



**AYURVEDA AND MODERN PERSPECTIVE ON FEMALE INFERTILITY AND
MANAGEMENT THROUGH TRADITIONAL APPROACHES**

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ABSTRACT

The inability to carry out successful pregnancy period and failure to deliver child birth can be defined as infertility. Ayurveda described term *Bandhytva* for female infertility and mentioned various factors responsible for such conditions including *Sadbhavas Vikriti*, *Abhigata*, *Artavahasrotas* abnormalities and anovulation, etc. The abnormalities of *Kshetra*, *Ritu*, *Beeja* and *Ambu* mainly lead conditions of infertility. The stressful life style of current time enhances prevalence of infertility and not only physical stress affect capacity of fertilization but psychological stress also causes female infertility. Ayurveda mentioned uses of *Vatanulomana* drugs, *Sodhana* therapy, dietary modification and *Yoga* for the treatment of female infertility. Present article explored ayurveda perspective on female infertility.

KEYWORDS: *Ayurveda, Infertility, Beeja, Bandhya.*

INTRODUCTION

Ayurveda defined female infertility as *Bandhyatwa* which resemble failure to acquire successful pregnancy. Ayurveda *Samhita* considered *Bandhya* as one of the *Yoni Vyapad* which arises due to the *Bijamsa* abnormality. Ayurveda mentioned that vitiation of *Doshas* especially *Vata* majorly contributes towards the pathogenesis of female infertility along with other factors such as abnormalities in *Satmya*, *Satva* and *Rasa*. Modern medical science also mentioned various causative factors of female infertility such as; obesity, smoking, drug abuse, pollutants, genetic, injury and stress, etc. Pathologically disease involves vitiation of eggs, blockage of fallopian tubes, irregular menstrual cycle, uterine abnormalities and sexual insufficiency, etc.

The disturbance in menstrual cycle also considered as responsible factor for female infertility, the disturbances in menstrual cycle arises due to the faulty dietary habits, excessive physical stress, mental stress, sedentary life style and alcoholism, etc. Tubal blockage, ovulation disturbances, ageing and presence of other diseases like PCOD can also causes infertility.

Some ayurveda classics also described six types of *Vandhyatva* as mentioned in **Table 1**.

Table 1: *Vandhyatva* and their modern correlation.

S. No.	<i>Vandhyatva</i> types	Modern correlation
1	<i>Garbha kosh bhanga</i>	Infertility due to the uterus injury
2	<i>Anapatya</i>	Primary infertility
3	<i>Kakvandhya</i>	Secondary infertility
4	<i>Garbhastravi</i>	Repeated abortions
5	<i>Mrutvatsa</i>	Consequences of still births
6	<i>Balakshaya</i>	Loss of sexual strength or unable to hold fetus

Ayurveda emphasizes that vitiation of *Ritu*, *Kshetra*, *Ambu* and *Beeja* mainly causes pathogenesis of infertility. These four factors considered responsible for healthy progeny and any abnormalities in these factors can causes infertility:

1. The correct period of conception means *Ritu* essential for healthy progeny, if ovulation period not considered then success of conception decreases.
2. *Kshetra* means seat fertilization or place of fetus development. The abnormalities in uterus (*Kshetra*) affects fetus holding capacity and full term pregnancy failed.
3. The lack of fetal nourishment (*Ambu*) affects growth of fetus leading to the defected pregnancy.

4. *Beeja* means ovum which play vital part in fertilization; if get vitiated then chances of successful fertilization decreases significantly.

Specific etiological factors and associated complications of infertility

- *Vedha of Artavavaha Srotas*
- Vitiating of *Doshas* especially *Vata*
- *Ajatarajsam Strinam Kriyate Yadi Maithunam*
- *Yonivyapada*
- *Artavadushti*
- *Asrigdara*

The modern science also mentioned some factors and consequences of infertility as mentioned in **Figure 1**



Figure 1: Some causes of infertility.

Types of infertility

✚ *Vandhya*

This condition considered as absolute sterility which is incurable.

✚ *Apraja*

Curable in which chances of pregnancy exists.

✚ *Sapraja*

Women become sterile ones after acquiring successful pregnancy.

Pathogenesis

The aggravation of etiological factors causes *Doshas* & *Dhatus* imbalances, these conditions when accumulated with abnormalities of *Vata* and *Shadbhava* then menstrual disturbances arises including *Artavadosa* and *Dustaartava* which finally resulted infertility. Irregular *Artava chakra*, abnormalities in *Beeja* & *Kshetra* and improper nourishment of fetus also causes infertility.

Ayurveda management of infertility

Relieving mental stress, nourishment of *Dhatus*, boosting of *Ojas*, *Vatanulomana*, pacification of vitiated *Dosha*, enhancing *Agni*, *Sodhana Chikitsa* and *Vajikaran* etc. are some approaches which offers beneficial effects in infertility. Dietary modification, management of

balanced life style and *Yoga*, etc. help to manage consequences of infertility.

✓ **Herbs and Ayurveda formulations**

- ✦ *Ashwagandha*, *Dashmoola*, *Ashoka*, *Shatavari*, *Amalaki* and *Guggulu* helps in female infertility.
- ✦ *Jeevanti*, *Guduchi* and *Punarnava* treat premature ovarian failure and fallopian tubes blockage.
- ✦ *Yograj Guggulu*, *Chandraprabha Vati*, *Ashokarishta*, *Dashmoolarishta*, *Triphala Guggulu*, *Kumaryasavam*, *Sukumaram Kashayam* and *Pushyanuga choornam*, etc. can also be used to improve female reproductive health.

✓ **Sodhana**

Sodhana removes toxins/*Ama* and open up body channels, enhances circulations of nutrients and improves functioning of reproductive organs thus *Snehaswedas*, *Vamana*, *Virechana* and *Basti* can be recommended to treat ovarian and uterine problems.

✓ **Life style modification**

Avoiding stress, proper sleep, remaining away from alcohol & smoking, avoiding unethical sexual conduct and conduction of *Sadavritta* helps to prevent complication of infertility.

✓ **Dietary modification**

Diet which increase *Ojas*, fibers, diets that stimulant appetite, nuts, dates, fresh fruits, beans, whole grains and turmeric recommended for enhancing reproductive health. Processed carbohydrates, uncooked meat, junk foods, heavy and oily foods must be avoided.

✓ **Yoga**

Yoga helps to reduces mental stress, provide physical relaxation, maintain spiritual health, control body weight, removes toxins and empower sexual organs thus *Bhramari Pranayama*, *Hastapadasana* and *Nadi Sodhan Pranayama*, etc. recommended for the management of infertility.

✓ **Pathya**

Lashuna, Milk, *Bruhati dvaya*, *Katutumbi*, *Devdali* and *Suryaballi*.

✓ **Apathya**

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

CONCLUSION

Bandhyatva is condition related to the problem in reproductive system mainly occurs due to the fallopian tube blockage, *Artavadushti*, *Asrigdara* and *Yonivyapada*. *Bandhyatva* majorly involves vitiating of *Vata*. Abnormalities in *Ritu*, *Kshetra*, *Ambu* and *Beeja* lead infertility. *Vatanulomana* drugs, *Sodhana* therapy, dietary modification, *Yoga* and conduction of *Sadavritta* recommended for the management of infertility. *Tridoshaghna* drugs possessing *Katu*, *Ushna*, *Pramathi* and *Sukshma* properties can also be used to restore female reproductive health.

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