



A REVIEW ON CONCEPT OF INFERTILITY IN AYURVEDA

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ABSTRACT

Ayurveda treats most illnesses holistically. The same holds true for fertility treatments. These days, a variety of variables, such as stress, pollution, a bad diet, and a sedentary lifestyle, impair both men's and women's fertility. List a few to maintain the best possible state of both the mind and the body in order to reproduce, it's imperative to rid the body of toxins and provide it with the proper nutrition. In spite of years of trying, one in seven couple difficulties conceiving. The reason for this is a combination of social, emotional, and physiologic factors. About 25% of events might not be fully understood. Infertility, in-which affects both men and women equally and lacks a known cause. Population growth and fertility rates have been progressively dropping throughout Present paper aims to throw some light on the concept of infertility as per the concepts of *Ayurveda*.

Keywords: *Rasayana, Chikitsa, Ojas, Dosha, Infertility, Klabya, Etc*

INTRODUCTION

There are eight branches in *Ayurveda*. These effectively address several facets of life branches. The old wisdom's comprehensive approach is highly valued

in this division. *Shaya Kayachikitsa Shalakyata Tantra, Bhuta-vidya, Kaumara-Bhritya*, and *Tantra* the three main types of *Tantras* are *Agada, Rasayana*, and *Va-*

jikarana 8 of divisions. *Ayurveda* acknowledges the significance of a rich and active life that makes it easier to fulfil one's duties. Consequently, they looked for safety in the *Himalayas*. Where *Indra* revealed the rejuvenation formula to them therapy. A well-known rejuvenation therapy known as *Rasayana chikitsa* in *Ayurveda*. It uses a combination of massages, medications, and good behavior to prevent deterioration and debilitation. The two patients for whom the treatment is recommended are those who have become prematurely incapacitated due to dissipation and poor routines; and people who are ageing naturally but want to avoid the outward signs of old age.

MATERIALS AND METHODS: - All of the pertinent Ayurvedic writings were investigated examined, and the subject was presented in an orderly manner.

- ❖ Infertility types as described in classical sources.
- ✓ **Vandhya** is sterile and incurable.
- ✓ **Apraja** women can become pregnant, and the condition is treatable.
- ✓ **Sapraja** women who develop infertility throughout their reproductive years after having conceived one or more children The menstrual cycle (an indicator of a woman's health) can be influenced by a variety of factors, including diet, emotional instability, excessive physical activity, lifestyle, and stress ^[1], all of which contribute to an imbalance of the *Doshas* (bodily energies-*Vata*, *Pitta*, and *Kapha*).

RESULT: -

A condition where a couple experiences difficulties conceiving or becoming pregnant after one year of regular sexual activity without the use of birth control. A problem with either the men or the woman, or both, can be the root of infertility. *Ritu*, *Kshetra*, *Ambu*, and *Beeja* have all been identified as contributing factors in conception. *Ritu* is a *kapha* phase that follows the proliferative period in the uterus during ovulation. A healthy female vaginal tract, or *kshetra*, will make it easier for sperm to enter the body. *Ambu* contains both hormones and nutrients. *Bija*: Sperm with ovum. Disorders of the sperm and egg. Illness in *Ritukala* A time of *kapha-pitta* preponderance is known

as *ritukala*. Fertility may be abnormal if it is influenced by *vata* or *pitta*. *Kshetra* (the female vaginal tract) disorders of Fallopian tube obstruction and vaginal, cervical, or uterine pathologies that are hostile to spermatozoa are known as *Margavarodha* and *Vyapannayoni*, respectively. *Ambu* (nutritional fluids) disorders dietary deficiency, amniotic fluid issues, or *Garbhasravi*. ailments in *Bija*. Subfertility can be brought on by *Artavadosa* or *sukradoshas*. *Maithuna* Disorders (Interaction) Dyspareunia, which causes painful sex, *Maithuna Asahatva*, *Maithuna aniccha*, which refers to psychological disorders that cause Frigidity¹⁰ Improper sex is known as *Asamyakamaithuna*. By using *Shodhana Karma*, *Shamana Karma*, and particular medications, female infertility can be managed According to *Ayurveda*, infertility results from inadequate nutrition for the "*Shukra Dhatu*." It occurs as a result of an unbalanced lifestyle, inadequate digestion, or toxins in the body that disrupt the reproductive system. By bolstering the body's equilibrium, Ayurvedic treatment for infertility will boost health. It focuses on how treating infertility will enhance a person's general health and quality of life. The causes of infertility,

❖ **According to Ayurveda, Are:**

- ✓ **Overindulging in sex-** Not only in *Ayurveda*, but according to all research, this will lower "*Shukrakshya*" and cause impotence. Insufficient amounts of "*Artava dhatu*," the term for female reproductive tissues. The likelihood of conception will be impacted if this amount and quality are insufficient.
- ✓ **Mental disturbances:** According to *Ayurveda*, depression, insomnia, and worry can all affect one's ability to conceive.
- ✓ **Food consumption:** According to certain studies, eating more spicy food causes *Pitta* to grow and *Shukra dhatu* to produce less.
- ✓ **Genetic factors:** The genetic aspects of infertility may be important.
- ✓ **Controlling one's sexual impulses** for an extended period of time may result in *veerya-Avrodha* or trouble producing sperm when it lowers libido.

The *Ayurvedic* method for treating infertility *Ayurveda* promotes health by enhancing the body's natural ability to heal itself and regulating processes that do not depend on human intervention by any external or foreign material to replace or adjust the body's hormones. It concentrates on the management of addressing infertility holistically with a view to enhancing the overall wellbeing and standard of living of the person. The *Charaka Samhita* states that "the single most significant contributor to the accumulation of the produced toxin *Aama* (the stomach becomes overflowing with undigested food) is the *Agni* and every illness results from an imbalance in *Agni* (the ability to digest). Consequently, *Ama's* treatment of *Agni* must always be included, including the eating meals on schedule, using digestive herbs and spices maintaining a regular schedule and avoiding cold meals drinks is also cause also The *Ayurvedic* deep interior cleansing treatment known as *Panchakarma* can also be used to get rid of *Ama*. *Ojas* will benefit from a healthy *Agni* as well. The assessment of a person's *Dosha* is crucial for prescribing the appropriate course of treatment and identifying any blockages or weaknesses in certain body regions, for which the appropriate food, body therapies, herbal remedies, sensory therapies, lifestyle, and yoga therapies are used. In order to prevent and treat diseases as well as to maintain good health, diet is essential. In the ancient Indian texts (*Annam Brahmam*), food was linked to God because it is essential for supporting and nourishing life.^[2] According to *Ayurveda*, food also has an impact on the mind by increasing or decreasing each of the three mental characteristics (*Rajoguna*, *Satvaguna*, and *Sattvaguna*).^[3] Ancient Indian literature held the view that If dietetics is properly followed, medication is not necessary, but if it is not, even medications are not effective helpful.^[4] Dietary management calls for rigorous adherence. Adhere to *Ojas*-building diet, stay away from the substance that lower *Ojas*. This is crucial to promote fertilization and controls ovulation ^[5] Dining All nutrients are provided by entire foods for optimal health. In addition to fiber, the body also affects hormonal levels. Provides Processed carbs, too much, and other foods

starch, meat and milk that contain antibiotics and hormones, and Cans of food reduce fertility ^[5]. Fresh, organic produce, plant-based protein from beans and peas, sweet whole grains, juicy fruits like mangoes, peaches, plums, and pears, asparagus, broccoli, and spices like *Ajwain* powder, turmeric (improves the interaction between hormones and targeted tissues), cumin (cleanses the uterus in women and the genitourinary tract in men), and black cumin all contribute to increased fertility. Grains, root vegetables, watercress, garlic, onions, and chives are examples of foods that nourish the blood and enhance circulation.^[6] It's thought that *Urada* pulses which is prepared with equal portions of banana, *Ghee*, cinnamon, and cardamom or turmeric, coriander, cumin, and fennel. Both Jaggery and black sesame seeds are high in iron, and seeds are also a good source of vitamin E and phytochemicals that alter female body chemistry.^[7] Trans-fats should not be consumed since they block arteries, endanger fertility, damage the heart, and narrow blood vessels. Beans, spinach, pumpkin, tomatoes, and beets are foods that increase iron and encourage conception. The body must be kept hydrated at all times by consuming warm water and digestive teas. It is thought that consuming and preparing vegetables like colocasia with old garlic increases progesterone and women's chances of becoming pregnant. Foods containing preservatives and other chemicals, such as artificial sweeteners, Monosodium Glutamate (MSG), diets high in fat and other artificial flavoring and coloring (Natural Sweet, etc.), excessive alcohol and caffeine, tobacco, soda, smoking, red meat, and refined carbohydrates, such as pasta, white bread, and rice, must be avoided because they increase and exacerbate female infertility.^[8] It is vital to include a wide range of foods in the diet to ensure the body is getting all the nutrients it needs to aid conception^[9]. Eating small, regular and well-balanced meals builds overall health. *Ayurveda* recommends trying new vegetables and fruits as often as possible, breaking the monotony by not eating the same thing every day.^[10]

Ayurvedic Herbs: -

As infertility is not a disease by itself but a manifestation of some disease, the herbs used in the treatment are directed towards eradicating the underlying cause [11] The most commonly known and used herbs such as

- ✓ *Ashwagandha* (*Withania Somnifera*)
- ✓ *Shatavari* (*Asparagus Racemosus*)

- ✓ *Amlaki* (*Emblica Officinalis*)
- ✓ Herbal formulas such as *Mensu* and *Chyavan-prash* are extremely useful formulations which help create the synergistic hormonal balance between the Follicle Stimulating Hormone (FSH) and the Luteinizing Hormone (LH) [12]

Ayurvedic herbal treatment for infertility: -

Condition	Compound Formulas	Simple Herbs
Ovulation disorder	<i>Chandraprabha Vati, Yograj Guggulu, Ashoka Rishta and Dashmoolarishta</i>	<i>Ashoka, Dashmool, Shatavari, Aloe vera, Guggulu, Hirabol and Harmal</i>
Ovulation problems caused due to polycystic ovarian syndrome (PCOS)	<i>Latakaranj, Varun, Kanchnaar Guggulu, Arogya Vardhini, Punarnava Guggulu</i>	<i>Guggulu</i>
Premature ovarian failure (POF)	<i>Chandraprabha</i>	<i>Ashoka, Dashmool, Shatavari, Guduchi, Jeevanti</i>
Blocked fallopian tubes, adhesions (scar tissue) and pelvic inflammatory disease	<i>Kaishor Guggulu, Triphala Guggulu</i>	<i>Guduchi, Kutki, Punarnava</i>
Cervical mucus	----	<i>Vata, Ashwatha, Udumbara, Plaksha, Shirisha, Haridra, Yashtimadhuka Saariva and Manjishtha</i>
Underweight women or those that have a small, undeveloped uterus or cervix	-----	<i>Shatavari, Ashwagandha, Vidarikand, Ksheeridari, Bala, Samudrashok, Nagbala, Shrungatak and Yashtimadhuka</i>
Some women do conceive, but are unable to retain the pregnancy till full-term	-----	<i>Guduchi, Kantakari, Brihati, Gokshura, Bhrungraj, Yashtimadhuk, Pippali, Bharangi, Padmakashtha, Rasna and Manjishtha</i>

DISCUSSION

According to Ayurveda, healthy sperm, healthy ovum, and a healthy uterus are necessary for conception to occur. The condition of the reproductive tissue, or *Shukradhatu*, affects the reproductive health of both men and women. In women, the *shukra* tissue produces the ovum as part of the monthly cycle, and in men, sexual excitement causes the semen to form. *Shukra* tissue is produced as a result of a protracted series of metabolic processes that begin with food digestion and continue with the conversion of food into nutritional fluid, blood, muscle, fat, bone, and

bone marrow before ending with the development of *shukra* tissue. According to *Ayurveda*, eating foods that are spicy, salty, and hot increases *Pitta* and destroys *shukra* (semen), overindulging in sexual activity causes *ShukraKshaya* (semen loss), which can also result in *klaibya* (impotence), and suppressing sexual urges for a longer period of time causes *veerya avarodha* (semen obstruction), which lowers libido. Impotence can occasionally be inherited from birth. By constructing the *Ojas*, *Ayurveda* tackles the internal balances and external influences leading to the issue. Therefore, according to *Ayurveda*, healthy *Shukra* tissue depends on the wellbeing of all other body tis-

sues. Boosting the individual's overall health by stimulating the hypothalamus and pituitary glands, causing the ovaries to mature and produce eggs indirectly^[13]. In the treatment of female infertility, Ayurveda offers a non-invasive, low-cost, and non-iatrogenic alternative and complement to modern Western therapy. Because Ayurveda focuses on rebalancing people rather than merely treating diseases, its remedies have a low risk of negative effects.

CONCLUSION

Infertility has increased dramatically over the last decade as a result of a mix of social, environmental, psychological, and nutritional variables. Modern medicine may now determine the causes of infertility in an individual using a variety of diagnostic procedures and investigations. The treatment focuses on addressing and curing the malfunction using these tests. Infertility is treated by examining the reproductive system's components. Ayurveda considers each particular body type, strengthens the bodily systems involved in the fertilization process, and thus offers as an ideal alternative for achieving fertilization.

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