

Management of Unexplained Infertility through Ayurveda - A case Study



Dr. Jayalakshmi
Prof. & HoD, Department of Prasuti Tantra
and Stri Roga,
Ahalia Ayurveda Medical College Hospital,
Palakkad, Kerala, India. PIN - 678557



Dr. R. Magesh
Prof. & HoD, Rasashastra And Bhaishajya
Kalpana,
Ahalia Ayurveda Medical College Hospital,
Palakkad, Kerala, India. PIN - 678557

Corresponding Author - Dr. R. Jayalakshmi, E mail: dr.lekshmy83@gmail.com

**A
b
s
t
r
a
c
t**

Infertility is an emerging health problem in current scenario. Unexplained Infertility is defined as the inability to conceive even after one year with routine investigations of infertility showing no abnormality; with overall incidence of 10-20%. Ayurveda explained female infertility as Vandhyatva and mentioned Garbha sambhava samagri (proper union of four factors like fertile period, healthy reproductive system, nutrition and healthy ovum and sperm) and Manasika abhitapa (psychological and emotional factors) as primary factors associated with infertility. In this case study patient aged 30 years who was anxious to conceive since five years of active married life seeking Ayurvedic management in Ahalia Ayurveda Medical

College Hospital was taken. On detailed evaluation, vitiation of Vatadosha, Balakshaya and Manasika abhitapa was noticed. Routine investigation of partners yields normal result. The line of treatment followed in this case was Mridhu sodhana, Vatanulomana, Garbhasthapana, Rasayana chikitsa with psychological assurance that is favourable for conception, which yields a fruitful positive result in this couple.

Keywords: Unexplained infertility, Ayurveda, Vandhyatva

Introduction

Infertility is defined as a failure to conceive within one or more years of regular unprotected coitus [1]. Infertility is a prevalent problem affecting about 10-12% of the couples worldwide. Fertility is important physiological activity of the reproductive organ. Infertility cases are increasing due to stress, obesity, lack of exercise, and environmental pollution. Unexplained infertility [2] is defined when no obvious cause for infertility has been detected following all standard investigations. With expectant management about 60% of couple will conceive within a period of 3 years. IVF and ET may be an option for those who fails to respond.

In Ayurveda, unexplained infertility equated with Vandhyatva. Vandhya referred to a woman who is infertile and Vandhyatva means status of the condition called infertility. Sushruta [3] has stated four factors like Rithu (fertile period), Kshethram (healthy reproductive system), Ambu (nutrition) and Beejam (healthy ovum and sperm), which is necessary for achieving the pregnancy. Acharya Charaka

has given more importance to psychological, emotional factors and mental health for Garbhadharana (conception). Normal functioning of Vatadosha, Ojobala (immunity), Shadbhava like Matruja (mother), Pitruja (father), Atma (soul), Satmya (congeniality), Rasa (nutrition), Satva (mind) also plays an important role in fertility.

Case report

A married woman aged 30 years and her husband aged 35 years anxious to have a child approached Prasuti tantra and Stri Roga Department at Ahalia Ayurveda Medical College Hospital for seeking treatment. On interaction with the couple and through her treatment history, it was found that there were no contributing reasons for not having a conception after five years of active married life. Couple was under allopathic consultation for past 10 months, advised for ART and the couple was not willing for that procedure.

The lady had regular menstrual cycle of 30 days duration and the menstrual cycle was for 4 days. There was no contributing Family history, Personal history, Sexual history and surgical history. She had no any previous medical or surgical illness. No any abnormality was found in the coital history and had not taken any contraceptive measures. On general examination, her Pulse and BP was found to be 74/min and 110/70 mm of Hg respectively. No pallor or edema was found. Her Weight was 52kg and height was 156 cm.

All the haematological, biochemical reports and Semen analysis were found to be normal. Per speculum examination revealed Cervix healthy, normal in shape, size and position without any abnormal discharge. Per vaginal examination revealed normal sized Anteverted uterus, Fornices free, no discharge and Cervical motion tenderness was absent... Her general examination was normal and the systemic examination, CNS, RS and CVS was also normal. She did not have any kind of allergies with respect to food and medicines.

The treatment was given for both couple on the basis of Vandhyatva. Sadyo virechana (Purgation) was given with Trivruta Lehya 120 gms each for couples. The lady was advised to start with

- 1) Sukumara Kashayam- 15 ml with 45 ml water two times before food x 1 month
- 2) Shatavari choornam- 5 gm with hot water at 11 am after food x 1 month
- 3) Phalaghrita- 1 tsp with milk at bed time x 1 month

For her husband, Aswagandha choorna with hot water was advised at bedtime. Psychological assurance and counselling was given to couples at the time of visit. Couples advised to come for regular follow up after every cycle the same medication was continued for 3 months. Finally, in the 4th month, the lady came for follow up with missed period. Urine pregnancy test was done and it showed "Positive pregnancy". Later Sonographic confirmation was made. She was advised to continue bala choornam ksheerapakam throughout pregnancy as the bala choornam is having Balya (provides strength) and Garbhastapana (stabilizes pregnancy) properties. She was advised to continue antenatal checkup at her native place, Erode as she experienced nausea, vomiting and tiredness during pregnancy. She later visited our hospital with a beautiful baby girl to share her everlasting happiness. She had uneventful continuation of her pregnancy till term and delivered normally a female baby of 2.8kg. The study is carried out as per international conference of harmonization –good clinical practices guidelines (ICH-GCP) or as per declaration of Helsinki guidelines and the consent of the subject was obtained as per institution norm.

Result

The patient conceived after taking the treatment for three months and delivered a healthy female baby.

Discussion

Sadyovirechana helps both couples for Mrudu Śōdhana (Cleanses the body) and also mentioned as a Pre conceptional care[5] in Ayurveda which helps in conception.

Sukumara kashaya is Yonirogahara[6] (provides an excellent result in menstrual and vaginal disorders). In addition, it is found to be excellent Vrishya and Vajikarana (promotes vitality), Pushtidaya-ka (strengthening) and Sarvakalopayogi (can be indicated for long term usage). It is an excellent remedy for infertility and menstrual problems which rectifies the imbalanced hormonal function. The drugs possessing Antibacterial, Anti-inflammatory activity, Immunomodulator, Anti-stress and Estrogenic properties are found to be very effective in the present condition, and if taken regularly, promotes conception[7].

Shatavari choornam is Balya (Promote strength), Vayahstapana (Anti aging) and is indicated for promoting fertility[8]. It is Vatahara (Normalise vatadosha), Rasayana (rejuvenator), Vrishya (aphrodisiac) and Stanyajanana (helps in lactation). Shatavari is Antiabortifacient, Anti-inflammatory, Antiviral and has positive influence on H-P-O axis. Shatavari is mainly known for its Phytoestrogenic properties [9].

Phalaghrita helps the woman to achieve conception and is best for curing all female genital tract disorders [10]. It is Vatahara, Balya (provides strength), Brihmaniya (nourishing), Garbhada (fertilization), Rasayana (rejuvenator). Phalaghrita significantly increased the serum estradiol level and body weight. Probably Phalaghrita stimulates the Pituitary- Ovarian axis indicates an increased gonadotropin secretion, which regulate the activity of enzymes involved in ovarian steroidogenesis [11]

Ashwagandha is Balya (strengthening), Brimhana (nourishing), Shukrala ((increases production of semen), Vrishya (aids in ejaculation). Charaka has mentioned Ashwagandha as an ingredient of Vajeekarana ghrita. Ashwagandha improves energy and also memory by enhancing the brain and nervous function, shows anxiolytic effects [12], has hepatoprotective property, raises hemoglobin level and red blood cell count, improve energy level, has potent antioxidant activity, improve the cell mediated immunity, promotes vigor and vitality along with cheerful sexual life and reproductive equilibrium and act as powerful adaptogen[13]. It is one of the best Rasayana (rejuvenator) and Vajikarana (aphrodisiac).

Conclusion

Infertility is a relatively common condition that poses significant psychological, economic, and medical demands on those who are affected. The right combination of herbs helps in regulating menstrual cycles, enhancing general health and wellness, revitalizing sperm, reducing stress, enhancing sleep, controlling anxiety and increasing energy level, balancing the endocrine system and improving blood flow in pelvic cavity, thereby promoting fertility Ayurveda pays attention to each individual body types, enhances the body systems participating in the process of fertilization and therefore serves as an excellent alternative for reaching fertilization and undoubtedly will reward you with the most desirable blessing- 'Parenthood'. This case study proves that the Ayurvedic principles are effective

with systematic approach in managing unexplained infertility in a holistic and cost effective method. This study is merely a case report and detailed research based clinical evaluations with proper research design is necessary for further evaluation.

Reference

1. Hiralal Konar ,DC Dutta's textbook of Gynecology, 2016; 186.
2. Hiralal Konar,DC Dutta's textbook of Gynecology Jaypee, 2016;197.
3. Vaidya Jadvji Trikamji Acharya,Susrutasamhita of Susruta with the Nibandhasangraha commentary of Sri Dalhanacharya, Sharira stana ,2012; 348.
4. Pandit Hari Sadasiva Sastry Paradakara, Astangahrdaya of Vagbhata with the commentaries Sarvanga Sundara of Arunadatta and Ayurveda Rasayana of Hemadri,2016; 363.
5. Prof.Priyavrat Sharma ,CharakaSamhita,2011;461.
6. Pandit Hari Sadasiva Sastry Paradakara ,Astangahrdaya of Vagbhata with the commentaries Sarvanga Sundara of Arunadatta and Ayurveda Rasayana of Hemadri, Chikitsa Sthana,2016; 684.
7. C. P. Khare. Indian Medicinal Plants, Springer; 78, 295, 296, 716.
8. Pandit Hemraj Sharma, Kashyapa Samhita of Vridha Jivaka , 2010,185-187.
9. P.C. Sharma, M.B. Yolve, T.J. Dennis, Database on Medicinal Plants used in Ayurveda, Vol.1 and Vol.3;56,418.
10. Dr.Shiv Prasad Sharma, Ashtanga Sangraha,Chaukhambha Sanskrit Series Office, 2008;841
11. Vanitha Muralikumar, Meera Shivasankar, Fertility effect of Ayurvedic Medicine (Phalasarpi) in Animal Model, IJRAP 3(5), 2012.
12. Bhattacharya SK, Muruganandam AV. Adaptogenic activity of Withania somnifera: An experimental study using a rat model of chronic stress. Pharmacol Biochem Behav. 2003; 75(3); 547-555.
13. Kuboyama T, Tohda C, Komatsu K. Neuritic regeneration and synaptic reconstruction induced by withanolide A. Br J Pharmacol. 2005; 144(7):961:71.