

CLINICAL STUDY ON VANDHYATWA (FEMALE INFERTILITY) W. S. R. TO ANOVULATORY FACTOR AND ITS MANAGEMENT BY 3 STEP TREATMENT- A CASE STUDY.**Dr. Madhuri S. Bhalgat^{1*} and Dr. Swapnali B. Bari²**¹H.O.D. and Professor of Dept. of Prasuti Tantra avum Streerog, SVNHT's Ayurved Mahavidyalaya, Shrishivajinagar, Rahuri Factory, Dist- Ahmednagar, Maharashtra, India.²PG Scholar, Dept. of Prasuti Tantra avum Streerog, SVNHT's Ayurved Mahavidyalaya, Shrishivajinagar, Rahuri Factory, Dist- Ahmednagar, Maharashtra, India.***Corresponding Author: Dr. Madhuri S. Bhalgat**H.O.D. and Professor of Dept. of Prasuti Tantra avum Streerog, SVNHT's Ayurved Mahavidyalaya, Shrishivajinagar, Rahuri Factory, Dist- Ahmednagar, Maharashtra, India. Email ID: madhuribhalgat@gmail.com.

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ABSTRACT

A female patient of 29 years old of primary infertility with *pitta pradhan vata prakruti* was diagnosed as anovulation (*anartava*) on the basis of follicular study. Along with this she was diagnosed as *pittaj yonidushti* according to her complaints. Three step treatment was given to her with *pathyakar aahara* and *vihara*. She was treated with *Lashunadi taila matra basti* in premenstrual phase (15/11/2019 to 21/11/2019) followed by oral administration of *Chandraprabhavati* and *Shatpushpa choorna*. In post menstrual phase (28/11/2019 to 2/12/2019) *pichu dharana* i.e. medicated vaginal tampon treatment was given. After this treatment she missed her period, we performed her UPT (30/12/2019), it detected presence of HCG in urine sample and on 20/01/2020, SLIUP of 8.5 weeks seen in USG report. Successful conception is achieved in that patient within one month. This treatment was found effective in one patient of *vandhyatwa*. Anovulatory factor is an important subset in infertility in present case. Ovulation is under the control of *vata* especially *apana vayu* which can be regulated by *basti* with *vatahar dravya*. So considering "*Lashunah Prabhanjanam*", *Lashunadi tail matra basti* is given in premenstrual phase. So in this case ovulation induction is rescuer. Considering *pittaj yonidushti*, the acidic pH of vagina can hamper sperm entry which is remedied by doing *pichu dharana*. Present single case study will explain how to understand and manage infertility based on Ayurveda perspective.

KEYWORDS: *vandhyatwa*, *anovulation*, *pittaj yonidushti*.**INTRODUCTION**

Infertility is defined as failure to conceive though having regular unprotected coitus for more than a year.^[1] The male is directly responsible in about 30-40%, the female in about 40-50% and both are responsible in about 10% cases. The remaining 10% is unexplained.^[2] Infertility primarily refers to the biological inability of a person to contribute to conception. In Ayurveda infertility may be correlated with *vandhyatwa* or with *vandhya yonivyapada*. Ayurveda is science having its own method of diagnosis and treatment based on it. Important factors of constituents of *garbha* (foetus) are 1) *Rutu* (fertile period), 2) *Kshetra* (reproductive organs), 3) *Ambu* (proper nutrient fluid), 4) *Beeja* (shukra-shonit) also healthy psychological status, normal functioning of *vata* (one of the governing factor of body according to Ayurveda).^[3] Any abnormality in these factors causes infertility.

Beeja is directly referred as *antapushpa* (ovum) and *beejotsarga* to ovulation process. Anovulation can be considered as *Nashtartava* which occur due to vitiated *vata*. *Basti karma* is considered as best line of treatment for *vata*. In this case study combined effect of *Lashunadi tail matra basti*, *pichu dharana* and *aartavjanan dravya* was found to be effective in one patient of *vandhyatwa*. It has been observed that this 3 step treatment helps not only treating the symptoms but also by strengthening the reproductive system and improving the local cellular immunity.

DESCRIPTION OF PATIENT

A female patient aged 29 years came with complaints of having no issue though married for 2 years and having uninterrupted sex. She took hormonal treatment for 2-3 times without any benefit. She complained of having excessive per vaginal itching, dryness and burning. We diagnosed it as *pittaj yonidushti*. Her hormonal assay was within normal limit. On the basis of follicular study patient was diagnosed as anovulation (*anartava*).

MENSTRUAL HISTORY

Menarche- at the age of 13 years having menses with pain present during menses and clots and smell present in the menstrual fluid.

CONTRACEPTIVE HISTORY

Not used.

SEXUAL HISTORY

3-4/week.

FAMILY HISTORY

No family history of DM, HTN, T.B. and thyroid dysfunction. No history of exposure to radiation, any toxin or chemical agent.

EXAMINATION OF PATIENT

PARAMETER	RESULTS
Weight	: 56.2 Kg
Height	: 125 cm
BMI	: 35.8 kg/m ²
B. P.	: 120/70 mm of Hg
Pulse rate	: 94/min (tachycardia may be due to her habit of late night work)
Breast examination	: NAD
P/A	: Soft
P/S	: Cervix healthy, dry vagina.

ASHTAVIDHA PARIKSHA

PARAMETER	RESULTS
<i>Nadi</i>	: 94/min
<i>Mala</i>	: Once a day
<i>Mutra</i>	: 5-6 times/day, <i>Pitabh shwet varna</i>
<i>Jivha</i>	: <i>Niram</i>
<i>Shabda</i>	: <i>Avishesh</i>
<i>Sparsha</i>	: <i>Anushna sheet</i>
<i>Druk</i>	: <i>Avishesh</i>
<i>Akruti</i>	: <i>Madhyam</i>

DASHVIDHA PARIKSHA

PARAMETER	RESULTS
<i>Prakruti</i>	: <i>Pitta Pradhan vaat</i>
<i>Vikruti</i>	: <i>Madhyam bal</i>
<i>Sara</i>	: <i>Raktasar</i>
<i>Samhanan</i>	: <i>Hin</i>
<i>Praman</i>	: <i>Madhyam</i>
<i>Satmya</i>	: <i>Mishrit</i>
<i>Satva</i>	: <i>Pravar satva sampan</i>
<i>Ahar Shakti</i>	: <i>Madhyam</i>
<i>Vyayam Shakti</i>	: <i>Madhyam</i>
<i>Vaya</i>	: <i>Madhyavastha</i>

INVESTIGATIONS

PARAMETER	RESULTS
Husband's Semen Analysis	: WNL

Blood investigation of patient

PARAMETER	RESULTS
Hb	: 10.2 gm%
TSH	: 3.65 miu/ml
FSH-	: 11.6
LH	: 8.87
Prolactin	: 7ng/ml
BSL	: 96.19mg/dl

TREATMENT

Three step treatment given

I) Premenstrual *Basti Chikitsa*

(15/11/2019- 21/11/2019)

Time- 8 am to 10 am for 7 days

Drug- *Lashunadi Taila*

Route- *Matra Basti* by rectal route

Dose- 60 ml

Purva karma- *Abhyanga* with *bala taila* on *kati-prushta-pad-parshwa-adhodara* for 15 min and *Swedan* by *Nadiswed*.

Pradhan karma- *Matra basti* through anal route in left lateral position

Pashchat karma- rest in supine position for atleast 30 min.

II) *Abhyantar yoga*

For 20 days started from 15/11/2019 to 04/12/2019

Tab. <i>Chandraprabha vati</i>	2 tablets of 500mg BD	at 8 am & 6 pm with water
Tab. <i>Krumikuthar Ras</i>	1 tablet of 500 mg	at night after food with water
<i>Shatapushpa choorna</i>	3 gm	at night after food with water

LMP- 23/11/2019-26/11/2019**III) Post menstrual *Sthanik Chikitsa***

(28/11/2019- 02/12/2019)

Pichu Dharan i.e. medicated oil soaked vaginal tampon

Dravya- Bala oil 15 ml

Sterile cotton tampon soaked in it and placed in *yonimarga* for 2 hours

Time- 4 pm to 6 pm (*pitta kal*)

During this period the patient was advised to take *samyaka aahara* (fresh fruits and vegetables) and avoid *amla, lavana, vidahi* and *snigdha aahara*. Along with this patient followed following lifestyle.

Standard life style advised by Ayurveda

Wake up	: 6-6:30 am
Walk For	: 10-20 min
Lunch	: In between 11 am to 1 pm
Afternoon free time	: Listen to favourite songs, spending time with family, whatever she wants to do she can as " <i>saumanasyam garbhadharnanam</i> " ^[4]
Dinner	: Between 7 to 8 pm
Walk for	: 15-20 min
Bed time	: Around 9:30 to 10:30 pm
Precautions	: Avoid overnight work, late night diet, avoid anger.

Results of Sonography before treatment

PARAMETER	RESULT
1. UTERUS	
Length	: 6.30 cm
Height	: 2.98 cm
Width	: 4.31 cm
LEFT OVARY	
Length	: 2.94 cm
Height	: 1.08 cm
Width	: 3.07 cm
2. RIGHT OVARY	
Length	: 2.57 cm
Height	: 1.08 cm
Width	: 3.54 cm
Uterus antverted, normal in size, shape and echostructure.	
No e/o anomalies.	
POD empty.	
Right and left ovary normal in size and shape.	

Follicular study

LMP-23/11/2019

Day of Ovulation	Right Ovary	Left Ovary	Endometrial Thickness	Free Fluid
10 th	-	Multiple follicles	7.8 mm	Nil
12 th	No dominant follicle	Largest follicle 1.8×2cm	9 mm	Nil
14 th	10×7mm	Mature follicle 2.3×2.6cm	1 cm	Nil
16 th	-	Ruptured	1cm	Seen

UPT done- positive (30/12/2019)

Findings of sonography after treatment – (20.01.2020)

- Single live intrauterine pregnancy seen within G sac
- G sac appears normal
- Yolk sac seen
- Single foetal pole with good and regular cardiac activity noted.
- GA- 8.5 Weeks
- CRL- 2.09 cm
- HR- 173 bpm

DISCUSSION

There is dominance of *vata dosha* in *vandhyatva*. Acharya Vagbhat mentioned “*Lashunah Prabhanjanam*”.^[5] Basti and Taila is *param aushadham* for *vata* according to Acharya Vagbhat.^[6] Anuvasan Basti is indicated by Acharya Kashyap for *Nashtabeeja*.^[7] Matra basti is a type of *anuvasan basti*. So it will act on ovulation. *Lashunadi Taila* was mentioned by Acharya Kashyap for *kleeb* and *vandhya*.^[8] *Lashunadi taila* has properties like *vatakaphashamak*, *deepen*, *aampachan*, *vryshya*, *jeevaniya*, *balya*, *rasayan*, *aartavjanan* and *garbhasthapan*. Hence *Lashunadi taila* and *Matra basti* was selected for treatment.

Chandraprabha vati has properties like *vata-pitta-kaphahar*, *balya*, *vrushya* and *rasayan*. It helps in correcting an anovulatory cycle. *Shatapushpa (anethum sova)* is *ushna veerya dravya* with *vatakaphashamak* property which acts on reproductive system and improves the function of ovary and *aartava*.

Local cellular immunity increases as *pichu dharan* was done. *Snehan karma* occurs due to use of *bala taila*. This *sthanik chikitsa* helps to reduce acidity of vaginal secretion and promotes motility of sperms.

Panchakarma and Ayurvedic herbal medicines acts at root level and brings back deviations of hormonal system back to normalcy. All these drugs are having *vata-pitta-kapha-shamak* qualities also have *vatanuloman* property which promotes fertility. Thus combined effect of these 3 treatment was found effective.

CONCLUSION

Basti karma is a best treatment to regulate *vata dosha*. It also bring about the harmony of *tridosha*. *Lashunadi*

Taila has *vatashamak* and *garbhasthapak* properties. *Aartavjanan* property of *chandraprabha vati* and inhancing local immunity by *pichu dharana* helps in regulating menstrual cycle and further helps in conception. The combined effect of all these found to be effective.

RESULT

The patient got conceived with one month of treatment and is under regular ante natal checkup. Now her gestational age is 32 wks. (12.07.2020).

CONSENT

Before starting treatment consent of the patient and her husband is taken along with proper advice and counselling.

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