Conclusion: Clinical trial suggested that powder of whole plant of Trichosanthes cucumerina (Patola) can successfully treat peptic ulcer by its Tikta-rasa property and Dipana-Pachana activity.

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A review on Poly Cystic Ovarian Syndrome according to Ayurveda and Western Medicine

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Purpose: Poly cystic ovarian syndrome (PCOS) is a heterogeneous endocrine disorder that affects about one in fifteen women worldwide. The cause of poly cystic ovarian syndrome is unknown, but studies suggest a strong genetic factor that is affected by gestational environment, lifestyle factors, or both. Poly cystic ovarian syndrome is characterized by multiple small cysts on the ovaries, menstrual irregularities, oligomenorrhea and/or amenorrhea and features of excess androgen production such as hirsutism, male or female pattern balding, acanthosis nigra, and acne. According to Ayurvedic samskaras there isn’t a disease or syndrome mention similar to PCOS. Main objective of this research was to find out an accurate Ayurvedic explanation for this condition based on Ayurvedic authentic books and previously published research articles.

Method: The data were collected from scientific journals, electronic media and modern medical books in addition to authentic Ayurvedic texts. Data were collected under the direct quotations and summaries. The collected data were comparatively analysis to see the connections between the Ayurvedic terms and modern explanations.

Result: According basics of Ayurveda, PCOS is a disorder involving vata, pitta, kapha doshas, rasa, rakta, arthava and medas dhatus, rakta vaha, artava vaha and rasa vaha/ambhu vaha srotas. Cysts in this disease are similar to kaphaja Granthi. According to Ayurveda PCOS can be correlated with “arthava kshaya” and “nashta rajas”.

Conclusion: There is no any disease mentioned in Ayurveda similar to PCOS. That is may be due to the causes of this disease were probably not existed in the ancient world. As acarya caraka has mentioned it doesn’t need a name for each and every disease and the diseases can be changed time to time. According to the basics of Ayurveda it can be treated any curable disease successfully by an expert using the basics. PCOS is also a condition which can be explained using the Ayurvedic basic knowledge and terms and using those basic explanations it can be treated successfully.

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A Chromatography Tool to Evaluate Ayurvedic Sodhana Process

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Purpose: Sodhana process of many toxic herbs are mentioned in the Ayurvedic literature, for the purpose of achieving, detoxification and purification. This paper illustrates a novel methodology of HPTLC technique, by which the evaluation of sudhi process can be monitored in sodhana of Vatsanabhi (Aconitum chasmanthum)
group of SPK considering the normalization of ruk, toda, stamba, and SLRT were 0%, 0%, 0% and 13.3% before and 33.3%, 66.7%, 53.3% and 66.7% after the treatment.

**Conclusion:** Comparing all the data, finally it may be concluded that use of Nika patra kashaya as “Sephalika Dala Kvatha” is more effective in management of Grdhra.

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**A Study of “Maduyastayadee Choorna” w.s.r. to its role on CA – 125 in the Management Endometriosis**

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**Purpose:** The etiology of endometriosis, defined as the presence of abnormal growth of endometrial cells outside the uterus cavity. Serologic and pathogenesis testing for CA-125 has been widely used for detection of endometriosis and monitoring of the progressive disease. Maduyastayadee Choorna (MC) is a drug formula which is used for the condition of Vata pitta jvara. In the present study an attempt has been made to find out the effect of Maduyastayadee Choorna in level of CA-125 in the management of endometriosis.

**Method:** 60 numbers of patients, between the ages of 20 to 40 with confirmed endometriosis by laparoscopy who reported to GWAH were included to the study. At the initial visit all the data including complete medical history were obtained with special reference to test of CA-125. 5g of MC were administrated two times per day for 4 months and CA-125 was checked again at the end of the treatment.

**Result:** Data were analyzed and it had showed a significant reduction of level of CA-125 (p<0.05) in four months duration with the treatment of MC.

**Conclusion:** Therefore it can be concluded that MC has a significant effect of reduction of CA-125 in management of endometriosis.

### 950

**Anti-oxidant Study of Chyawanprash Avaleha**

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**Purpose:** The phenomenon of free radical theory i.e. the uncontrolled highly reactive oxygen species may cause reduced resistance to intra and extra cellular injury, which is considered as the main cause of ageing. The anti-oxidants are also called free radical scavengers and Rasayana formulations are considered as anti-oxidant substance/free radical scavenger. Thus the present study was done to evaluate the anti-oxidant effect of well established Rasayana formulation Chyawanprash.

**Method:** Three samples of Chyawanprash avaleha were prepared in dept. of RS & BK, NIA, Jaipur by classical (Charaka samhita) and modified methods.