

Treatment Modalities In Ayurveda For Infertility (Vandhyatva): A Conceptual Study

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ABSTRACT:

Failure to achieve a conception is known as Infertility. Ayurveda gives elaborate description of female infertility by the name *Vandhyatva*. It is mentioned as an independent disease as well as *Upadrava* of many *Yonidosha*. There is also a detail description about male infertility. According to the current statistics, it is the fact that infertility is increasing problem in present era. Lifestyle modification (*Mithya aahar-vihar*) is major cause of it. It affects the mental & physical health and disturbs family as well as social life. Disturbances in factors responsible for *garbhdharana Rutu*(ovulation period),*Shetra*(female reproductive system),*Ambu*(Hormones),*Bija*(Ovum and sperm) leads to Infertility. Functional or structural disturbances either or together causes infertility. So in this present era when everything is going to be super specialized it is very necessary to provide a particular etiopathology as well as remedy for any particular factors. In Ayurveda there is wide scope for research in infertility treatment such as, *shaman chikitsa*, *shodhan chikitsa*, *sthanik chikitsa* etc. Hence, In present paper the emphasis will be given to study the pathophysiology and treatment modalities in Ayurveda for Infertility (*Vandhyatva*).

Keywords: Pueraria tuberosa, immunomodulatory, immunopotentiating

INTRODUCTION:

What is infertility?

Vandhyatva –Vandhya Nashta Artava Vidhyat. (Failure to achieve conception is known as Vandhyatva (Infertility). Failure to achieve a conception by a couple of mature age, who has not conceived after one year of unprotected vaginal sexual intercourse, is defined as infertility.

Ayurveda gives elaborate description of female infertility by the name Vandhyatva. It is mentioned as an independent disease as well as Upadrava of many Yonidosha. There is also a detail description about male infertility. It can be compared with viryakshinata and klaibyata. According to the current statistics, it is the fact that infertility is increasing problem in present era. Lifestyle modification (Mithya aahar-vihar) is major cause of it. It affects the mental & physical health and disturbs family as well as social life. Disturbances in factors responsible for garbhdharana Rutu (ovulation period), Shetra (female reproductive system), Ambu(Hormones) , Bija(Ovum and sperm) leads to Infertility.Functional or structural disturbances either or together causes infertility. So in this present era when everything is going to be super specialized it is very necessary to provide a particular etiopathology as well as remedy for any particular factors. In Ayurveda there is wide scope for research in infertility treatment such as, shaman chikitsa, shodhan chikitsa, sthanik chikitsa etc. Hence, In present paper the emphasis will be given to study the pathophysiology and treatment modalities in Ayurveda for Infertility (Vandhyatva).

AIMS AND OBJECTIVES:

1. To study the etio pathogenesis of Infertility (Vandhyatva).
2. To study various treatment modalities in Ayurveda for Infertility (Vandhyatva).

FACTORS RESPONSIBLE FOR GARBHADHARANA:

ध्रुवं चतुर्णां सान्निध्याद्गर्भः स्याद्विधिपूर्वकम्
ऋतुक्षेत्राम्बुबीजानां सामग्र्यादङ्कुरो यथा ३३

Excellence of these factors

1. Rutu- Normal menstrual cycle and ovulation
2. Kshetra - Normal reproductive organs
3. Ambu - Secretions/Hormones
4. Bija - Ovum and Sperm
5. Prakruta karma of apana Vayu
6. Prakruta stithi of Manas and Shadbhavas essential for garbhadharana.

In other words vikruti of these factors leads to Vandhyatva. Ovulatory factor is responsible for 30-40% cases of infertility

SHAT- GARBHA BHAVAS RESPONSIBLE FOR HEALTHY EMBRYO:

मातृतः पितृत आत्मतः सात्म्यतो रसतः सत्त्वत इत्येतेभ्यो भावेभ्यः समुदि-
तेभ्यो गर्भः संभवति

1. Matruj
2. Pitruj
3. Aatmaj
4. Satmaj
5. Rasaj
6. Satvaj

CLASSIFICATION OF VANDHYATVA :

According to Charaka Samhita

1. **Vandhya** -Absolute sterility
2. **Apraja** Primary Infertility (Conceives after the treatment)
3. **Sapraja**-Secondary Infertility(Subsequent failure to conceive after giving birth to one and more children)

According to Harita samhita

1. Garbha Kosha bhanga – injury to garbhashaya

2. Kakavandhya-Single child sterility
3. Anapatya-Primary Infertility
4. Garbhasravi-Repeated abortions
5. Mritvatsa-Repeated still births
6. Balakshaya-Due to loss of strength

NIDAN FOR VANDHYATVA:

1. Mithya aahar vihar
2. Aartavdushti
3. Bija dosha Shukra dushti-Male infertility/ Aartava dushti-Female infertility:-Defects in bija, bijabhag, bijabhagavayav leads to infertility.
4. Daiva

In modern science major causes of the disease are described as –

1. Severe endometriosis
2. Pelvic Inflammatory Disease (PID)
3. Ovulation disorders
4. Elevated prolactin
5. Polycystic ovary syndrome (PCOS)
6. Early menopause
7. About one third of couples over age 35 have fertility problems.
Age decreases the woman's ability to conceive by:
 - a. Ability of a woman's ovaries to release eggs
 - b. Increased miscarriages
8. Benign uterine fibroids
9. Pelvic adhesions

Other risk factors responsible to infertility are-

Age, Stress, Poor diet, Smoking, Alcohol, STDs, Overweight, Underweight, Caffeine intake, Too much exercise etc.

SAMPRAPTI ACCORDING TO AYURVEDA:

योनिप्रदोषान्मनसोऽभितापाच्छुक्रासृगाहारविहारदोषात्
अकालयोगाद्बलसंक्षयाच्च गर्भं चिराद्विन्दति सप्रजाऽपि ७

1. **Dosha-**

Pain cannot occur without Vata. Painful menstruation (Udavarta) is one among the symptoms of the vitiated vata. Vitiation of Apana vayu also leads to various pelvic disorders.

Inflammatory condition can be correlated to vitiation of Pitta. Yoni Srava (abnormal vaginal discharges) is one among the symptoms of yoni Vyapat.

Dourbalya can be correlated to Sleshma dushti

2. **Dushya-** Rasa, Rakta

Being Upadhatu of Rasa, Artava also vitiates and becoming a disorder.

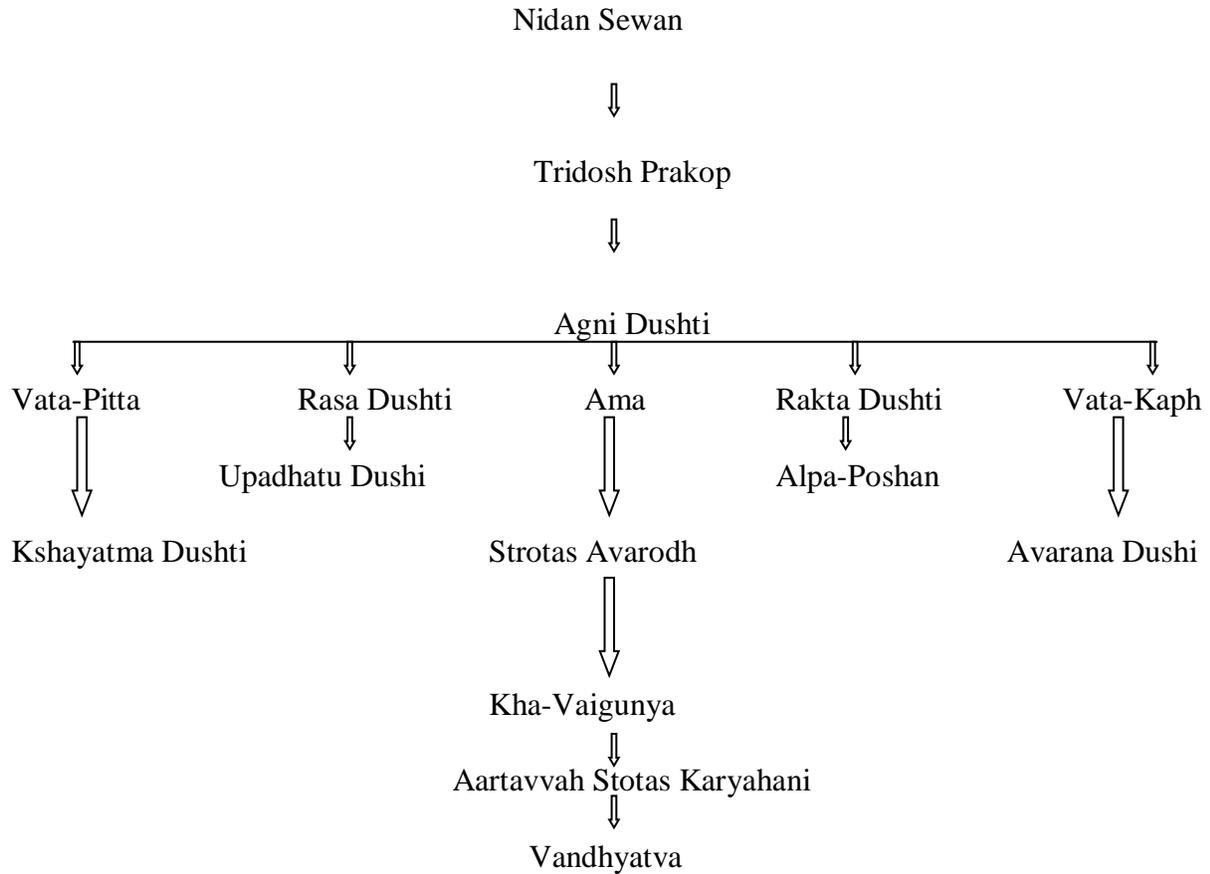
3. **Strotas-** Aartavvaha strotas, Shukravaha Strotas.

Tubal block (obstruction (*Sango*)) is one among vitiated *Sroto lakshna*.

4. **Adhithan** –Male and female reproductive organs

According to Ayurveda involvement of Vitiated Dosha, Vitiated Dhatu, Srotas dushti, Ama, Avarana, and effect on Indriya,(Upastha-genital organ). - etc. are the etio pathological factors in the occurrence of disease.

As per Kashyapa, infertility is included among 80 disorders of Vata. Vata gets vitiated & causes destruction of bija which causes infertility. Also, according to Sushruta, injury to aartav vah strotas leads to vyandhatva. Abnormalities of yoni, psychology, aartav, shukra, diet & lifestyle, sexual intercourse at improper time and loss of bala leads to vandhyatva according to Acharya Charaka.



TREATMENT MODALITIES IN AYURVEDA FOR INFERTILITY:

Ayurveda deals with separate branch named as Rasayana and Vajikarana which helps in management of diseases of the genital system of male and female. Treatment principles include evaluating and treating the cause accordingly like-Vandhyata chikitsa/ Anartava chikitsa/ Garbhasaya balya chikitsa / Bijadosha chikitsa/ Vrishya- vajikarana aushadha.etc.

1. **Nidan parivarjan:** Smoking, alcohol, intake of unhealthy food, exposure to radiation, occupational stress etc should be avoided and a healthy life style should be followed for a healthy progeny.
2. **Aahar:** Ayurveda has also mentioned the diet & regimens to be followed before conception to increase the properties of shukra.
3. **Rasayan Chikitsa-**Pippali Rasayan, Chavan prash etc

4. **Vajikarana/vrushya chikitsa:**

“Vrushya” denotes the drugs which can potentiate sexual vigour or promote shukra or both. The following are considered as equivalent terms of vrushya.

1. Shukra srutikara (increasing sexual desire)
2. Shukra vrudhikara (enhancing spermatogenesis)
3. Shukra sruti – vrudhikara (possession of both the above properties)

Shukra vriddhikara dravyas which enhance the production of shukra qualitatively and quantitatively come under this category. So, the dravyas bearing properties similar to that of shukra are taken as shukra vriddhikara dravyas. Eg: masha , nakra retas etc.

They can be classified into two groups:

- **Sadya shukra vrudhikara:** these dravyas produce the shukra by undergoing the normal process of dhatu utpatti and produce shukra in a very short period after ingestion. Action of such dravyas cannot be explained because it is brought about by their “ prabhava” eg: ksheera, ikshurasa.
- **Kramansha shukra vrudhikara:** these types of dravyas produce shukra passing through the normal process of dhatu utpatti. Shukra being the terminal dhatu a greater time period is required for its production by these drugs.

Shukra srutikara dravyas stimulate the brain and then the sexual organs. They don't interfere in the production of shukra. Their effect is mostly at the psychic level. It is assumed that they stimulate the sex centre of the brain followed by excitation of sexual organs and finally “shukra visarga” (discharge) eg: akakarabha, kasturi, gunja. “sankalpa” has been mentioned by acharya charaka as shukrasrutikara.

Shukra srutivrudhikara dravyas bestowed with both the above said properties are shukra srutivrudhikara dravyas eg: ksheera, shatavari, ashwagandha.

On the whole it can be said that vrushya drugs are those, which can enhance the spermatogenesis or sexual vitality or both. Many Herbal and Herbo-Mineral drugs have been described for this purpose in Ayurveda. Among these rasa preparations have most important role in quickly curing infertility. One such preparation is Makaradhwaja rasa. Charaka says “nakra

retaso vrishyanam” ie nakra retasa is best for fertility. Nakra refers to makar or crocodile; Dhwaja refers to veerya / shukra, therefore the preparation which gives the power of fertility like makar is Makaradhwaja rasa

5.Sanshodhan Chikitsa:

Shehan, Swedan,Vaman,Virechan, Basti(Anuvasan,Aasthapan,Uttar basti etc.)

For abhyantar snehan-Phala ghrita,Shatavari ghrita etc

In obese person to reduce weight Bashpa sweda, Udavartan etc.

In Kapha Pradhan dushti vaman , and in Pitta pradhan dushti Virechan

For basti purpose Sahachar tail,Guduchyadi tail etc.will be used as per need.

Basti chikitsa

In Siddhisthana, Acharya charak has focused a light on the usefulness of various types of basti. Basti is said to be the ardha-chikitsa. (Cha. Si.1/40)

The main action of basti is on adhobhaga. The moolasthanas of artav-vaha & shukravaha strotasas also lies in adhobhaga. For infertility Charakacharya has explained many siddha yapan & anuvasan bastis.

The phalashruti of yapan basti –It increases the quality & quantity of semen, muscle power & overall strength of the body, pacify all diseases, applicable for all seasons & the most importantly it help to increase the fecundity & fecundability. This is practically applicable today also. Almost all the dravyas in basti are easily available

Basti is excellently beneficial for man enjoying women excessively having diminished semen, suffering from chest wound, wasting & intermittent fever & for women having disorders of genital tract, sterility, accumulation of menstrual blood, dead progeny and amenorrhoea and for those having deficiency of muscle & blood. It is excellent rasayana and destroyer of wrinkles & graying of hairs. This is aphrodisiac, tonic, bulk-promoting, life-promoting, alleviator of wrinkles & graying of hairs and beneficial for those who are suffering from chest wound, wasting, and loss of semen, intermittent fever & disorders of female genital tract.

These are just some practically useful formulations of yapan bastis. Many more bastis are explained in Charak Siddhisthana. Also according to the dosha-dushti, deha-prakruti, kala, bala, etc. one’s own new formulations also can be useful.

Uttarbasti Chikitsa: Kshar Tail, Phala Ghrita etc.

6.Sthanik Chikitsa-Yoni Dhawan- Triphala kwath, Dashmool kwath etc

Pichu Dharan-Shatdauta ghrita, Bala Tail, Jatyadi Tail etc

7.Prajasthapangana Dravyas etc. will be used.

CONCLUSION:

1. Disturbances in factors responsible for garbhdharana Rutu (ovulation period),Shetra (female reproductive system),Ambu(Hormones),Bija(Ovum and sperm)leads to Infertility.
2. Treatment principles include evaluating and treating the cause accordingly like- Vandhyata chikitsa/ Anartava chikitsa/ Garbhasaya balya chikitsa / Bijadosha chikitsa/ Vrishya- vajikarana aushadha.etc.
3. As Vata is main dosha in infertility Basti is the main treatment option for infertility. So, there is wide scope to work on etio pathogenesis and treatment modalities in Ayurveda.

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