

### **Efficacy of P8 Choorna in the management of Polycystic Ovarian Syndrome .**

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This study was designed to assess the effectiveness of a viable Ayurvedic treatment for the *Polycystic ovarian syndrome*. *Polycystic ovarian syndrome* is believed to be one of the most common hormonal abnormalities found in women. According to Ayurveda, this is a disorder involving *pitta*, *kapha*, *medas*, *ambhuvahasrotas*, and *shukra/arthavadhatu*, and it is similar to *Kaphaja granthi*. The main aim of the research was to assess the efficacy of P8 treatment in *Polycystic ovarian syndrome*. A literary study was carried out giving special reference to selected Ayurvedic and western medical texts. Further the relationship between *Kapaja granthi* and the medical condition *Polycystic ovarian syndrome* in western medicine was studied. This clinical research was conducted among randomly selected 50 married females above 18 years of age. Subjected to selection criteria, 50 patients were given the questionnaire and Trans Vaginal Ultra Sound Scan was done. They were given *P8 Choorna* at a dose of 2 tea spoons twice a day for 3 months and feedbacks were taken through questionnaires, and Trans Vaginal Scan reports. The statistical software, MINITAB was used for analysis. Examining the sign of each Z statistic, following conclusions can be made at 5% level of significance. Significantly a large number of patients have shown positive HCG and mature follicles after the treatment. The number of patients, who have shown the characteristics, irregular menstrual cycle, obesity, hirsutism and acanthosis nigricans after the treatment, are significantly lower than those of before treatment.

**Key words:** *Polycystic ovarian syndrome, Kaphaja granthi, Ayurvedic medicine, Ambhuvahasrotas, P8 Choorna*

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