

## RASAYANA AND VAJIKARANA IN INFERTILITY

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Article Received on 07/08/2024

Article Revised on 27/08/2024

Article Accepted on 17/09/2024

## ABSTRACT

Infertility is a major cause of concern in the reproductive age group of present era due to undesirable lifestyle changes. It is a condition of male or female reproductive system defined by the failure to achieve pregnancy after 12 months or more of regular unprotected sexual intercourse. According to WHO the prevalence of the same in India is between 3.9% and 16.8% which is increasing in an alarming rate. Ayurveda promotes health by preventive as well as methods to promote the self-healing capacity of the body even at cellular level. Thus, bringing balance of Doshas and inhibit early degenerative changes which may prove beneficial in conditions of hormonal, neuronal and reproductive tissue disruptions. It mainly focus on the treatment of Infertility holistically with an aim of improving the overall health and quality of life of an individual. *Rasayana* and *Vajikarana*, one among *Astangas* of Ayurveda where *Rasayna* drugs have the potency to act at the level of neuro endocrine immune system. *Vajikarana* has adaptogenic actions to alleviate anxiety associated with sexual desire and claims to have an anti-stress property, improves reproductive system, promote sexual health and treat the sexual diseases. Here is an attempt to further scientifically explore and understand the utility of *Rasayana* and *Vajikarana* in Infertility.

**KEYWORDS:** Infertility, *Rasayana*, *Vajikarana*, Neuro endocrine immune system.

## INTRODUCTION

Infertility is "A disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse".<sup>[1]</sup> Infertility affects millions of people and has an impact on their families and communities. Estimates suggest that approximately one in every six people of reproductive age world wide experience infertility in their lifetime.

## TYPES OF INFERTILITY

Basically, Infertility classified as a) Male infertility b) Female infertility.

a) Primary Infertility b) Secondary Infertility

Male infertility is most commonly caused problems in the ejection of semen, absence or low levels of sperm, or abnormal shape (morphology) and movement (motility) of the sperm. Female infertility may be caused by a range of abnormalities of the ovaries, uterus, fallopian tubes, and the endocrine system, among others.

Primary infertility denotes the couples who have never been able to conceive. Secondary infertility is defined as the difficulty in conceiving after already having

conceived. Conception depends on the fertility potential of both male and female partner.

## AIMS AND OBJECTIVES

An attempt to understand *Rasayana* and *Vajikarana* and to explore the promotive action to bring back holistic and specific treatment plan for managing the disease Infertility.

## MATERIALS AND METHODS

Classical text books of Ayurveda such as Ashtanga Hridaya, Charaka Samhita, Susrutha Samhita, Ashtanga Sangraha, Kashyapa Samhita Harita Samhita and Bhavaprakasha are reviewed to analyze the concept of *Rasayana* and *Vajikarana* in Infertility. Databases such as PubMed, Google Scholar, and related other articles are also used.

## AYURVEDIC INSIGHT

*Rasa* is the essence of nutrition or first *Dhatu* and *Ayana* is Passage through which food is transported. Thus, *Rasayana* is the Promotive treatment in which one attains longevity, excellent memory, youthfulness, good complexion, luster, optimum strength of physical and sense organs.<sup>[2]</sup> *Vajikarana* is the one which bestows

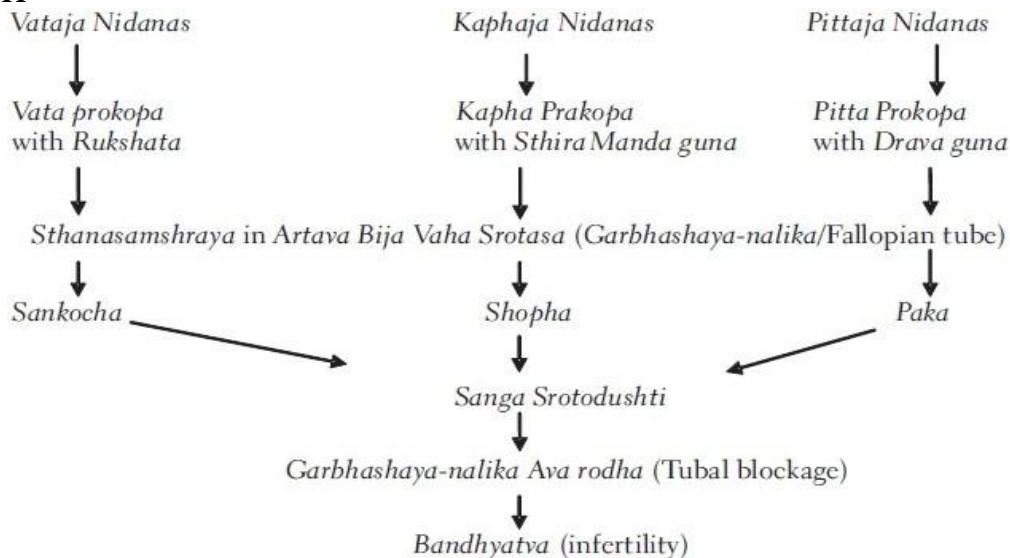
contentment, nourishment, continuity of progeny and great happiness. It is said to revitalize all the seven

dhatus thus, restores equilibrium and health.<sup>[3]</sup>

#### According to different acharyas

CHARAKA	ASTANGA	BHELA	KASHYAPA
1) <i>Vandhya</i> (absence of ovum) 2) <i>Apraja</i> (Primary Infertility) 3) <i>Supraja</i> (secondary infertility)	SANGRAHA <i>Yonivyapad</i> (disorders of uterus) and <i>Putraghni</i> (demise of male child) and <i>Jatagni</i> (still birth) causes <i>Vandhyatva</i> .	SAMHITA <i>Vandhyatva</i> occurs due to <i>Beeja dushti</i> (abnormalities in ovum & sperm), <i>Vegavrodha</i> (suppression of urges) and <i>Yonivyapad</i> (disorders of uterus).	<i>Vandhyatva</i> as one of the eighty disorder of <i>Vata</i> . Also under <i>Jatharini</i> , he mentioned as <i>Pushphagni</i> means having mean less <i>Pushpa</i> (menstruation) or repeated expulsion of fetus of different gestation age.

#### SAMPRAPTI



#### DISCUSSION

*Rasayana* and *Vajikarana* are one of the eight clinical specialties of classical Ayurveda. *Rasayana* is the Science of Nutrition i.e., *Poshana* and is applicable to all ages from paediatrics to geriatrics. The particular *Rasayana* and *Vajikarana* has to be selected for each individual appropriately in consideration of his vaya, prakrti, satmya, state of *Agni* and *Dhatus*, *Srotas* and environmental factors like *Desa*, *Kala*, etc.<sup>[5]</sup>

It is a specialized procedure practiced in the form of rejuvenative therapies, dietary regimen and special health-promoting conduct and behavior i.e. *Achara-Rasayana* and leads to improved biological competence of the body – *Labhopayo hi sastanam rasadinam Rasayanam.* and modulate the Neuro endocrine immune system.<sup>[6]</sup>

*Vajikarana* improve the reproductive system and enhance sexual function. They act on higher center of the brain, i.e., the hypothalamus and limbic system & deals with the strengthening and preservation of sexual competency of a healthy man and conception of healthy offspring along with management of disturbed spermatogenesis, defective semen, and seminal-related disorders in man.

It improves the physical, psychological, and social health as well as promotes the sexual potential and performance of an individual which is ultimately essential for satisfying and productive sex. Special emphasis of treatment is given keeping in mind the areas including cause, pathology, site involved, signs and symptoms. To summarize.

*Vata*, *Pitta*, and *Kapha* are *Dosha* which controls our mind and body.

*Agni* is monitored and regulates the proper digestion of food and metabolic products in body.

*Agni* functions as conversion of food in the form of energy essential for the vital activity of our body. Imbalance in the doshas and *Agni* may cause infertility

Abnormalities in *Ritu*, *Kshetra*, *Ambu*, and *Beeja* hinders the process of conception.

**CHIKITSA**

<b>SHUKRA DUSTI<sup>[7,10]</sup></b>	<b>SPECIFIC TREATMENT</b>
Vataja	Niruha, Anuvasana <sup>[11]</sup>
Pittaja	Abhaya Amalakki rasayana
Kaphaja	Pippali, Bhallataka, Triphala Rasayana
Raktaja(Kunapagandi)	Dhataki pushpa, Aswagandha sadhita hrhita, dadima siddha Grhita
Vatapittaja(ksheena)	Shukrakari kriya
Pittakaphaja(putipuya)	Parushakadi, Vatadi Gana
Vatakaphaja(Grathibhuta)	Palasha Bhasma, Pashana bheda
Mutra purisha Gandhi	Chitraka sadhita Grhita and shodhana Therapy, Hingu and Ushira

<b>ARTHAVA DUSTI<sup>[12]</sup></b>	<b>SPECIFIC TREATMENT</b>
Vataja	Yoni dhavana with mudgaparni qwatha, Bharangi siddhagrhita, basti
Pittaja	Chandana kalka, Madhuka, Ushira with sugar and milk
Kaphaja	Madanaphala Kalka Yonidharana, Aswagandha Qwatha
Raktaja (Kunapagandi)	Rakthachandana Qwatha orally, Triphala qwatha and kalka for local application
Vatapittaja(ksheena)	Rakthavardhaka kriya
Pittakaphaja(putipuya)	Asadhya
Vatakaphaja(Grathibhuta)	Qwatha of Patha, Gokshura, Trayushana
Sannipatika	Asadhya

**GENERAL LINE OF TREATMENT FOR MALE INFERTILITY**

- Vrushya and vajikarana oushadhas
- Madhura rasa -snigdha -brahmana oushadhas.

Cause should be evaluated and treat accordingly

- Apana vatanulomana oushadhas

<b>PREPARATIONS</b>	
Kashaya	Bala+vidari ksheera kashaya, jeevaniya gana ksheera kashaya Sukumari kashaya, vidaryadi kashaya
Arishta/asava	Ashwagandharista, kharjurrasav
Gulika	Manasamitravataka, shilajatwadi vati
Taila	Ashwagandadi yamaka, sukumarendra taila
Grhita	Ashwagandadi grhita, amrtaprasha grhita, phala sarpi
Bhasma	Kukkutanda bhasma, kanta Bhasma
Rasa/dhatu/loha preparations	Pushpadhanwarasa, makara dhawaja rasa

**GENERAL LINE OF TREATMENT FOR FEMALE INFERTILITY**

- Bijadosha chikitsa
- Apanulomana oushadha
- Pumsavana karma
- Vrushya and Vajikarana oushadhas
- Madhura rasa - Snigdha - Brhmana Oushadhas.

- Cause should be evaluated and treat accordingly
- Vandhyatva chikitsa
- Atiartava/anartava chikitsa
- Garbhashaya balya chikitsa

<b>PREPARATIONS</b>	
Kashaya	Bala+shatavari ksheera kashaya, jeevaniya gana kshegera kashaya Sukumari kashaya, vidaryadi kashaya
Arishta/asava	Ashwagandharista, kharjurrasav, sukumara arista
Gulika	Rajapravartini vati, shilajatwadi vati
Taila	Sukumarendra taila, jeevantiyadi anuvasana taila
Grhita	Ashwagandadi grhita, amrtaprasha grhita, phala sarpi
Bhasma	Kukkutanda bhasma, swarna vanga
Rasa/dhatu/loha preparations	Pushpadhanwarasa, makara dhawaja rasa, nastapushpantaka rasa

**CONCLUSION**

Ayurveda has unique concept and methodology to address health care throughout the events of life that is from neonate to geriatric care and all communities at

every stage and all ages of life. Ayurveda encourages the life style interventions and mainly focus on the concept of regaining the balance between the *Sharira Mana* and *Atma*.

*Rasayana* drugs modulates neuro-endocrino-immune system. *Vajikarana* Rasayana is the special category of Rasayana which improve the reproductive system and enhance sexual function. Vajikarana also claims to have anti-stress, adaptogenic actions to alleviate anxiety associated with sexual desire and performance.

Understanding the cause of Infertility will help in diagnosis and accurate treatment. Prompting proper lifestyle benefitting in the due course of treatment is must. Standardization of Herbomineral preparation in infertility will be great boon for assuring quality of medicines.

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