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Review Article

ADDRESSING MENTAL HEALTH IN POLYCYSTIC OVARIAN SYNDROME: A HOLISTIC JOURNEY THROUGH AYURVEDA TOWARDS A BETTER QUALITY OF LIFE

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ABSTRACT

Polycystic ovarian syndrome (PCOS) is a multifaceted disease affecting women in all age groups, especially during reproductive age. Though there are various physical symptoms PCOS has a significant impact on mental health affecting the Quality of life. Women with PCOS have a higher prevalence of anxiety (up to 60%) and depression (up to 50%) compared to the general population. Fundamentals of Ayurveda emphasises *Shareera-Manas* as one unit, when *Dosha* gets imbalanced it affects both. PCOS is one such disease affecting both *Shareera* & *Manas*. Factors contributing to this mental health burden include hormonal imbalances, weight gain, infertility issues, and psycho-social stressors associated with the condition. Interventions focusing on lifestyle changes, hormonal treatments, and psychological support were found to improve mental health outcomes in this population. Adopting *Trividha Chikitsa* mentioned in Ayurveda not only remove *Shareerika Dosha's* but also strengthening the *Manas* by calming and balancing the mind in PCOS women. Mental health screening should be integrated into the management plans for women with PCOS. Addressing the psychological aspects of PCOS is crucial not only for improving quality of life but also for enhancing compliance with treatment regimens and this can be very well achieved through Ayurveda based on involvement of *Dosha's*. For locating, selecting, extracting, and synthesizing data Ayurveda classics, modern gynaecology books, authentic journals, magazines, digital library and websites were used. This article explores the interplay between PCOS and mental health, emphasizing the need for comprehensive evidence-based management approaches through Ayurveda.

INTRODUCTION

Ayurveda an evidence based scientific science identifies an individual through a lens of *Shareera-Manas* (body-mind complex) and as one Unit. And defines health as a balanced state of an individual in whom there is *Sama Dosha* (balanced functional aspects of body), *Sama Dhatu* (balanced bodily tissues), *Sama Agni* (balanced digestive fire), *Sama Mala* (smooth functioning of excretion of waste products from body), *Prasanna Atma Indriya Manas* (balanced state of mind and higher mental functions) and termed as *Swastha* (healthy). Health and diseased state will affect the both *Shareera* and *Manas*.

Women are dynamic in nature in terms of their health as they undergo various physiological, psychological and hormonal changes throughout their menstrual cycle and their different phases of life. In Ayurveda, *Artava* is the functional unit responsible for ovulation and menstruation in a female, its normal functioning is interlinked and dependent on *Shareera-Manas* involvement making her prone for various disorders.

Polycystic Ovarian Syndrome is an heterogenous disorder involving various bodily systems and is a multifaceted disease affecting women

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in all age groups, especially during reproductive age group. Though there are various physical symptoms PCOS has a significant impact on mental health affecting the Quality of life.

In Ayurveda, PCOS is a condition affecting *Tridoshas, Dhatus* like *Rasa, Rakta, Medas, Shukra* and their *Srotas, Artavavaha Srotas* and *Manovaha Srotas* are implicated in this illness.

The Invisible Struggle

According to WHO Polycystic ovary syndrome (PCOS) affects an estimated 6–13% of reproductive-aged women. Up to 70% of affected women remain undiagnosed worldwide. Associated with a variety of long-term health problems that affect physical and emotional well-being. The increased rate in the current incidence of PCOS is due to sedentary lifestyle, lack of physical exercise, changes in diet especially high caloric diet and excess mental stress. The condition is stigmatizing and affects a woman's identity, mental health, and quality of life. The prevalence of anxiety and depressive disorders among women with PCOS ranges from 28% to 39% for anxiety and 11% to 25% for depression. [1] Hence a Holistic approach is needed to tackle this complex disorder. For locating, selecting, extracting, and synthesizing data Ayurveda Classics, Modern Gynecology books, Authentic Journals, Magazines, Digital library and Websites were used. This article explores the interplay between PCOS and mental health, emphasizing the need for comprehensive evidence-based management approaches through Ayurveda.

AIMS AND OBJECTIVES

Aim

To explore the impact of Polycystic Ovarian Syndrome (PCOS) on mental health and to evaluate Holistic approach for improving the quality of life in PCOS patients through Ayurveda.

Objectives

- To understand polycystic ovarian syndrome and mental health through Ayurveda.
- To understand the impact of polycystic ovarian syndrome on mental health.
- To strategize *Trividha Chikitsa* mentioned in Ayurveda towards a better quality of life in PCOS.

MATERIALS AND METHODS

Understanding Etiopathology Of PCOS

ICD-10 code E28.2 for Polycystic ovarian syndrome is a medical classification as listed by WHO under the range- Endocrine, nutritional and metabolic diseases.[2]

According to European Society of Human Reproduction and Embryology/American Society for Reproductive Medicine (ESHRE/ASRM) consensus meeting (Rotterdam criteria), a refined definition of PCOS was agreed: namely the presence of two out of the following three criteria:

1. Oligomenorrhea and/or anovulation
2. Hyperandrogenism (clinical and/or biochemical)
3. Polycystic ovaries, with the exclusion of other aetiologies. [3]

The best understanding of the pathophysiology of PCOS deals with it as a multifaceted disease involving uncontrolled ovarian steroidogenesis, aberrant insulin signalling, excessive oxidative stress, and genetic/environmental factors. An intrinsic defect in theca cells can partially explain the hyperandrogenemia in patients with PCOS. Indeed, women with PCOS have theca cells that, still secrete high levels of androgens due to an intrinsic activation of steroidogenesis even in the absence of trophic factors. [4]

Understanding PCOS through the Lens of Ayurveda

PCOS being a complex disorder with multiple presentations, in Ayurveda PCOS can be understood as a *Tridoshaja Vikara* involving mainly *Kapha- Vata Dushti* arising due to *Agnimandhya* (poor metabolism) leading to *Ama* (inflammatory changes) which makes a key role in pathogenesis affecting *Dhatu's* like *Rasa, Rakta, Meda, Shukra* and *Srotas* like *Artava Vaha Srotas* and presents itself as various conditions making it a *Vyadhi Sankara* (group of disorders with varied presentations).

Nidana of PCOS: Etiology can be understood and postulated as

Table 1

Nidana [5]	**PCOS Etiology** [6]
Mithya Ahara (abnormal food habits)	Unhealthy and abnormal diet and eating habits (altered glucose metabolism, insulin resistance)
Mithya Vihara (abnormal life style)	Sedentary and abnormal life style, night shifts. (altered glucose metabolism, insulin resistance, obesity)
Pradushta Artava (defects of female gametes)	Hormonal imbalances mainly more androgens disrupting ovulation and menstruation
Bheeja Dosha (*Janma Kale* (at the time of	Genetic and familial predisposition

birth) chromosomal abnormalities)	
Daiva (*Purva Janma Krita Karma* (previous deeds), *Jataharini* afflictions)	Environmental factors and unknown causes
Yoni Pradosha (disorders in female reproductive system)	Defects in ovary
Manaso Abhitapa (Chinta, Shoka, Bhaya, Krodha)	Psychological stress

PCOS can be presented as various conditions/disorders as follows:

Table 2

Condition	Author/ Book	Explanation	PCOS features
Artava Kshaya [7]	*Acharya Sushruta*	*Yathochitakala Adarshana* (irregular menstrual cycle), *Alpata* (scanty), *Yoni Vedana* (pain during menstruation)	Oligomenorrhea, hypomenorrhoea, dysmenorrhea
Nashtarthava [8]	*Acharya Susrutha*	Because of *Dosha Avarana* (obstruction) there is *Artava Nasha* (visible flow of menstruation is lost)	Thickening of ovarian capsule & increase in stroma, amenorrhoea
	Acharya Dalhana	Either *Kapha* or *Vata* alone or *Kapha Vata* together may cause *Avarana* (obstruction) to *Artava Vaha Srotas*	Anovulation, Amenorrhoea
Arajaska [5]	*Acharya Charaka*	Due to *Pitta* situated in *Yoni* and *Garbhashaya* vitiates *Asrik* (menstrual blood) causing *Karshya* (emaciation), *Vaivarnya* (discoloration / abnormal pigmentation)	Lean PCOS feature, acanthosis nigricans, oligomenorrhoea
	Acharya Chakrapani	*Anartava*	Amenorrhea
Vandhya. [8]	*Acharya Sushruta*	*Nashtarthava*	Amenorrhea, anovulation, abnormal hormonal production
Pushpaghni Revathi [9]	*Kashyapa Samhita*	Although have regular cycles it is fruitless that is *Vrutha Pushpa* (anovulation). She has *Sthula Lomasha Ganda* (hairy corpulent cheeks/ hirsutism).	Anovulation, hirsuitism, obesity
Vikuta Jataharini [9]	*Kashyapa Samhita*	Explains a condition where *Vishama Pushpa* (abnormal menstruation) occurs in terms of *Kala* (time), *Varna* (colour), Pramana (quantity) associated with *Animitta Bala Glani* (metabolic disturbances).	Irregular menstruation, (oligomenorrhoea, hypomenorrhoea, menorrhagia, inter menstrual bleeding), metabolic impairment/ syndrome.
Artava Dushti, Asrigdara [5]	*Acharya Charaka*	Menstrual disturbances will lead to *Prajotpadane Na Samardho Bhavati* (unable to conceive), *Abheejam Bhavati* (no ovulation)	Irregular menstruation, infertility, anovulation
Sthoulya [10]	*Yoga Ratnakara*	*Spik, Udara, Sthana Medo-Mamsa Ati Vriddhi* (obesity), *Moha* (delusion), *Saada* (exhaustion), *Daurgandhya* (foul body odor), *Alpa Maithuna* (decreased libido).	Increased BMI, WHR, obesity, loss of libido
Prameha [11]	*Acharya Charaka*	*Atimutra* (excess urination), *Panduta* (pallor/	Insulin resistance

		discolouration), *Ratishu Ansakti* (loss of libido/sexual urge), *Dourbalya, Daurgandhya.*	
Ashtou Nindita Purusha [12]	*Acharya Charaka*	*Atiloma* (excessive hair growth)	Hirsuitism
Kshudra Roga [13]	*Acharya Sushruta*	Lesions of skin	Acanthosis nigricans, skin tags/warts, acne
Granthi [14]	*Acharya Sushruta*	*Granthi Akara* (raised nodular elevation)	Polycystic ovarian morphology

Understanding *Manas* & Mental health in PCOS

- ***Manasika Sthithi* (psychological state) During Menstruation***:* Ayurveda mentions *Shreera-Manas* as one unit. While describing *Rajaswala Paricharya* (the regimen during menstruation) *Acharya Sushruta* emphasizes *Pariharet* (avoiding) *Ashrupata* (crying) indirectly stating the stability in the *Manas* or avoiding things that will cause *Manaso Abhitapa,* if not followed will hamper menstruation and ovulation.
- ***Manasika Sthithi* (psychological state) During Ovulation**: Also, while describing *Ritumati Lakshana* (ovulatory phase) *Acharya Sushruta* emphasized psychological state of a woman like *Harsha* (happy), *Utsukya* (excited), passionate, desire for opposite sex etc and mentioned *Ritumati Charya* (regimen) where in *Acharya Charaka* emphasizes *Sumanasa* (pleasant state of mind).

  Above concepts suggest that *Manas* plays an important role in maintaining equilibrium of hormones essential for normal menstruation and ovulation. In PCOS the *Manasika Sthithi* is deranged causing the disease and because of the disease Phycological impact is also seen.

Table 3

Concept	Ayurveda	PCOS- Mental health
Concept of Mind	*Manas* (mind) strongly influences *Dosha* balance; *Manaso Abhitapa* refers to mental stress (worry, fear, anger) as a cause of PCOS.	Psychological stress contributes to hormone imbalance, insulin resistance, and symptom exacerbation.
Role of Stress	Stress disturbs *Vata* and *Kapha Doshas* disrupting *Artava Vaha Srotas* leading to abnormal menstruation and ovulation.	Stress hormones (like cortisol) increase insulin resistance and androgen production, worsening PCOS symptoms.
Psychological Manifestation	Emotions like *Chinta* (worry), *Shoka* (grief), *Bhaya* (fear), *Krodha* (anger) aggravate reproductive dysfunction.	Women with PCOS show higher rates of depression, anxiety, and emotional distress due to both physical symptoms and hormonal effects.

Impact of PCOS on Quality of Life [15, 16,17]

- PCOS symptoms such as irregular menstruation, infertility, obesity, acne, and hirsutism can cause psychological distress, low self-esteem, negative body image, anxiety, and depression, which worsen quality of life due to social stigma.
- Insulin resistance, hormonal imbalances, and metabolic issues further contribute to chronic health risks, affecting long-term well-being and daily functioning.
- Studies show that women with PCOS often experience poorer mental health and Quality of Life compared to women without PCOS.
- Stress is a significant contributor to the pathogenesis of PCOS. Stress and PCOS influence each other in a vicious cycle: women with PCOS tend to have higher stress levels than peers without PCOS, and ongoing stress can worsen hormonal, metabolic, and emotional symptoms. Chronic stress activates the hypothalamic–pituitary–adrenal (HPA) axis, increasing cortisol and sympathetic activity, which can aggravate insulin resistance and androgen excess seen in PCOS. Stress also disrupts the hypothalamic–pituitary–ovarian (HPO) axis, contributing to more irregular cycles, anovulation, and subfertility. Living with PCOS brings multiple stressors: concerns about fertility, weight, hirsutism, acne, and long-term risks such as diabetes and cardiovascular disease.

Diagnostic Tools for addressing Physical & Mental health in PCOS

Table 4: Diagnostic Tools for addressing Physical & Mental health in PCOS

Physical health in PCOS	Mental health in PCOS
Detailed history and examination	Psychological screening questionnaires
Blood investigations,	Psychological screening (PHQ-9 for depression, GAD-7 for anxiety).
Hormonal profile, USG/ transvaginal sonography	Stress scales, quality of life questionnaires - polycystic ovary syndrome quality of life scale (PCOSQOL) [18]

Management strategies [16,19]

Management strategies include lifestyle modifications, dietary and exercise interventions, and psychological therapies, underscoring the need for comprehensive and integrated care approaches that address the broad spectrum of PCOS effects.

Table 5: Management strategies

Management strategies	Ayurveda	Modern
Treatment Focus	Addresses mental health by calming *Manas* through *Yoga*, Meditation, *Abhyantara* & *Bahya Chikitsa* to balance *Dosha's.*	Incorporates counselling, stress management strategies, cognitive behavioural therapy alongside medical treatment.
Holistic View	Body and mind are integrated; treatment targets both mental and physical imbalances for PCOS.	Acknowledges mind-body connection but often focuses more on endocrine and metabolic corrections.

DISCUSSION

Role of *Vata* in causing *Shareera* & *Manasika Vikara* in PCOS

Shareera - *Vata* is *Tantra Yantra Dharaha* that is in its normalcy sustains the normal functioning of all bodily organs and systems, is the main factor responsible for proper formation of *Artava*, its normal functioning like proper hormonal secretion and action on target organs, recruitment of follicles and their development and Ovulation, finally timely expulsion of *Artava* that is menstrual blood. *Artava Pravartana* is initiated by *Vata* mainly. Any derangements in *Vata* function will lead to impairment in *Artava* function. If *Srava Rupi Artava* is affected there is derangements seen in menstruation leading to irregular, excess quantity, less quantity, with shortened or prolonged intervals, associated with pain, discoloration in menstrual blood, altered odour and other physical features and can be presented as *Alpa Pushpa, Nashta Pushpa*, *Ashta Artava Dushti, Asrigdhara*, *Artava Kshaya* and *Yoni Vyapad*. If *Bheeja Rupi Artava* is affected there is derangements seen in Ovulation leading to Anovulation, Oligo-Ovulation that is *Alpa Bheeja, Nashta Pushpa, Akarmaraya Bheeja* and finally leading to *Vandhyatwa* that is Infertility. If *Artava* a hormone is affected there is derangements seen in Hypothalamo-Pituitary-Ovarian axis. All the above said derangements can be elicited in PCOS. *Sarva Shareera Dhatu Vyhuhakara* -that is helps in proper functioning of Dhatus which becomes deranged in PCOS and presents as Metabolic dysfunction.

Manas - *Vata* is responsible for *Pravaratka Chesta* that is initiates all actions, also does *Niyanta*- controls and *Praneta*- directs the *Manas*, *Sarva Indriyanam Udyojaka*- coordinates, stimulates the sense organs, *Sarva Indriya Arthanam Abhivodha*- controls all the objects of the senses. *Udana Vayu* derangement will affect the *Hridaya* and causes emotional turbulence, anxiety and mood swings leading to depression. Derangement in this will lead to *Chinta, Bhaya, Shoka, Atatvabhinivesha* - altered sensorium which leads to cause of *Pragyaparadha* leading to *Mitha Ahara* and *Vihara* causing PCOS.

So, both *Shareera-Manas* are responsible for causing symptoms of PCOS in which *Vata* plays a major role.

Role of *Rajaswala Paricharya, Ritumati Charya, Dinacharya & Rutucharya* in prevention of PCOS

- ***Rajaswala Paricharya*:** During menstruation, this regimen prescribes light, warm, nourishing foods, rest, avoidance of exertion, baths, coitus and mental calmness to pacify vitiation or prevent reverse flow *Apana Vayu* and avoid *Vata* aggravation. Proper adherence clears pelvic obstructions, regulates *Rasa-Rakta Dhatu*, prevents *Dosha* vitiation, and supports healthy ovulation, reducing PCOS cysts and anovulation risk. Also helps in normal pulsatile secretion of pituitary hormones by maintaining bodily rhythm.
- ***Ritumati Paricharya*:** During proliferative phase and ovulation the regimen mentioned focuses on

Pitta-pacifying, nourishing to enhance *Agni*, support the ovum quality, clear *Ama* -toxins/free radicals, and prevent cyst formation through *Dosha* balance. *Ritumati Paricharya* prevents PCOS progression by promoting regular ovulation, reducing *Kapha* accumulation, and stabilizing hormones via targeted diet, lifestyle, and medications preparing a healthy environment for conception with *Soumanasyam*.

- ***Dinacharya & Rutucharya*:** Practices like *Abhyanga, Nasya, Gandusha/Kavala, Snana, Anjana, Vyayama, Rutu Shodhana* and *Paricharya* balance the *Doshas,* calm the nervous system, reduce cortisol, and foster emotional stability, preventing metabolic and hormonal derangement, countering PCOS-linked restlessness and depression.

Trividha Chikitsa [20] **in the Management of PCOS**

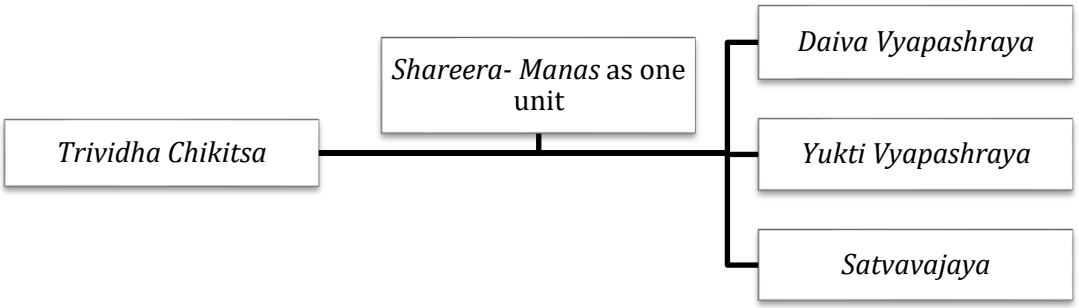

Figure 1: ***Trividha Chikitsa***

***Daiva Vyapashraya Chikitsa*:** components are *Mantra, Aushadhi, Mani, Mangala, Bali, Upahara, Homa, Niyama, Prayaschitta, Upavasa, Svastyayana, Pranipata, Gamana,* etc.

- *Mantra* – By chanting various *Bheeja Mantra, Stotra* has an impact on the body and mind, *Aushadhi, Mani* - Tying some medicinal plants on the affected part is called *Oushadhidharana* and wearing a few *Ratna's* as a preventive and protective measure against *Anushangha Vyadhi's* is considered as *Manidharana*, *Mangala* -auspiciousness, *Bali* - a ritual where *Naivedya* to the lord given in terms of *Pashu* or *Anna*, *Upahara* - unconditional offering or present to God, *Homa*, *Niyama* - The disciplinary lifestyle regulates both the psychological and physical level and creates the tranquillity thus helping in prevention and healing, *Prayaschitta* - firm resolution to take up austerity and following through with, *Upavasa, Svastyayana, Pranipata, Dana* virtue of generosity, charity or giving of alms in Indian philosophies and *Gamana* – Visiting sacred places and rivers helping to increase positive energy.
- The *Daiva Vyapashraya Chikitsa* acts at a subtle level scientifically understanding of this metaphysical level becomes way difficult but can definitely achieve the fruitful result through *Pratyaksha Pramana* which mostly stands on faith or belief system. Here main aim of this treatment is to achieve *Dhatusamyata*. When one realizes the inner self and wants to maintain peace, undergoing such treatment protocols increases *Satwa Guna* and due to its *Achintya Prabhava* brings tranquillity to the mind by removing the blocks which becomes a helpful pathway to treat the disease easily.
- Polycystic ovarian disease can be co-related as *Jataharini* wherein there is problem with menstruation, ovulation and conception like *Pushpaghni*, *Vikuta Jataharini*. *Revati Graha* affliction is seen due to wrong deeds of the parents or the woman herself. So, to tackle this *Daiva Vyapashraya Chikitsa* can be adopted as unknown or invisible factors directly or indirectly affect the mind.

***Yukti Vyapashraya Chikitsa*:** Refers to *Ahara Aushadha Dravya Yojana*.

It talks about *Shodhana, Shamana, Sthanika Chikitsa* along with *Pathya Ahara.*

Table 6

Shodhana	***Shareera***	***Manas***
Vamana	*Kapha Dosha Hara*	Acts on *Shiras, Urdhwajatru* which acts on mind, senses
Virechana	*Pitta Vikara, Dhatu Shuddhi – Bheejam Bhavati Karmukham*	*Indriya Shuddhi – Soumanasya*
Basti	*Vata Dosha,* gut microbiome	Calming down the mind
Nasya	Acts on HPO axis	Acts on *Shiras* and calms down the mind
Snehana, Swedana, mild	Helps in peripheral circulation	Calms down the mind

Udwartana, Mardana		
Shirodhara, Shiro Abhyanga, Shiro Pichu	Acts on HPO axis	Acts on *Shiras* and calms down the mind

Aushadha Dravya like *Ashwagandha, Brahmi, Shatavari, Jyotishmati, Tagara, Jatamansi* etc helps in calming the psychological symptom's in PCOS. Meticulate planning of right food, lifestyle and medication will help to alleviate physical and psychological symptoms of PCOS. As the disease is happening because of impaired *Agni* leading to impaired metabolism affecting both *Shareera-Manas.* As there is *Kapha-Medo Dushti* incorporating *Pathya* and *Apathya Ahara* mentioned under *Sthoulya* and *Prameha* can be adopted along with other *Ahara* which is beneficial for *Artava* normal functioning.

- **Role of *Pathya Ahara***: Ayurveda advocates *Pathya Ahara* like *Yava, Truna Dhanya, Mudga, Sarshapa, Ingudi, Bilwa, Beejapura, Tinduka, Amla, Jambu, Patola, Shigru, Metika, Karavellaka, Karkatee, Gojihwa* and restricts *Apathya Ahara* like *Shali, Navadhanya, Masha, Nishpava, Payasya*, *Dadhi, Ksheera, Ikshu Rasa, Panasa, Kadali, Amra, Karkotaki, Aluka.* Consumption of vegetables and legumes at least twice per day is known to be associated with a 62% lower probability of the risk of depression in PCOS women.[21]
- **Role of *Pathya Vihara***: Ayurveda advocates *Pathya Vihara* like *Vyayama, Chankramana* and restricts *Apathya Vihara* like *Aasyasukha, Swapnasukha, Ayayama, Ratrijagarana, Diwaswapna*. Physical activity is likely to be beneficial to the mental health of women with PCOS. [22]

***Satvavajaya Chikitsa*:** refers to *Ahitebho Arthebhyo Manonigraha* that is controlling the mind from its altered senses or doing wrong deeds.

- **Role of Balancing *Manas*:** Mindfulness-based healthy lifestyle intervention for adolescents and young adults with polycystic ovary syndrome.[23] Ayurveda mentions *Sadvritta Paripalana* for maintaining balanced state of mind, following the principles will reduce *Rajas* and *Tamas*, improve *Satva* and in turn will help in PCOS prevention both physical and psychological features.
- **Role of *Yoga:*** [24,25] *Yoga* has proven effects in reducing and managing the symptoms of polycystic ovarian syndrome. *Yoga* confers its benefit to mental health through regulation of the autonomic nervous system. *Yoga* helps in combating depression in women with PCOS by lowering stress hormones, improving hormonal and metabolic balance, and directly easing psychological symptoms like low mood and anxiety. Also helps increasing self-esteem by regular practice.

CONCLUSION

Integrating mental health screening into management plans for women with PCOS is essential to optimize quality of life and treatment adherence by holistically addressing the psychological comorbidities inherent to this endocrine disorder. Ayurveda highlights this through *Trividha Chikitsa- Daiva Vyapashraya Chikitsa* (therapies to mitigate karmic influences), *Yukti Vyapashraya Chikitsa* (rational therapies such as *Shodhana* via *Panchakarma*, *Shamana* with *Dosha*-specific formulations and *Pathya* in diet-lifestyle), and *Satvavajaya Chikitsa* (psychosomatic mastery through counselling, *Pranayama*, meditation, and yogic practices to regulate *Manas*). Addressing the psychological aspects of PCOS is crucial not only for improving quality of life but also for enhancing compliance with treatment regimens and this can be very well achieved through Ayurveda providing a scope for further research.

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