **For obesity**– *Triphala guggulu*, *Amalaki churna*, *Shilajatvadi vati*, *Chandraprabhavati*, *Varunadi kashaya*, *Navaka guggulu*.
- ✓ **For insulin sensitivity** – *Nishamalaki churna*, *Shilajatu vati*, *Chandraprabha vati*.
- ✓ **For thyroid** – *Kanchanara guggulu*, *Chitrakadi vati*, *Kaishora guggulu*.
- ✓ **For androgen excess** – *Guduchi*, *Swarnaksheeri* leaf extract.

Eka Mulika Proyoga's

Lashuna, *Shatavari*, *Shatapusha*, *Swarnaksheeri*, *Tila Kanchanara*, *Haritaki*, *Lodra*, *Ashoka*, *Avartaki*, *Methika*, *Patola*.

Yoga's

Setu bandhasana, *Bhujangasana*, *Dhaurasana*, *Janu siraasana*, *Surya namaskara*, *Shalabhasana*, *Baddhakonasana* (butterfly exercise).

Pranayama

'OM' is having the combinations of Aa, Uu and Ma. The Pranayama is entirely submerged in these 3 letters Pranava sadhana in which the Omkara chanting is done which has effect on the thyroid and CNS system which regularize the hormones and gives zeal to work and reduces stress.^[11]

Rasayana

Phala ghrita, *Kalyanaka ghrita*, *Amalaka rasayana*, *Dhataki avalehya*, *Shatavari guda*, *Jeeraka rasayana*, *Soubhagya shunti paka*.

Pathya & Apathya

Pathya (Wholesome)	Apathya (Unwholesome)
In Vitiated Artava, Pathya Ahara is Anna, Rakta Shali, Yava, Madya, Mamsa and Pitta vardhak ahara. In Nashta artava /Anartava, Pathya Ahara is Matyasya, Kulatha, Amla, Tila, Masha, Sura, Gomutra, Utkshipta, Dahi, Shukta. In Pradar / Artava Vridhi, Pathya Aahara is according to Raktapitta like Vasa.	Masha, Navanna, Dadhi, Guda, and Gudavaikruta.

CONCLUSION

PCOS is a lifestyle disorder primarily caused by hormonal imbalances. It can lead to further complications such as infertility, Type 2 diabetes, cardiovascular diseases, and osteoporosis. The modern treatment options for PCOS include oral contraceptive pills and metformin. In Ayurveda, treatment focuses on addressing the root causes through *Deha Shodhana* and *Beeja Shodhana* via various *Panchakarma* procedures, as well as using *shamana aushadi* to regulate menstrual cycles and manage PCOS conditions. Additionally, *Yoga* and *meditation* are recommended to alleviate stress and promote overall health rejuvenation. In conclusion, this provides an Ayurvedic perspective on PCOS and its various treatment approaches.

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