



POLYCYSTIC OVARY DISEASE –ANALYTICAL CASE STUDY ON AYURJYOTISHA

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Abstract:

Ayurveda mentioned *pradushtartava* as one of the causative factors for *yonivyapad* which in turn results in *vandyatwa*. Among the eight types of *artavadushti*, *granthibhuta artavadushti* which resembles the etiopathology and symptomatology of polycystic ovary disease (PCOD) is taken up here for its astrological evaluation of causation in par with *ayurveda nidana*. In addition to this, clinical conditions like menorrhagia, amenorrhoea, oligomenorrhoea may also be associated with PCOD, which are related to *candra* and *kuja* in *vyotisha*. The etiological factors for PCOD may be either *santarpano*tha as in *agnimandya/ kaphaja/vatakapahaja samprapti* or it may be *apatarpano*tha i.e.; only *vataja samprapti* with *dhatukshaya* which can be traced in *vyotisha* too based on the qualities of *grahas* and *rashis* and their combination. When the causative factors for PCOD cannot be traced, we can utilize the knowledge of *vyotisha* for understanding the same and easy healing of the same. **Aim** is to use the interdisciplinary approach in diagnosis and treatment of PCOD through *ayurveda* and *vyotisha*. **Materials and methods:** Here an effort is made to evaluate the conditions through both *ayurveda* and *vyotisha* by evaluating 5 known cases of PCOD. The outcome proved the role of *vyotisha* as diagnostic as well as therapeutic tool in the management of PCOD and the complications of menstrual or anovulatory infertility.

Keywords: Ayurveda, Jyotisha, PCOD.

Introduction:

Ayurveda mentioned *pradushtartava* as one of the causative factors for *yonivyapad*¹ which in turn results in *vandyatwa*. Among the eight types of *artavadushti*, *granthibhuta artavadushti*² which resembles the etiopathology and symptomatology of polycystic ovary disease (PCOD) is taken up here for its astrological evaluation of causation in par with *ayurveda nidana*. In

addition to this, clinical conditions like menorrhagia, amenorrhoea, oligomenorrhoea may also be associated with PCOD³, which are related to *candra* and *kuja* in *jyotisha*. *Kuja* and *candra* are attributed with circulation, water bodies, *rakta dhatu* and thus their combination at different *rashis* and other malefic or benefic planets predispose either to normal or abnormal menstrual cycles. The etiological factors for PCOD may be either *santarpano* as in *agnimandya/kaphaja/vatakapahaja samprapti* or it may be *apatarpano* i.e.; only *vataja samprapti* with *dhatukshaya* which can be traced in *jyotisha* too based on the qualities of *grahas* and *rashis* and their combination. When the causative factors for PCOD cannot be traced, we can utilize the knowledge of *jyotisha* for understanding the same and easy healing of the same.

Aim is to use the interdisciplinary approach in diagnosis and treatment of PCOD through *ayurveda* and *jyotisha*.

Materials and methods: Here an effort is made to evaluate the conditions through both *ayurveda* and *jyotisha* by evaluating 5 known cases of PCOD.

Assessment criteria:

1. Malefics in 7th house
2. Malefics in 8th house
3. Malefics in 6th house
4. Afflicted *candra*
5. *Candra/ surya* in *Vrischika rashi*
6. Afflicted *sukra*
7. Afflicted *kuja*
8. *Kujasukrayuti*
9. *Presence of Kuja Candra Yuti or drishti*

Table 01: Medical causative factors and symptomatology among five subjects of PCOD

Sl.	Medical conditions	Diagnosis	Outcome
1.	Prolonged menstrual cycles	PCOD	Delayed conception
2.	Menorrhagia, Obese	PCOD, Fibroid Uterus	Infertility
3.	Menometrorrhagia	PCOD	Infertility
4.	Amenorrhoea	PCOD	Infertility
5.	Amenorrhoea, Obese	PCOD	Infertility

Observation:

Table No 02: Depicting the D1, D9 in horoscope

Case 01	D1		Budha Kritt(2) Kuja^ Mriga(1) Surya Mriga(1) Candra^ Rohini(2)	Rahu Mriga(3)	Sukra Pushya(3)		Lagna Hasta(1)	Shani* Chitra(4)	Guru* Anura(3)	Ketu Moola (1)			
	D9	Lagna Ketu	Candra			Kuja Surya		Rahu Sukra Guru	Shani		Budha		
Case 02	D1		Candra Rohini(4)	Guru* Ardra(3)	Ketu Ashlesha(3)				Kuja Visha(4) Surya Jyesh(3)	Shani PoSha(2) Budha Moola(4)	Rahu Danis(1) Sukra UtSha(4)		Lagna UtBha(2)
	D9				Budha Kuja Candra	Rahu	Lagna Shani					Ketu Guru Surya	Sukra
Case 03	D1	Lagna Ashwi(3)		Rahu Mriga(4)				Shani* Swati(2)	Guru Jyesh(1)	Ketu Moola(2)	Candra UtSha(3)	Budha Shabh(2) Surya PoBha(2)	Sukra Revati(3) Kuja Revati(3)
	D9		Ketu Surya	Lagna					Rahu Kuja	Guru	Shani Budha	Sukra Candra	
Case 04	D1		Rahu Kritt(2)			Lagna Magha(2)			Ketu Visha(4) Shani Visha(4) Budha Jyesh(2)	Guru PoSha(4) Surya Moola(3)	Sukra Danis(1) Candra UtSha(4)	Kuja Danis(4)	
	D9		Lagna	Surya	Ketu Shani	Sukra			Guru Kuja		Rahu Budha		Candra
Case 05	D1	Lagna Bharni(2) Shani^ Bharni(1) Surya Bharni(2)	Sukra Mriga(2)		Rahu Ashle(3)			Kuja* Swati(1)	Candra Visha(4)		Ketu Danis(1)		Guru Revat(3) Budha Revat(3)
	D9					Candra	Ketu Shani	Lagna Sukra Surya				Rahu Guru Budha	

Case 01: Weak *candra* with *kuja* and *surya* (D1) suggestive of psychological stress leading to PCOD; exalted *shani* in 6th house from *candra* (D1); *shani* in 7th house from *lagna*. Case 02: debilitated *candra* in *vruschika rashi*, 8th house in aspect of *shani* (D1); *surya* in *vruschika srashi*, *kuja candra yuti* (D9) suggestive of menstrual abnormalities. Case 03: Exalted *shani* in 7th house from *lagna*; *lagnasha* in 12th house with *sukra*; debilitated *candra* (D1); 6th house lord *kuja* with malefic *rahu* and *ketu* (D9) suggestive of hormonal imbalance (D1); 5th house aspect by *kuja* and malefic *ketu* is in aspect of *kuja* (D9) suggestive of *paittika vikara*. Case 04: *Rahu* in 6th house (D1) suggestive of disease; *kuja* and *guru* in 7th house, Aspect of *Shani* on *Candra* and *Lagna* (D9) *kuja* in 8th house; *kuja* aspect on both *guru* and *sukra* suggestive of menstrual abnormalities. Case 05: Afflicted *sukra* in 7th house from *candra*, Afflicted *kuja* with *ketu*, afflicted 6th house due to *shani* (D9) suggestive of reproductive tract disorders; *kuja candra yuti* (D9) suggestive of menstrual abnormality, 6th house positioned with malefic *rahu*, Eur. Chem. Bull. 2023, 12(Special Issue 8),4380-4385

budha with guru and in aspect of *shani* (D9) suggestive of probability of disease manifestation, exalted *candra* with *kuja* in 7th house (D9) suggestive of menstrual abnormalities.

Result

Table No 03: Observations on Assessment criteria in five subjects of PCOD

	Case 01	Case 02	Case 03	Case 04	Case 05
Malefics in 7 th house	1	1	1	1	1
Malefics in 8 th house	1	1	1	1	1
Malefics in 6 th house	1	0	1	1	1
Afflicted <i>candra</i>	1	1	1	1	1
Surya/ <i>candra</i> in <i>vrischika rashi</i>	0	1	0	0	1
Afflicted <i>sukra</i>	1	0	1	1	1
Afflicted <i>kuja</i>	1	1	1	0	1
<i>Kuja sukra yuti</i>	0	0	1	0	1
<i>Candra kuja yuti</i>	1	1	1	0	1

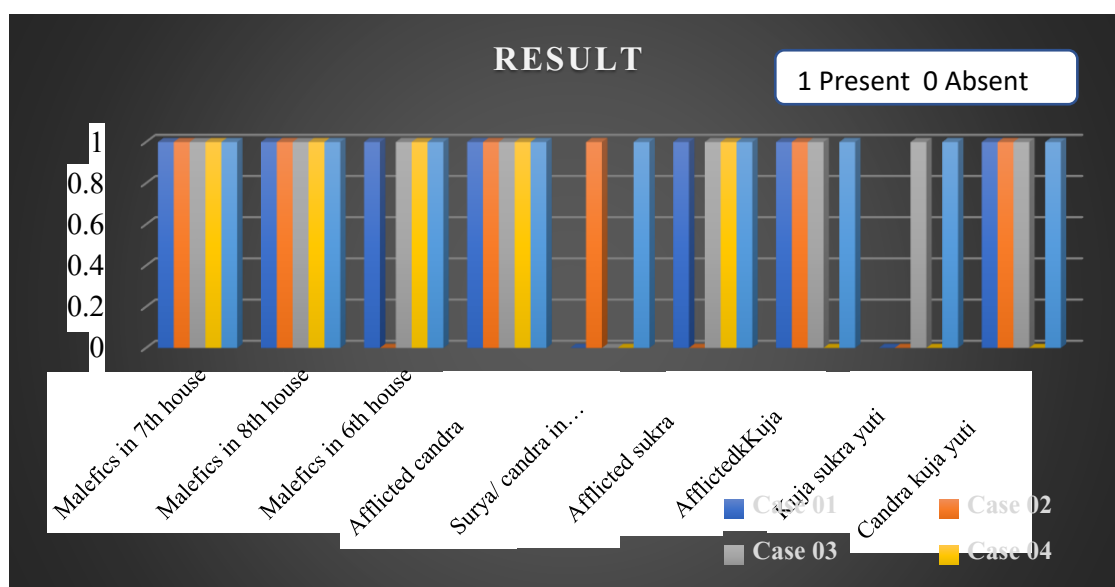


Figure 1: Observations on Assessment criteria in five subjects of PCOD

Malefics in 7th and 8th house, were observed in all the cases (100%); Malefics in 6th house is observed in 4 cases (80%); Afflicted *candra* is observed in 5 cases (100%); *surya* or *candra* in *vrischika rashi* in 2 (40%); Afflicted *sukra* and *kuja* in 4(80%); *kuja sukra yuti* in 2 cases (40%). (Fig.1 &Fig.2)

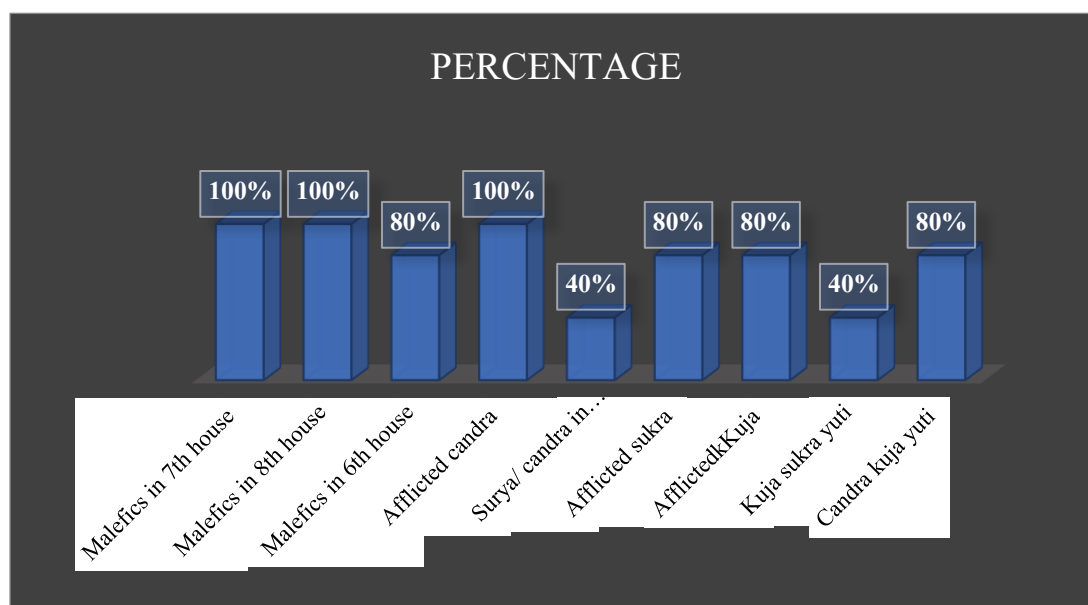


Figure 2: Observations on Percentage distribution of subjects based on assessment criteriae

Discussion:

Candra with *kuja* is the cause for onset and regular menstrual cyclical pattern. The *candra* being representing watery planet⁴, is responsible for day today changes in circulatory system and blood circulation. *Kuja* being the fiery planet is responsible for imparting *agnayatwa* to the *artava*⁵. Any abnormalities to the placement or power of these two planets according to once natal horoscope or as per transit may predispose to menstrual irregularities as Amenorrhoea if it is powerful *candra* with debilitated *kuja*; or menorrhagia if powerful *candra* with powerful *kuja*, or oligomenorrhoea if both are debilitated. If *kuja* is powerful and *candra* is debilitated then it may lead to *pittaja artavadushti*. Similarly, the effect of constellation where the *candra* and *kuja* are positioned, their stellar lords and aspects of other benefics and malefics may influence the menstrual pattern and its abnormalities. The 8th or in some cases 7th constellation from natives *lagna* or *candra* indicates the *garbhashaya*⁶ and reproductive organs in female. The abnormalities of *sukra* in the natal horoscope may influence the genital tract diseases⁷. The planets like *candra*, *sukra* and *shani*, *rahu* and *ketu* are responsible for accumulation of *mala* in reproductive system when they are debilitated by position or during transit; thus they lead to *malasanchaya* and *amotpatti*. At the same instance planets like *kuja*, *surya*, *guru*, are responsible for expulsion of waste materials from the body. Either *agnimandya* or improper *dhatuparinama* leads to diseases. Afflicted malefic planets result in impaired functions of circulation, hormonal regulations and *dhatuparinama*, thus manifesting diseases.

Conclusion:

Interdisciplinary approach of *ayurveda* and *jyotisha* will help in appropriate diagnosis by identifying the causative factors and thus will help in appropriate treatment. There is association of causative factors as observed through *jyotisha*. Once diagnosed through medical astrology; *ayurveda* says *pratikula graharchana* through once own birth star, birth plants, and related animals to be worshipped, cultivated or nourished, wearing of gems of planets which are favourable, for example coral for *kuja* and pearl for *candra*; recitation of navagraha stuti of these planets, use of *raktacandana*, *panchavalkala kashaya*, *ksheerapaka*, *lashuna prayoga*, *kulatha yusha*, *guda*, *raktapitta prashamaka*, and *rasaposhaka dravya prayoga* will aid in integrated management of PCOD.

Conflicts of Interest: Nil

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