



AYURVEDA VIEW ON CAUSES, PATHOGENESIS AND MANAGEMENT OF FEMALE INFERTILITY: A REVIEW

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ABSTRACT

Infertility is defined as the inability to achieve a successful pregnancy or deliver a baby. Ayurveda refers to this condition as *Bandhytva* in females and identifies various factors responsible for such cases, including *Abhighata*, *Sadbhavas Vikriti* and *Artavahasrotas* anomalies, etc. Imbalances in *Kshetra*, *Ritu*, *Beeja* and *Ambu* primarily contribute to infertility. In the modern era, unhealthy lifestyles and physical stress not only affect the ability to conceive but also contribute to female infertility. Ayurveda suggests the use of *Vatanulomana* drugs, *Sodhana* treatment, *Yoga* and dietary adjustments, etc. for treating female infertility. This article explores Ayurveda's perspective on female infertility, emphasizing the importance of maintaining the health with a specific focus on women's well-being.

KEYWORDS: *Ayurveda*, *Infertility*, *Kshetra*, *Ritu*, *Bandhytva*.

INTRODUCTION

According to Ayurveda *Samhita*, "*Bandhya*" is one of the *Yoni Vyapads* caused by irregularities in *Bijamsa*. Ayurveda attributes the vitiation of *Doshas*, especially *Vata*, as a significant factor contributing to the pathogenesis of female infertility, along with other factors like irregularities in *Satmya*, *Satva* and *Rasa*.

Modern medical science also mentions various causative factors for female infertility, including infections, genetic factors, obesity, stress and trauma. Blocked fallopian tubes, uterine abnormalities, sexual deficiencies and irregular menstrual cycles, etc. can also leads infertility.^[1-4]

Some correlation in Modern and Ayurveda conditions:

- ✓ *Garbha kosh bhanga* can be correlated to the infertility due to the uterus injury.
- ✓ *Anapatya* is primary infertility
- ✓ *Kakvandhya* is described as secondary infertility
- ✓ *Garbhastravi Mrutvatsa* is considered as consequences of still births
- ✓ *Balakshaya* is condition associated with loss of sexual strength or unable to hold fetus.

According to Ayurveda, the pathogenesis of fruitlessness is primarily associated with the vitiation of four factors: *Ritu*, *Kshetra*, *Ambu*, and *Beeja*. These four elements play a crucial role in ensuring healthy offspring, and any abnormalities in them can lead to infertility as follows:

- *Ritu*, the proper timing of conception, is essential for the development of healthy descendants. Neglecting the ovulation period can significantly reduce the chances of successful conception.
- *Kshetra* refers to the seat of embryo development, i.e., the uterus. Any irregularities in the uterus affect its capacity to support the fetus, leading to failed full-term pregnancies.
- *Ambu*, the fetal nourishment, is vital for the growth of the embryo. Insufficient fetal nourishment may result in a miscarriage or abandoned pregnancy
- *Beeja* represents the ovum, which plays a fundamental role in fertilization. If the ovum becomes vitiated; the chances of successful fertilization decrease significantly.^[4-7]

Etiological factors

The major etiological factors of infertility are depicted in **Figure 1**, which includes; *Yonivyapada*, *Artavadushti*, *Asrigdara*, *Sadbhavas Vikriti* and *Abhighata*, etc. *Vedha* of *Artavavaha Srotas* means obstruction or blockage in the *Artavavaha Srotas*. Vitiation of *Doshas*, particularly

Vata imbalance can contribute to infertility. Disorders of the female reproductive system (*Yoni Vyapad*) can result in fertility issues. Disturbances in the menstrual cycle, such as irregularities or abnormal bleeding, may impact fertility. Excessive or abnormal uterine bleeding can be

associated with fertility problems. *Sadbhavas Vikriti*, *Abhigata*, *Artavahasrotas* and *Garbha kosha bhanga*, etc. also affects capability to get conceive or deliver a baby.^[6-8]



Figure 1: Various factors responsible for the female infertility.

Ayurveda described various types of infertility which includes *Vandhya*, *Apraja* and *Sapraja*. *Vandhya* is the condition considered as absolute sterility which is incurable. *Apraja* is curable in which chance of pregnancy exists and *Sapraja* is condition in which women become sterile ones after acquiring successful pregnancy.

Pathogenesis

The disturbance of etiological factors leads to irregularities in *Doshas* and *Dhatus*. When these conditions combine with *Vata* and *Shadbhava* abnormalities, they can give rise to female hormonal imbalances, such as *Artavadosa* and *Dustaartava*, ultimately leading to infertility. Irregularities in the *Artava chakra*, abnormalities in *Beeja* and *Kshetra* as well as improper nourishment of the fetus, can also contribute to infertility.^[8-10]

Ayurveda approaches towards the infertility:

- ✚ Nourishing *Ojas* and *Dhatus*
- ✚ Appeasing *Vata*
- ✚ Supporting *Agni*
- ✚ *Vajikaran*
- ✚ *Sodhana Chikitsa*

Alleviating mental pressure, nourishing *Dhatus*, supporting *Ojas*, *Vatanulomana* and conciliating vitiated *Doshas* are some strategies that can be effective in infertility management. Dietary alteration, the adoption of a healthy lifestyle, and the practice of *Yoga* can also help to manage infertility.

Ayurvedic herbs and formulations that can aid in female infertility include *Ashwagandha*, *Ashoka*, *Dashmoola*, *Shatavari*, *Guggulu* and *Amalaki*. *Guduchi*, *Punarnava* and *Jeevanti* are also beneficial for treating premature ovarian failure. Various Ayurvedic preparations like

Chandraprabha Vati, *Yograj Guggulu*, *Ashokarishta*, *Dashmoolarishta*, *Kumaryasavam*, *Sukumaram Kashayam* and *Triphala Guggulu*, etc. can also improve female reproductive health. *Sodhana* therapy, which involves detoxification and cleansing, can remove toxins from the body, open up body channels, enhance nutrient circulation and improve the functioning of reproductive organs. *Vamana*, *Virechana* and *Snehaswedana*, etc. are also recommended for treating ovarian and uterine issues.

Lifestyle modifications include avoiding stress, abstaining from alcohol and smoking, ensuring proper rest, practicing *Sadavritta* and avoiding unhealthy sexual conduct are advised to prevent infertility issues.

Dietary modifications that increase *Ojas*, fibers, nuts, dates, beans, whole grains and fresh fruits, etc. are recommended for enhancing reproductive health. Processed carbohydrates, junk food, and uncooked meat, heavy foods should be avoided.

Yoga practices such as *Hastapadasana*, *Nadi Sodhan Pranayama* and *Bhramari Pranayama*, etc. can reduce mental stress, promote spiritual well-being, provide physical relaxation, eliminate toxins and control body weight thus assisting in managing infertility.^[9-11]

- ❖ "**Pathya**" or beneficial foods include *Lashuna*, *Bruhati dvaya*, *Devdalii*, *Suryaballi* and *Katutumbi*, etc.
- ❖ "**Apathya**" or foods to avoid include *Surana*, *Vidahi*, *Anji* and *Kacchara*, etc.

Adhering to the principles of *Dincharya* and *Ritucharya* is also important. Avoiding stress, dishonest and excessive sexual conduct, late-night awakening, excessive physical exertion and daytime sleeping, etc. are advised.

CONCLUSION

Bandhyatva is a medical condition associated with issues in the reproductive system, primarily caused by fallopian tube blockage, *Artavadushti*, *Asrigdara* and *Yonivyapada*. *Vata* vitiation plays a significant role in *Bandhyatva*. Irregularities in *Ritu*, *Kshetra*, *Ambu* and *Beeja* can lead to infertility. The management of infertility involves various approaches such as *Vatanulomana* drugs, *Sodhana* treatment, *Yoga* practices, adherence to *Sadavritta* and dietary changes, etc. *Tridoshaghna* drugs, which possess *Katu*, *Pramathi*, *Sukshma* and *Ushna* properties can also be used to restore female reproductive health.

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