

AYURVEDA MANAGEMENT OF MALE & FEMALE INFERTILITY

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ABSTRACT

The inability of male and female to reproduce naturally is known as infertility. Ritu kshetra Ambu, and Beeja are the four *Gurbha sambhava samagri* as described by *Acharya*. these are crucial for conception in this case study a 27 years old women who had been in a regular and satisfying marriage but had been having trouble getting pregnant sought *ayurvedic* treatment after learning that she had vitiated *vata* and *pitta agni mandhya* and a stressful mind. she was treated with classical *virechana* before receiving *shamana* therapy and *satwavajaya chikitsa* classical *virechana*.when recommended to get a urine pregnancy test and it come back positive the patient was treated for secondary amenorrhea given *garbhasthapana* medications and then discharged.infertility in women it may also refer to the state when she is not able to carry a pregnancy to its full term. *ayurvedic* infertility treatment takes a wholesome route to address the problem in addition to working on the reproductive system, *ayurveda* also focuses on the psychological aspect of reproductive health which results in a more holistic solution of the problem.

KEYWORDS: Infertility, *vandhyatva*, *gurbha sambhava samagri*, *satwavajaya chikitsa*, *garbhasthapana*.

INTRODUCTION

Infertility is generally defined as one year of unprotected intercourse without conception sub fertility to describe women or couples who are not sterile but exhibit decreased reproductive efficiency. according to the report about 2- 10 % of couples worldwide are unable to conceive primarily and about 60-80 % couples in the world are infertile.it is estimated that 10% of normally fertile couples fail to conceive with in their first year of attempt. further 10-25% couples experience secondary infertility among these couples causative factors are found about 30- 40% in females and 10 - 30% in males genetic factors changed lifestyle increased stress and environmental pollution are identified as factors contributing to the rise of infertility.

1. According to *ayurveda* -Infertility primarily refers to the biological inability of a women of reproductive age to contribute to conception & also the state of a women who is unable to carry pregnancy to full term infertility is also defined as the failure to conceive after a year of regular intercourse without contraception according to modern science. the problem of infertility is fairly common nowadays and it has become need of the hour to find out solution which is having less complications & affordable. *ayurvedic* background about importance of treatment of infertility is fully explored in ancient literature *atharvaveda*.

2 Causes of infertility - infertility may be due to male or female factors.

a. causes of infertility in women include ovarien factors, tubal factors age related factors, uterine problems, PCOS, endometriosis etc. menstrual cycle can be affected by many factors such as diet emotional instability excessive physical exercise life style and stress responsible for creating an imbalance of the *doshas*.

b. male infertility is usually caused by problems that affect either sperm production or sperm transport which include varicocele, infection, ejaculation problems , tumours hormone imbalance, defects of tubules that transport sperm etc. in *ayurveda* main cause of any abnormal function in body is *agnimandya* & *tridosha dushti*.

3. Management of infertility in *Ayurveda* - *ayurveda* supports health by strengthening bodys own self healing and balancing machanisms and does not rely on intervention by any outside of foreign substance to replace or correct the hormones in the body .if focuses on the treatment of infertility holistically with an aim of improving the over all health and quality of life of the individual.

a. Dietary management - involves strict compline and adherence to foods that increase ojus can intersection factor of physical, mental and spiritual health of the

body. responsible for our all health energy and liness and to avoid the substances which diminish the ojas. this is important to regulate ovulation and enhances fertilization eating whole foods provides all nutrients for the health of the body in addition to the fibers that influences hormones levels of the body foods such as processes carbohydrates excess starch, antibiotic and hormones laden meat and milk and canned produce destroy fertility.

4. Treatment principles of infertility in *ayurveda*

a. *Agni deepan* and *ama pachana*- ama formation (toxins created when undigested food forms in the stomach) by the imbalance in agni (the power of digestion) lead to many diseases there fore the treatment of ama must always include the treatment of agni, including the use of digestive and carminative *ayurvedic* formulation eating meals at proper time following an appropriate schedule *.ayurveda panchakarma* treatment help to eliminate *ama* thus corrects agni healthy agni will also contribute to healthy ojas.

b. *Vatanulomana* - the main dosha involved in infertility is *vata* so *vatanulomana* (correcting the functions of *vata*) is very important in the treatment of infertility *ayurvedic* formulation following routine exercises and strict diet schedule will help in *vatanulomana*.

c. *Sodhana*- suitable *sneha swedas* are done prior to *sodhana* then treatment modalities like *vamana* (emesis) *virechana*, (puragation) *vasti* (medicated enema) and *uttaravasti* (special enema administered through urethral or vaginal routes) are done as per the condition of the patient. the patient has to follow *peyadi krama* (strict dietary) regimen to be followed after *sodhana* this detoxification therapy helps in the expulsion of the toxins from the body these therapies help to correct ovarian tubular and uterine problems causing infertility.

Ayurveda treatment help in releasing tension and removing impurities from the body. they nourish the body revitalize the mind and strengthen the immune system they are beneficial in reducing stress nourishing all dhatus of body and *palifying vata*.

5. DISCUSSION

The diagnosis of primary infertility linked to *pcos* and other illnesses was verified. according to *ayurveda* this condition is called *vandyatwa* and is brought on by *avarana of artava vaha srotas*. *nidana* may be caused by excessive *abhishyandi ahara* intake and *avyayama* which can result in *kapha medo dushti* and *sroto rodha*. there the movement of the *vata* particularly the *apana vata* interfered with *arthava s* normal operation according to *ayurveda* the best way to treat any illness is by the disintegration of *samprapti*.

6. CONCLUSION

A mix of socioeconomic environmental, psychological, and dietary factors contribute to the treatment related rise in infertility *ayurveda* offers a non invasive, low risk and noniatrogenic alternative and complement to modern western medicine in the treatment of female infertility because *ayurveda* concentrates on rehabilitating people rather than just treating diseases its treatments are less likely to have side effects currently modern medicine has the ability to determine the cause of infertility in a person through a number of diagnosis tests and examinations initial attempts to cure infertility .by using these tests and the pathophysiological specificity of modern western medicines highly technical clinical route the dysfunction is corrected and treated .the reproductive systems components are studied in order to treat infertility as a great alternative to conventional fertilisation methods *ayurveda* focuses on each unique body type while boosting the bodily systems involved in the process *ayurveda* by creating *ojas* and enhancing a persons general health and guiding us to connect with our inner wisdom and grace it addresses the internal balance and outside influences that contribute to the issue this promotes the ripening and release of eggs from the ovaries.

7. REFERENCES

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