

**GENERAL CONSIDERATIONS NEED TO KNOW ABOUT FEMALE INFERTILITY: AN
AYURVEDA REVIEW****Dr. Harkiran Nehra***

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ABSTRACT

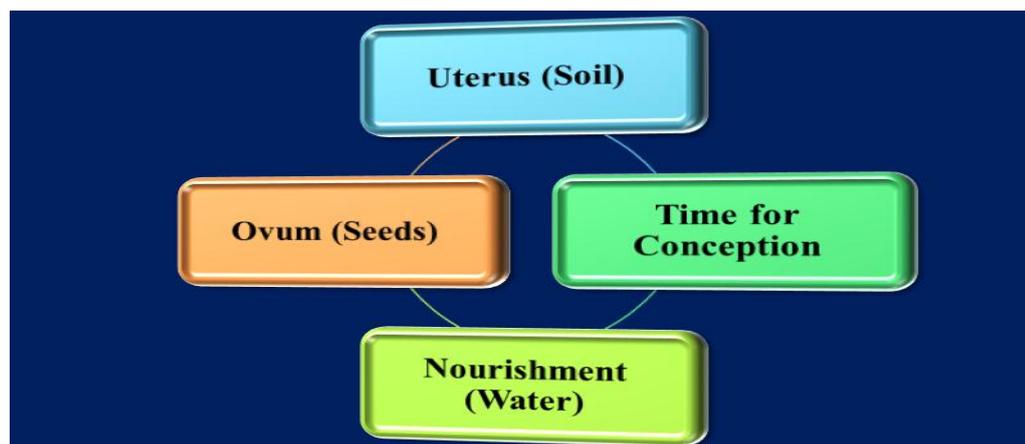
The term female infertility generally refers failure to give child birth or inability to carry full term pregnancy period. Ayurveda described female infertility as *Bandhytva* and mentioned *Ritu*, *Kshetra*, *Ambu* and *Beeja* as primary factors associated with infertility. *Ritu* resembles period of successful conception, the fertilization can occur if conception done by considering timing of ovulation in appropriate age. *Kshetra* describe seat of conception; uterus which should be healthy enough to hold foetus produces after successful conception and fertilization. *Ambu* resembles nourishment to foetus for proper growth and development. *Beej* another factor associated with infertility described health status of ovum, mature state of ovum help in conceiving process. These four factors play vital role in process of fertilization and abnormalities in these factors can lead infertility. The problem of infertility increases day by day due to the current scenario of stressful and imbalanced life style. Infertility not only affect person in terms of physical mean but it also causes social and psychological stress. Considering infertility as burning issue of today's time this article presented general aspects of female infertility along with treatment approaches in a view to explore this problem for future research.

KEYWORDS: Ayurveda, *Bandhyatwa*, Infertility, *Yoni Vyapad*.**INTRODUCTION**

Ayurveda defined *Bandhyatwa* (infertility) as failure to achieve a successful pregnancy. *Sushruta Samhita* mentioned *Bandhya* as one of the disease amongst 20 types of *Yoni Vyapad*, while *Charaka* mainly focused on the fact that abnormality of *Bijamsa* leads *Bandhya*. Major pathological factors and pathogenesis of infertility depicted in Figure 1 and Figure 2 respectively. As per ayurveda texts abnormalities of *Vata* and *Shadbhava* (*Atma*, *Satva*, *Satmya* and *Rasa*) can causes infertility.^[1-5]

The specific factors which can lead *Bandhyatwa* are as follows:

1. Abnormalities in *Ritu*, *Kshetra*, *Ambu* and *Beeja*.
2. *Vikriti* in *sadbhavas*
3. *Abhighata* in genital parts
4. Abnormalities in *Artavahasrotas*
5. *Artavadosa*; *Dustaartava* which can lead anovulation.
6. Irregular menses and diseases like PCOD, etc.

**Figure 1: Major factors associated with infertility.**

The severity of infertility depends upon cause means infertility related to abnormalities of reproductive organs (*Beejdosha*) is incurable while infertility associated with *Anapatya* and *Kakvandhya* is curable. As per modern science there are various causes of infertility including tubal blockage, problem in ovulation, ageing, endometriosis, inappropriate fertility period, immature development of reproductive organs and uterine problems, etc. The modern science also described some factors which can initiates pathogenesis of infertility including; sexual weakness, improper daily regimen, unhealthy foods, stress, consumption of alcohol, smoking, over indulgence in sex, trauma to organs and presence of other diseases can also lead infertility.^[4-8]

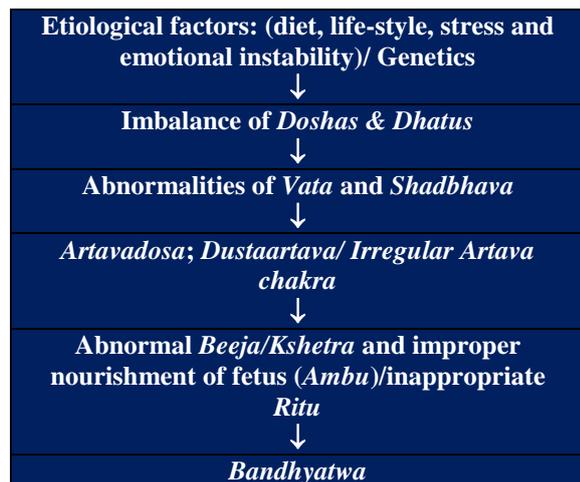


Figure 2: General pathogenesis of *Bandhyatwa* (infertility).

Ayurveda described various types of *Vandhyatva*; one of the classifications mentioned six types of *Vandhyatva* as follows:

1. *Garbha kosh bhanga* (uterus injury)
2. *Anapatya* (Primary infertility)
3. *Kakvandhya* (secondary infertility)
4. *Garbhastravi* (condition of repeated abortions)
5. *Mrutvatsa* (repeated still births)
6. *Balakshaya* (loss of strength)

The other classification mentioned three types of infertility; *Vandhya*, *Apraja* and *Sapraja*. *Vandhya* resembles incurable sterility; *Apraja* resembles curable infertility and *Sapraja* means infertility occurs after conceiving one or more children.

The general clinical manifestation related to infertility are infrequent ovulation, rapid weight loss, uterine polyps, heavy menstrual bleeding, abnormal uterus shape, scar tissue in uterine cavity, scarred fallopian tubes and premature menopause, etc.^[5-9]

Ayurveda management of infertility

Ayurveda recommended that relief in tension, nourishment to body, strengthening of immune system, nourishment of *Dhatus* and balanced life style help significantly in the management of infertility. Ayurveda

described that restoring *Ojas*, *Vatanulomana*, removal of *Ama* (toxins), pacifying vitiated *Dosha*, restoring *Agni*, *Vajikaran* and use of *Sodhana Chikitsa*, etc. are some approaches that can help to treat infertility.^[6-10] This article elaborated some of them as follows:

1. *Vatanulomana*
2. *Ayurvedic herbs*
3. *Ayurveda formulation for infertility*
4. *Sodhana*
5. *Dietary suggestions*
6. *Life style modification*
7. *Yoga*

1. *Vatanulomana*

Vata is the main *Dosha* that induces pathogenesis of infertility therefore *Vatanulomana* is very important for the management of infertility. Ayurveda suggested various herbs and formulations along with disciplinary daily regimen for the management of vitiated *Vata*.

2. *Ayurvedic herbs*

- ❖ *Ashwagandha* (*Withania somnifera*), *Shatavari* (*Asparagus racemosus*) and *Amalaki* (*Embllica officinalis*) are commonly employed herbs used to treat infertility.
- ❖ *Dashmoola*, *Ashoka*, *Shatavari* and *Guggulu* help in ovulation disorder.
- ❖ *Shatavari*, *Ashoka*, *Jeevanti* and *Dashmoola* can be recommended for premature ovarian failure.
- ❖ *Guduchi* and *Punarnava* can be recommended for fallopian tubes blockage and inflammatory pelvic disease.

3. *Ayurveda formulation for infertility*

- ❖ *Dasamoolarishtam*
- ❖ *Kumaryasavam*
- ❖ *Asokarishtam*
- ❖ *Raja pravarthini gulika*
- ❖ *Chandraprabha vatika*
- ❖ *Sathavari Gulam*
- ❖ *Phalasarpi*
- ❖ *Sukumaram Kashayam*
- ❖ *Pushyanuga choornam*
- ❖ *Hinguvachadi Choornam*

4. *Sodhana*

Sodhana help in the removal of toxins thus open up channels and therefore maintain normal circulatory functioning of body. It is suggested to perform *Snehaswedas* prior to *Sodhana* like; *Vamana*, *Virechana* and *Vasti* to remove toxins from body. *Sodhana* help to balances ovarian, tubular and uterine functioning which is essential for restoring normal progeny.

5. *Dietary suggestions*

Diet that increase *Ojas* recommended for the management of infertility, foods that boosts physical and mental health should be consumes to retain normal progeny. Fibers that can affects normal hormonal levels, processed carbohydrates, antibiotic, excessive uncooked

meat and junk foods can affect fertility thus such types of diet need to be avoided. Food like *ghee*, milk, nuts, dates, honey, saffron, fruits, vegetables, beans, peas, whole grains and spices like; turmeric and cumin recommended for enhancing fertility.

6. *Life style modification*

Ayurveda suggested that one should avoid stress, take proper sleep, consume healthy food materials, proper daily routine and avoid consumption of alcohol, smoking & over indulgence in sex and conduction of *Sadavritta* help in the management of infertility.

7. *Yoga*

Yoga reduces stress, improves circulatory process, removes toxins and maintains healthy body weight thus can help in the management of infertility, following *Yoga* can be recommended:

- ❖ *Bhramari Pranayama*
- ❖ *Nadi Sodhan Pranayama*
- ❖ *Hastapadasana*
- ❖ *Viparita Karani*

Pathya

Milk, *Lashuna*, *Langali*, *Katutumbi*, *Bruhati dvaya*, *Devdali*, *Bheeruka*, *Suryaballi* and conception during *Ritukala*.

Apathya

Vidahi, *Surana*, *Kacchara*, *Kanji*, spices and unwholesome diet.

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