



STREE VANDHYATVA W.S.R. TO USHNA GUNA

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ABSTRACT

Infertility happens to be a matter of concern in the body due to organic or physiological defects. Organic causes sometimes being obsolete and are classified as congenital anomalies. The ones which are physiological refer to the basics of conception as quoted by Acharya Sushruta i.e. *Rutu*, *Kshetra*, *Ambu* and *Beeja*. Here comes the concept of *Sarvadehik* and local i.e. *Trayavarta Yoni* to be with *Tridosha* harmony. It's the *Pitta* basically responsible for *Shuddha Artava* which originates from *Rasa Dhatu*. Out of *Snigdha* *Gunas* of *Pitta*, the *Ushna* is a significant factor which is seen to be the main cause, with reference to the *Chikitsa*. This increased *Ushna Guna* can cause female infertility as well as habitual abortions. Female infertility can be broadly classified into inability to hold sperm, inability to fertilize and/ or inability to implant and sustain the embryo. This *Aushnya* can be diagnosed by *Sarvadehik Pitta Vriddhi Lakshane*, *Yoni Daha*-redness and/ or *Udar Ausnya*. If there is *Udar Aushnya*, there may be *Grahani Dosha* which can definitely lead to *Vandhyatva*. Though *Aartava* is *Aagneya Guna Pradhan*, excessive heat definitely causes malfunctioning of *Aartava*. The principle modalities for the treatment of threatened abortion or *Garbhasthapaka Dravyas* are most likely of *Sheeta Virya*. This means *Aushnya* is one of the major factor causing *Garbhasrava* or infertility. The treatment for the same will be *Madhura*, *Shita*, *Jivaniya Dravyas* ultimately the *Pittashamak Dravyas*. These medications can be used internally, for *Basti*, *Uttarbasti*, *Yonipichu*, *Udar Pichu*.

KEYWORDS : Infertility, *Stree Vandhyatava*, *Ushna*, *Aushnya*, *Pitta*, *Agni*, *Aartava*, *Sarvadehik*, *Udar*, *Tryavarta Yoni*

INTRODUCTION

The most important *Sutra* of Ayurveda says,

रोगाः सर्वेऽपि मन्दाग्नौ | (अ.ह.नि.१२/१)

As this *Sutra* stands true for any other *Vyadhi*, infertility is not exempted from this. *Agnidushti* is one of the important causative factors of female infertility.

Infertility happens to be a matter of concern in the body due to organic or physiological defects. Organic causes sometimes being obsolete and are classified as congenital anomalies. The ones which are physiological refer to the basics of conception as quoted by Acharya Sushruta i.e. *Rutu*, *Kshetra*, *Ambu* and *Beeja*. Here comes the concept of *Sarvadehik* and local i.e. *Trayavarta Yoni* to be with *Tridosha* harmony. Both these must be thought of together as well as individually. It's the *Pitta* basically responsible for *Shuddha Artava* which originates from *Rasa Dhatu*. Out of *Snigdha*, *Tikshna*, *Ushna*, *Laghu*, *Visra*, *Sara*, *Drava Guna* of *Pitta*, the *Ushna* is a significant factor which is seen to be the main cause, with reference to the *Chikitsa*. *Pitta* enhancing *Aahara*, *Vihara* leads to *Sarvadehik Pittaj Vyadhi* as well as *Pittaja Yonivyapad* resulting into female infertility.

Pitta

The main *Sthana* of *Pitta* is *Nabhi* (naval). *Nabhi* is considered as the root of human body, the center. Hence *Pittadushti* becomes the cause of *Sarvadehik Dushti*.

Among the five types of *Pitta*, *Pachaka Pitta* is responsible for *Pachana* (digestion) and *Sara- Kitta Vibhajan* (bifurcation into nutrients and waste). Both *Aahara Pachana* as well as *Dhatu pachana* are dependent on *Pachaka Pitta*. The smooth and proper functioning of the *Dhatus* can only happen if the digestion of food is proper while the production of *Upadhatu* and *Mala* can only happen if the *Dhatu Pachana* is proper. So apparently *Dhatu Pachana* is responsible for production of *Raja*.

Ranjak Pitta does the job of giving *Ranjakatva* to *Rasa Dhatu*. In short, the colour of *Raja* depends on *Ranjak Pitta*. *Bhrajak Pitta* encompasses the entire body and hence *Sarvadehik Aushnya* will depend on the status of *Bhrajak Pitta*. Similarly the *Dushti* of *Bhrajak Pitta* can become the cause of *Dushti* of *Shukradhara Kala* which girdles the entire body.

The *Ushna Guna* related to *Stree Vandhyatva* can be broadly divided into three groups

1. *Sarvadehik Aushnya*
2. *Sthanik / Tryavarta Yoni Aushnya*
3. *Udar Aushnya*

The causes of *Pitta Prakop* are well described in *Sushruta Samhita* :

क्रोधशोकभयायासोपवासविदग्धमैथुनोपगमनकट्वम्ललवण-

तीक्ष्णोष्णलघुविदाहितिलतैलपिण्याककुलत्थसर्षपातसीहरितकशाक-

गोधामत्स्याजाविकमांसदधितक्रूर्चिकामस्तुसौवीरकसुराविकाराम्लफलकट्वरप्रभृतिभिः

पित्तं प्रकोपमापद्यते ||२१|| सु.सू.२१/२१

Besides these factors, Hormonal treatment, treatment of DM, HTN, Thyroidism also lead to *Vandhyatva* in the entire body as well as locally. Repeated D&C, MTP, missed abortions, myomectomy, ectopic pregnancies and excessive use of spermicidal agents etc. may lead to increase *Ushna Guna* in *Tryavarta Yoni*. Due to this *Aushnya*, *Yoni* fails to accept *Shukra* and fails in *Garbhasthapana*. Also diseases like *Jirnajwara*, *Shosha/Kshaya*, *Tuberculosis*, *Jirna raktapitta*, *Pandu*, *Kamala*, *Grahani*, *Jirna Kushtha* lead to increase the *Aushnya* and *Dhatukshaya*.

Udar Aushnya depends on *Grahani*.

ग्रहणीमश्रितोऽग्निदोषो ग्रहणीदोषः | (च.चि.१५)

If there is *Udar Aushnya*, there may be *Grahani Dosha* which can definitely lead to *Vandhyatva*.

Sarvadehik Pittadushti Lakshane responsible for Stree Vandhyatva

1. *Raktadushti* (*Rakta* is the *Ashray Sthana* of *Pitta*)
2. *Pandu*, *Kamala*, *Jwara*
3. Burning sensation all over the body, insomnia
4. *Agnivaishmaya* (deranged digestive system)
5. Anxiety, increase in *Tamas Bhav*, subsiding the *Vatsalya*

Pitta Dushti Lakshane of Trayavarta Yoni

1. Burning sensation in *Yoni*, local inflammation, redness, cervical erosion, *Yoni Arsha*
2. *Dyspareunia*, burning sensation during intercourse, *Allodynia* (*Sparsha Asahatva*)
3. *Aartav Vriddhi* (menorrhagia), *Pittaj Rajodushti*, *Putipuyanibh Raja*, *Pittaj Yonivyapad*, *Putraghni*, *Prasrasi*, *Vamini*, *Lohitkshara Yonivyapad*
4. *Pradar*, *Pittaj Pradar* (DUB)

Three important categories of Stree Vandhyatva

1. Inability to hold sperm
2. Inability to fertilize
3. Inability to implant and sustain the embryo

Due to increased *Aushnya* in *vagina* and *cervix*, sperm become unable to enter the *cervix* and perform their function of fertilization. *Ushna Guna* causes *Ab Dhatu Vikruti* which lead to *Shushkata* due to which sperms become unable to swim through the *vagina* and *cervix* into the *uterus*. Pregnancy becomes difficult due to increased *Ushna Guna* throughout the body and also in the *uterus*. If, by chance, pregnancy occurs, it ultimately ends up into abortions. *Gunas* like *Tikshna*, *Ushna*, *Katu*, *Tikta*, *Kshara*, *Lekhana* are responsible for *Garbhasrava* (miscarriages) and the same *Gunas* increase the *Aushnya* in the *uterus*. *Jataharini* like *Parisruta*, *Andaghni*, *Mohini* explained in *Kashyapa* are caused due to increased *Aushnya* in the entire body and *Tryavarta Yoni* which finally results into infertility.

Yonivyapad due to Pitta Dushti

1. *Pittaj Yonivyapad*
2. *Raktaj /Asruja Yonivyapad*
3. *Paripluta Yonivyapad*
4. *Putraghni Yonivyapad*
5. *Shushka Yonivyapad*

All these *Yonivyapad* finally result into infertility as their effect or complication.

न शुक्रं धारयेत्येभिर्दोषैर्योनिरुपद्रता |

तस्माद् गर्भं न गृह्णाति स्त्री गच्छत्यामयान् बहून् || (च.चि.३०/३८)

Examination of Aushnya:

1. *Sarvadehik* –
पीतविष्णुमृन्नेत्रत्वक्क्षुतुडुदाहाल्पनिद्रताः | (अ.ह.सू. ११/७)
Ashtavidha Pariksha, *Dashavidha Pariksha*, *Manasbhav*, *Dehoshma* i.e. body temperature.
2. Local examination : *Darshan* and *Sparshan* i.e. P/S and P/V
3. *Pratyaksha Raja Parikshan*
4. *Udar Parikshan* – *Aushnya* (Warmth), *Kathinya* (tenderness), *Shula* (pain), *Sparsha Asahatva*
5. *Prashna Pariksha* – *Agni*, *Raja Pravrutti* (menstrual history and pattern), related to *Vyavaya* (sexual intercourse).

Treatment

The principle modalities for the treatment of threatened abortion (*Garbhasrav Puravarupa*) or *Garbhasthapaka Dravyas* are most probably of *Sheeta Virya*. This means *Aushnya* is one of the major factor causing *Garbhasrava* or infertility.

1) For Sarvadehik Aushnya –

- 1) Treatment for *Pitta Dosha*
पित्तस्य सर्पिषः पानंसर्पिविरेकश्च विशेषतः || (अ.ह.सू. १३/४-९)
- 2) वमनं विरेचनं चैव बस्तिरा(मा)स्थापनं तथा || (भे.सं.शा.२)
Vamana, *Virechana* and *Niruha Basti*
- 3) स्नेहस्वेदवमनविरेचनास्थापननुवासनैः क्रमशः उपचरेत् मधुरौषधसिद्धाभ्यां क्षीरघृतपुष्टं, स्त्रियं तु तेलमांसा(माषा)भ्यामित्येकेः साम्यैरेवेति प्रजापतिः | (का.शा.५/३)
Snehana, *Swedana*, *Vaman*, *Virechana*, *Niruha Basti*, *Anuvasana Basti* successively and then *Madhur*

Aushadha Siddha milk and ghee is the treatment for infertility mentioned in Kashyapa Samhita.

4) विरेचनेन शुद्धन्ति प्रसीदन्तीन्द्रियाणि च।

धातवश्च विशुद्धन्ते बीजं भवति कार्मुकम् ॥ (का.सि.२/५)
Virechan enhances the Karma of Indriyas and Dhatu. Also it purifies the Bija and maintains its functionality.

5) अगर्भा गर्भकामा...॥ (का.सि.७)

Basti and Virechana is the best treatment for infertility and for habitual abortions or BOH.

6) चन्दनोशीरमञ्जिष्ठापटोलं घनवालकम् ।

मधुकं मधुयष्टि च तथा लोहितचन्दनम् ॥

सारिवा जीरकं मुस्तं पद्मकञ्च पुनर्नवा ।

क्षीरेण शर्करायुक्तं पानं पित्तोदभवेदे ॥ (हा.सं.)

Chandan, Ushir, Manjistha etc. Dravyas Siddha Kshirpaka or its decoction can be used for internal use as well as for Niruha Basti.

7) ज्ञात्वा योनिविशुद्धिञ्च तत्र दद्यात्महौषधम् ।

चन्दनोशीरमञ्जिष्ठा गिरिकर्णी सिता तथा ॥

क्षीरेणलोडिता पित्ते पुष्पसिद्धिं करिष्यति । (हा.सं.)

Chandan, Ushir, Manjistha etc. Dravyas Siddha Kshirpaka or its decoction with sugar helps for Pushpasiddhi i.e. for fertility.

8) Dravyas like Nagkeshar, Durva, Shatavari, Manjishtha, Ushir, Chandan, Ananta, Yashti, Taruni, Musta, Trunpanchamula, Panchavalka

9) Praval, Maksik, Mukta, Shankh, Shauktik, Makshik, Vanga

10) Praval Panchamruta, Kamdudha, Laghusutshekhara, Laghumalini Vasant, Bolparpati, Avipattikara, Chandrakala, Pushyanug etc.

11) Ghrutas like Dadimadi, Kamdev, Phalaghrita, Shitakalyanaka, Paniyakalyanaka, Shatavari, Kashmaryadi, Somaghrita, Durvadi, Chanddanadi, Yasthi, Jivaniya Dravya Siddha Ghruta etc.

II) Basti –

1) Kshira Basti – Yashti, Ananta, Panchatikta, Sariva-Manjistha, Jivaniya Dravye

2) Anuvasana Basti – Shatavari oil or ghee, Kshirbala oil, Yashti oil or ghee, Yapana Basti

3) Mustadi Yapana Basti, Madhutailik Basti, Dashamula Basti

III) Local treatment –

1) Yoni Dhavana – Chandanadi Kwath, Mahamanjisthadi Kwath, Panchavalkal Kwath

2) Yoni Pichu (Abhyantar and Bahya) – Shatavari, Yashti, Chandanadi, Durva, Vasa Ghrita, Goghrita, Shatadhaut Ghrita Lodhra+Ashoka+Laksha+ Ajadugdha, Panchavalkala Kalk Dharana

3) Uttar Basti – Phalaghrita, Shatavari Ghrita, Kashmaryadi Ghrita, Kshirbala or Kshiryashti oil

IV) Udar Sthanik Chikitsa

1) Udar Pichu – Madhur, Sheeta Dravya

2) Udar Snehana

3) Nabhipurana with Madhura, Sheeta, Jivaniya Dravya Siddha oil or ghee

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