

The work described in this thesis was carried out by me under the supervision of Dr. K.P.K.R. Kumarapeli and Dr. P.K. Jayaraj and a report on this has not been submitted to  
**A RANDOMIZED OPEN LABELED COMPARATIVE  
TRIAL TO EVALUATE EFFICACY OF SATAPUSHPA  
SATAVARI CHURNA WITH SATAPUSHPA SATAVARI  
GHRITA MATRA VASTI FOR THE MANAGEMENT  
OF ARTAVAKSHAYA DUE TO POLYCYSTIC  
OVARIAN SYNDROME (PCOS)**

BY

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**A randomized open labeled comparative trial to evaluate efficacy of Satapushpa Shatavari Churna with Satapushpa Shatavari Ghrita Matra Vasti for the management of Artavakshaya due to Polycystic Ovarian Syndrome (PCOS)**

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**ABSTRACT**

Artavakshaya is a condition where the menstruation is delayed, menstrual blood is scanty and associated with pain in vagina. With its given pathogenesis and the clinical features it can be correlate with some of the clinical presentation of Polycystic Ovary Syndrome (PCOS). Polycystic Ovary Syndrome (PCOS) is one of the most common endocrine disorders in women. PCOS Clinical manifestations include oligomenorrhea or amenorrhea, hirsutism, and frequently infertility.

Sri Lankan Traditional medicine & Ayurveda clinical practice Satapushpa (*Anethum graveolens*)-Shatavari (*Asparagus racemosus*) powder and/or Satapushpa-Shatavari Ghrita is commonly used drugs for manage menstrual disturbances due to PCOS. Present study was carried out as a randomized comparative open trial to evaluate the efficacy of Satapushpa-Shatavari churna with Satapushpa-Shatavari Ghrita as therapeutic enema for the management of Artavakshaya due to polycystic ovary syndrome (PCOS). Patients in the reproductive age (n=60; 18-42 years) Full fill the criteria of Artavakshaya, diagnosed PCOS by Rotterdam criteria were included in this study. Successful screening participants were randomly divided into three groups (n=20 per group) viz Group A (Churna orally, 5g three times a day. with 10ml of cows ghee for 2 weeks), Group B (Ghrita, therapeutic enema), 60 ml/day for 2 weeks with 1 week gap) and Group C (combination of A & B treatments). Groups A, B and C were assessed on PCOS appearance of the ovary, volume of the ovary, endometrial thickness by US scan. Volume of menstrual flow, intermenstrual period, pain was assessed by standard scoring system. Data were collected and recorded before the trial and after one month period administration of drugs. Significant results were found on reducing the volume of the ovary and endometrial thickness measured by ultrasound scan (US) in all three groups. Further there were significant differences between decreases of body weight were found in each groups. Hirsutism was significantly controlled in all three groups. Quantity a duration of the menstruation of groups A, B and C were significantly improved. In conclusion multi center research

findings need for further confirmation of current research findings in future.

Keywords: Ayurveda, Artavakshaya, Polycystic Ovary Syndrome, *Anethumgraveolens*, *Asparagus racemosus*.

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