A Conceptual Ayurvedic Review of Infertility and Its Management

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Introduction:
God is magnificent creator. He created universe five elemental forces of nature which governs the entire universe and many more things beyond our imagination.

The fundamentals in nature namely Parkriti and Purush acts as driving force, which replicates the Female and Male gender respectively in all living creature. This is cause why sexual act and desire for sex is given so much importance since ages it is nothing but a sincere natures call.

Definition:
Inability of a woman to concierge or a man to induce conception after one year of regular sexual intercourse without any contraceptive measure or retaining the fetus till the birth is termed as infertility.

The problem may be with the Male or Female partner or both. Although many a time only female is held responsible it is important to know that both man and women are equally responsible for conception as conception occurs only after union of a healthy male sperm and equally efficient female ovum.

Essential Factor for Conception:

For conception of healthy foetus Ayurveda explain four necessary elements:
1. Rutu
2. Kshetra
3. Ambu
4. Beej

Rutu: (Appropriate Period for Conception)
Heare period indicate two things.
1. Age of both male and female partners.
2. Day’s eligible for conception depending upon ovulation.

Kshetra: (Seat for conception):
- The word Kshetra refer to the uterus, uterus should be in healthy sate so that it can be holding the foetus for upcoming 9 months provide nourishment and safety.

Ambu: (Nourishment for Conceived foetus):
- Ambu means water, here it specifies nourishment to the foetus growing in the womb, this depends upon the generalized nutrition of the mother.
Beej:

Beej explains the need of competent male sperm and equally healthy female ovum. Both the sperm and ovum it termed as Shukra Dhatu in Ayurveda meaning the reproductive tissue.

Ayurveda explain body is composed of “Seven Dhatus” of which Shukra Dhatu or reproductive tissue is the seventh or last Dhatu; hence it has the presence of fraction of all the previous Dhatus and soit has capability of generating a new tissue (foetus). Healthy Shukra Dhatu shows preserve of beauty, bravery and valor in an individual conception of healthy child depends completely on the health of parental Shukra Dhatu so it must be taken care of.

Type of Infertility:

Vandhya: Absolute Sterility and incurable.

Apraja: Women can become pregnant and curable.

Sapraja: Woman who become inflicted with infertility during her childbearing years after already conceiving one or more children.

It is only Harita who described the 6 types of Vandhya –

i. Balya: Delayed puberty
ii. Kakavandhya: One child sterility.
iii. Anaptya: Primary sterility.
iv. Garhasra: A cases of repeated abortion.
v. Mrutavatya: A case with still births.
vi. Balakshaya: Power of fertility is loss due to Dhatukshaya.

Causes of Infertility:

- Generalized weakness, lack of nutrition.
- Improper eating habits, eating excessive spicy, oily, salty or unhealthy foods.
- Sleeping at very late hours, working in extreme hot or cold condition.
- Handling too much of stress.
- Alcohol intake and smoking affects to a great extent.
- Debility of Shukra Dhatureproductive health of an Shukra Dhatu i.e. reproductive tissue. Seminal fluid in males and ovum (Artav Dhatu) in Female. Also Shukra Sthana(site) and its functioning Share on equal importance Shukra Sthana in woman explains anatomical structure physiology of the Uterus associate organs and male it denotes the male reproductive system.
- Structural defect in uterus can be one of the reasons of infertility of which some can be cured.
- Defect in sperm / semen.
- An obstruction in anatomical structure like tubal blockage or obstructive pathologic likeovarian or uterine tumor, fibroid.
- Suppressing natural urges like that of urine, stool or sexual urge (Shukra Vega Dharana) for long durations.
- Over indulgence in sex can lead to Shukra Kshaya i.e. qualitative and quantitative degradation in sperm count.
- Decreased or loss of libidio.
Sometimes impotency or infertility prevails by birth.
- Abnormality in Artav Dhatu (Female Sukra Dhatu irregular menses PCOD, Anovulation etc.
- Infective pathology
- Trauma to the vital organs.
- Repeated miscarriage.

**Generalized Treatment of Infertility:**
- Counseling is an essential part
- Nourishment or general health
- Regulating diet and behavioral habits
- Treat defects and infective pathologies if any.
- Relieving stress factor concerned with work or related conception.
- Ensure Agni (Digestive fire) is strong enough.
- Clear any obstructive blockages.
- Sharir Shodhan : Panchakarma is very effective
- Vajikaran Chikitsa : Treatment to build healthy reproductive tissue it acts tonic and increase strengthvigour develop healthy sperm for conceiving a healthy body.

**Shodhan Chikitsa** : i.e. Panchakarma in Infertility :
**Basti :**
Reproductive system present in Katisthana which is Sthana of Apanayu.
In Basti mainly Tiktarasa Stamabhakadraya (Vata + Akasha–Mahabhuta Pradhan) are use though they are Vatavardhakact as catalyst to taken the medicine to Vatasthana Sneha in Basti act as catalyst in absorption of other drug medicine properties since Basti is targeted at regulating the Aapan Vayu it facilitates timely release of ovum and also good production of sperm.

**Uttarbasti :**
It contributes very important role in treating infertility because it direct local action in reproductive system. It also helps to increase receptivity of genital tract to entry of sperm. Uttarbastirelieves tubal block by nysisof adhesionrelieves obstruction. Cervical pH can be corrected by Uttarbasti.

**Basti and Uttarbasti Dravyas for different disease.**
**Tubal Block :**
i. KasisadiTaila + KsharTaila
ii. KumariTaila
iii. ShatarariGhritaUttarbasti
iv. TilaTaila + Saindhav+ Gomutra + MamsarasaBasti

**Acidic pH of Vagina :**
i. Balamool + Milk = Ksheerpaka + SukhoshnaJal
ii. Kokshnalal
iii. PanchvalkalKwath

**Menstrual Irregularity or Unovulatory cycle -**
i. PhalaGhrita
ii. SatavariGhrita
iii. KashmaryadiGhrit, MadhutailakBasti
PCOD uterine fibroids:
   i. DashmoolTaila + DevdarvyadiKwath
   ii. PhalaGhrita

Miscarriages:
   i. Gambhari + Kutaj = Kwath + Ghrita
   ii. BalaTaila
   iii. JivantyadiuracanyomakBasti
   iv. ChatusnehaAnuvasanBasti, GuduchyadiTailaUttarbasti
   v. UdumbaradiTaila, Uttarbasti

- Obesity: Lekhaniyagan Basti, Yapanbasti
- Ovarlerfactor: Prajasthapan Gandrovya Siddha Ghrutottar, Vrishyabasti
- Cervical Factor: Ashwagandha Ghrita and Phal Ghrita Uttarbasti
- Utrinefibroid: Panchatikta Guggul Ghrita Uttarbasti
- Unexplained Infertility: Sheetkalyan Ghtita Uttarbasti
- Erectile Dysfunctin: Ashwagandhadi Taila Uttarbasti
- Low Sperm count: Shukrakarak Basti, Drakshandiniruhabasti, Vrishyabasti
- Virechana: This required for formation of Shukra Dhatu.

Draya:
   i. Mahatiktar Ghrita
   ii. Trivrutt Leha

Nasya:
   - It act directly on brain, pituitary because “NASA HI SHIRASO DWARAM”.
   - It help to stimulate the pituitary to secret FSH and LH hormones
   - In Female: Chandan Taila, BalaTaila, ShatpushpaTaila, PhalGhrita.
   - In Male: Narayan Taila

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