

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

I. INTRODUCTION

Ayurveda deals with 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 physician¹. *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 affects around 1 in 7 couples of reproductive age, often causing psychological distress. In women, it may result from anovulation or abnormalities of thereproductive tract that prevent fertilisation or embryonic implantation, often damaged Fallopian tubes from previous infection. In men, infertility may result from impaired sperm quality (e.g. reduced motility) or reduced sperm number. Azoospermia or oligospermia is usually idiopathic but may be a consequence of hypogonadism. In many couples more than one factor causing subfertility is present, and in a large proportion no cause can be identified².

Charaka stated that one who conceive *Garbha* is *Stree* and other all remaining *Stree*'s are *Vandhya*. While *Sushruta* aid ;*Stree* having no *Artavapravrutti* is known as '*Vandhya*'. The *hetus* of *Vandhyatva* are *Janmottarvikruti*, *dushti* in *Ambu-Bija-Kshetra-Vayu*, also due to *Sankocha* in *Garbhashaya*, *Artavavahi Dhamani Avarodha*, Stress, *Yonivyapada*, *Rajodushiti*, Various *Yonirogas* etc. *Sushruta* explained *Artavavaha Srotas Viddhyalakshana* is *Vandhyatva*³. Now a days most common cause for development of Infertility in female is PCOS which is developed by improper diet, fast food, no exercise, hormonal imbalance etc.

In *Harita Samhita* explained six types of *Vandhyatva*. Now a day's it becomes very common disease among woman's and also in men's due to improper Lifestyle. Therefore, first treatment for that is *Shuddhi* of *Deha* and it is done by *Shodhana Chikitsa*. *Vamana*, *Basti*, *Uttar basti* are very useful in the management of Infertility.

II. AIM & OBJECTIVES

Aim - Management of *Vyandhyatva* [infertility] in *Ayurveda*.

Objectives -

To study the effect of *Ayurveda Chikitsa* in *Vyandhyatva*[infertility].

III. MATERIALS & METHODS

Case study

A female patient of age 32 years visited *Prasuti Tantra & Streeroga* department in our *Ayurved* Hospital with complaints of unable to conceive for the past 3 years, irregular menstruation with increased intervals. and weight gain for last 3 years.

The patient had a married history of 5 years get conceived for the past 3years. Her investigation was done previously but she is not willing to take modern medication. Hence, she came a hope of getting to *Ayurveda* Hospital in a hope of getting cured.

Clinical Findings

The patient was obese and there were clear evidences of acanthosis on neck & Hirsutism with prominent hair growth on chin & upper lip during physical examination.

Menstrual History

- **Age of menarche** – 13 years
- **Cycle** - 30-35 days cycle interval.
- **Duration of Bleeding** - 2-4 days.
- **Bleeding** – Scanty, without foul smell & clots was absents.
- **LMP** - She had irregular periods with mild pain, no clots, dark reddish &the flow was within the normal limits i.e. 2-2 fully Soaked pads in the first day & then scanty- 1 pad per day.

Obstetric history – Nil

Contraceptive History - None

Previous Medical, Surgical & Family history -Non-significant.

Personal History -

- Diet – Vegetarian
- Appetite – Normal
- Sleep – Normal
- Bowel - One time in the morning sometimes constipation.
- Micturition- Normal (5-6 times per day)

Allergy History -None.

Addiction -No addiction to alcohol, tobacco.

Education -Graduate

Physical Examination -

- General condition –Fair
- Blood pressure - 120/80 mm of Hg
- Pulse rate – 78/min
- Height – 150cm
- Weight - 71kg
- BMI – 31.5
- Body build- Overweight
- Pallor - Not present
- P/A – Soft, no tenderness

Vaginal Examination -

Perspeculum examination (PV) – Bulky uterus

Cervix – Abnormal vaginal discharge.

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Dashavidha Parikshana –

- Prakriti - Vata-pittaja
- Vikriti – Vata, Kapha
- Sara – Rasa Sara
- Samhanan – Madhyam
- Pramana – Prakruta
- Satva – Alpa
- Satmya – Sarvarasa Satmya
- Ahara Shakti – Madhyam
- Vyayama Shakti – Madhyam
- Vaya – 32 years

Investigations –

- Hb - 9.5 gm %
- BSL- Normal
- Urine – NAD
- TSH – 2.45 Normal
- USG - Bilateral Polycystic ovaries, Rt ovary - 13.2, left 11.2 cm.
- HSG - Uterus Normal, left tube partially visible, Right tube blocked at cornu of uterus.
- Male partner –
 - Semen Analysis –
 - Vol - 1.6ml
 - Count - 58/million/ml
 - Motility - 41%
 - Dead sperms- 40%.
- Follicular Study –
 - On 13th day of cycle and continuing on every alternate day up to 20th day of cycle when delayed ovulation found.

Management –

Treatment protocol –

Shodhana Chikitsa

Shamana Chikitsa

- 1] Pre-conceptual care
- 2] Lifestyle management with diet
- 3] Weight loss

A] Shodhana Chikitsa –

<i>Shodhana</i>	<i>Dravya</i>	<i>Duration</i>	<i>Period of Study</i>
<i>SarvangaSnehana</i>	<i>Mahanarayan Taila⁴</i>	20 minutes	20 days
<i>Sarvanga Nadi Swedana</i>	<i>Dashamoola, Nirgundi⁵</i>	15 minutes	20 days
<i>Yogabasti⁶</i>			
<i>Anuvasana Basti</i>	<i>Mahanarayan Taila</i>	1 Muhurta	20 days
<i>Niruha Basti</i>	<i>Makshika etc</i>	[45 minutes]	

B] Shamana Chikitsa –

<i>Kalpa</i>	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>
<i>Kanchanar Guggulu⁷</i>	250 mg	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshnajala</i>

<i>Chandraprabha Vati</i> ⁸	250 mg	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshnajala</i>
<i>Shatavari Shatapushpa Churna</i> ⁹	3-5 gm	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshnajala</i>
<i>Phala Ghrita</i> ¹⁰	1 tsp	<i>Pragabhakta</i> [Empty stomach]	<i>Koshnajala</i>

Observations -

Effect of the treatment on Irregular menstruation, Heavy menstruation, Weight gain as follows

	Symptoms	Before treatment	After treatment
VAS Scale	Irregular menstruation	9	2
	Heavy menstruation	8	1
	Weight gain	8	1

IV. DISCUSSION

In this study, observations were done before and after treatment based on symptoms and though VAS Scale - is often used for Irregular menstruation, Heavy menstruation, Weight gain etc.

After the whole treatment protocol patient had started regular periods and after that she conceived. UPT was positive in around 16 weeks. Anuvasana and Nirhua Basti helped in Vata pacification and Anulomana which is Ardha Chikitsa for Vata dosha and it is the main causative factor for Yonivyapada and PCOS. After first cycle of Anuvasana and Niruha Basti, she started getting normal periods without hormones and over a period of time she had monthly regular cycles. Shamana Chikitsa mainly acts on Rasa and Rakta dhatu and helps in Prasadabhuta Rajanirmiti [Quality of follicular development]. Also reduced inflammation of spleen, liver, bladder, kidney, uterus and intestine. So, it is helped in relieving her constipation.

V. CONCLUSION

In Ayurveda, basic principles of Dosha, Dhātu, Agni etc any disease can be diagnosed and treated as well. In this case study, mentioned Ayurveda management was helped in improving ovarian function as well as in combating hormonal imbalance and regularising normal menstrual cycles. So, it can be concluded that Ayurveda treatment can be successfully applied in PCOS and Infertility in today's era, for better outcome with no side effects.

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