



CONCEPT OF INFERTILITY & ITS MANAGEMENT THROUGH AYURVEDA

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ABSTRACT Ayurveda has a holistic approach to most diseases. It is the same in the case of fertility treatment too. Infertility is an emerging health problem that has profound socioeconomic & health implication on both the individual & society. Infertility is defined as a failure to conceive within one or more years of regular unprotected coitus. In Ayurveda it is explained as vandhyatva. Acharya have explained four important factors as Garbha Shambhava Samagri that is ritu, kshetra, ambu & beeja. These are important for conception. Conception will not occur if there is deformity in any of four garbha shambhava samagri. According to Ayurveda, vandhyatva primarily refers to the biological inability of a woman who contribute to conception & also the state of a woman who is unable to carry pregnancy to full term. Ayurvedic classics describe both mental & body purification along with lifestyle management for treating infertility. Ayurveda philosopher had mentioned shaman & shodhan chikitsa for the treatment of infertility. Present paper aims to throw some light on the concept of infertility as per the concept of Ayurveda.

KEYWORDS : Ayurveda, vandhyatva, Infertility**INTRODUCTION**

Infertility is defined as a failure to conceive within one or more years of regular unprotected coitus. In Ayurveda it is explained as vandhyatva (garbh anuplabdhhi). Different archarya mentioned different types of infertility as vandhya (sterility; congenital absence of uterus or ovary), Apraja (curable & women can achieve pregnancy) & Sapraja (female becomes infertile after conceiving for one or more times). Six types of vandhyatva are as follow-

1. Balakshya-loss of strength
2. Kakavandhya (secondary infertility)-one child sterility
3. Anapatya (primary infertility)-a woman who has never conceived.
4. Garbhastravi-recurrent abortions
5. Mrutvatsa-still birth/perinatal death
6. Garbh Kosh Bhanga-injury to uterus

There are other two types of classification according to other archarya. Based on aetiology-

1. Adivandhya-due to misdeeds of previous & present life.
2. Vataja
3. Pittaja
4. Kaphaja
5. Sannipataja
6. Raktaja
7. Bhootaja-negative psychic forces, infections
8. Daiv-idiopathic
9. Abhicharaj-improper acts of a couple

Based on clinical outcomes-

1. Garbhastravi-recurrent miscarriage
2. Mrutputrika-still birth
3. Kanyaprsucha-only female child
4. Kakavandhya-has only one child

Factors responsible for infertility in females & males-

- Anovulatory cycle
- Menstrual irregularity
- Blockage in fallopian tubes
- PCOD
- Obesity
- Low sperm count
- Low motility of sperm
- Smoking & alcoholism

In Ayurveda, four factors are responsible for garbhotpatti (conception) mentioned as garbh samagri. They are

1. Ritu (fertile period/ovulation period)
2. Kshetra (garbhshaya)
3. Ambu (maternal nutrition)
4. Beeja (artava shukra i.e. normal ovum & sperm)

Any defect in these factors there is alteration in garbhopatti.

Shadbhava (six factors-mother, father, atma, satwa, satmya & rasa) also play an important role in conception.

Yonidosha, maniska dosha, sukra dosha, asrga dosha, ahara dosha, vihara dosha, akala yoga, bala sankhya are factors which delays conception even in a sapraja. In other words, they can be considered as factors influencing fertility or causative factors influencing fertility.

Semen falling over samirana nadi (outer part of vagina) also fails to impregnate the women.

A woman suffering from vata roga does not conceive inspite of all the other factors being favourable.

Overall, it can be said that, due to non-acceptance of bija (sperms) or garbha (zygote/embryo) by vitiated vagina in various yonivyapad (gynaecological disorders) & destruction of bija in artvadustis (menstrual disorders) the conception does not take place. In other words, yonivyapad, artavdosha & yonnyarsha (vaginal polyp/genital warts) can be included in the etiology of infertility.

Pathophysiology

Abnormalities of bija (sperm & ovum) of mother & father + non consumption of congenial rasa + suppression of natural urges

The woman either delivers abnormal child or becomes infertile. Aggravation of vayu due to nidana sevana Vayu expels the sukra (sperm) from the uterus, destroys the raja (ovum) thus the woman becomes infertile.

Ayurvedic literatures describes about the balancing of health through various detoxification processes. There are various therapies mentioned in Ayurveda which not only helps in prevention but also helps in curing the different diseases. They help in improving the functions of the body organs & also help in rejuvenation of the organs. Systemic detoxification of the body can be done through different therapies like emesis, purgation & enema etc.

Treatment-

General principles of treatment-

Treatment of specific causes responsible for infertility such as yonivyapad, artavdosha, garbhkoshabhang, yonnyarsha etc should be done.

Use of balavirdhak (strength producing) & brmhana dravyas to compensate loss of bala & dhatus

After using snehana (oleation), swedan (sudation), vaman (emesis), virechan (purgation)

Asthapana (cleansing) & anuvasan (nutritive) basti in consecutive order, the woman should be given congenial diet.

Uttar basti play an important role in its treatment.

Drugs For External Use-

1. Narayana tail-used as nasya(nasal pouring),abhyanga,pana & basti
2. Shatpuspa tail-nasya,abhyanga,basti
3. Lashuna tail-basti
4. Shatpak tail-basti
5. Traivrtta tail-basti
6. Bala tail-basti
7. Shatavaryadi anuvasan
8. Guduchyadi rasayan basti
9. Mustadi yapan basti
10. Jeevantayadi anuvasana

Oral drugs-

Narayan tail

Shatawari tail

Bala tail

Shatpuspha tail

GHRITA-

Laghuphalghrita

Phalghrita

Kamdev ghrita

Paniyakalyanaka ghrita

Sheetkalayanaka ghrita

Shatawaryadi or brhatshatawaryadi ghrita

Kashmaryadi ghrita

Jeevaniyagana sodhit ghrita

Lashun ghrita

ARISTAS-

Dashmoolarista

RASAUSHADHI

Khandakadya lauha

PAKA/AVLEHA-

Pugapaka

DECOTIONS(KWATHA)-

Maharasnadi decotions

GUTIKA(Tablets)-

Yogaraja guggulu

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.

APATHYA(NON CONGENIAL)-

Kaccara surana,amla rasa,kanji,articles producing burning sensation(vidahi) & tikshana (pungent or sharp acting)

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