



Article History: Received: 20-06-2026

Accepted: 21-06-2026

Published: 30-06-2026

Review Article

Role of Virechana Karma in the Management of PCOS and Secondary Infertility: A Case Study

Dr. Neelam Vivek Vedpathak

BAMS, MD-Panchakarma, Certified Garbhasanskar coach,

Certified in Advance Vidhakarma therapy.

Aayurphysio wellness centre,

Pradhikaran, Nigdi, Pune, Maharashtra.

vedpathak.neelam229@gmail.com

Abstract

Introduction: Polycystic Ovary Syndrome (PCOS) is one of the most common endocrine disorders affecting women of reproductive age. It is characterized by menstrual irregularities, hyperandrogenism, and polycystic ovarian morphology. In Ayurveda, it can be correlated with Artava-dushti involving Kapha-Meda vriddhi, Agnimandya, and Avarana of Apana Vata.

Objective: To evaluate the role of Virechana Karma in the management of PCOS.

Methods: A diagnosed case of PCOS presenting with irregular menstruation, willing to get conceive was managed with classical Virechana Karma following proper Poorvakarma. Clinical, biochemical, and ultrasonographic parameters were assessed before and after intervention.

Results: Post-therapy observations showed improvement in menstrual regularity and favorable changes in ultrasonographic findings, also pregnancy achieved within 2 months after virechana.

Conclusion: Virechana Karma may play a significant role in breaking the pathogenesis of PCOS by

correcting Agni, eliminating Kapha-Meda, and restoring Artava function.

Keywords: PCOS, Virechana, Artava-dushti, Kapha-Meda, Shodhana

Introduction:

Polycystic Ovarian Syndrome (PCOS) is a multifactorial metabolic and endocrine disorder affecting 6–20% of women globally. It commonly presents with oligomenorrhea, amenorrhea, obesity, acne, and infertility. Modern management primarily involves hormonal therapy, insulin sensitizers, and lifestyle modification; however, long-term dependence and recurrence are common.

In Ayurveda, the symptom complex of PCOS can be understood under Artava-dushti and Anartava, with predominant involvement of Kapha, Meda, and Apana Vata. Agnimandya leads to Ama formation, which causes Srotorodha (obstruction) in Artavavaha and Medovaha srotas. Virechana Karma, being a prime Shodhana therapy for Pitta-Kapha disorders, is indicated to eliminate Dosha and restore physiological balance.

This study evaluates the clinical efficacy of Virechana Karma in a diagnosed case of PCOS.

CASE REPORT

Case details-

Age: 28 years/Female

Marital Status: Married

Occupation: Housewife

Chief Complaints

Irregular menses since 1 years (cycle 40—60 days)

Scanty flow (1—2 days)

Planning for pregnancy since 6-12months,first child age 3yrs.

Hair fall

Mood swings,anxiety

History of Present Illness

Diagnosed with PCOS 1 year,untreated .

Menstrual History

Menarche: 13 years

Previously regular cycles (40-45days)

Present cycle: 45—60 days

Clots: Absent

Dysmenorrhea: Mild

Obstetric History

G1P1L1A0

G1-Male child 3yrs FTND

Planning pregnancy

Personal History

Diet: Madhura, Guru, Snigdha ahara dominant

Junk food intake - Less frequent

Divaswapna (day sleep) occasionally

Exercise: Nil

General Examination

Weight: 68 kg

Height: 162 cm

Pulse: 78/min

BP: 124/80 mmHg

Systemic Examination

Nadi- Vata pradhan

Mala ,Mutra - Samyak

Nidra-Khandit

Acne over cheeks

No thyroid enlargement

Investigations

USG: Bilateral polycystic ovaries

CBC-WNL

BSL-WNL

T3-0.99 , T4-B7.5 , TSH-1.527

Ayurvedic Assessment

Nidana

Ati Madhura Ahara

Guru Snigdha Bhojana

Avyayama

Divaswapna

Dosha

Kapha-Pitta Pradhana with Vata Avarana

Dushya

Rasa, Rakta, Meda, Artava

Srotas

Artavavaha Srotas Dushti

Medovaha Srotas Dushti

Samprapti (Brief)

Kapha-Medo vriddhi → Srotorodha → Vata avarana
→ Artava dushti → Artavakshaya → PCOS features

Treatment Plan

Phase 1: For 15days [15sept2022]

1] Aampachak Vati 2BD

2] Chandraprabha Vati 1 OD

3] Dashmularisht 2tsp BD

After USG report [30sept 2022] medicine given as follows:

1] Raspachak Vati 2BD

2] Kanchnar Guggul 1BD

Phase 2: Plan for virechana -at that time sharad rutu present [4oct2022]

Snehapana-5 days

Tikta Ghrita & Falghruta

(increasing dose till samyak snigdha lakshana)

Sneha virama- Abhyanga + Swedana (2 days)

Sarvanga Abhyanga with Narayan Taila

Bashpa Sweda -Dashmool kwath

Virechana Karma

Virechana Yoga:

Abhayadi Modak 2tab with Trifala Kwath 50ml

Manuka Phant 50ml

Vegas: 18 (Madhyama Shuddhi)

After Virechan- Deh Laghvata, Indriya Prassana

Samsarjana Krama (5 days)

Peyadi Krama

Shamana Therapy -Post virechana -For pre pregnancy purpose

1] Raktpachak Vati 2BD

2] Tapyadi Loha 1BD

3] Guduchi Ghan Vati 1BD

4] Drakshasav 2tsp BD

for 15days

Pathya: Low carb, high fiber, no junk food

Daily 45 mins brisk walk

Yoga: Baddha Konasana, Malasana

After Virechana [14Nov2022]

Shamana Aushadhi For Conception and PCOS

1] Tapyadi Loha 1OD

2] Manspachak Vati 1BD

3] Kumari Asav No.1 2tsp BD

4] Phalaghruta 20ml Rasayane

After 2 regular Menstrual Cycle -Further medicine 28Nov2022

1] Navayas Loha 1BD

2] Manspachak Vati 1BD

3] Trifala Guggul 1BD

4] Ashwagandharishta 2tsp BD

for 15days

Meanwhile Oct, Nov, Dec -Ovulation Day track correctly.

1] Medopachak Vati

2] Rajni Yoga 1BD

3]Ashwagandha Ghan Vati 1BD

4]sarswatarishta 2tspBD

For 15 days

3 Menstrual cycle got regular interval-5Jan2023

1]Kamdudha Vati 1BD

2]Laghmalini vasant 1OD

3]Falghrut 20ml Rasayane

4]Tapyadi Loha 1BD

for 15days

27Jan2023 UPT positive -

Patient got concived after virechana,at the same time
USG report after conception shows - no multiple
follicles at both overies.

Also patient got regular periods and results within 2
consequel months after virechana.

Results

Parameter	Before	After 3 Months
Cycle length	45—60 days	30—32 days
Flow	1—2 days	4 days
Weight	68 kg	65kg
Acne	Present	Reduced

USG after 4 months: Significant reduction in cystic
appearance.

SLIUP-11wks6days.

Discussion

PCOS shows Kapha-Medo predominance.

Virechana eliminates vitiated Pitta and Rakta.

Removes Avarana of Vata → restores Artava
pravritti.

Improves Agni → corrects metabolic disturbance.

Hormonal balance achieved via systemic
detoxification.

Classical reference:

Pittasya virechanam shreshtham

Artava is Upadhatu of Rasa → Rasa shuddhi
essential.

Modern correlation:

Detoxification improves insulin sensitivity.

Reduction in inflammation.

Hormonal axis modulation.

Conclusion

Virechana Karma followed by Shamana therapy
shows:

Restoration of menstrual regularity

Weight reduction

Hormonal normalization

Improved ovarian morphology

Thus, Virechana is an effective Panchakarma
modality in PCOS management, especially in Kapha-
Pitta dominant cases.

Classical Justification for Virechana in PCOS
(Artavakshaya)

Polycystic Ovarian Syndrome (PCOS), though not
directly described in Ayurvedic classics, can be
understood under the spectrum of Artavakshaya,
Artava-dushti, and Santarpanottha Vikara involving
Kapha-Meda predominance with Avarana of Vata.
The classical foundation for adopting Virechana
Karma in such conditions is based on Dosha, Dushya,
Srotas and Chikitsa Siddhanta described in
Brihatrayi.

1. Correlation with Artavakshaya

In Sushruta Samhita (Sharira Sthana 2), Artavakshaya is defined as:

अल्पं वा यदि वा नास्ति यथाकालमथापि वा।

तद्विद्यात् आर्तवक्षयम्॥

Delayed, scanty or absent menstruation is termed Artavakshaya.

Clinically, oligomenorrhea and scanty flow seen in PCOS closely resemble this description.

2. Kapha-Meda Vriddhi as Moola Samprapti

PCOS commonly presents with Sthoulya, Snigdha, Mandagni and insulin resistance, reflecting Kapha-Meda predominance. Charaka Samhita (Sutra Sthana 21) describes Kapha guna as:

स्निग्धगुरुमन्दशीतमधुरश्लक्ष्णपिच्छिलाः कफस्य गुणाः।

These qualities correspond to cyst formation, metabolic sluggishness and weight gain observed in PCOS.

Further, obstruction pathology is explained in Charaka Sutra Sthana 28:

स्रोतोरोधात् वायुवृद्धिं गच्छति।

Due to Srotorodha (channel obstruction), Vata becomes aggravated.

Thus, Kapha-Meda causes obstruction in Artavavaha Srotas, leading to Vata Avarana and anovulation.

3. Artava and Rasa Dhatu Relation

In Charaka Samhita (Chikitsa Sthana 15), sequential Dhatu formation is described:

रसाद्रक्तं ततो मांसं मांसान्मेदस्ततोऽस्थि च...

Artava is considered Upadhatu of Rasa. Hence, Rasa Dushti and Meda Dushti directly affect Artava

formation. Correction of Agni and Rasa circulation becomes essential.

4. Indication of Shodhana in Bahu Dosha Avastha

PCOS represents Santarpanottha Vyadhi with Bahu Kapha and Meda. Charaka Samhita (Sutra Sthana 16/20) clearly states:

बहुदोषे शोधनमेव श्रेष्ठम्।

When Doshas are excessively aggravated, Shodhana is the treatment of choice.

5. Superiority of Virechana for Pitta & Artava Dushti

Artava has Agneya nature and association with Pitta and Rakta. Charaka Samhita (Sutra Sthana 25/40) states:

पित्तस्य विरेचनं श्रेष्ठम्।

Virechana is the best therapy for Pitta elimination.

Additionally, in Charaka Kalpa Sthana 1, it is mentioned:

वमनं कफहरं प्रोक्तं विरेचनं तु पित्तजित्।

Thus, in Kapha-Pitta predominant Artava disorders, Virechana is logically indicated.

6. Artavavaha Srotas Moola

According to Sushruta Samhita (Sharira Sthana 9):

गर्भाशयौ आर्तववहस्रोतसां मूलम्।

Garbhashaya is the root of Artavavaha Srotas.

Systemic Dosha Shodhana helps restore functional integrity of this Srotas.

Conclusion

1. Based on classical principles:

PCOS correlates with Artavakshaya due to Kapha-Meda Vriddhi.

Srotorodha leads to Vata Avarana and Anartava

Bahu Dosha condition mandates Shodhana.

irechana is Shreshtha for Pitta-Artava Dushti.

Rasa-Meda correction restores normal Artava Pravritti.

Therefore, Virechana Karma stands as a classically justified, Dosha-based, Samprapti-vighatana therapy in PCOS management.

Samprapti Vighatana — How Virechana Acts in PCOS

In Polycystic Ovary Syndrome (PCOS), Ayurveda correlates the condition mainly with Artava-dushti, Kapha-Vata vriddhi, Meda dhatu vriddhi, Agnimandya, and Srotorodha (especially Artavavaha & Medovaha srotas).

Virechana (therapeutic purgation) is primarily a Pitta-shodhana procedure but also effectively eliminates vitiated Kapha and clears obstruction in the lower abdomen (Apana sthana).

Below is the Samprapti (pathogenesis) and its Vighatana (breaking mechanism):

Samprapti of PCOS (Ayurvedic View)

Agnimandya (weak digestive/metabolic fire)

↓

Formation of Ama

↓

Kapha & Meda vriddhi

↓

Srotorodha (blockage of Artavavaha & Medovaha srotas)

↓

Vata prakopa (especially Apana vata dysfunction)

↓

Artava dushti / Anartava (irregular or absent ovulation & menstruation)

2. How Virechana Causes Samprapti Vighatana

◆ 1. Agni Deepana & Ama Pachana

Virechana removes accumulated Pitta-Kapha mala.

Improves Jatharagni & Dhatvagni.

Corrects metabolic dysfunction → helpful in insulin resistance (modern correlation).

◆ 2. Kapha-Meda Shamana

PCOS is a Kapha-Meda predominant disorder.

Virechana has Lekhana (scraping) and Medohara effects.

Reduces obesity, central adiposity, and metabolic load.

◆ 3. Srotoshodhana (Channel cleansing)

Eliminates obstruction in:

Medovaha srotas, Artavavaha srotas

Restores normal ovarian function.

◆ 4. Apana Vata Anulomana

By clearing Pakvashaya (seat of Vata), Virechana regulates Apana Vata.

Corrects ovulatory mechanism & menstrual regularity.

◆ 5. Hormonal Regulation (Modern View Correlation)

Helps reduce:

Hyperinsulinemia, Excess androgens, Inflammatory markers

Supports follicular maturation and ovulation.

3. Samprapti Vighatana in Flow Form

Agnimandya ✗ → Agni Deepana ✓

Ama ✗ → Ama Nirharana ✓

Kapha-Meda vriddhi ✗ → Kapha-Meda Shamana ✓

Srotorodha ✗ → Srotoshodhana ✓

Apana Vata dushti ✗ → Vata Anulomana ✓

Artava dushti ✗ → Artava prasada ✓

4. Why Virechana is Preferred in PCOS

PCOS has strong Pitta-Kapha involvement

Pathology is located in Adho bhaga (pelvic region)

Virechana directly acts on Yakrit (liver) — important in hormone metabolism

Helps in long-term metabolic correction

References



Charaka Samhita, Chikitsa Sthana,

Yonivyapad Chikitsa Adhyaya.

Sushruta Samhita, Sharira Sthana.

Recent clinical guidelines on PCOS management.

