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ABSTRACT

Infertility affects millions of people and has an impact on their families & communities-estimate Suggest that apporoximately one in every six people of reproductive age world wide experience infertility in their life time. According to Ayurveda Infertility primarily referes to the biological Inability of a woman reproductive age contribute no concepption and also the state of a woman who is unable to carry pregnancy to full term. Infertility also defined as the failure to conceive after 12 months or more of regular unprotected sexual intercourse.

KEYWORDS: Bandhyattava, Bandhya, female infertility, Nashta artava, Sukraartava dushti, artava vaha soroto dushti.

INTRODUCTION

women are Considered as reflection of Good in this world due to her power of janni.infertility is defined as the inability to conceive after one year of regular unprotected sexual intercourse.

Infertility is not only medical condition but also a Social and emotional challenge that can significantly impact the quality of life of individuals families. In Ayurvedic text understanding of a disease are based on three pillars of body that is doshas (vala pita kapha) and Srotodusti All acharya have considered vatic vitiation and artava. Vaha srotodusti as a responsible factor for bandhyattava.

Acharya Sushrut gives Artavavaha srotas dushti lakshana as follows:

Bandhyatva, (infertility) Aartava nash (Oligomenorrhoea / Amenorrhoea) and Maithuna asahishnuta (Dyspareunia) A successful conception known as Garbha Dharana requires the healthy alignment of four key factors a fertile period (Ritu), a healthy reproductive tract and uterus (Kshetra), proper nourishment (Ambu). and viable sperm and ovum (Beeja).

ध्रुवं चतुर्णां सन्निध्यात् गर्भः स्याद विधिपूर्वकः ।

(ऋतुक्षेत्राम्बुबीजानां सामग्रयादङ्करो यथा ॥ (सु.सं.शा. 2/35)

Any interference in these factors may result in infertility (Bandhyattava).

References of Bandhyattava in Different Ayurvedic Texts

In Sushruta Samhita, bandhya is included among 20 gynaecological disorders like:

बन्ध्यां नष्टार्तां विद्यात् । चतसृष्वपि चाद्यासु भवन्त्यनिलवेदनाः ॥ (सु० सं० ३० ३८/१०, ११)

In this opinion of Sushruta, bandhya is a woman who has lost her Aartava ie. menstruation. Here Aartava is interpreted as ovulation.

Acharya Charaka has mentioned the term Bandhya in Stree Vyapada, further classifying it into 3 types Acharya Charaka has also mentioned Bandhya as a complication of gynecological disorders Bandhya, Apraja and Sapraja.(Yonivyapad).

न शुक्ं धारयत्येभिर्दोषैर्यानिरुपद्रुता ।

तस्मात् गर्भं न गृह्णाति स्त्रीगच्छत्यामयान् बहून् । (च०चि० ३०/३८-३९)

According to Harita, there are 6 types of Bandhya as follows

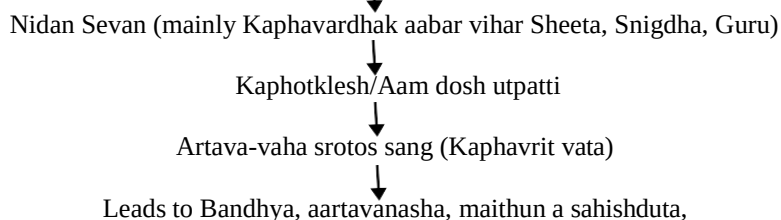
1. Kakbandhya -One child sterility
2. Anapatya - Primary infertility
3. Garbhasharvi - A case of repeated abortion
4. Mritvatsa - A case with still births

5. Balkshaya- Power of fertility is lost due to dhatukshaya.
6. Ajatrajsa

A/c to Rasaratna Samucchaya there are 9 types of Bandhya.

Pathophysiology/Etiology of Bandhyattva

A/c to involvement of Doshas understand pathophysiology of Bandhyattva as follows



Treatment Principles of Infertility in Ayurveda

1. Agni deepan and Ama pachana

Ama formation leads to srotodushti, so firstly in every disease treatment of Agni has an important role because healthy Agni will also contribute to healthy Ojas. Some drugs are as follows:

Chitrak, Shunthi (Sonth), Chitrakadivati, Agnitundi vati

2. Vatanulomana

The main dosha involved in infertility is Vata (apana vata), so Vatanulomana is very important in treatment of infertility.

Vatanulomana drugs are:

Hingvastak churna, kutki, Arogyavardhini vati.

3. Shodhana

According to Ayurvedic literature, there is before use of Shamana Chikitsa (Palliative treatment), Shodhan Chikitsa (Purification therapies) that is detoxification of body, is essential for elimination root causes of the disease.

Key procedures include

Vamana (Therapeutic emesis)

Clears excess Kapha from body, beneficial for PCOS.

Virechana (Therapeutic purgation)

Eliminates excess Pitta, beneficial for inflammatory conditions like endometriosis.

Basti (Medicated enema)

Especially effective for balancing the Vata dosha. It nourishes reproductive system, improves uterine condition and improves quality of sperm and ovum.

Different oils used for Basti known as Bala taila, Dashmool taila, Shatpushpa taila, Shatavari taila.

Uttar Basti

In Uttar Basti, medicated oils are administered directly into the uterus or bladder to treat conditions like tubal blockage.

Shartaila, Lashuna taila, Narayan taila.

Nasya (Nasal administration)

Stimulates the hypothalamus pituitary axis to regulate reproductive hormones. Anu taila, shadbindu taila, Bhrahmi ghrit.

Shaman Chikitsa

Infertility itself does not stand alone. It is result of some other disease, so no individual single herb is considered useful for promoting fertility.

There for Combination of herbs used for the purpose of correction an organic or functional Problem that cause infertility Commonly used herbs as Ashwagandha, Shatavari amalaki help to create the Synergistic hormonal balance between the FSH and LH for ovulation disorder. phalgrit, Ashoka, Dashmool, Kanchnar, Ghrit Kumari (aloevera) used. For menstruation disorder used Rajapravartini vati, Lodhra churana, pushyanug churana etc used for tubal blocked adhesions and pelvic inflammatory disease Guduchi, punarnava -Brahti are used.

Diet and lifestyle (Ahara - Vihara) inclusion of fertility enhancing foods like and fresh fruits Sesame almonds, of milk, ghee, avoid the packed food, fast food, junk food and excessive Screen time because of all of these disturb Circadian rhythm of. HPO axis-Emphasis Stress free living, adequate sleep and yoga.

Integrative approach

The best Outcomes are achieved by integrating modern diagnostic Tools and ART with ayurvedic detoxification and rejuvenation technique.

CONCLUSION

Infertility is a multifactorial condition that not only affect physical health but also has psychological emotional and social Impacts couples advances in modern technique, ART and holistic approach including life style modification and stress management that is integrative approach provided a new hope for many couples.

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