

ASSESSMENT OF GENERAL VIEW ON INFERTILITY AS PER AYURVEDA AND ROLE OF UTTARBASTI IN DISEASE

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Article Received on 16/02/2023

Article Revised on 05/03/2023

Article Accepted on 26/03/2023

ABSTRACT

Vandhyatva means infertility which described as failure to achieve successful pregnancy. The condition is also associated with Garbha Strava or Mrutvatsa. There are various factors which can be considered responsible for the infertility, these includes stress, genetic issue, lifestyle, smoking, drug abuse and presence of other diseases, etc. Vitiating of Vata Dosha mainly involve in Vandhyatva, the disturbance in Rutu, Ambu, Kshetra & Beeja may also leads infertility. Ayurveda philosophers mentioned Shamana and Shodhanchikitsa along with life style management for the treatment of infertility. Shodhanchikitsa offers enormous effect which helps in balancing Doshas. Uttarbasti is best approach amongst the many therapies for infertility; it pacifies Vata Dosha, correct ailments of reproductive tract; detoxify uterus and maintain stability of Garbha. Uttar Basti facilitates drug administration into uterus directly or towards the target site. Present review explores view on female infertility and role of Uttar Basti in the treatment of infertility.

KEYWORDS: Ayurveda, Infertility, Uttar Basti, Vandhyatva, Vata Dosha.

INTRODUCTION

Infertility is a condition which affects capacity of reproduction, this condition mainly related with the disturbance of female reproductive system and hormonal disturbance. Ayurveda described various types of infertility as depicted in **Figure 1**.

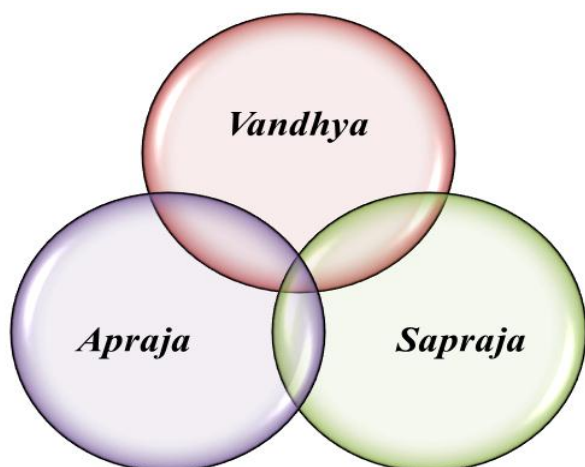


Figure 1: Various types of infertility.

Vandhya resembles sterility, *Apraja* referred to the curable condition in which women can achieve pregnancy and *Sapraja* is condition in which female

becomes infertile after conceiving for one or more times. Defects in egg, ovary, uterus, less production of eggs and improper fertilization, etc. are major causes of female infertility.^[1-5]

Vandhya is described as *Beejamsa dushti* as per *Charaka* and *Vagbhata*, abnormality in factors i.e.; *Matraj* and *Pitraj* will cause problem to conceive. *Vandhya* is described as *Vataja yoniroga* as well as one of the *Roga* of *Vata* amongst the eighty *Rogas*. Abnormalities of *Bija*, improper functioning of *Rasa dhatu* and disorders of *Yoni*, etc. are major pathological factors associated with infertility.

Harita Samhita described six types of *Vandhya* including *Kakavandhya*, *Anapathya*, *Garbhasrahvi*, *Mrtavatsa*, *Balakshaya* and *Vandhyatva* associated with injury to *Garbhashaya*. The improper consideration of fertile period, nutrient fluid and psychology, etc. also considered responsible for infertility.

As per modern science the factors responsible for infertility includes anovulatory cycle, menstrual irregularity, blockages in fallopian tubes, PCOD, obesity, low sperm count and low motility of sperm, etc. Appropriate period of conception, maternal nutrition and psychological state, etc. are can leads temporary infertility.^[5-7]

Treatment of infertility

Shamana and *Shodhana Chikitsa* mainly described for the management of infertility. *Sthanic Chikitsa* play vital role which deals with *Tryavarta Yoni* and helps to correct *Yoniroga* and *Artava Vikara* which are considered causes of infertility. *Panchkarma* detoxify body and cleans passages thus considered helpful for female infertility. *Panchkarma* includes many approaches and *Basti* is one such approach which pacifies vitiated *Doshas* and improves potency of *Dhatu*.

Basti has local and systemic effects; *Basti* clears *Srotas* and control circulation of *Vatavaha srotas* and removes morbid *Doshas* quickly. It can be performed in all ages; it offers *Samshodhana*, *Samgrahana*, *Brahmana* and *Karshana* effects.

Role of Uttarbasti

Uttarbasti is performed through the urethra or vagina in which medicated decoctions (*Kwath*) is inserted through intra uterine cavity to removes vitiated *Doshas* from the *Garbhashaya*. The *Apan Vayu* govern circulation in urinary bladder, uterus and pelvis, etc. The obstruction occurs due to the *Dushta Dosha* and this affects the functioning inside the lower body part; in such cases *Uttarbasti* plays important role. *Uttar Basti* helps to treat various *Stree Roga* and *Klaibya*. *Uttar Basti* is given in *Uttar Marga* as *Sthanic Chikitsa* to relieve factors responsible for infertility.

Procedural protocol

Bastiputaka and *Bastinetra* are the two parts of *Uttar Basti Yantra* and *Mridu* or *Laghu* quantity of drug should be introduced through the *Uttarbasti*. *Bastinetra* up to 4 fingers in length can be inserts followed by the two *Prasuta* of *Sneha* or *Kwatha* to clean uterus. *Uttarbasti* performed with increment of dosing consecutively by increasing quantity of *Sneha*. This can be done for 06 days with difference of three days in consecutive dosing. Woman placed in supine position for the administration of drug, keeping knees in elevated position and flexed thighs. *Pushpanetra* can be inserted in vagina followed by the drug administration by pressing *Bastiputaka*.^[6-8] The specific procedure in case of infertility can be adopted as follows.

- ✓ *Taila* is used to treat vitiated *Vata Dosha* associated with *Kapha*.
- ✓ *Ghrita* is used to treat vitiated *Vata* associated with *Pitta*.
- ✓ *Shatavatri Ghrita* can be used to treat cervix or to enhance potency of reproductive organs.
- ✓ *Narayana Taila* can be recommended in case of tubal blockage.
- ✓ *Apamarga Kshara Taila* & *Kumari Taila*, etc. can be used in other conditions of infertility.
- ✓ *Rutu kala* is best time for *Uttarbasti* since the reproductive organs are free from any discharge and ready to accept medication for local effect.

Advantages of Uttarbasti in Reproductive Problems

1. *Uttarbasti* gives advantages of local effect for longer period of time.
2. The delayed effect of medication relieves disease from their root cause.
3. It stimulates secretion of mucus in cervical region.
4. Facilitate movement of ovum and sperms, enhance chances of successful fertilization.
5. *Lekhaniya* drugs used in *Uttarbasti* help to treat dysmenorrhea.
6. *Uttarbasti* remove obstruction of tube which is one of the major factors of infertility.
7. *Uttarbasti* support repairing and rejuvenating process of endometrium lining.
8. Medications of *Uttarbasti* regularize processes of ovulation.

DISCUSSION

Tubal factor, cervical factor and anovulatory factor, etc. are factors responsible for female infertility. Infertility associated with anovulation can be treated effectively using *Uttar Basti* since it removes *Srotasanga* and corrects *Artavagni*. The drug administered through *Uttar Basti* helps to regulate menstrual cycle, therefore helps to maintain normal process of ovulation. The drug inserted through *Uttar Basti* stimulates receptors which receive hormones and induces certain biological responses towards the normal physiology of reproduction. *Uttar Basti* can be used as local therapy for tubal blockage and it also relieves symptoms of other reproductive tract disorders which are considered responsible for infertility. Drug administered locally through *Uttar Basti* and reaches to the cervix and absorbed by cervical epithelium thus cure problems associated with cervix. *Uttar Basti* modifies cervical pH whenever required thus improves absorption of lipophilic drugs. *Uttar Basti* improves thickness and quality of endometrium, thus helps in endometriosis. The quick absorption of drug through *Uttar Basti* gives fast relief while delayed or prolong release of drug imparts therapeutic responses for longer period of time. The drugs can affect hormone responsible for ovulation thus regularizes menstrual cycle and maintain menstrual flow. *Uttar Basti* acts as cleaning measure to clean obstruction of reproductive passage. As local therapy it alleviates ailments of ovary and uterus, also relieves problems of fallopian tube thus prevent pathological aggravation of causative factors of infertility. Drug inserted through *Uttar Basti* enhances blood flow in uterus thus considered useful in case of infertility. *Uttar Basti* works significantly in case of infertility associated with anovulation, tubal factors and cervical factors, etc.^[8-10]

CONCLUSION

Infertility is the inability to carry out a successful pregnancy and give birth without complications. Ayurveda used the word *Bandhytva* and listed several causes, such as *Artavahasrotas* anomalies, *Abhigata*, *Sadbhavas Vikriti* and anovulation, etc. *Kshetra*, *Ritu*,

Beeja and *Ambu's* anomalies are primarily responsible for infertility issues. Physical stress affects fertility capacity along with other factors. Ayurveda mentioned the use of *Vatanulomana* medications, dietary change, *Yoga* and *Sodhana* therapy, etc for treating female infertility. The evidence supports uses of *Uttar basti* for female infertility. The benefits of *Uttar Basti* include boosting *Ojus* and recharging the hormonal system, etc. Treatment in Ayurveda is based on a patient's constitutional predominance. Ayurveda places equal emphasis on localized and systemic treatment. It is usually preferable to use *Basti* to treat *Vata dosha* associated with infertility. Ayurveda recommended *Uttarbasti* for treating infertility because it promotes drug absorption and enables targeted medicine administration to the affected organs. *Sneha* or *Kwatha* can easily transport medications to the desired places, such as the fallopian tubes and cervix. Hence, this *Chikitsa* is regarded as a good strategy to treat genital/reproductive system diseases including infertility.

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