infertility.

Overall it can be said that, Due to non acceptance of Bijas (sperms) or Garbha (zygote/embryo) by vitiated vagina in various yoniyaapad (gynecological disorders) and destruction of bija in artvadushti (menstrual disorders) the conception does not take place. In other words yoniyapad, artavdosa, and yonyarsha (vaginal polyp/genital warts) can be included in the etiology of infertility.

Pathophysiology of bandhyatva-
**Acharya bhel** has mentioned about the pathophysiology of bandhyatava. It can be understand in two manners.

1. Abnormalities of bija (sperm & ovum) of mother and father
   - non consumption of congenial rasas
   - suppression of natural urges
   - The woman either delivers abnormal child or becomes infertile.

2. Aggravation of vayu due to nidan sewan
   - vayu expels the sukra(sperm) from the uterus, destroys the raja(ovum), thus the women becomes infertile.

Classification & Clinical features-
Classification of bandhyatva has not been given in any classics except Haarita Samhita & Charak Samhita.

According to **Acharya Charak** Infertility can be classified into three types:

1. **Bandhya or absolute sterility**- its due to congenital absence of uterus and/or Aartva. It refers to incurable congenital or acquired abnormalities resulting into absolute sterility.

2. **Apraja**- Infertility in which woman conceives after treatment. It can be said as primary infertility according to modern science.

3. **Sapraja**- it is a condition in which a woman in her active reproductive age does not conceive, after giving birth to one or more children. It refers to secondary infertility.

**Acharya Haarita** has described classification and etiology together. During childhood or in case of garbhakoshabhanga (injury to the uterus or its prolapse) and loss of dhatus, a woman never conceives.
3. Drugs for Oral use

- **Narayana taila**
- **Shatavaryadi anuvanasa**
- **Bala taila**
- **Shatrupa taila**

2. Drugs for external use as Nasya (nasal instillation), Abhyanga (massage), and Basti(enema) -

- **Narayana taila**
- **Shatrupa taila**
- **Shatpaktaila**
- **Shatpaktaila basti**
- **Anuvanasa basti**
- **Anuvanasa basti (ch.sil)**

4. Pathya-Apathya Pathya(congenial) -

- **Lashuna** is said to be highly beneficial in infertility.
- **Milk helps in achievement of pregnancy.**
- **Meat gives nourishment & help in getting pregnancy.**
- **Root of sandhyclarkatti, langali, katutumbi, devdali, both brahatis, suryaballi, and bhurika are congenial.**
- **Wearing off clothes and garland left over by the woman having son, both with the water left over or flowing during both being taken by the woman having son and coitus during rtukula are beneficial.**

Apathya(non congenial) -

- **Kaccca, surana, amla rasa, kanji**, articles producing burning sensation (vidachi) and tikshana(pungent or sharp acting) dravya are contraindicated.

Yoga For Female Infertility:

1. **Bee Breath (Bhrumari Pranayama):** The Bhrumari Pranayama, or Bee Breath, is a great asana for stress relief. A study by Fertility and Sterility reports that psychological stress is a significant factor that results in infertility. This Pranayama calms the body and relieves it of stress, anxiety, and worry. With a calm state of mind and body, you can increase your chances of conception to a remarkable extent.

**Directions:** Sit straight with your eyes closed and place your index fingers on the cartilage of your ears. Inhale deeply and gently press the cartilage when you exhale. Keep pressing the cartilage in and out as you inhale and exhale while making a humming sound. Do 6-7 reps of this breathing pattern.

2. **Seated Forward Fold (Paschimottanasana) –** Paschimottanasana, commonly known as Seated Forward Bend, helps exercise the hamstrings, lower back, and hips. This asana even helps vitalize the ovaries and uterus, the key organs responsible for conception. This asana can also improve your psychological state.

**Directions:** Sit straight with your legs stretched out and your toes flexed towards you. Inhale and stretch both your arms above your head. Exhale and bend forward at the hip, touching the sides of your feet with your arms, while keeping your spine erect. Breathe steadily and bend further towards your legs each time you exhale. Stay in this position for one to two minutes and then inhale deeply and come back to the sitting position with your arms stretched out. Exhale and lower your arms.

3. **Reclining Bound Angle (Supta Baddha Konasana) –** This asana exercises your inner thigh and groin muscles. It helps exercise the hamstrings, lower back, and hips. This asana exercises your inner thigh and groin muscles.

**Directions:** Exhale and lower your back towards the floor, with the support of your hands. Lie on your back, and rest your neck on a pillow if needed. Bend your knees, and place the soles of your feet on the ground. Slowly, let your knees drop open to the sides, such that your soles touch each other. Place your hands beside you, with your palms facing up. Stay in the pose for up to 10 minutes and continue to inhale and exhale. Press your thighs together with the help of your hands. Turn onto one side and gently rise from the position.

4. **Shoulder Stand (Sarvangasana)**

Here’s an asana that helps stimulate the thyroid gland, the dysfunction of which can lead to infertility. It also helps calm your mind and relieve stress.

**Directions:** Lie with your back on the ground, your legs...
stretched out, and your arms on the sides of your body with your palms facing up. Now, raise your legs up ssto form a 90-degree angle. Press your palms into the oor and lift your waist up, bringing your legs forward, keeping them vertical to the ground. With the support of your palms hold your waist and raise your legs to form a 90-degree angle to the oor. Hold that position for one and a half minutes. Gradually lower your legs and back and place your hands on the ground, as your entire body rests parallel to the floor.

REFERENCES-
1. Astangasamgraha, Hindi Commentary by Kaviraj Atridev Gupta, Chowkamba Krishnadas Academy, Varanasi.