



AYURVEDIC MANAGEMENT OF INFERTILITY W.S.R. ANOVULATION: A CASE STUDY

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ABSTRACT

A female patient of 33 years old of primary infertility with pitta pradhan vata prakruti was diagnosed as anovulation (anartava) on the basis of follicular study. Along with this she was diagnosed as pittaj Yonidushti according to her complaints. Three step treatment was given to her with Pathyakar aahara and vihara). The present case study was done to evaluate the role of Ayurvedic Shadhana therapy i.e., Matra Basti for three consecutive menstrual cycle in the management of anovulation (Artava Dosha). After completing three courses of Yogabasti, Improvement was noticed i.e., Ovulation study (during treatment – anovulatory cycle, After treatment – ovulatory cycle). The line of treatment was followed in this case was to treat the provoked Vata Dosha and vitiated Rasa Dhatu. There were no adverse effects found during the Ayurvedic treatment.

Keywords: vandhyatwa, Infertility, Aartava dushti, anovulation, pittaj Yonidushti

INTRODUCTION

Infertility is defined as failure to conceive though having regular unprotected coitus for more than a year. The male is directly responsible in about 30-40%, the female in about 40-50% and both are re-

sponsible in about 10% cases. The remaining 10% is unexplained. Infertility primarily refers to the biological inability of a person to contribute to conception. In Ayurveda infertility may be correlated with

vandhyatwa. Ayurveda is science having its own method of diagnosis and treatment based on it. Important factors of constituents of garbha (foetus) are :-

- 1) Ritu (fertile period),
- 2) Kshetra (reproductive organs),
- 3) Ambu (proper nutrient fluid),
- 4) Beeja (shukra-shonit)

also, healthy psychological status, normal functioning of vata (one of the governing factors of body) according to Ayurveda. Any abnormality in these factors causes infertility. Beeja is directly referred as Anta-pushpa (ovum) and beejotsarga to ovulation process. Anovulation can be considered as Nashtartava which occur due to vitiated vata. Basti karma is considered as best line of treatment for vata. In this case study combined effect of Matra basti, Uttarbasti, pichu dharana and aartavjanan dravya was found to be effective in patient of vandhyatva. It has been observed that this 3 step treatment helps not only treat-

ing the symptoms but also by strengthening the reproductive system and improving the local cellular immunity.

Case history: -

A female subject aged 33 years, housewife, living in Varanasi wants to conceive. After 5 years of married life, she was unable to conceive. **Ultrasonography** suggested no abnormality in uterus and adnexa but anovulatory cycle. **HSG** (hysterosalpingography) suggested bilateral fallopian tubal patency. The semen analysis of the partner was normal. She had gone through 3 years of allopathic treatment, but she did not get any relief. Therefore, she consulted for Ayurvedic medication. She had no previous medical or surgical illness.

There was no abnormal finding seen in general and systemic examination. Menstrual history was 3 to 4 day per 29 to 30 days, regular, moderate, painless. Micturation history was 5 to 6 time per day. Bowel history was 1 time per day.

Treatment protocol: -

Following treatment was carried out. During this period, she was advised to take Laghu, Supachya Aahara (which is easy to digest) and to avoid Divaswapna (sleeping at daytime)

| Medication | Dose | Anupan | Time |
|---|------------------------------------|--|-------------|
| Dadimashtak Churna +Balchatubhadra Churna +Ajamodadi Churna | 500mg+ 500mg +500mg Twice a day | Abhyarishta (20ml) with equal amount of water | Before meal |
| Arogyavardhini Vati | 2 BD | Water | After meal |
| Kuberakshadi Vati | 2 BD | Water | After meal |
| Chandraprabha Vati | 2 BD | Water | After meal |
| Erand Tail | 10ml | Warm Water | HS |

| | | |
|-----------------|---|--------------------------------|
| Anuvasana Basti | Shatavari tail(30ml) +Dashmool tail(30ml) +Sukumara Ghritt(30ml) +Patoltikatadi Kwatha(30ml) | 8 days for 3consecutive cycles |
| Uttarbasti | Shatapushpa Tail (5ml) (First cycle) | For 1day |
| | Second cycle | For 2days |
| | Third cycle | For 3days |

ADVICE: -

- Regular exercise, yoga and om chanting.
- Avoid fast food and high calorie food.
- Take high fiber rich food.

OBSERVATION AND RESULTS: -

After 6 months of medication, Virechana karma and Basti karma, Follicular Study was done which showed Ovulation occurred.

FOLLICULAR STUDY AND USG AFTER TREATMENT –

DISCUSSION: -

In this case report, according to history and clinical examination considered as a case of infertility due anovulation(nashtartava), Aratavaha-shrotorodha and apanvata vaiguniya. Hence main line of treatment could be vata kapha shamak, agnidipana, pachaka, vatanulomaka and artavajanak. As per ayurveda classics basti is the best treatment in vatarogas and here we gave basti in follicular phase for the normal beeja nirmana and beejo utsarga (ovulation). Basti and Taila is param aushadham for vata according to Acharya Vagbhat. Anuvasan Basti is indicated by Acharya Kashyap for Nashtabeeja Matra basti is a type of anuvasan basti. So, it will act on ovulation.

Uttarbasti-According to Acharyas, Uttarbasti should be given after cleansing her body by use of two or three Shodhana Basti. Due to normalization of Vata by the use of Uttarbasti, the yoni retains the Garbha quickly or the woman conceive immediately, so it means Uttarbasti prepare the kshetra for Garbha dharana i.e, (kshetra factor).

Shatapushpa Tail: - (anethum sova) is ushna veerya dravya with vatakaphashamak property which acts on reproductive system and improves the function of ovary and aartava.

SHODHAN CHIKITSA (Virechana Karma)-Virechana karma was chosen for Anuloman of Vata and Beejakarmukta. Acharya Kashyap told that by the use of purgation, the Indriyas get clarified, Dhatus get cleansed, and the Beeja (sperm, ovum) become efficacious. It is mandatory to give Deepana-Pachana drug before administration of Aabhyanarasnehpna because of their inherent properties of Amapachana and increasing the quantum of Agni. Amapachana helps to reduce the Pichilita of morbid matter so that they can be easily dislodged so Dadimashtaka churna +Balchatubhadra churna +Ajmodadi churna were used for 7 days for Deepan Pachana of the patient. It normalizes the Jatharagni and Dhatavagni thereby helping in proper production of Rasa and ArtavaDhatu.

SNEHPANA- Panchtikta Ghrita was used for Snehpna and samyak snigdha lakshana was observed on 4 th day. It has Tiktarasatmak drugs which cause Amapacahana, increases the Jatharagni. Ghrita is Vatapitta Shamaka, and it is beneficial for Rasa, Shukra, oja.” **Chandraprabha vati** has properties like vata-pitta- kaphahar, balya, vrushya and rasayan. It helps in correcting an anovulatory cycle.

Erand taila: - According to Charaka Erand have Bhedniya properties (used for purgation), vrishya and vataharanam, Shushurat have included Erand in Adhobhaghara varg (removes doshas from lower part of body) and in Vata Sanshaman (pacifying vata), Eranda has been attributed with madhura- katu-kashaya rasa, madhura vipaka and ushna virya; has guru, snigdha, tikshana and sukshma gunas. It pacifies kapha-vata doshas. **Dashmool Tail**: contains Brihat Panchmoola and Laghu Panchmool. The combination of these ten roots is used widely in Ayurveda which acts on Vata doshas. It has Vata Kapha shaman, and Medo nashak properties. Its anti- inflammatory and analgesic property is all potent it’s also reduced back pain.

DISCUSSION

Holistic Ayurvedic approach can be very beneficial in Infertility. Panchkarma procedures (Cleansing methods) balances the doshas, leads to formation of Shudha Artava dhatu which are essential for successful conception. These approaches improve the health of patient which leads to increase likelihood of conception. In this case the line of management caused Vata Shamana (main factor for Vandhyatava), Shudha Artava updhatu Nirmana, Beejakarmukta and strotoshudhi. All the four factors (Ritu, Kshetra, Ambu, Beeja) were considered and made effective for healthy progeny by Virechana Karma and Uttarbasti. It also provided strength to the reproductive tissues. All these lead to successful conception.

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