

**ROLE OF PHALA SARPIS USE IN FEMALE INFERTILITY****Bindu Ahlawat\***

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**ABSTRACT**

Present study reports *in-vivo* effect of Phala Sarpis, in female infertility over five patients. Phala Sarpis a compound of herbal preparation, which is used in Ayurvedic System of Medicine for female infertility, on oral administration significantly, stimulated serum Estradiol levels. Phala Sarpis, at the dose of 5-20 ml, given with other medications such as Satavar choornam, Iron Folic acid (as supplement). These results are calculated with the traditional use of the drug for female infertility.

**KEYWORDS:** Ayurvedic Medicine, Female infertility, Estradiol, Phala Sarpis.**INTRODUCTION**

Many Health problems are related to lifestyle and dietary factors. Increasing trend in reproductive disorders observed in recent years compounded by some of the new emergent life styles. Emotional, physical changes and environmental components leading to stress which increase infertility.

Infertility is a common problem affecting one couple in six. It can be defined as the incapacity to fulfill pregnancy after reasonable time of sexual intercourse with no contraceptive measures taken. The study of infertile couple has always been focused on different factors such as ovulatory factor (present in about 20-30% of couples), utero-tubal peritoneal factor (present in 30% of couples), semen migration factor (10% of cases) and male factor (30% of couples):

There are two types of Infertility, Primary infertility refers to couples who have not become pregnant after at least 1 year having sex without using birth control methods and Secondary infertility as couples who have not been able to get pregnant at least once, but are now unable. Infertility is a common problem now a days and becoming a distressful condition. In Ayurveda Vandhyatwa has been explained equivalent to infertility. The principle cause of Vandhyatwa is imbalance in Artava hasrotas.

Anovulation is also a condition in which the ovary does not release a ripened egg each month as part of a woman's normal menstrual cycle in her reproductive years. Typically, the ovaries release a matured egg into the fallopian tubes every month where it can be

fertilized. When a woman is anovulatory, a mature egg is not released regularly every month. In either case, conception is very difficult and couples often struggle when trying to conceive leading to anovulatory infertility.

**This study does not include Phala Sarpis effects on such cases**

Phala Sarpis, a valuable medicine known to be used in infertility since thousands of years. In Ayurveda, Phala Sarpis is highly valued and extensively used in Reproductive health.

**Medicine used**

Phala Sarpis:- A luke warm ghee, yellow colour with pleasant odour and astringent taste is a valuable medicine has known to be used in infertility. Prepared as per the descriptions of the Ayurvedic text in Astanga Hrudaya.

**Table: Cases of infertility.**

Cases	Type of Infertility
C1	Primary I.(with PCOD)
C2	Primary I.(with endometriosis)
C3	Secondary I.(Unknown reasons)
C4	Secondary I(Haemorrhagic ovarian cyst)
C5	Primary I.(with PCOS)

**RESULTS**

Phalasarpis at the dose of 5-20 ml significantly helped in conceiving along with other medications such as Giloy, Punarnava, Shatavar etc. Plasma estradiol level increased significantly.

There was no change in the Cholesterol level in any case even the medicine has the base of ghee.

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