

AYURVEDIC MANAGEMENT OF BILATERAL TUBAL BLOCK-A CASE STUDY

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ABSTRACT

Infertility has been recognised for many millennia. It leads to social ostracism, which is condoned by deep-seated religious beliefs in many situations. The Koran states, 'He makes whom he pleases barren'. Surely, he knows power. Almost all religions share the Hindu belief that infertility is due to karma, and hence, there is a sense that the inability to conceive is some punishment. [1]

Infertility, a multi-factorial disorder, is a major contributor to emotional disturbances and reduced quality of life. Out of many factors, tubal factors causing infertility account for about 25-30% of all cases of infertility [2]. Infections, abdominal surgery and diseases such as endometriosis can cause scarring at the inner lining of fallopian tubes. STDs, post-ectopic pregnancy and previous abdominal surgeries may cause tubal blockage. [3] The Fallopian tube is the Kshetra for Garbhadhana, as it carries the gamete before and zygote after fertilisation. Going through various signs and symptoms, we can understand that it is Vata-dominated Tridoshaja Vyadhi, Where Kapha Doshas also contribute to the formation of the block. Uttara Basti is a boom in treating blocked fallopian tubes. The drugs having Vata Kapha Shamaka and Tridoshaghna properties and drugs with Sukshma, Katu, Ushna and Pramathi properties help to remove the blockage and restore tubal functions. In the present case study, both Shodhana and Shamana chikitsa were adopted. The combination of Kshara, Kasisa Taila, and Phala Ghruta having Lekhaniya and Vata Kapha Shamaka property has proved beneficial in treating tubal blockage.

Keywords: Artava Vaha Srotas, Tubal Blockage, Uttarbasti.

INTRODUCTION

Fallopian tubes play a major role in the transport of the gametes and facilitate fertilisation and survival of the Zygote through its secretion—failure to do so results in infertility. Infertility is defined as trying to get pregnant with frequent unprotected sex for at least a year with no success. Tubal blockage is one of the most common causative factors for female infertility. In Ayurveda Sanga Sroto Dushti of Artavavaha Srotasa, it can be correlated with tubal blockage involving Vata & Kapha Doshas. Normalising the Vitiated Vata-Kapha Doshas leads to the restoration of tubal function and helps in conception. The case report presented here highlights the role of Ayurvedic medicines and Panchakarma therapies in successfully managing tubal blockage.

Case Presentation :

The patient, aged 27 years, having a marital status for three years, was anxious to conceive but failed to do so even after having unprotected coitus. The patient had irregular menses and even complained of scanty Menstruation for 1 to 1½ years. For the same, the patient visited a gynecologist, and with all the investigation done, she was diagnosed with Bilateral Tubal Block and suggested IVF. As the patient did not want to go for IVF opted for Ayurvedic treatment. There is no significant past medical history, but the patient's profession was teaching and she complained of stress in her work.

Menstrual History :

Nature- Irregular, Dysmenorrhoea.

Bleeding duration – 2 days.

Interval – 35-45 Days.

Clots – Sometimes.

PV – Uterus AVAF.

Cervix – Normal.

Vagina – Healthy.

Nidana :

Ahara – Akala Bhojana, Pishta Aahara, Madhura Ahara.

Viharaja – Stressful work, Anidra.

Roop- Infertility.

HSG Report : Bilateral Tubal Block.

Treatment Given :

First Month : Yoga Basti Kram was followed which resulted in improving her symptoms like Dysmenorrhoea and blood flow from 2 days to 4 days. Yoni prakshalan with Panchavalkala Kwath and Yoni Dhupana with Vacha churn was given.

2nd Month : Vaman was given and Matra basti was given with Sahachar Taila.

Uttar Basti was given with Kshara and Kasisa Taila on 7th, 8th, 9th day of Cycle and was repeated for 3 consecutive cycles.

Oral Medication given was-

Cap Palsineuron – 1-1

Tab. Stree Vyadhi Hara rasa – 1-1

Syrup – Evecare 10 ml – 10 ml

Tab. Kanchanara Guggul 2-2

Cap Pcosnil 1-1

Phal Ghrita 1 tsf (twice)

Treatment outcome:

Bleeding during menses increased from 1-2 days to 4-5 days.

Dysmenorrhoea was well in control.

Tubal block was cleared, and patient got conceived immediately after 3rd month.

DISCUSSION

Tubal block is one of the leading causes of female infertility. In Ayurveda, it can be better correlated with Artava- Bijavaha Srotorodha (i.e. Obstruction in the fallopian tube). Vata-Kapha Doshas are the causative factor for tubal blockage. Vitiated Vata Dosha produces Sankocha due to its Ruksha, Khara and Daruna guna. [4] Sthira Manda property of vitiated Kapha Dosha results in Sanga-Srotodushti of Arthava Vaha srotas, which ultimately results in Vandhyatwa. Hence, the treatment was to pacify Vata- Kapha Dosha, Deepana Pachana, Vata Hara, and Kapha Medovilayana, which helps to somewhat clear the Srotorodha. Vamana helps in Kapha Vilayana and causes Srotos Shodhana, and Acharyas mention the same in the Chikitsa Sutra of Artava Kshyaya. Basti has a multidimensional effect as it has Lekhana, Rasayana, Sroto-Sanga Nashaka, and Vata Anulomana, which leads to the purification of the body. Hence

Yoga Basthi was given. Kshara Taila, having Ksharana property, also has Vata and Kaphahara property, which can be seen in this case, and this probably helped to clear the blocks in the tubes. Kasisa Taila helped in healing. Phala Ghritha helped in increasing the fertility rate⁵⁻⁷.

CONCLUSION

Though there are no direct references for Tubal blockages, if one can understand the Doshas, Dushyas and Srotho Dushti Lakshana treatment protocol become easy to advise. Here aim was to enhance the proper functioning of reproductive system by providing natural and effective herbal medicines, else in contemporary medicine, management includes hormonal correction, ovulation induction and ART i.e. (Artificial Reproductive Techniques.) Hence most of the patients with infertility due to Tubal block end up with IVF management.

Here Srotorodha in the Arthava Vaha Srotos were eliminated by proper Shodhana and Shamana Chikitsa which resulted in clearance of tubal block within just 3 months of treatment in this case.

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