

## Female Infertility : An Over View Of Ayurvedic Concept

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**Abstract:** To reproduce is a natural desire of living beings. To achieve progeny through a noble way is the basis of vivahasantha. But a fair number of couples find problem in conceiving a child. It is termed as infertility. Several factors are responsible for infertility. It can arise from either of the partners. In Ayurvedic Texts various reasons of female infertility are described. Here an attempt has been made to describe the causes responsible for female infertility according to Ayurvedic concept and role of Ayurveda in its management.

**Keywords :** Infertility, Ayurveda, Vandhya

### Introduction :

Infertility has a strong negative impact on couples physical as well as psychological health, social well being. Infertility is a social taboo. So all married couples become very eager to have a baby soon after marriage, Fertility imparts them a social dignity. Infertility can be defined as inability of the couple to conceive even after regular an unprotected intercourse for one or two years.

Ayurvedic classics explain such conditions under vandhyatwa, As per Ayurveda, infertility occurs when a healthy couple is unable to achieve baby after years or fails to conceive for many years after first delivery. According to Ayurveda, the garbha- sambhav samagris are Rutu, Kshetra, Ambu & Beeja, appropriate time of coitus for garbhadhaana. Kshetra means the integrity of the female reproductive system or the tryavarta yoni especially the garbhashaya Ambu means the nutritive fluid that nurtures the foetus. Beej means the health stree beeja and purush beeja. Along with this normal function of vata, shadbhavas (six factors- matruj, pitruj, atmaj, satva, satmya, rasaj) and psychological state are also attributing factors.

In Haritha samhita six types of female infertility reasons are given.

- 1) Garbha kosh bhanga (Injury to female reproductive system)
- 2) Kakvandhya (Secondary infertility)
- 3) Anapatya (Primary infertility)
- 4) Garbhasravi (Repeated abortions)
- 5) Mrutvatsa (Repeated still births / B.O.H.)
- 6) Balakshaya (Loss of strength)

Acharya Charaka, has described the types of vandhya as Sapraja (having on or two children but fails to conceive again) Apraja (who never conceived)

Acharya Kashyapa has described about some jataharins which results in infertility or repeated pregnancy loss.

Some yonivyapadas are also held responsible for infertility like shandhi yoni, Vandhya yoni, Asruja, Vamini yoni etc.

All the Ayurvedic references can be well correlated with modern facts in infertility.

### Modern view on female infertility :

#### **A) Ovarian Factors :**

- Anovulatory cycles | Hypo-ovulation
- Pcos
- Leutinized but unruptured follicle (LUF)
- Premature ovarian failure (POF)

Ovaries are the female gonads. They produce ova and female hormones. Their function is governed by H-P-O- axis and pulsatile activity of  $G_N R_H$ .

#### **B) Tubal Factors :**

- Tubal blockages resulting due to PID, endometriosis or congenitaly.

#### **C) Uterine Factors :**

- Anatomical defects of uterus like Hypoplastic uterus, septate uterus, Retroversion uterine didelphis. Uterine big fibroids (submucous type), Polyps, Genital tuberculosis, STDs etc.

#### **D) Cervical Factors :**

- Pin hole os, Cervical Polyp, cervical stenosis, hostile cervical mucus etc.

#### **E) Vulval Factors :**

Transverse vaginal septum - Also other endocrinal factors like Hypo / Hyper thyroidism, Hyper androgenism, Hyper prolactinomia, interferes in fertility.

### **Ayurvedic Approach for treatment of infertility :**

Ayurveda gives a special emphasis not only on medication but also on ahara (diet), For achieving fertility and maintaining it diet should be

ojaskar, satvik, jatharagni (digestive capacity) must be excellent.

**Diet :** Diet plays a vital role in maintenance of reproductive powers

**Food** – Should be, ojas – building for proper ovulation, fertilization and implantation. Milk and milk products, ghee, sesame seeds, dates, honey, saffron, dry fruits, fresh fruits like pomegranate, mango grapes, figs, apples, spices like jeerak (cumin), turmeric, black cumin, ajwain, proteins like peas, chick peas, gram vegetable like gourads, pumpkin, to matoes, leafy vegetable etc. pulses like black gram foods to be avoided are excess starchy, fried, spicy, processed food, red meat, alcohol, etc.

**Yogas** : Fertility boosting asanas like pashchimottanasana , sputa Baddhakonasana, sarvangasana, Bharamari Pranayama etc.

**Ayurvedic Herbs** : Most commonly known herbs are shatavari, Ashwagandha, Gokshur, kumari, Punarnava, Vidaari, Amalki, Durva etc. Medicated ghritas and oils are also beneficial.

Shatavari Ghrita, Phalaghrita, Laghuphala ghrita, kashmaryadi Ghrita, Kalyan ghrita are commonly used. Chyawanprash is also very useful for maintaining vigour and vitality.

Herbo-mineral drugs like chandraprabha vati, Pushpadhanwa ras, Vanga bhasma, Chandrodayaras, etc.

#### **Panchkarma Therapies**

This indudes use of snehan, swedan, shirodhara , nasya, basti, pichu, uttarbasti, vamana etc This helps in maintaining fertility , relives obstructions, clears the avarodhas, cervical hostility boosts ovulation. Also relieves menstrual problems, female cotal problems. Improves health of endometrium, Relieves stress.

#### **Conclusion :**

Rate of infertility is rising since the past Few years. Advanced age, stress nutritional factors, hormonal imbalance adds to infertility, Assessment of infertility reasons, through various investigations, and treatment according to the cause is given Ayurvedic treatment is unique. It governs effects. These are cost effective too.

Suprajanana is the basis of vaajikaran therapy. It can be well applied in patients undergoing IVF treatments. Ayurvedic treatment gives promising results so should be used as a first line treatment of infertility

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