

CLINICAL EFFICACY OF AYURVEDIC TREATMENT IN INFERTILITY – A CASE STUDY

Ranjana Ingale¹, Dhara Lakkad²

¹Professor and HOD,

²Assistant Professor, Dept. of Prasootitantra and Streeroga, Shree Swaminarayan Ayurvedic College, Kalol, Gujarat, India

Email: dblakkad@gmail.com

ABSTRACT

Infertility is a condition in which successful pregnancy has not occurred, despite normal intercourse over 12 months. The cause of female infertility is multi factorial. Ayurveda assures normal pregnancy by proper maintenance of *Garbha Sambhava samagri* and normalcy of mind. All the cause of female infertility come under the imbalance of *Garbha Sambhava samagri* and mind factors. In this case study Patients suffered with Infertility. She has history of one abortion, and she had right ovarian Chocolate cyst of 48*37 mm size. Chocolate cyst was removed by surgery. She came in PSM hospital for *Ayurvedic* treatment for infertility. She has been treated with *Matrabasti* and *Yoga Basti* with *Pathyapathya*. Advised *Pushpadhanva rasa*, *Shivlingibeeja churna* and *Chitrakadi vati* for 10 days. Patient came with positive urine pregnancy test after one week of missed period.

Keywords: Abortion, Infertility, *Yoga Basti*, *Garbha Sambhava samagri*

INTRODUCTION

Vandhyatva is a burning problem throughout the globe. It affects the mental & physical health of a woman and disturbs her family as well as social life. The inability of a couple to conceive after one year of unprotected intercourse. The WHO has estimated the overall prevalence of primary infertility in India to be between 3.9 and 16.8%.¹In the event of infertility, couples turn to the traditional medicine which is being used over the centuries for succor as Ayurveda holds high esteem and trust in this field. According to *Acharya Sushruta*² four essential factors are required for healthy conception, which are proper fertile period, physiologically adequate and healthy internal or-

gans of reproduction, the proper nourishment - to the developing zygote or fetus, the activated ovum and spermatozoa. Fulfillment of all the above essentials ensures the fullness of the motherhood. *Acharya Charaka* has also quoted that '*Saumanasyam*' (peaceful mind) is necessary for achieving conception.³ Proper functioning of *Vata* must be maintained for pregnancy and throughout the entire pregnancy period.⁴ Establishing the proper functioning of all these is the first step of infertility management in Ayurveda. **Chocolate cysts** are noncancerous, fluid-filled **cysts** that typically form deep within the ovaries. They are also called **ovarian** endometriomas. The

color comes from old menstrual blood and tissue that fills the cavity of the cyst. Chocolate cysts can invade, damage, and take over healthy ovarian tissue. This can be a serious threat to fertility.

Case Study: - A 30-year-old married women visited the Prasutitantra and Streeroga O.P.D. of PSM Hospital Kalol for Ayurvedic treatment on September 2019 with the complaints of not able to conceive for 2 years of regular unprotected coitus. She has a history of 4-month Abortion before 2 years. Her Active Married life was 3 years. She has regular menstruation. Her all Hematological, biochemical reports and Semen analysis were found to be normal. Hormonal profile like FSH, LH, and PROLACTIN were also at normal lev-

el. She had history of right ovarian chocolate cyst of 48*37 mm size. Chocolate cyst was removed on 3rd April 2019. She was suffering with constipation and poor appetite. *Matra Basti* with 60 ml *Bala Oil* for 7 days was given after cessation of menses in October 2019. Tab *Bangshil* 2 tabs TDS was advised for 7 days after completion of *Matra Basti*. *Pushpadhanva Rasa*, *ChitrakadiVati* 2 tab bid was started for 10 days in November 2019. *Shivlingi Beeja Churna* 5 gm orally given with warm water after meal. After completion of this treatment *Yoga Basti* was given for 8 days in November 2019. Her LMP was 23rd October 2019. UPT was positive on next cycle 23rd November 2019.

Table 1: General Examination

BP- 124/86 mmhg
PR – 68/ minute
BMI – 22Kg/m²
Prakriti- Vatakapha

Table 2: Treatment Protocol in First Month

Month	Medicine	Route	Dose	Duration	Time
October - 2019	1. <i>Matra Basti</i> with <i>Bala Taila</i>	Rectal	60 ml	For 7 days After cessation of menses	After meal (At morning time)

Table 3: Treatment Protocol in Second Month

Month	Medicine	Route	Dose	Duration	Time
November 2019	<i>Pushpadhanva Rasa</i> ,	Oral	2 tab bid with honey	10 days	Before Meal
	<i>Shivlingi Beeja Churna</i> ,	Oral	5 gm bid with warm water	10 days	After Meal
	<i>Chitrakadivati</i>	Oral	2 tab bid warm water	10 days	Before Meal

Table 4: Treatment Protocol in Third Month

Month	Medicine	Route	Dose	Duration	Time
Nov 2019	<i>Yoga Basti</i>	Rectal	400 ml	For 8 days After cessation of menses	Before meal (At morning time)

Table 5: Contain of Yoga Basti:

<i>Madhu</i>	60 ml
<i>Sneha Dravya</i>	<i>Shatapushpa Taila</i> =30 ml+ <i>Sahachar Taila</i> =30 ml
<i>Saindhava</i>	6 gm
<i>Kalka Dravya</i>	<i>Shatapushpa</i> , <i>Lashuna</i> , <i>Madanphala</i> = 10 gm each
<i>Kwatha Dravya</i>	<i>Dashmoolkwath</i> =200 ml+ <i>Maharasnadi Kwath</i> =200 ml

Probable Mode of Action

1. Probable mode of Action of *Matra Basti*:

Matra Basti given through *guda* normalizes *Apana Vata* leading to *Vatanulomana* and Physiological functioning of *Vata*. This may help in turn for extrusion of ovum from the follicle and Ovulation. It is one type of *AnuvasanaBasti* which is indicated in Infertility.

2. Probable mode of Action of *Pushpadhanva Rasa*:

This is the important Classical *Ayurvedic* Medicine for infertility and related reproductive problems. The main ingredients being are *Rasasindur*, *ParadBhasma*, *Naga Bhasma*, *Loha Bhasma*, *Abhraka Bhasma* and *Vanga Bhasma*. It improves Ovarian Functions. Most of the ingredients of *Pushpadhanva Rasa* have *Tridoshanashaka* properties which act pin pointedly in *Samprapti Vighatana*. Drugs having the property of *Vataniyamana*, *Pitta-kaphashamana* help in correction of a major *Kriyatmaka* factor in *Beejotpatti* and *Beejotsarga*.⁵

3. Probable mode of Action of *Shivlingi Beeja-Churna*:

Shivlingi is known for its androgenic activity. *Rasayan* action of *Shivlingi* helps to synthesize purest *Rasadhatu* subsequently, *UpadhatuArtava* is formed having required quality for fertilization. *Shivlingi Beej* or *Shivlingi* Seeds are used for treatment of female infertility. It is a uterine tonic and improves the chances of conception in women suffering from infertility. Moreover, it is also used traditionally as an aphrodisiac and pro-fertility compound, touted to increase masculinity and enhance youthfulness during aging. Hence this ethno-herb has immense potential of research in this field of infertility of either sex.

4. Probable mode of Action of *Chitrakadi Vati*:

Most of the Ingredients of *Chitrakadivati* have *Deepana*, *Pachana*, *Vatanulomana* and *Vatakaphahara*. *Chitrakadi vati* holds high significance in boosting Fertility and enhancing the reproductive health of women. Being a potent emmenagogue, it balances the hormones. Several scientific studies and researches vouch for its effectiveness and safety level in using it as an alter-

native traditional remedy for helping the follicle to give out a mature egg needed for ovulation.

5. Probable mode of Action of *Yoga Basti*: *Bastichikitsa* acts by *prabhava* causing *agnivridhi* and *vatanulomana*. It removes all the *vikrutadoshas* and give strength to the *dhatu*s. Most of the drugs in *Yoga basti* are *Vatanulomana* and *Agnivardhana*.

DISCUSSION

Female infertility is the major disorder which has altered the man kind for lack of conception and reproducibility, stressful world, excess radiation, lack of biological food, genetically disorder, changing lifestyle, increased electronic discharge have resulted the female infertility. Treatment Principles of Infertility is 1. *Agnideepana* and *Amapachana* 2. *Vatanulomana* 3. *Sodhana*. All disease occurs due to the imbalance in *Agni* (the digestive fire) and *Agni* is the single most important factor in buildup of *Ama*. *Ama* formation by the imbalance of *Agni* leads to many diseases. Therefore, the treatment of *Ama* must always include the treatment of *Agni*, including the use of digestive and carminative *Ayurvedic* formulation. *ChitrakadiVati* corrects the functions of *Agni* and clear *Srotoavrodha* and *Sang* by doing *Amapachana*. *Rasaushadhis* are a unique group of drugs in *Ayurveda* which have variegated actions on various systems of the body in a short period and in a low dose. Considering these facts, *Pushpadhanva Rasa* is a wonder drug in mentioned in *Ayurveda* which acts on the reproductive systems of both males and females. The main *dosha* involved in infertility is *Vata*. So, *Vatanulomana* is very important in the treatment of infertility. *Matra Basti* and *Yoga Basti* normalize the function of *Apana Vata*. *Basti* strengthen the reproductive organ and pacifying *Vata dosha*. Thus, the treatment was planned for ensuring *Vatanulomana* and *Agnideepana*

CONCLUSION

Hence in this case we can conclude that *Chikitsa* (treatment) with *Bala taila matra Basti* and *Yoga Basti* and Oral Medication like *Pushpadhanva Rasa*, *Shivlingi Beeja Churna*, and *Chitrakadi Vati* are highly

effective in Infertility. No adverse effect was observed during and after treatment. This treatment is safe, cost effective and easily available. Thus, this total treatment may regulate hypothalamus-pituitary-ovarian axis by Normalizes *Tridoshas* in the body, removing *Ama* and giving *Balya* to the *Dhatus*. It may be correlated with regulates the secretion of hormones, stimulates the organs to secrete their secretions and give strength to the organs. Thus, conservative management through Ayurveda is a better alternative to hormonal therapy and surgery, as surgical removal of cystic portion of an ovary is usually followed by cyst formation in the remaining ovarian tissue. Moreover, it has no side effects as hormonal therapy have.

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