

Management of *Vyandhyatva* [Infertility] in *Ayurveda* – A Case Report

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Abstract: *Ayurveda* deals with the treating the diseases but also aims to prevention of the various diseases. Curing a diseased person and redefining his healthy status, is a primary goal of a physician. *Ayurveda* advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of *Ayurveda*. Infertility has been one of the unsolved major complaints of womanhood. Infertility affects around 1 in 7 couples of reproductive age, often causing psychological distress. Infertility is defined as inability to conceive even after one year under normal marital relation without conception. In *Ayurveda*, this condition is considered as *Vandhyatva*. According to *Ayurveda* important factors for conception are considered as *Ritu*, *Kshetra*, *Ambu* and *Bija*. Abnormality of properly functioning *Vayu* and *Shatbhavas* any of these causes *Vandhyatva*. Also now a days most important cause for infertility was PCOS. It is treated with *Shodhana*, *Shamana Chikitsa* and with proper *Dincharya*. *Shodhana* is very important in *Vandhyatva*. *Shodhana* helps to release *Avarodha* of vitiated *Vayu* and provides area for *Garbha Utpatti*.

Keywords: Vyandhyatva, Infertility, Ayurveda