

AYURVEDIC MANAGEMENT IN PID FOR HEALTHY REPRODUCTIVE ENVIRONMENT AND CONCEPTION – A CASE SERIES

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ABSTRACT

Objectives: To throw light over the concept of PID (*paripluta yoni vyapada*) causing Infertility and to discuss over cases treated by Ayurvedic Oral medication. **Methods:** The case series is of 10 female patients from OPD of BMK Ayurveda hospital in which the patients between age of 24 to 40 years having symptoms of PID and not being able to conceive are treated for three months with *MusaliKhadiradi Kashaya* (3 tsf TID), *Mrityunjaya Rasa* (1TID), *Chandraprabha Vati* with *VangaBhasma* 125 mg (1 BD) orally. **Results:** There was no recurrence in the symptoms of PID and four patients conceived. **Conclusion:** PID is one of the simplest causes of Infertility that may remain unnoticed and can be easily treated by Oral Medications in Ayurveda. Re-establishment of healthy cervical mucus by removal of the *kleda* and *pittashaman* creates healthy mucus in reproductive tract.

Keywords: Cervical mucus, Infertility, Pelvic inflammatory disease.

INTRODUCTION

Infertility is a burning issue now-a-days involving various factors wherein Pelvic Inflammatory Disease, inflammation of female upper reproductive tract is acting as a hidden cause of infertility when all other factors are within normal limits. It can be compared with *Paripluta yoni vyapada* which has similar symptoms of inflammation in the pelvis.[1] It is clinically found to be a highlighted condition which prevents conception in a female in her reproductive years. Incidence of PID among sexually active women is 1-2 % per year. About 85 % is Spontaneous infection and remaining 15% follows proce-

dures which favour the organisms to ascend upwards into the reproductive tract. Modern medicine avails local symptomatic treatment which does not completely cure the condition, marking its lacuna in management of PID. Treating and preventing PID are important steps to overcome infertility. *Paripluta yoni vyapada* has *shronivankshana prushtha arati*[2] and inflammatory changes in pelvis similar to PID- which is the inflammatory disorder of the upper Female Reproductive tract. It is caused by bacteria that spread from the vagina and cervix, mostly *Neisseria gonorrhoea* or *Chlamydia trachomatis* [3], or by

changes in cervical mucus during ovulation, menstrual cycle [4]. Cervical fluid has similar properties to semen and serves similar functions: to support, nourish and transport sperm. [5] Any alteration in mucus may hinder the sperms, hence not allowing conception[4].

CASE SERIES DETAILS

Inclusion: Patients diagnosed of PID on basis of Symptoms between 25-40 years.

Exclusion: Patients above reproductive age and unmarried females having symptoms of PID.

All patients complained of pain in low back, foul smelling white discharge, per vaginal itching, pain in lower abdomen or inguinal region and were not able to conceive. Trial period for conception was on average two years. The symptoms mentioned, were experienced during menstrual cycle in 4 patients and continuously in 6 patients. 9 patients had a first issue. All other factors causing infertility were ruled out.

MATERIALS AND METHODS

Table 1: Reduction of symptoms

SYMPTOMS	Symptoms Reduced in
Lower Abdominal and Pelvic Pain	All patients
Low back pain	All patients
Abnormal Vaginal discharge	All patients
Itching	All patients

DISCUSSION

Cervical mucus is an important factor in maintaining healthy environment for conception. Changes in cervical mucus during ovulation, menstrual cycle was due to rising levels of oestrogen make the mucus clear, thin, and watery[4]. The mucus plug dissipates during ovulation and menstruation. These events make it easier for bacteria to enter the uterus and upper reproductive tract[4]. Changes in cervical mucus pH may kill the sperms during

Materials

Medicines: *MusaliKhadiradi Kashaya*, *Mrityunjaya Rasa*, *Chandraprabha Vati* with *VangaBhasma*.

Methods

The patient was given oral medications, *MusaliKhadiradi Kashaya* (3 tsf TID), *Mrityunjaya Rasa* (1TID) and *Chandraprabha Vati* with *VangaBhasma* 125 mg (1 BD) for three months. They were assessed on follow up for symptoms of PID.

Duration of treatment: 3 months

Aims and Objectives

To throw light over the concept of PID causing Infertility and to discuss over cases treated by Ayurvedic Oral medication

Type Of Study: Case series

Study Centre: KLEU's BMK Ayurveda Hospital, Shahapur –Belagavi

RESULTS

There was no recurrence of the symptoms seen and 4 patients out of 10 i.e. ~50% patients conceived after the treatment.

entry into reproductive tract. The PID inflammation can form scar tissue in the abdominal cavity and the reproductive organs. This doesn't always cause symptoms. But the scar tissue can cause, infertility by permanent scarring inside the fallopian tubes causing twisting or blocking of the tubes.[6]It may also cause Tubal (ectopic) pregnancy by trapping the fertilized egg in the fallopian tube.

MODE OF ACTION OF DRUGS

MusaliKhadiradi kashaya is indicated in conditions of *Shweta pradara* wherein there is excessive white discharge.[7]If we look into the condition it is a *kapha Pradoshaja Vikara*. There is involvement of *Aama* that has to be eliminated. The ingredients of *Mrityunjaya Rasaareushna tikshna ruksha* and *katu* serve the purpose of *Aama Paachana* hence contributing to the cure.[8] *Chandraprabha vati* is indicated in *kati shoola* and is *yogavahi*.[9] *Vangabhasma* has *Tikta, amla, katu, kasaya rasa, ruksha laghu ushna* and *teekshnaguna, ushna veerya* and *kaphapitta hara*. Therefore it acts in pacifying *vata* and removes inflammation. It helps to do the *Shoshana* of the excessive *Kleda* present. It is also *vrishya* and *deepanapaachana*.[10,11,12]

CONCLUSION

PID is one of the simplest causes of Infertility that may remain unnoticed and can be easily treated by Oral Medications in Ayurveda. Establishment of healthy cervical mucus will help in properfertilization to give a healthy Progeny.

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