



Review Article

MANAGEMENT OF FEMALE INFERTILITY THROUGH MAHAKASHAYA

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ABSTRACT

In today's world, infertility in women became a curse. The women who cannot conceive are the target of harassment, may be the hands of husband, in-laws or society in large. The problem of infertility is very common now a days and it has become essential need of the moment to find out solution which is, having less complication, efficient and affordable. Infertility is broadly described in ancient literature of our Ayurveda. In *Charaka Samhita*, fifty important *Mahakashaya* has been mentioned, *Jeevaniya*, *Sandhaniya*, *Shukrajanan*, *Shukrashodhan* and *Prajasthapana*, *Mahakashaya* are some of them, which drugs acts on different stages of infertility, and does *Shodhan & Shaman* of *Doshas* of reproductive system and of whole body, promotes strength and helps in conceiving. These drugs are of *Rasayana* in nature, which rejuvenates all body parts. The drugs of these *Mahakashaya* can be used either all together or individually or in permutation combination according to the patient's condition. Female infertility arises due to disturbance in *Ritu*, *Ambu*, *Beeja*, and *Kshetra*. The main purpose of this paper is systematic study of these *Mahakashaya* on different stages of infertility especially on female and to examine the effect of drugs of *Jeevaniya*, *Sandhaniya*, *Shukrajanan*, *Shukrashodhan* and *Prajasthapana Mahakashaya* to collect the information on present studies on above mentioned factors.

INTRODUCTION

"The family is the first essential cell of Human Society".

The woman who cannot conceive are the target of harassment, may be the hands of husband or In-laws or society in large. The desire of a woman for a baby at times stronger than itself interest in her beauty and figure.

According to Ayurveda, infertility is considered when a healthy woman is unable to get child after years or unable to conceive after one year of unprotected intercourse.

Ayurveda has been successful in treating infertility since several thousand years without the help of Modern advances in medicine as it gives the ability to infertile woman or couples through treatments to become fertile, to improve the overall health of the woman to be able to conceive naturally without the aid of western medicine^[1].

Acharya Charaka has explained that- "The woman is the origin of progeny". (ch.chi.30/5)^[2]. Human infertility is regarded as a disgrace, as a mark of divine displeasure, as a ground for divorce and even for compulsory suicide.

Acharaya Sushruta has described four essential factors for fertility which are:^[3]

1. **Ritu:** Proper fertile period.
2. **Ambu:** Proper nourishment for developing the zygote.
3. **Beeja:** The activated ovum and sperm.
4. **Kshetra:** Physiological maturity and healthy organs of reproductive system.

Ritu: After menstruation the day of twelve to sixteen are considered as fertile period i.e., *Ritukala*.

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Yonimukha/Yonidwara gets closed after this period and reception with *Shukra* (sperm) blocked. Thus coitus only in this period is fruitful.

This *Ritukala* is probably considered as proliferative phase of menstrual cycle^[4]. Modern science also states that ovulation occur nearly about 14th to 16th day of menses. The life span of ovum is nearly about 18 hours only, after the ovulation. And fertilization may occur if *Shukra* (sperm) present during this time, otherwise intercourse becomes in vain or unfruitful.

Ambu: It is considered as *Ahara Rasa*. It is vital watery material for conception. The zygote which is formed by fertilization gets their nutrition from the secretion of fallopian tube for 3 to 4 days. After getting to uterus, zygote obtains its nutrition from the mucus membrane of uterus. Due course of development the blastocyst gets imbedded in the uterine wall and gets its nutrition directly from *Rakta and Rasa*. Obstruction in route of nourishment of zygote at anywhere of its development, may lead to its death.^[5]

Beeja: It represents both *Artava* and *Shukra*. Conception occurs when *Sudha Artava* and *Shukra* fertilize. If it is vitiated by *Doshas* then no conception will occurs^[6].

Kshetra: Female reproductive organ is known as *Kshetra* and having a very prominent role in the process of fertilization^[7].

According to Modern Medical Science, infertility may occurs due to the followings reasons^[8]

- Ovulation disorders.
- Ovulation problem caused due to Polycystic Ovarian Syndrome (PCOS).
- Premature ovarian failure.

- Blocked fallopian tube, adhesion (scar tissue), pelvic inflammatory diseases.
- Cervical mucus.
- Underweight women or those that have a small undeveloped uterus or cervix.
- Some women do conceive, but are unable to retain pregnancy till full term.

Infertility is of two types

- Primary infertility: Never before.
- Secondary infertility: Conceived before but now unable to conceive.

In Ayurveda, there are several drugs that help with recovery and fertilization. Ayurvedic drugs help to regulate the body's metabolism, purify reproductive organs, preserve hormonal balance, enhances endometrium lining and receptivity, improve egg efficiency, and reduce stress.

According to Ayurveda, conception depends upon three important factors like the health of sperm, the ovum and the uterus. Both for men and women, their reproductive health depends on the *Shukra dhatus* or the reproductive tissue present in the body. Proper metabolism along with effective digestion helps the body in deriving the nutrients from food to body fluids, blood, muscles, fat, bone, bone marrow and finally into the *Shukra dhatu*. In women, the *Shukra dhatu* produces the ovum as part of the monthly cycle and it is formed in men due to sexual stimulation. The health of the *Shukra dhatu* depends on the health of the tissue in the body and the overall metabolism of the individual.

- ❖ It is the need of time to evaluate the efficacy of Ayurvedic drugs in respect to various factors of infertility.
- ❖ Ayurvedic herbal treatment for infertility^[9].

Condition	Simple herbs
1. ovulation disorders	<i>Ashoka, Shatavari, Aloe vera, Guggulu.</i>
2. ovulation problem caused due to Polycystic Ovarian Syndrome (PCOS)	<i>Latakaranj, Varun, Guggulu</i>
3. Premature ovarian failure	<i>Ashoka, Dashmoola, Shatavari, Guduchi, Jeevanti</i>
4 Blocked fallopian tube, adhesion (scar tissue), pelvic inflammatory disease	<i>Guduchi, Kutki, Punarnava.</i>
5 Cervical mucus	<i>Vata, Ashwatha, Udumbara, Plaksha, Shirisha, Haridra, Yashtimadhu, Sariva and Manjistha</i>
6 Underweight women or those that have a small, undeveloped uterus or cervix	<i>Shatavari, Ashwagandha, Vidarikanda, Bala, Yashtimadhu</i>
7 Some women do conceive, but are unable to retain the pregnancy till full-term	<i>Guduchi, Kantakari, Brihati, Gokshura, Pippali, Bharangi, Rasna, Manjistha.</i>

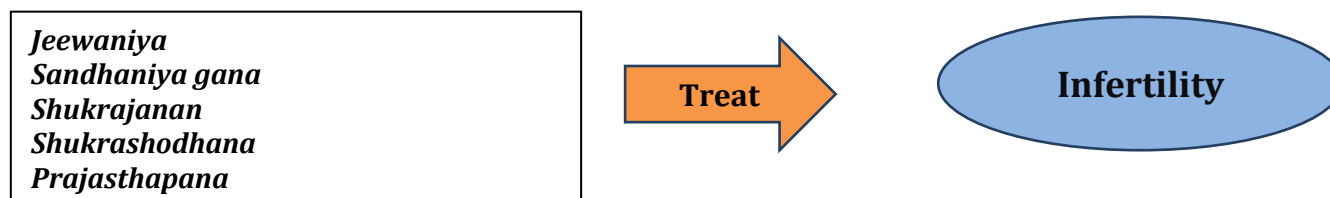
Role of drugs on Various factors of Infertility

Ovulation disorders: During a normal menstrual cycle, the endocrine system prepares the body for pregnancy by secreting hormones, most notably GnRH, FSH, LH.

GnRH and FSH are the hormones that are largely responsible for causing an egg to mature within a women ovary. LH spurs the eventual release of the mature egg (ovum) into the fallopian tube.

Women who have a hormone imbalance or hormone deficiencies may experience infrequent or absent ovulation and infertility as a result^[10].

❖ **In Infertility either in female or male, there is marvelous role of drugs of Mahakashaya in Ayurveda.**



Jeewaniya Mahakashaya^[11]

- As we know, formation of any new things requires two *Dhatus*, i.e., *Shukra* and *Rakta*.
- *Shukra dhatu* does work of regeneration.
- *Rakta* establish *Chetna* and *Jeevan* in them.
- Thus *Chikitsa* of *Shukra* and *Rakta dosha* is *Jeevaniya gana*.

Thus in case of infertility drugs of *Jeevaniya gana* and *Shukrajanan* and *Shukrashodhana mahakashaya* must be used.

Sandhaniya Mahakashaya^[12]

The ingredients of this *Gana* are helpful in *Sandhana karma* i.e., correcting any cell or tissue damage and to alleviate the healing process in body and absorb *Kleda*, oozing and helps for union of molecules. Its wonderful work is that it unites the *Satva*, *Atma* and *Mana* with and within the body. Whenever any breakdown in these consciousness occurs, there is need of application to the re-establishment between them.

Pharmacodynamics of Sandhaniya Mahakashaya

Rasa	Guna	Virya
Kashaya	Guru, Sheeta & Ruksha	Sheeta

Shukrajanan^[13]

The drugs of this *Gana* is helpful in regeneration.

Rasa	Guna	Virya
Madhura	Guru, Sheeta	Sheeta

Shukrashodhana^[14]

Its drug does the *Sodhana* work as *Kaphagnha*, *Kledgnha*, *Srotoshodhana*.

Rasa	Guna	Virya
Kashaya, Tikta	Laghu, Ushna, Tikshna, Rukshana	Ushna

Prajasthapana Mahakashaya^[15]

Praja = *Shishu* (foetus), *Sthapana*= *Dirghayu* (longevity).

The drugs of this group enhance the life of foetus and gives strength of uterus and nourishment to foetus.

Uterus is made up of *Mansa* and *Rakta* and its tone is lost due to *Dushti* of *Mansa*, *Meda*, *Kapha* and *Kleda vridhi*. Property of this drug removes these *Dushti* and improves uterine tone.

Thus it should be taken before and after conception.

Shatavari and Amalaki

Rasa	Guna	Virya
<i>Madhur, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>
<i>Panchrasa</i>	<i>Guru, Ruksha, Sheet</i>	<i>Sheeta</i>

Khadir, Ashok

RASA	GUNA	VIRYA
<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>

Blocked fallopian tube, adhesion (scar tissue), pelvic inflammatory diseases

Fallopian tube gets blocked or damaged because of scarring on the tube wall caused by infection. Besides infection tube can be blocked by various causes like endometriosis, previous surgery and tubal ligation.

Hydrosalpinx, a condition in which swelling and fluid get accumulated at the end of a fallopian tube.

In this condition in our Ayurveda, the *Lekhaniya Mahakashaya* works very efficiently in tubal blockage.

Lekhaniya Gana^[16]

The ingredients of this group, do scraping by absorbing fluid part from *Dhatu* and *Mala*.

Mainly scraping is done for vitiated *Kapha* and *Meda*.

Rasa	Guna	Virya
<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Ushna, Tikshana, Vishada</i>	<i>Ushna</i>

DISCUSSION

Failure to achieve conception is infertility; among important factor is *Ritu, Kshetra, Ambu* and *Bija* to achieve conception.

Acharya Charaka has given space to understand the infertility on the basis of *Prakriti (Doshas root cause), Adhithana (Dushya), Linga (Lakshanas, features), and Ayatana (Ahara vicharadi nidana)*.

Modern medical science gives also different stages of infertility. For each and every stages of infertility we have a special class of medicinal drugs named as *Mahakashaya*. These are 50 in number and out of some *Mahakashay* have very eminent role in infertility as-

Jeevaniya mahakashaya's drugs enhance the regeneration capacity in body. Due to its *Madhura rasa, Sharira, Indriya, Satva* and *Aatma* gets gratified and moves on the way of regeneration. Thus in the case of ovulatory disorders and premature ovarian failure this *Mahakashaya* drugs should be used.

Lekhaniya Mahakashaya due to their *Laghu, Ruksha, Ushna, Tikshana* and *Vishada guna* do absorbs fluid part from the *Dhatu* and *Mala* and do scraping of vitiated *Kapha* and *Mala*.

Thus in the case of tubal blockage and adhesions this group of *Mahakashaya* should be used.

Sandhaniya mahakashaya do the jobs of *Sandhan* in all the type of *Sharira bhava*. In infertility, it does the *Sandhana* between *Shukra* and *Artawa*, and establishes the *Svamanasya bhava*, since *Svamanasya*

Garbhakarnam and does the work of *Sandhana* of *Prana* in dying people.

Prajasthapana mahakashaya helps in conceiving by eliminating the uterine *Doshas*.

This group of medicine should be taken two or three months before conception because it provides the strength to accept or bear.

CONCLUSION

The *Mahakashaya* which is described by *Charaka* is useful and can be apply in the case of various aspects including the increase in vital energy, immunity, healthcare in preventing measures. The objective of present study entitled "Management of Infertility through Ayurveda" on female infertility, the drugs of *Mahakashaya* safe and better understanding of plants included in our study for treatment of infertility.

By summarizing the whole work the following conclusion can be detected. The description of *Mahakashay* is totally authentic in today era. Qualities of all the drugs described in Ayurvedic literature are found fitted on the parameters of modern science. All drugs are easily available even in today era.

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