



AYURVEDA AND MODERN PERSPECTIVES ON SOME CLINICAL ASPECTS OF INFERTILITY: A REVIEW

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Article Received on 13/09/2020

Article Revised on 03/10/2020

Article Accepted on 23/10/2020

ABSTRACT

The ayurveda science give importance to health of both male and female but this science specifically emphasizes critical aspects related to the health of female. The ayurveda elaborated many health issues related to the female; infertility is one of them. Infertility can be defined as inability to wear successful pregnancy or failure to achieve successful child birth. Ayurveda mentioned term *Bandhyatva* for similar problem in female. As per Ayurveda there are many factors which can cause infertility such as *Abhigata*, *Sadbhavas Vikriti*, anovulation and abnormalities in *Artavahasrotas*, etc. Ayurveda philosopher believed that any pathological consequences related to the *Ritu*, *Kshetra*, *Ambu* and *Beeja* resulted infertility. Ayurveda mentioned many therapies like uses of natural drugs, *Sodhana* therapy, concept of *Ahara-Vihara* and *Yoga*, etc. for the management of female infertility. The current scenario of life style increasing prevalence of infertility therefore it is required to explore pathological, preventive and therapeutic aspects of this problem.

KEYWORDS: *Ayurveda*, *Bandhyatva*, *Infertility*, *Yoni Vyapad*.

INTRODUCTION

Bandhyatwa means female infertility resembling condition in which female become unable to acquire successful pregnancy or inability to give child birth. Modern science described that factors such as; genetics, injury to genital organs, smoking & drinking habits, obesity, drug abuse and stress, etc. can trigger pathogenesis of infertility. The various pathological consequences involved in the case of infertility depicted in **Figure 1**.

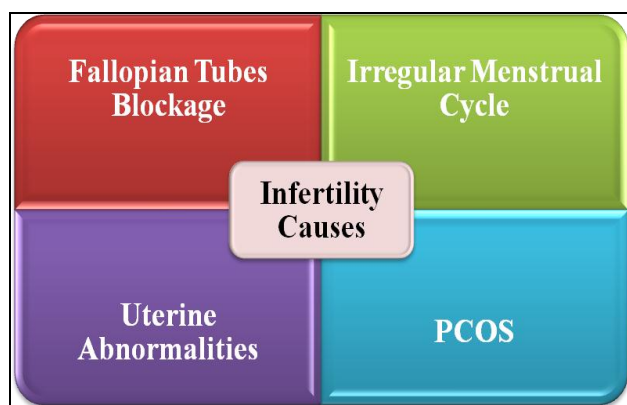


Figure 1: Causes of infertility.

As per *Sushruta Samhita* *Bandhyatwa* is one the *Yoni Vyapad* which may occurs due to the following reasons:

- ✚ *Doshas* vitiation mainly *Vata Dosha*
- ✚ Disturbances in factors like *Beeja*, *Kshetra* & *Ambu*
- ✚ *Sadbhavas Vikriti*
- ✚ *Abhigata* to the genital organs
- ✚ *Artavahasrotas* disturbances
- ✚ *Garbha kosh bhanga*, etc.

Ayurveda philosopher mentioned severity of *Bandhyatwa* on the basis of possibility to cure disease, the infertility associated with *Beejdosha* is considered incurable and infertility due to the secondary factors like; *Anapatya* and *Kakvandhya* is considered curable. In this regards Ayurveda as well as modern science presented some causes of infertility which can be correlated with each other. Modern science described term “primary infertility” for condition when female becomes unable to deliver first child birth Ayurveda described term “*Anapatya*” for similar condition. Infertility due to “uterus injury” described as “*Garbha kosh bhanga*” in Ayurveda, the condition of “repeated abortions” considered as “*Garbhastravi*” in Ayurveda and inability to hold fetus is described as *Balakshaya*.

Role of *Ritu*, *Kshetra*, *Ambu* and *Beeja*

The term *Ritu* described appropriate period of conception for healthy progeny if ovulation period not taken in

considered then chances of successful conception decreases which will leads inability to get conceive even after unprotected sexual intercourse. Similarly *Kshetra* resembles seat of proper fertilization, any abnormalities in *Kshetra* leads consequences related to the successful completion of full time pregnancy. The fetal nourishment take places through *Ambu* and any abnormalities related to the *Ambu* hamper process of fetus nourishment thereby leads inability to deliver birth of healthy child. *Beeja* is one of the most vital factors related to the conception and healthy progeny, *Beeja* resembles ovum which get fertilized and any disturbances in *Beeja* can results consequences of infertility.

Ayurveda management of infertility

Relieving mental stress, nourishment of *Ojas & Dhatus*, pacification of *Vata*, boosting *Agni*, *Vajikaran* and *Sodhana Chikitsa*, etc. are some modalities of Ayurveda which are suggested as therapeutic approaches for the management of infertility along with dietary modification and *Yoga*, etc.

Ashwagandha, *Shatavari* and *Amalaki* improves strength in female, *Dashmoola*, *Ashoka* and *Guggulu* help in ovulation disorder, *Jeevanti* helps in premature failure while *Punarnava* offers beneficial effects to cure fallopian tubes blockage. There are some ayurveda formulations suggested for female reproductive health restorations such as; *Dasamoolarishtam*, *Asokarishtam*, *Kumaryasavam*, *Chandraprabha vatika*, *Sukumaram Kashayam* and *Hinguvachadi Choornam*, etc.

Sodhana therapy also provides good health effects by removing toxins and open *Srotas* require for menstrual flow and ovulation process. *Sodhana* therapy helps to maintain circulatory functioning, clears tubular blockages, normalizes hormonal regulation and facilitate removal of accumulated toxins from body therefore provides good health effects towards the functioning of female reproductive system. *Basti* is considered most important *Sodhana* therapy for treating infertility.

Similarly conduction of rules of *Ahara-Vihara* helps to restore reproductive functioning and prevent prevalence of infertility. It is suggested that diet to increase *Ojas & Dhatus* should be incorporated in meal to retain reproductive strength. Fibrous diet helps to maintain digestive and metabolic activities therefore imparts therapeutic effects for regulating hormonal balances and nutritional supply. Packed foods, uncooked meat, junk foods and soft drinks are to be avoided. *Ghee*, nuts, dates, saffron, fruits, beans, whole grains and honey, etc. recommended.

Ayurveda also suggested to follow rules of *Dincharya* and *Ritucharya* for maintain good conduct of daily regimen. It is advocated that one should avoid stress & late night awakening, it is remember not to involve in unethical and excessive sexual conduct, *Divaswapna* and excessive physical stress also to be avoided.

Yoga suggested in early sate to relive stress, *Yoga* enhances circulatory process, reduces chances of obesity, imparts mental peace, synchronizes metal and physical health and restore normal physiological functioning of body therefore provides strength to the female reproductive health. *Bhramari Pranayama* and *Hastapadasana*, etc. are recommended.

Pathya

✚ Milk, *Ghee*, *Langali*, *Bruhati dvaya*, *Devdali*, *Suryaballi* and *Bheeruka*.

Apathya

✚ *Vidahi*, *Kacchara*, *Surana*, spices and *Kanji*.

CONCLUSION

Bandhyatva is health issue related to the disturbance of female reproductive system mainly considered as *Yonivyapada*. Vitiating of *Vata*, abnormalities in *Ambu* and *Beeja*, infrequent ovulation, uterine polyps, fallopian tubes blockage and PCOS, etc. are some pathological conditions which can lead infertility. Ayurveda suggested that conduction of *Sadvritta*, uses of *Vatanulomana* drugs, *Sodhana* therapy along with dietary modification & *Yoga*, etc. can relives infertility.

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