



## ROLE OF UTTARBASTI IN STRI VANDHYATVA W.S.R. FEMALE INFERTILITY IN DIFFERENT RESPONSIBLE FACTORS

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## ABSTRACT

Failure to conceive after one or more years of regular, unprotected coitus is known as *vandhyatva*. The female component accounts for 40–55% of the cases, making it a significant problem in the modern day, given the rising number of occurrences brought on by a confluence of unhealthy environmental, social, psychological, and nutritional variables. The most frequent reasons for infertility in women are uterine, tubal, and ovulatory factors, among others. According to *Ayurveda*, *Vata* is the primary cause of all illnesses about the female reproductive system, including *Vandhyatva*. A key component of treating female *vandhyatva* is *panchakarma*. In the old literature of *Ayurveda*, *Basti Karma* is regarded as the most significant treatment for *Vataja* diseases; consequently, *Uttarbasti* is highlighted here.

**Keywords:** ovulatory factors, tubal factors, *Yava kshara*, Hormones, *Beejotsarga*

## INTRODUCTION

The term *Vandhyatva* is described in *Ayurvedic* texts as failure to acquire successful pregnancy, which is described as Infertility in modern texts. *Vandhya* as consequences of abnormality in *Bijamasa*, *Ritu*(season or fertile periods), *Kshetra*(uterus), *Ambu*(proper nutrition) *Bija*(sperm, ovum) are significant elements involved in the process of conception followed by healthy pregnancy. Therefore, for any abnormalities, avoidance of these factors can lead to the condition of *Vandhyatva*.

*Ayurveda* regards *Vata* as a physiological force because it is in charge of the bodily systems operating normally. *Vandhyatva*, being a *Vataja* disorder, demands *Basti karma*, which is having *Sthanika Snehana* and *Brimhana* action. In various gynaecological disorders, *Basti karma* has been advised through an intrauterine route in the form of *Uttarbasti*. *Uttarbasti* helps in expelling the vitiated *dosha* of *garbhashaya* and its associated structures, thereby eradicating the morbidity and *yonivyapada* of female urogenital system. It rectifies female *Vandhyatva* along with the factors associated to it. The formulations used in *Uttarbasti* i.e. *Ghee* or medicinal oil have the ability to strengthen and energize the reproductive organs while also purifying the uterus. Because of the medications' localized effects as well as its rapid penetration and dissemination capabilities, it enters the little passageways and is readily absorbed. It is the best medium for the drug to cleanse the uterus, to reach the tubal lumen and remove the blockage, to strengthen and activate the

ovulatory function receptivity and to increase the hormone sensitivity necessary for the reproductive system's regular operation.

**As for Figo (International Federation of Gynecology and Obstetrics) main three factors responsible for infertility are:-**

1. Ovulatory dysfunction - 30-40%
2. Tubal disease - 25- 35%
3. Uterine factors - 10%

Due to these factors, ART (Assisted Reproductive Technology) is increasing nowadays.

**AIMS:** To study the Comprehensive collection of different *Uttar basti* in *Stri Vandhyatva* w.s.r female infertility in different responsible factors.

### **OBJECTIVE**

1. To thoroughly comprehend *Vandhyatva* by reviewing *Ayurveda*.
2. To collect more about the role of *Uttarbasti* in *Vandhyatva* main factors responsible for female infertility.
3. To collect and compile the medications/*Aushadha* in increasing cases of the main factors of *Vandhyatva* nowadays.

### **METHODOLOGY**

1 To review thoroughly about *Vandhyatva*, especially in women, various *Ayurvedic* classic like *Nighantu*, *Samhita*, and Journals, and web sources is screened thoroughly.

2. Literature is collected from different classic textbooks of *Ayurveda*, Journals and dissertations.

### **Role of different Uttarbasti in Main3 factors of female infertility.**

1 Ovarian factors ( <i>Vrithapushpa</i> / Anovulation)	<ol style="list-style-type: none"> <li>1. <i>Lasunadi taila Uttarbasti.</i></li> <li>2. <i>Shatavari taila Uttarbasti.</i></li> <li>3. <i>Shatapushpa taila Uttarbasti.</i></li> <li>4. <i>MahaNarayana taila Uttarbasti</i></li> <li>5. <i>Krishna tila</i></li> <li>6. <i>Arkapushpataila</i></li> <li>7. <i>Prajasthapana gana siddha Ghrita</i></li> </ol>
2 Tubal factors ( <i>Artavavahasrotas</i> )	<ol style="list-style-type: none"> <li>1. <i>Apamarga Kshara taila Uttarbasti</i></li> <li>2. <i>Kumari taila Uttarbasti</i></li> <li>3. <i>Yavakshara taila Uttarbasti</i></li> <li>4. <i>Narayan taila</i></li> </ol>

	<ol style="list-style-type: none"> <li>5. <i>Panchgavya Ghrita</i></li> <li>6. <i>Dhanvantari taila</i></li> <li>7. <i>Kasisadi taila</i></li> </ol>
3 Uterine factors (Kshetra)	<ol style="list-style-type: none"> <li>1. <i>Bala taila</i></li> <li>2. <i>Phala Ghrita</i></li> <li>3. <i>Kshara taila</i></li> <li>4. <i>Brihatshatavari Ghrita</i></li> <li>5. <i>Varanadi Ghrita</i></li> <li>6. <i>Palasha Kshara taila</i></li> </ol>

### Outcomes of different formation Uttarbasti

#### 1. Ovarian factor

1. <i>Lasunadi Taila Uttarbasti.</i>	<ul style="list-style-type: none"> <li>• <b>Ovulation factors</b>–<i>Lasunadi taila</i> has <i>Deepana, Pachna, Vatanulomaka, Ushna</i> property which enhance ovulation.</li> <li>• <b><i>Lasunadi Taila in menstrual disorders</i></b>–<i>Lasunadi taila</i> is known for its <i>Ushna</i> and <i>Teekshna</i> qualities as well as <i>Pitta Vardhaka</i> by these qualities <i>Agni</i> will be stimulate which helps in digestion of <i>Ama</i> and free radicals .Formation of <i>Ahara Rasa</i> which later on forms the <i>Rasa Dhatu</i> from which the <i>Artava</i> formed which is very effective in case of menstrual abnormalities. <i>Lasunadi Taila</i> is rich in antioxidants, which can protect the ovaries from oxidative stress.</li> </ul>
2. <i>ShatavariTailaUttarbasti.</i>	<ul style="list-style-type: none"> <li>• <i>Shatavari taila</i> has <i>Tikta Madhura Rasa, Guru, Snigdha Guna Madhura Vipaka</i> and <i>Sheeta Virya</i>. It also has properties like Rejuvenative and Adaptogenic Enhances overall reproductive health, supports ovarian function, and improves the quality of the reproductive tissues. <i>Shatavari</i> is known to balance the hormones support the menstrual cycle and enhance fertility by improving the health of the uterus and ovaries. which may remove <i>Sanga</i> and <i>Avarana</i> leads to proper function of normalize <i>Dhatu Updhatu Nirmana</i> and regulating function of <i>Beejakosha</i> and <i>Beejotsarga</i>.</li> </ul>
3. <i>ShatapushpaTailaUttarbasti.</i>	<ul style="list-style-type: none"> <li>• <i>Shatpushpa taila</i> having <i>Katu, Tikta Rasa</i> and <i>Laghu, Rukshna, Tikta Guna</i> effect in anovulatory cases <i>Kapha</i> is associated as <i>Avarana</i> on <i>Vata</i>. The <i>Ushna Guna</i> of drug also regulate <i>Vata</i> a ovulation occurs .<i>shatpushpa</i> taila having <i>Deepana, Pachna</i> and <i>Shaman</i> and <i>Grahit Kapha</i> fight against <i>Agnidusti</i> and increase <i>Dhatu Agni</i>.</li> </ul>
4. <i>MahaNarayana TailaUttarbasti</i>	<ul style="list-style-type: none"> <li>• <i>Mahanarayana taila</i> promotes the ovarian hormones that lead to ovulation and activates <i>Vata's</i> natural activity</li> </ul>
5. <i>Krishna Tila Taila Uttarbasti</i>	<ul style="list-style-type: none"> <li>• The name <i>Artava</i> means "two," referring to <i>Antah Pushpa</i> and <i>Bahir Pushpa</i>, respectively. Both pushpas are the verbal expression of the suitable labor of <i>Anahpushpas</i>, which is essential for conception</li> <li>• There are <i>Madhura</i> and <i>Tikta Rasa</i>. in <i>Krishna tila</i> help in nourishing and cleansing the body.<i>Krishna Tila</i> has a <i>Ushna Virya</i> .This property helps in Stimulating circulation and increasing metabolic acitivity which can help in normalizing menstrual flow.</li> </ul>
6. <i>Arkpushpa Taila Uttarbasti</i>	<ul style="list-style-type: none"> <li>• <i>Arkpushpa taila</i> has a <i>Madhura Rasa</i> and <i>Ushna Virya</i>.<i>Arkpushpa taila</i> balancing the doshas Improving circulation and promoting healthy menstrual function .</li> </ul>

7. <i>Prajasthapana Gana Siddha Ghrita</i>	<ul style="list-style-type: none"> <li>• <i>Prajasthapana ganais</i> support reproductive health and hormonal balance .I might contribute to the regularity of the menstrual cycle , potentially aiding in ovulation . They are thought to have properties that nurture and strengthen the reproductive system.</li> </ul>
8. <i>Sheet kalyanaka Ghrita</i>	<ul style="list-style-type: none"> <li>• <i>Sheet Kalyanaka Ghrita</i> impacts ovarian health and help regulate hormonal levels which is crucial for regular ovulation and menstrual cycles.the nourishing and rejuvenative properties help enhance the function of ovaries, supporting the development and release of healthy eggs.</li> </ul>

## 2. Tubal factors

1. <i>ApamargaKshara TailaUttarbasti</i>	<ul style="list-style-type: none"> <li>• <i>ApamargaKshara TailaVata Kapha Shamaka ,Tridoshagna</i> having <i>Ushna,Tikshna and Sukshma</i> properties so that it could remove the tubal blockage.</li> </ul>
2. <i>Kumari Taila Ut-tarbasti</i>	<ul style="list-style-type: none"> <li>• Tubal blockage was considered as <i>Vata Kapha</i> dominated <i>Tridosha</i> condition <i>Vata</i> responsible for <i>Samkocha</i>, <i>Kapha</i> for <i>Shopha</i> and <i>Pitta Paka</i>, <i>Kumari taila</i> are highly efficacious and established for their role on manstual disorders and hormonal imbalance. <i>Kumari taila</i> that remove Tubal blockage and correct ovarian function.</li> </ul>
3. <i>Yavakshara Taila Ut-tarbasti</i>	<ul style="list-style-type: none"> <li>• <i>Yavakshara taila</i> is <i>Katu Rasa ,Ushna Virya KatuVipaka Tridoshaghna</i> mainly alleviates <i>Kapha Vata dosha</i> and <i>Sukshma</i> properties the components have <i>Lekhana Shodhana</i> and <i>Ropaka</i> properties that is helps in removing the unhealthy tissue causing obstruction causes healing with replenishment of healthy tissue lining of uterus.</li> </ul>
4. <i>Narayana Taila</i>	<ul style="list-style-type: none"> <li>• The <i>Narayanataila</i> with its <i>Katu, Tikta Rasa, Laghu, Ruksha Guna Ushna Virya</i> and <i>Katu Vipaka</i> and <i>Vata Kaphashamaka Doshagnata</i> ultimately leads to <i>Karmas</i> such as <i>Deepana, Pachana, Vilayana, Anulomana, and Srotoshodhana</i>, which produce <i>Amapachana</i> and <i>Vatakapha shamana</i>. These may re-move <i>Sanga</i> and <i>Avarana</i>, enabling <i>Vayu</i> to regulate <i>Beejagranthi Karma</i>, which in turn causes (ovulation).</li> </ul>
5. <i>Panchgavya Ghrita</i>	<ul style="list-style-type: none"> <li>• The <i>Vata Kapha Shamaka</i> and <i>lekhana</i> qualities of <i>Panchagavya Ghrita</i> led to its selection.</li> </ul>
6. <i>Dhanvantari Taila</i>	<ul style="list-style-type: none"> <li>• <i>Ruksha, Daruna,</i> and <i>Khara gunas</i> of <i>Vata</i> can cause anomalies of the fallopian tube, which can be relieved by <i>Dhanvantari taila</i>. All this management not only helps to get tube patency but also restores its normal physiological function.The anti- inflammatory properties of <i>Dhanvantri taila</i> can help reduce inflammation in the reproductive organs, enhancing blood flow, and clearing obstructions in the fallopian tubes</li> </ul>
7. <i>Kasisadi Taila</i>	<ul style="list-style-type: none"> <li>• <i>Kasisadi taila</i> properties like <i>Ushna, Tiksha, Snigha ,Lekhana</i> and it also corrects the <i>vata dushti</i> by regulating the normal flow of <i>Apanavata</i> .Itis also mentioned that it corrects the obstruction by its <i>kshara</i> properties without affecting the normal anatomy of the local area.<i>Kasisadi taila</i> effective role in removing tubal blockage and restoration of its normal Function.</li> </ul>

## 3.Uterine factors:-Uttarbasti Act as uterine detox causes specially with Implantation Defect.

1. <i>Bala Taila</i>	<ul style="list-style-type: none"> <li>• <i>Bala tail</i> has a property of <i>Vatshamak</i> and <i>AamPaachan</i> because of its <i>Ushna Veerya</i>. Also due to its <i>Vyavayi and Sukshma Guna</i>it enters into the small channels and removes obstruction and clears <i>srotas</i>.</li> <li>• <i>Bala taila Brimhaniya</i>(increases the body bulk), <i>Balya</i> (strengthens the body), <i>Prajasthapan</i>(herbs used to cure infertility) and <i>Vata samshaman</i>(herbs which normalize vatadosha). It has <i>Laghu, Snigdha, Pichchhila Gunas, Madhura Rasa, Madhura Vipaaka and Sheeta Virya</i>. Because <i>Snigdha</i> and <i>Madhura Guna</i><i>Bala taila</i> has</li> </ul>
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	<p><i>Vatashamaka</i> properties so it is used to treat the infertility as vitiation of <i>Vata Dosha</i> is one of the leading factors for infertility. Due to its <i>Snigdha</i> and <i>Pichchhila Guna</i> it might be helpful to facilitate the movement of sperm in fallopian tube. Being <i>Sheeta Veerya Bala taila</i> also has anti-inflammatory property. These mentioned properties of <i>Bala taila</i> make it as a promising therapy for infertility basically by bringing up the fertilization and implantation.</p> <ul style="list-style-type: none"> <li>• <i>Bala taila</i> might support hormonal balance, which is crucial for a healthy menstrual cycle and optimal endometrial receptivity.</li> </ul>
2. <i>Phala Ghrita</i>	<ul style="list-style-type: none"> <li>• <i>Phala ghrita</i> and its components have <i>Deepana</i>, <i>Pachna Vatanulomaka</i>, <i>Vrishya</i>, <i>Rasayana</i>, <i>Ropaka</i> properties. <i>Phala ghrita</i> is thought to enhance the health of the uterine lining (endometrium) making it more receptive for embryo implantation.</li> </ul>
3. <i>Kshara Taila</i>	<ul style="list-style-type: none"> <li>• <i>Kshara Taila</i> have <i>Tridoshaghana</i> properties, <i>laghu</i>, <i>sukshma</i>, <i>vyavayi</i>, <i>vikasi</i>, <i>katu vipaka</i> and <i>Ushna virya</i> and should have effective role in normal function of uterine detox.</li> </ul>
3. <i>Bhrihatshatavari Ghrita</i>	<ul style="list-style-type: none"> <li>• <i>Bhrihatshatavari ghrita</i> nourish the reproductive tissues (<i>Artava Dhatu</i>) improve uterine health, and balance hormonal functions.</li> </ul>
4. <i>Varanadi Ghrita</i>	<ul style="list-style-type: none"> <li>• It is useful in increase Endometrium receptivity. <i>Varunadi Ghrita</i> helps in balancing the <i>Vata and Kapha dosha</i> which are often implicated in reproductive health issues. A balanced dosha state is essential for optimal uterine function.</li> </ul>
5. <i>Palasha Kshara Taila</i>	<ul style="list-style-type: none"> <li>• <i>Palasha Kshara taila</i> has the action of <i>Ksharan</i> and <i>Lekhan</i>. Therefore, it might be resulting into <i>Kshara and Lekhan</i> of nodular growth <i>Taila</i> has property of <i>Vatashamak</i>, <i>Sleshmaha</i>, <i>Yonishulaprashma</i>, <i>Yonivishodhan</i> and the <i>Ushna and Snigdha Guna</i> of the <i>taila</i> pacifies <i>Srotoshodhana</i> is brought about by the enlarged <i>Rukshatva</i>, <i>Kartava Guna</i> of <i>Vayu</i> returning to its regular function. When instilled into uterine cavity a known place of <i>Apanavayu</i>, which gives direct access to the seat of <i>Dosha Dushya Sammorchana</i>. This directly acts on <i>Vikrata vayu and Kapha dosha</i> which causes <i>Ksharan and Lekhana of Vikrutamamsa and Medodhatu</i> and breaks the <i>Samprapti</i>.</li> </ul>

### Collection of previous work done on Uttarbasti-

Sl.No.	Role of Ayurveda in Uttarbasti (Dr.)	Place	Topic
1	Dr. Preeti Agarwal <sup>1</sup>	UttaraBasti of NarayanaTaila is helpful in Quadra Institute of Ayurveda, Roorkee, Uttarakhand, India.	“Role Of <i>Lasunadi Ghrita</i> Oral and <i>Lasunadi Taila Uttarbasti</i> In <i>Bandhyatva</i> (Female Infertility)”
2	Dr. Rajput Shivshankar <sup>3</sup>	IPGT & RA, Gujarat Ayurved University, Jamnagar, Gujarat, India.	“Effect of <i>ApamargaKshara Taila Uttarbasti</i> in the Management of Infertility w.s.r. Tubal blockage”
3	Dr. Kamayani Shukla Upadhyay <sup>4</sup>	Ayurvedic Gynaecologist & obstetrician, Pratapgarh, Uttar Pradesh, India	“Effect of <i>Kumari Taila Uttarbasti</i> on fallopian tube blockage”
4	Dr. Hetal P. Baria, Dr. Shilpa B. Donga <sup>5</sup>	Institute for Post Graduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar, Gujarat, India	“Efficacy of <i>Yavakshara Taila Uttarbasti</i> in the management of fallopian tube blockage”
5	Dr. Suman kumari <sup>6</sup>	National Institute of Ayurveda Jaipur, India	“Effect Of <i>Panchgavya Ghrita</i> on Fallopian Tube Blockage: A Single



			Case Report”
6	Dr. Kamidi Vijaya Kumari <sup>7</sup>	Dr. BRKR Govt Ayurvedic College, Er-ragadda, Hyderabad, Andhra Pradesh,	“Study of <i>Uttarabasti</i> with <i>dhanvantari taila</i> in female infertility”
7	Dr. Biala Shalini <sup>8</sup>	Major S.D. Singh P.G. Ayurvedic Medical College, Farrukhabad (U.P.), India.	“Efficacy Of <i>Phala- Ghrita</i> on Female Infertility”
8	Dr. Trivedi Rujuta	Institute for Post Graduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnager	Role of ‘ <i>Krishna Tila</i> ’ and ‘ <i>Arkapushpa Taila</i> ’ <i>Uttarbasti</i> in the Management of <i>Artavakshaya</i>
9	Dr. Swati R. Ubarhande	ASPM Ayurved College, Hosital and Research Institute, Buldhana, Maharastra, India	Role of <i>prajasthapana Gana Siddha Ghrita Uttarbasti</i> and oral yoga in the management of <i>Vandhyatva</i> with special reference to <i>Bijotsar-ga</i> (ovarian factor)
10	Dr. Bheesham Lata	Abhilashi Ayurvedic College and Research Institute Chaichowk Mandi Himanchal Pradesh	Management of Tubal Blockage with <i>Uttarbasti</i> – A Case Report
11	Dr. Anjali Verma	All India Institute of Ayurveda, Delhi	A Clinical Study on <i>Uttar Basti</i> of <i>Bhrihat Shatavari Ghrita</i> and <i>Baladi Churna</i> in the management Female Infertility w.s.r. to Endometrial Receptivity

## DISCUSSION

### 1. Ovulatory factor

*Beeja* is one of the important factors of *Garbha Sambhav Samagri* therefore the process of *Beejotsarga* is very important for the fertilization to take place. *Vata* is responsible for division, ejection, and differentiation. Therefore, *vata* is responsible for the formation and rupture of follicles resulting in ovulation. As per the 8 clinical works, it can be analyzed that *Lasunadi taila*, *Shatapushpa taila*, *Mahanarayana taila*, *Krishna tila Taila*, *Arkapushpa taila Uttarbasti* showed significant result in achieving ovulation. *Shatavari taila* and *prajasthapana gana siddha ghrita* also showed effective results on ovulation, *Sheet kalyanaka ghrita* orally and in *Uttarbasti* form had higher conception rate. *Sheet kalyanaka ghrita* impacts ovarian health and help regulate hormonal levels.

**Mode of action:** *Uttarbasti* given in intra uterine route in the *ghrita* and *taila* medium such *prajasthapana gana siddha ghrita*, *sheet kalyanaka ghrita*, *Lasunadi taila*, *shatavari taila*, *shatapushpa taila* and *mahanarayana taila*, *Krishna tila taila* and *Arkapushpa taila* activates the normal function of

*vata* and stimulates the ovarian hormones, ultimately achieving ovulation. The brain and pituitary gland produce hormones, which are received by receptors in the ovaries. *Uttarbasti* stimulates these receptors, so that proper maturation of follicles and ovulation occurs in each cycle. Those all medications via, *Uttarbasti* works on PCOS, Low anteral follicles and anovulation factors.

### 2. Tubal factor

It can be correlated with *Artavavaha Srotas dusti* which leads to *Vandhyatva*, as we know Fallopian tubes play major role in the transport of gametes and embryo. Any abnormality in the form of adhesions or obstructions hampers the patency leading to Infertility. Among the 7-research works carried out on formulations, *Uttarbasti* with *Apamarga Kshara taila*, *kumari taila* and *yavakshara taila*, *Narayana taila*, *Dhanvantari taila*, *Kasisadi taila* and *Panchgavya ghrita* had maximum effect achieving tubal patency and showed significant conception rate.

**Mode of action:**—Correlating fallopian tubes with the *artavavaha (artava-bija-vaha) srotas*, its blockage compared with the *sanga srotodushti* of this *srotas*. *Vata* and *Kapha* are the prime *dosha* involved in tubal blockage as *vata* is responsible for every move-

ment. Thus administering intrauterine *Uttarbasti* with drugs like *Apamarga Kshara taila*, *kumari taila*, *yavakshara taila*, *Narayan taila*, *Dhanvantari taila*, *Kasisadi taila* and *Panchgavya ghrita* having scraping, penetrating, uterine cleansing, wound healing *kapha-vata* alleviating properties does *vata* alleviation, act locally on tubes and removes the blockage of tubal lumen by directly flushing obstruction. It also does the lysis of adhesions and restores the normal function of tubal cilia by its rejuvenating and soothing effect. *Uttarbasti* cause local uterine contractions which stimulate the endometrium and ovarian receptors which stimulate the receptors and HPO axis regulating the normal menstrual cycle with ovulation.

### 3. Uterine factor

Endometrium acts as bed for fertilized ovum where it gets embedded for further development. Unresponsive endometrium may cause implantation failure or abortion in early stages. From the 6 clinical studies on Uterine factor, it can be evaluated that *Bala taila*, *Kshara taila*, *Phala ghrita*, *Bhrihat shatavari ghrita*, *Varunadi Ghrita*, *Palasha Kshara taila* was beneficial in increasing endometrial layering and endometrial blood flow and had higher conception rate. *Phala ghrita* was beneficial to enhance the health of uterine lining. *Bala taila* has a property of *Vatashamak* and *Aam paachan* its *vyavayi* and *sukshma Guna* it enters into the small channels and remove obstruction and clear *srotas*. Both drugs were equally effective Improving myometrial echogenicity and myometrial blood flow.

**Mode of action:-** *Uttarbasti* with drugs like *Bala taila*, *Phala ghrita*, *Kshara taila* and *Brihat shatavari ghrita*, *Varunadi Ghrita*, *Palasha kshara* possessing oleating, nourishing and phytoestrogen properties gets easily absorbed through the mucous membrane glands and vessels. They proliferate and nourish the endometrium and rejuvenate the local tissues potentiating the endometrial receptors which may finally improve the implantation rates by promoting fertilization & nidation of embryo. *Varunadi Ghrita* and *Palasha Kshara taila* gets in lining Endometrial polyp, uterine fibroid, which is cause of *Kshetra Dushti*,

those medications help in providing proper blood supply to endometrium.

## CONCLUSION

This review summarizes the evidence underlying the usage of *Uttarbasti* for managing female infertility. In case anovulation it stimulates the process of follicular development and ovulation, in tubal blockage it relieves obstruction and establish the patency and normal function of the tubes in endometrial factor. It Increases blood circulation, helps in proliferation and increases the receptivity of endometrium and resulting in improvement of conception rates. so intra uterine *Uttarbasti* with appropriate drugs is effective in treating all the factors causing female infertility and is a great contribution to *Ayurveda* gynecologist in the management of Female infertility. It can be considered as pre-requisites for Assisted reproductive techniques like, IUI and IVF for better pregnancy. As well as the success rate of ART can also be increase by using *Ayurveda* miraculous but main point should be consider is that *Uttarbasti* is most complicated procedures. It needs high skill and aseptic measures for administration. The desired effect of *Uttarbasti* depends on dose, medicine, method and time administration and post effective management. That's why *Uttarbasti* should be done by expert *Ayurveda* physician.

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