

ASSOCIATION BETWEEN CHRONIC CONSTIPATION AND FEMALE INFERTILITY

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ABSTRACT

As per *Ayurveda* we can say that no *stree roga* is without *vata dushti*.^[1] *Vyana vayu* and *apana vayu* are one of the *hetus* for *Artava utpatti*. *Malabadhata* is one of the symptom of *apana vayu dushti*.^[2] So this study is conducted to rule out the association between *vandhyatva* and *malabadhata*. Here, *malabadhata* as *hetu* may affect the normal mechanism of reproductive system and so in such cases there must include treatment like *virechana*, *basti* and *vatanulomaka chikitsa* first, to balances the *apana vayu* and after that only give the treatment of *vandhyatva* which can give fruitful results.

KEYWORDS: Chronic constipation, Female infertility, *Malabadhata*, *Vandhyatva*.

INTRODUCTION

As *Ayurveda* teaches good health is dependent upon our capacity to full metabolize the nutrients, emotional and sensory information that we digest. When our digestive energy known as *agni* (fire) is rebust, we creates healthy tissues, eliminate waste products efficiently and produces a subtle essence call *oja*. *Oja* which may be envisioned as the source of our vitality is the basis for clarity of perception, physical strength and immunity. On the other hand if *agni* is weakened, digestion is incomplete and leads to an accumulation of toxin residue known as *ama*. The buildup of *ama* in the body-mind leads to obstructions in the flow of energy, information and nourishment and is the base of all diseases.^[3] Characterized by heaviness, coldness, tenderness, softness, slowness, lubrication and the carrier of nutrients.

Vata is characterized by the properties of dry, cold, light, minute and movement. All movement in the body is due to properties of *vata*. *Pitta* represents metabolism. It is characterized by heat, moistness, liquidity, sourness and sharpness. *Kapha* is the watery element. The central concept of *Ayurvedic* medicine is the theory that health exists when there is a balance between the three fundamental bodily bio-elements or *doshas* called *vata*, *pitta* and *kapha*. Imbalance in *tridosha* causes disease and balance in these *dosha* creates health.

Similarly, the structural and supporting units of the body are called *dhatu*(tissues) in *Ayurveda*. In *Ayurveda* there are seven basic *dhatu* that make the body and these *dhatu*s are collectively called *sapta dhatu*. The food is the precursor of all tissues. The waste products of food

are stool and urine.^[4] In the universe only females have been vested the power of creation next to the almighty God. This is why women are considered as reflection of the god in the world. Her capacity of creation is the reason why the question of fertility is most important for women for that purpose *shuddha artava* is very much important for conception. Contribution of female factors reported by WHO has estimated incidence of Global Infertility 30-40 %.

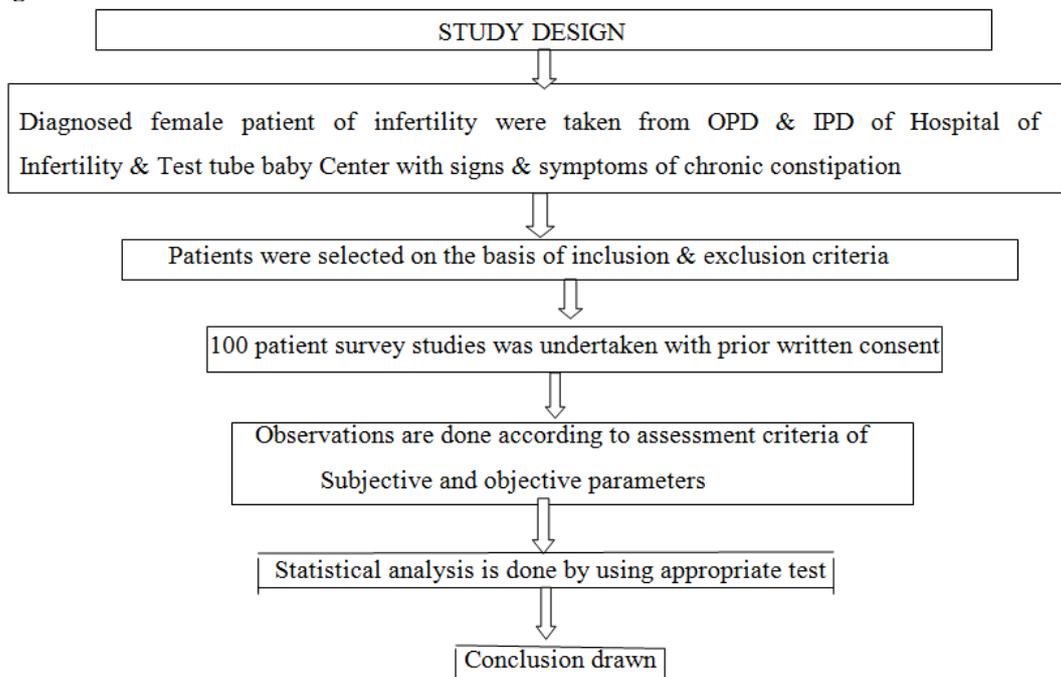
According to this *sutra*, *prakrutkriya* of *apana vayu* is *dharan* of *shukra*, *artav*, *mala*, *mutra* and *garbha* and at right time *nishkraman*. But, if there is *malabadhata* then it will affect *apanavayu* which in turn cause *shukra* and *artav vikruti* which leads to infertility. *Mala* is an important topic of *ayurvedic* curriculum, particularly human physiology or *sharirkriya*. *Mala* represents the products resulting from the physiological and metabolic activities going inside the human body. Elimination of these *malas* in an effective way is important for maintenance of better health.

Need of Study

It has been reported that womens are likely to suffer from constipation as compare to mens. Here, dealing with female infertility most of the time we neglect this symptom of constipation which can affect female reproductive system. To focus this subject, this topic is selected for study. Around 18.5% of the ever married women in India reported to be childless.^[5]

Aims and Objectives

To Study Role of Chronic Constipation which Affects Female Infertility.

METHODOLOGY**MATERIALS AND METHODS****Study design****Research Methodology****Plan of Work**• **Diagnostic Phase**

- A. Subjective criteria- Symptoms of constipation^[6] and *purishwaha strotos dushti lakshana*^[7].
1. Passing fewer than three stool a week
 2. Hard stool
 3. Straining
 4. Flatulence
 5. Abdominal pain

- B. Objective criteria- Grading scoring questionnaire of chronic constipation.^[8]

Assessment Phase- Gradation of chronic constipation.

Statistical Analysis

Chi-squared test was applied and conclusions are drawn.

OBSERVATIONS

Depending on subjective and objective criteria observations are seen and results are interpreted.

Distribution of patients according to *Purishavaha strotos dushti lakshana*.

Sr. No.	<i>Purishavaha strotos</i>	No. of patients	Percent
1	<i>Granthit malapravrutti</i>	4	4.00%
2	<i>Granthit malapravrutti, Adhman</i>	67	67.00%
3	<i>Granthit malapravrutti, Shool</i>	4	4.00%
4	<i>Granthit malapravrutti, Udargaurav</i>	2	2.00%
5	<i>Granthit malapravrutti, Adhman, Udargaurav</i>	4	4.00%
6	<i>Granthit malapravrutti, Adhman, Shool</i>	19	19.00%
Total		100	100.00%

Maximum number of i.e. 67 patients were found with '*Granthit malapravruti* and *Adhman*' and while there were 19 patients which were observed with all 3 *purishavaha strotos*. i.e. *Granthith malapravrutti, Adhaman* and *Shool*.

Statistical Analysis Purish Parikshan

SR. No.	Parameters	Patients with complaints	Total no. of patients	Proportion 'p'	95% C.I.
1	Varna /Color	83	100	0.830	[0.756, 0.904]
2	Sanhati /Consistency	100	100	1.000	[1.000, 1.000]
3	Gandha /Odor	95	100	0.950	[0.907, 0.933]

Here, 83 patients were found with abnormal vana (prop = 0.830) and the 95% confidence interval for the proportion was [0.756, 0.904]. All 100 patients (prop = 1) and the 95% confidence interval for the proportion was

[1, 1].95 patients (prop= 0.950) reported foul smell of stool for which the 95% confidence interval was [0.907, 0.933].

Analysis of Subjective parameters.

SR. No.	Subjective parameters	Patients with complaints	Total no. of patients	Proportion 'P'	95% C.I.
1	Passing Fewer than three stools a week	100	100	1.000	[1.000,1.000]
2	Having hard stools	100	100	1.000	[1.000,1.000]
3	Straining	96	100	0.960	[0.922, 0.998]
4	Abdominal Pain	94	100	0.940	[0.893, 0.987]
5	Flatulence	94	100	0.940	[0.893, 0.987]

All 100 patients (prop = 1) were having complaint of passing fewer than three stools a week and the 95% confidence interval for the proportion was.^[1,1]

96 patients (prop = 0.960) reported straining with 95% confidence interval for the proportion equal to [0.922, 0.998].

Hard stool was reported by all 100 patients (prop = 1) and the 95% confidence interval for the proportion was.^[1,1]

Abdominal pain was experienced by 94 patients (prop= 0.940) and the 95% confidence interval for the proportion was [0.893, 0.987]. Flatulence was seen in 94 patients (prop=0.940) out of 100 patients and the 95% confidence interval for proportion was [0.893, 0.987].

Constipation Scoring System.

Factors of Constipation Scoring Systems	0		1		2		3	
	Count	%	Count	%	Count	%	Count	%
Frequency of Bowel Movements	0	0.00%	0	0.00%	100	100.00%	0	0.00%
Difficulty, Painful evacuation effort	0	0.00%	0	0.00%	26	26.00%	74	74.00%
Completeness, feeling incomplete evacuation	0	0.00%	1	1.00%	49	49.00%	50	50.00%
Pain, Abdominal Pain	0	0.00%	0	0.00%	5	5.00%	95	95.00%
Time(min) in Lavatory per attempt	0	0.00%	1	1.00%	11	11.00%	88	88.00%
Assistance-type of assistance	0	0.00%	8	8.00%	59	59.00%	33	33.00%
Unsuccessful attempts per 24 Hours	0	0.00%	5	5.00%	79	79.00%	16	16.00%
History-Duration of constipation	0	0.00%	0	0.00%	0	0.00%	100	100.00%

Factors of Constipation Scoring Systems	Median	Mean	S.D.	95% C.I. for Mean
Frequency of Bowel Movements	2	2.000	0.000	[2, 2]
Difficulty, Painful evacuation effort	3	2.740	0.441	[2.654, 2.826]
Completeness, feeling incomplete evacuation	3	2.490	0.522	[2.388, 2.592]
Pain, Abdominal Pain	3	2.950	0.219	[2.907, 2.993]
Time(min) in Lavatory per attempt	3	2.870	0.367	[2.798, 2.942]
Assistance-type of assistance	2	2.250	0.592	[2.134, 2.366]
Unsuccessful attempts per 24 Hours	2	2.110	0.447	[2.022, 2.198]
History-Duration of constipation	3	3.000	0.000	[3, 3]

Analysis of Constipation Score	Median	Mean	S.D.	95% C. I.
100	21	20.41	1.443	[20.12, 20.70]

The mean constipation score was 20.41 with standard deviation of 1.443 and the 95% confidence interval for mean was [20.12, 20.70]. Note that, the theoretical maximum value of constipation score is 24 and the minimum value is 0. Thus, the observed average value of 20.41 suggests correlation between infertility and constipation.

DISCUSSION

In this study patients of female infertility with symptoms of chronic constipation are taken for study. Including various points, grading and scoring analysis is drawn which is suggestive of Chronic constipation as one of the cause in female infertility. This study had gone through all the observational study with proper case taking, history taking and with the end product of research analysis we can say that one of the factor that can cause Chronic Anovulatory Female Infertility includes Chronic Constipation with the help of various grading and scoring scales of analysis.

As per modern aspect we can say that dealing with female infertility, gynecologist only concentrate on reproductive system and more number of hormonal piles are given to such patients. During this treatment, symptom of constipation is neglected. This hormonal pills further causes constipation. In this case intestine exerts more pressure on female reproductive organs and thus disturbs the normal mechanism. So, during treatment of such patients, we must put this point in focus and instead of using hormonal piles we first try to treat constipation with the help of laxative and then another treatment should be given.

CONCLUSION

After entire work of thesis most important part of the work is end product of work that is nothing but a conclusion of research work.

As per our study when there is *vandhyatva* associated with *malabadhatta* we must think about this *hetu* which may affect the normal mechanism of reproductive system and for this we should include treatment like *virechana*, *basti* and *vatanulomaka chikitsa* first to balances the *apana vayu* and thus balances the *tridoshas* we can get better results.

Thus, we can conclude that Chronic Constipation has a relation with Female Infertility but further more clinical study needed related to the topic.

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