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यन्कल्पे द्वारको समकल्पयन् ॥१॥ विश्वकर्मो एमाहूय पुरीतादकानि
र्मेना ॥ तत्र योऽशस्य ह्यस्त्रीणामेव चतुराधिकम् ॥११॥ भवमानि मनो ज्ञानि
येषामध्ये व्यकल्पयन् ॥ परिजातनरुं वैवतासां भोगाय कल्पयन् ॥१२॥ या
स्यानां मृदास्तत्र धृष्टं वैवातकोऽयम् ॥ अल्पिवहो लोकावसेति विगत
राः ॥१३॥ यत्किं विद्विषु लोके सु सुंदरं तत्र दृश्यते ॥ सवाजिन प्रज्ञेना लोपो
तनुयस्य विद्युते ॥१४॥ सुभाषिती रमासायन मनस्कत या वसः ॥ सवाजि
स्तपस्तेपस्वयं मुदि प्रप बुद्धिमाया ॥१५॥ धर्मनिरसने मृदा स्वयं संवदति व
तः प्रसन्नो भगवान् योजित पुरं स्थिता ॥१६॥ सवाजिनोऽपि नुहावदृष्टादे वैदि
ताकरच ॥ निजोराशानमस्तस्त्वनमस्तो सर्वतो मुखः ॥१७॥ विश्वव्यापिन्मस्तिक
मस्तिकविश्वरूपिणः ॥ करपेयनमस्तिक हरिदस्यनमोस्तिके ॥१८॥ गुह्यजनम
स्तिकनमस्तिकेदराशिवा ॥ वेदत्रयनमस्तिके सर्वदेवनमोस्तिके ॥१९॥ प्रसीद
ति ह्रस्वोऽसुदधीमादिवाकरे ॥ अथ संलक्ष्यमानोऽसौ देवो दिवाकरः ॥२०॥
विषासो भिरमपरं सक तिनमवावे ॥ अरुहदि वसति विष यतिमन्दि



Integrative approach towards infertility and its management – a review study.

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ABSTRACT

Ayurveda considers Vandhyatva (infertility) as failure to give birth to a baby or experiencing Garbha Strava (repeated abortion) or Mrutvatsa (still births). The factors such as lifestyle, stress, excessive usage of contraceptives, genetic problems, smoking & drinking habits increases such cases day by day. As per ayurveda Vandhyatva occur due to the vitiation of Vata Dosha which affects basic constituents of Garbha (Rutu, Kshetra, Ambu & Beej). Ayurvedic classics describe both mental and body purification along with lifestyle management for treating infertility. Ayurveda philosopher had mentioned Shamana and Shodhanchikitsa for the treatment of infertility. Panchkarma provides best efficacy because it helps in balancing Doshas and Dushyas.

KEYWORDS: *Infertility, Vandhyatva, Garbha, Shodhana.*

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Introduction

Infertility is inability to achieve pregnancy after a reasonable time of sexual intercourse without taking contraceptive measures. There are many reasons why a couple may not be able to conceive, or may not be able to conceive without medical assistance. Infertility affects millions of people of reproductive age worldwide – and has an impact on their families and communities. Infertility can be primary or secondary. Primary infertility is when a pregnancy has never been achieved by a person, and secondary

infertility is when at least one prior pregnancy has been achieved. In Ayurveda various types of infertility are mentioned such as Vandhya (sterility), Apraja (curable and women can achieve pregnancy) and Sapraja (female becomes infertile after conceiving for one or more times). Six type of Vandhyatva are depicted in Table. 1. Female infertility can occur due to some defects in movement of egg from ovary to uterus; less production of eggs; defective embryo formation and survival of embryo when it is attached to the lining of uterus.

Kakvandy a	Anapatya a	Garbhastra vi	Mrutvasta a	Balakshaya a	Garbhakos h bhanga
Secondary Infertility	Primary Infertility	Repeated Abortions	Repeated still births	Loss of strength	Injury to uterus

Table. 1. Different types of Vandhyatva or symptoms of infertility

Factors responsible for infertility in Females and Males

- Anovulatory cycle
- Menstrual irregularity
- Blockage in fallopian tubes
- PCOD
- Obesity
- Low sperm count
- Low motility of sperm
- Smoking and alcoholism

Ayurvedic scholars propounded four factors which are responsible for Garbhotpatti (Conception). They are Rutu, Kshetra, Ambu and Beeja. Rutu means fertilization or ovulation period, Kshetra means Garbhshaya (normal reproductive organs), Ambu represents Rasa Dhatu (maternal nutrition) and Beeja means Artava-Shukra i.e. normal ovum and sperm. Any defect in these factors there is alteration in Garbhopatti. Ayurvedic literatures

describes about the balancing of health through various detoxification processes. There are various therapies mentioned in Ayurveda which not only helps in prevention but also helps in curing the different diseases. They help in improving the functions of the body organs and also help in rejuvenation of the organs. Systemic detoxification of the body can be done through different therapies like emesis, purgation and enema etc. Uttarbasti is one such therapy, used to detoxify reproductive tract mainly uterus and fallopian tubes.

Material and Methods : Various Ayurvedic texts related with Infertility & Compendia, Various journals, e-material, published studies, articles.

Management of Infertility : Ayurveda considers two types of Chikitsa i.e. Shamana (medicinal treatment) and Shodhana Chikitsa (purification). Ayurvedic classics have

given a lot of importance to Sthanik Chikitsa. The gynecology Sthanik Chikitsa deals mainly with Tryavarta Yoni (layers of vagina). Yoniroga and Artava Vikara are caused due to vitiation of Vata dosha. Pitta and Kapha's functions are dependent of Vata dosha. Panchkarma helps in curing many disorders of the body.

Dietary Management : In sedentary life diet plays a vital role in the prevention and cure of diseases and in maintenance of good health. "Annam Brahmam" - Food has been compared to God, in the ancient Indian scriptures since it is the main factor for sustaining and nourishing life. Dietary management involves strict compliance and adherence to foods that increase Ojas (an intersection factor of physical, mental and spiritual health of the body, responsible for overall health, energy and liveliness) and to avoid the substances which diminish the Ojas. This is important to regulate ovulation and enhances fertilization. Eating whole foods provides all nutrients for the health of the body in addition to the fibres that influences hormonal levels of the body. Foods such as processed carbohydrates, excess starch, antibiotic and hormone laden meat and milk and canned produce destroy fertility.

Ojas building food include as milk, ghee, nuts, sesame seeds, dates, pumpkin seeds, honey, saffron and avocados, fresh organic fruits and vegetables, protein from plant sources like beans, and peas, sweet, whole grains, spices such as ajwain powder, turmeric (improves the interaction between hormones and targeted tissues), cumin (purifies the uterus in women and the genitourinary tract in men) and black cumin boost fertility. Diet should be free from Trans-fats as they block arteries, threaten fertility and harm the heart and blood vessels and therefore, must be avoided. Foods containing preservatives and other

chemicals, like artificial sweeteners, Monosodium Glutamate (MSG), diet high in fat and other artificial flavouring and colouring, excess alcohol and caffeine, tobacco, soda, smoking, red meat, refined carbohydrates, such as pasta, white bread, rice etc can exacerbate the problem of infertility.

Treatment principles of Infertility in Ayurveda

1. ***Agni deepana and Ama pachana***

Ama formation (toxins created when undigested food forms in the stomach) by the imbalance in Agni (the power of digestion) lead to many diseases. Therefore, the treatment of Ama must always include the treatment of Agni, including the use of digestive and carminative Ayurvedic formulations, eating meals at proper time following an appropriate schedule. Panchakarma treatments help to eliminate Ama thus corrects Agni. Healthy Agni will also contribute to healthy Ojas.

2. ***Vatanulomana***

The main dosha involved in infertility is Vata. So Vatanulomana (correcting the functions of Vata) is very important in the treatment of infertility. Ayurvedic formulations, following routine exercises and strict diet schedule will help in Vatanulomana.

3. ***Sodhana***

Suitable sneha-svedas are done prior to shodhana. Then treatment modalities like Vamana (emesis), Virechana (puragation), Vasti (medicated enema) and Utharavasti special enema administered through urethral or vaginal routes) are done as per the condition of the patient. The patient has to follow

peyadi krama (strict dietary regimen to be followed after Sodhana). This detoxification therapy helps in the expulsion of the toxins from the body. These therapies help to correct ovarian, tubular and uterine problems causing infertility.

4. **Shaman chikitsa** : Shaman Chikitsa also plays an important role in management of infertility.

1) Taila – Narayana Taila, Shatpushpa Taila, Lashuna Taila.

2) Basti – Shatpaka Taila Basti, Traivrutta Snehabasti, Bala Taila Basti,

3) Taila Pana - Narayana Taila, Shatavari Taila, Bala Taila, Shatpushpa Taila.

4) Ghrita – Laghupahala Ghrita, Phala Ghrita, Shitkalyana Ghrita, Brihat Shatavari.

5) Arishta – Dashmularishta.

6) Rasa - Khandakadya Lauha.

7) Paka – Pugapaka.

8) Churna - Shweta punarnava churna

Some herbs used in the treatment for infertility:

- Ovulation disorder - Ashoka, Dashmoola, Shatavari, Aloe vera, Guggulu etc.
- Premature ovarian failure (POF) - Ashoka, Dashmoola, Shatavari, Guduchi, Jeevanti etc.
- Blocked fallopian tubes, adhesions (scar tissue) and pelvic inflammatory disease - Guduchi, Punarnava etc.

5. Ayurveda chikitsa help in releasing tension and removing impurities from the body. They nourish the body, revitalize the mind and strengthen the immune system. They are beneficial in reducing stress, nourishing all dhatus of the body and pacifying Vata.

The right combination of herbs helps in regulating menstrual cycles, enhancing general health and wellness, revitalizing sperm (enhancing a man's sperm count, morphology and motility), reducing stress, enhancing sleep, controlling anxiety and increasing energy level, balancing the endocrine system and improving blood flow in pelvic cavity, thereby promoting fertility.

Discussion :-

Agni Deepana and Ama Pachana. healthy Ojas by detoxification. Panchakarma eliminate Ama thus corrects the Agni and healthy Agni. The treatment helps in Vatanulomana. The right combination of treatment helps in regulating menstrual cycle, revitalizing sperm, reduces mental stress, enhances general health. These therapies help in releasing tension and removing impurities from the body. They nourish the body, revitalize the mind and strengthen the immune system. Shodhan chikitsa eliminating impurities, reducing symptoms, increasing resistance to disease, reducing worry, and increasing harmony in life.

Conclusion :-

Infertility has increased tremendously in the past decade and this is due to the result of a combination of social, environmental, psychological, and nutritional factors. Ayurveda pays attention to each individual body types, enhances the body systems participating in the process of fertilization and therefore serves as an excellent alternative for reaching fertilization. In Ayurveda, treatment is done on the basis of constitutional predominance of an individual. In light of infertility we look very closely to the reproductive system. Ayurveda emphasizes on both systemic and localized treatment. To treat Vata Dosha, Basti is always preferred. In modern world, due to the mismanagement in lifestyle, infertility problems are increasing. Ayurveda suggested Uttarbasti as line of treatment for Garbhashyagat Rogas since this approach facilitates absorption of drugs and helps to achieve target delivery of drugs to the affected organs. When Sukoshna (lukewarm) Sneha or Kwatha enters into the uterine cavity or urethra, Srotas can easily carry drugs towards the desired sites such as fallopian tubes and cervix etc. Thus this Chikitsa is considered as useful approach to treat disorders of genital/reproductive system.

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