



**EFFECT OF PHALAGHRITAPANA IN THE MANAGEMENT OF BANDHYATVA: - A  
CASE STUDY**

**Dr. Neeta Shelani\***

PG Scholar, Stri and Prasuti Tantra Dept., Rishi Kul Ayurvedic Haridwar, UAU Dehradun.

\*Corresponding Author: Dr. Neeta Shelani

PG Scholar, Stri and Prasuti Tantra Dept., Rishi Kul Ayurvedic Haridwar, UAU Dehradun.

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**ABSTRACT**

Female infertility is the major disorder which has altered the mankind for lack of conception and reproductively. Stressful work, excess radiation, lack of biological food, genetic disorder, changing life style, have result the female infertility. The term Infertility is described as failure to conceive within one or more year of regular unprotected coitus. Primary Infertility denotes those patients who have never conceived. Conception depends on the fertility potential of both female and male partners. Female is directly responsible in about 40- 55%, male in about 30-40% and both are responsible in about 10% cases and remaining 10% is unexplained. According to Ayurveda term Infertility can be correlated with Bandhyatava. In some cases, there is no specific cause. In spite of normal anatomy, conception does not occur due to Balakshaya and Dhatukshaya. In such cases Balavardhaka and Bruhana Dravyas are to be given mentioned in Ayurvedic texts. Sharangdhar described Abhyantarpan of Phalaghrita for conception. Hence a case study was done in Stree rog and Prasuti Tantra OPD of Rishikul Government Ayurved hospital, Haridwar. A 25 year female having no specific causes of primary infertility was treated with Abhyantarpana of Phalaghrita on OPD basis.

**KEYWORDS:** Phalaghrita, Bandhyatva, Balakshaya, Dhatukshya, Primary infertility.

**INTRODUCTION**

Infertility is defined as a failure to conceive within one or more years of regular unprotected coitus.<sup>[1]</sup> Primary Infertility denotes those patients who have never conceived, secondary Infertility indicates previous pregnancy but failure to conceive.<sup>[2]</sup> Conception depends on the fertility potential of both the male and female partner. Female is directly responsible in about 40-55% the male in about 30-40% and both are responsible in about 10% case and remaining 10% is unexplained.<sup>[3]</sup> According to Ayurveda the term Infertility can be correlated with Vandhyatva. According to Sushruta, Ritu (season or fertile period) Kshetra (reproductive organ), Bija (sperm and ovum), Ambu (proper nutrient fluid), clarity or normalcy of Hridaya or psychology, properly functioning Vayu (normal nervous system) and Sadbhawas (mother, father, Atma, Satwa, Satmya and Rasa) are important for conception. Abnormality in any one of these can cause Infertility.<sup>[4]</sup> Acharya Sushruta mentioned Vandhya in twenty gynaecological disorder. And Acharya Charaka and Vagabhata have referred Vandhya due to abnormality of Bija. Acharya Kashyapa mentioned Pushpaghni Yonivyapda under Jataharinis, he says that there is no conception due to unhealthy Pushpa (Ovum). This condition is also responsible for infertility. WHO estimate the prevalence rate of primary Infertility in India to be between 3.9% to 16.8%.<sup>[5]</sup>

There are so many drugs and treatments have been explained in Ayurveda text from which Phalaghrita Abhyantarpan was selected to evaluate its effect in female Infertility.

**AIMS AND OBJECTIVES**

To Study the effect of Phalaghrita Abhyantarpana in Bandhyatva (Primary infertility)- A case study.

**MATERIALS AND METHODS**

Place of work – OPD of Stree Rog and Prasuti Tantra department. Rishikul Ayurveda collage and hospital, Haridwar.

**CASE REPORT**

- A 25 years married female patient came to OPD of stree Rog and Prasuti Tantra department of Rishikul Ayurved hospital, Haridwar, on 08/01/2018 with the chief complaint of Inability to conceive.
- Past menstrual history- duration 3-4 days and interval 28-30 days, painful, scanty and regular
- Obstetric history- G0 P0 A0.
- Family history- No any major complaints in the family
- Past history- No any medical and surgical history.
- Last menstrual period- 2/1/ 2018.

**General examination**

BP -100/70 mmHg, P- 78/min, RR- 18-20/min, weight 60 kg, Nadi – Vatakapha, Mala -Irregular, hard. Mutra – Samyaka.

**S/E**

- RS- Chest clear, CVS- S1 and S2 normal, CNS- conscious, well oriented
- P/A- soft, NT
- P/V- normal, extroverted, fornices- non tender

**Investigation**

CBC, Blood sugar, urine examination, HIV, TSH, and VDRL tests of wife and husband are showing normal result.

- USG of abdomen and pelvis of wife – normal
- Semen analysis of husband – normal

**Treatment Plan**

Case with treated on OPD basis.

**Properties of Phalaghrita and references:** Phalaghrita described in Sharangdhar, Yogratnakar, Vagabhata and Bhavaprakash.<sup>[6,8]</sup> Phalaghrita has properties like Tikta, Madhura Vipaka and also Ushna and Sheetavirya. It has also Dipana, Pachana, Lekhana, Anulomana, Shothahara, Krimighna, Balya, Prajasthapana and Yoni Pradoshanashaka properties which works mainly on female reproductive system. This Phalaghrita increases the thickness of endometrium and nourishes the endometrium for conception and decreases the chances of Miscarriage, Still birth, and Preterm baby. Hence Phalaghrita was selected for Abhyantarpan for the study.

**Preparation of Phalaghrita:** Phalaghrita is ghee based herbal preparation. The Phalaghrita Ideally mentioned in Sharangdhar Samhita. First of all, taken 1 to 17 raw drugs listed in table no.1 made paste (Kalka Dravyas) of them. To add 768 gram of cow Ghrita and 3.072 liters of cow milk in these this paste. All ingredients are cooked at low fire up to Ghrita Paka Siddhilakshana.

**Table. 1: Composition of Phalaghrita.**

S. N.	Name of Contains	Quantity of Contains
1	Manjistha - Rubia cardifolia	12 gm
2	Kushta- Aussurea lappa	„
3	Tagara- Valeriana Wallichii	„
4	Sharkara- Sugar	„
5	Vacha- Acorus Calamus	„
6	Haridra- Curcuma longa	„
7	Daru Haridra- Berberis Aristrata	„
8	Madhuyathi - Glycirrhiza Glabra	„
9	Meda- Polygonatum Cirrhifolium	„
10	Triphala- Haritaki, Vibhitaki, Amlaki	„
11	Dipyaka- Trachyspermum Roxburghianum	„
12	Katurohini-Picrorrhiza Kurroa	„
13	Payasya- Ipomeamauritiana	„
14	Hingu- Asafoetida	„
15	Kakoli- Roscoeaprocera	„
16	Ashvajigandha- Withamnia Somnifera	„
17	Shatavari- Asparagus Racemous	„
18	Ghrita- Ghee	768 gram
19	Kshir	3.072 liters

**Table. 2: Management.**

Drug	Dose	Duration
Phalaghrita pana	2 table spoon twice a day at morning and evening with milk	Throughout the treatment

**Table. 3: FOLLOW UPS.**

No. of follow ups	Complains and treatment	Advice
1st day( 8/ 1/2018)	C/o -willing for child T/t- Phalaghritapana	CBC, Blood suger, urine examination, HIV, TSH, and VDRL, HbsAg, HIV1 & 2, TSH, USG of Abdomen & pelvis
1st follow up (05/02/2018)	No any complaints All investigations - normal T/t – Same treatment	Advice ovulation study from the 14th day & advice normal coitus during ovulation period.
2nd follow up ( 10/2/2018)	No any complaints T/t- same treatment	On 14th day Rt. Ovary NO DF Lt. ovary NO DF ET- 8.2 mm Free fluid – NO
3rd follow up ( 12/2/2018)	No any complaints T/t- same treatment	16th day Rt. Ovary 8*5 mm Lt. Ovary 9*5mm, 8*5mm ET- 9.7 mm Free fluid- NO
4th follow up ( 14/2/ 2018)	No any complaints T/t- same treatment	20th day Rt. Ovary 8*5 mm Lt. Ovary 9mm, 8mm ET- 10 mm Free fluid- NO
5th follow up ( 2/3/ 2018)	H/O Amenorrhea since 1 month 7 days	Urine pregnancy test positive. USG of Obstetric advised

**OBSERVATION**

A female patient of primary infertility was taken for study after proper clinical and laboratory investigation. This case was thoroughly examined to rule out the cause of Infertility but there is no specific cause of Infertility. The effect of the treatment was studied to evaluate its efficacy in the management of Bandhyatva. Phalaghrita pana was given in the dose of 2 tsf twice a day with milk. In second month ovulation study was advised from 14th day of menses and this study is continued up to 20th day of menstrual cycle with advice of natural coitus during ovulation period. In third month patient was came with history of amenorrhea of one month seven days. Urine pregnancy test was positive. USG was advised which showed a single live intrauterine gestation of 5 weeks 5 days. Foetal pole and cardiac activity was noted. During treatment patient didn't have any complications.

**DISCUSSION**

**Phalaghrita** - Phalaghrita Pana is the most superior and acceptable drug in Infertility. It acts on Vatadosha of Garbha ashaya.<sup>[9]</sup> It nourished the endometrium layer of uterus for development of foetus. According to Ayurveda Ghrita is Tridoshaghna due to its properties. Milk is also Vata pitta shamaka Jivaniya and Rasayana.<sup>[10]</sup> These medicated ghrita i.e. Phalaghrita are used as Balya. Since Balya refers to gain in physiological strength which indicates in Atony of uterus and under developed uterus.<sup>[11]</sup> Its action having Prajasthapana and yoni Pradoshanashaka. Phalaghrita was given Abhyantarpan in dose of 2 tsf with milk twice a day continuously. Phalaghrita works as Shaman Chikitsa on Dusta Dosha Dhatu of Garbhashaya.

**CONCLUSION**

Infertility is not a disease but a manifestation of some disease. Thus the treatment is directed to eradicate the

root cause of underlying diseases. The basic principle of Ayurveda science is to removal of cause is the main treatment. Thus it can be concluded that Phalaghrita Pana is effective in treatment of Primary Infertility by suppression of kupita apan vayu and thus helps in conception.

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