



**REVIEW ARTICLE ON ROLE OF VIRECHANA AND PHALAGHRITA ORALLY IN  
BANDHYATVA W.S.R ANOVULATORY FACTOR IN FEMALE INFERTILITY**

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### ABSTRACT

Infertility primarily refers to inability of a person to conceive after one or more years of regular intercourse. Women who are able to get pregnant but then have repeated miscarriages are also said to be infertile. Infertility is of 2 types-primary and secondary. Primary infertility denotes those couple who have never had a child. Secondary infertility is failure to conceive following a previous pregnancy In *Ayurveda* infertility may be correlated with *bandhyatva* and *bandhya yonivyapad*. In *ayurveda* importance of shodhana is described. In shodhan Panch types of karam has described, Vaman, Virechana, nasya, Basti, Raktamokshan. Out of five Virechan is easy, compatible process. *Virechana* karma also indicated in the treatment of all the *yonirogas*. *Virechana* is also said to be helpful in *beejam karmukatavam* that can be correlate with ovulation. *Virechan* clears the srotas, So it is helpful in *artava vaha srotoshudhi* also. In *Ayurvedic texts*, *Virechana karma* has effect on *agni* and with this it pacifies the vitiated *kapha* and *vata-dosha* and removes vitiated *pitta* and thus do *raktashodhan*. It increases quality of *srotoshodhan* So it may help in *artavvaha srotoshudhi* also. *Vyadhiharam*, *Apatyam*, *Vrushataa*, *balam* etc result can be achieved through *virechana* *Phal ghrita* is described in so many *ayurvedic* texts in *bandhyatav*.

**KEYWORDS:** *Ayurveda*, Infertility, *Virechana*, *Bandhyatva*.

### INTRODUCTION

Infertility is defined as failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse (WHO). Women who are able to get pregnant but then have repeated miscarriages are also said to be infertile. Infertility is of 2 types-primary and secondary.

1. Primary – It denotes those patients who have never conceived
2. Secondary-It indicates previous pregnancy but failure to conceive subsequently within one or more years of unprotected regular intercourse

### Factors

Female related factors

1. **Ovulatory dysfunction-** It encompasses anovulation or oligoovulation, Corpus luteum insufficiency, luteinized un-ruptured follicle.
2. **Tubal factors-** It includes defective ovum pick up, impaired tubal motility, loss of cilia, partial to complete obstruction of tubal lumens.
3. **Peritoneal factors-** Peritoneal adhesions, endometriosis

4. **Uterine factors-** Uterine hypoplasia, Inadequate secretory endometrium, fibroid uterus, congenital malformation.
5. **Cervical factors-** Chronic cervicitis, congenital elongation of cervix
6. **Vagina factors** - Atresia vagina, Transverse vaginal septum, Narrow introitus

*Acharya Charaka* emphasized the importance of child (*Apatya*) in the context of *vajikarna* for expansion of human race Vitiated yoni cannot hold shukra which leads to non occurrence of pregnancy. Inability to get conception is described by name as *apraja*, *sapraja* etc in *ayurvedic literature*.<sup>[1]</sup> *Acharya Sushruta* has given four essential factors *rutu*, *kshetra*, *ambu*, *beeja* for conception.<sup>[2]</sup>

ध्रुवं चतुरणाम सन्निध्याद गर्भं स्याद विधिपूर्वकः ।  
ऋतु क्षेत्र अम्बु बीजानाम सामग्रायात् अंकुरो यथा ॥ (सु.शा २/३३)

1. **Rutukala** - Most fertile period governed by *Kapha*, a well developed proliferative Phase accompanied with ovulation.
2. **Kshetra**-Healthy uterus & female genital tract which facilitates the entry of the sperm.
3. **Ambu**- The liquid product produced from the diet & present in the form of *rasa*, nutritional elements responsible for growth of fetus, metabolic products as well as hormones supplied for growth of fetus.
4. **Beeja** - It includes Ovum & Sperm. *Shudha shukra* and *shonita* stresses on healthiness In these four factors, one important factor is *beeja* which directly related to ovulation process. Any defect in any of them can cause *bandhyatva*.

**Incidence**-By WHO, At least 50 million couples worldwide experience infertility. According to WHO, overall prevalence of infertility in India is between 3.9 to 16.8 %.The female is directly responsible in about 40-55 percent of infertility.

#### Factors In Female For Infertility.<sup>[3]</sup>

Ovarian factor	30-40%
Tubal factor	25-35%
Unexplained	15%
Uterine	10%
Pelvic	5%
Cervical	5%

#### REVIEW OF LITERATURE

**Role of Virechana** -In Ayurveda, *Shudha yoni* is considered as responsible factor for conception in different texts, so *shodhana* must be done before any medication.<sup>[4]</sup>

सर्व व्यापना योनि तु कर्म वमनादिभिः ....  
सर्वतः सविशुद्धायाः शेषम कर्म विधीयते ॥

**Acharya Charaka** has mentioned clearly the importance of *Virechana* in all kinds of *yoniroga* *Acharya kashyapa* has also describe..... “*Virechanen beejam bhavti karmukam* ”.<sup>[5]</sup>

**Role Of Phalaghrita**- *Phalaghrita* is commonly used and prescribed ayurvedic formulation in infertility. In Classics, *Phalaghrita* has been indicated *ayushya*, *paushtika*, *medhya*, *pumsavana*.<sup>[6]</sup>

मंजिष्ठा कुष्ठ तगर त्रिफला शर्करा वचा ॥ द्वे निशे मधुकम मेदा दीप्यकः कटुरोहिणी ॥

पयस्या हिंगु काकोली वाजिभंघ्रा शतावरी ॥ पिष्ट्वा अश्रांश घृत प्रस्थं पचेत्ततश्चैर चतुर गुणं ॥

योनि शुक्र प्रदोषेषु तत सर्वेषु प्र शस्यते ॥ आयुष्यं पौष्टिकम मेध्य धन्यं पुंसवन परम ॥

फल सर्पि रिति ख्यातम पुष्पे पीतम फलाय यत ॥

#### Properties of Drugs In Phalaghrita

*Shothhara* (*Manjistha, vibhatiki, haridra dwayam*),

*Shukrala* (*madhuka, kushtha, ashwagandha*), *vrishya*, *Rasayana*, *prajasthapana*, (*sarkara, Bala, Shatavari, Ghritam, and ksheeram*). *Raktadoshahara* (*Payasa, deepana* (*Ajmoda, vibhatiki*), *Rechana, Bhedani*, (*Priyangu, katurhini*), *Grahi* (*utpala, kumuda*), *Vishahara* (*Chandana dwayam*) etc. the combined effect is helpful in *stree bandhyatva*<sup>[7]</sup>

#### DISCUSSION

**Virechana:** *Virechan* karma has direct effect on *agnisthana* (hampered *agni* is one of the initiating factors of vitiated *raja*). It does quality of *srotovishodhana* helps in maintaining menstrual cycle. *Yonidosha*, *artava* or *asruk dosha* (irregular menstrual cycle, abnormal menstrual flow, *pcos*, anovulatory cycles) are some among those. According to ayurveda, *Ama* is responsible for all disorder, all hormonal enzymatic disorder are considered to be *Amajanita roga*. Bleeding disorders are linked with hormones and thyroid dysfunction in some patients. Scanty bleeding and heavy bleeding are among the symptoms of *PCOS*. Cyst or tumour is one among the vitiated *srotolakshana* can be applied for *PCOS*. *Dushita ama* is due to *rasadi dhaatu janya vyadhi*. Being *updhatu of rasa, asruk/artava* also vitiates and generates the disorder and this is observed as visible bleeding in menstruation and invisible part is considered as ovulation. All menstrual disorders, anovulatory cycles are the result of vitiated *asruk/artava*. By *deepan*, *pachana* helps in preventing the production of *Ama* and eliminating the existing *Ama*, vitiation of *dosha* and *dhatu* can be reduced. *Virechana karma* has effect on *agni* and with this it pacifies the vitiated *kapha* and *vatadosha* and removes vitiated *pitta* and thus do *Raktashodhan*. It increases quality of *srotoshodhan* so it may help in *artavvaha srotoshudhi* also. *Vyadhiharam*, *Apatyam*, *Vrushataa*, *balam* etc result can be achieved through *virechana*<sup>[8]</sup> *Virechana karma* increases the bioavailability of drugs by opening of channels and nutritional assimilation of oral drug.<sup>[9]</sup>

- **Phal Ghrita**- *Dosha*- *Snigdha guna* inhibits *rukshata* of *Vata dosha*, *sheeta* and *mridu guna* inhibits the *ushna* and *tikshana guna* of *Pitta* respectively. *Vishada guna* inhibits *Pichila guna* of *Kapha*.
- *Dushya*- *Madhura rasa* nourishes and gives strength to *rasa dhatu*, *mamsa* and *shukra*. It increases secretion and decreases degeneration. *Tikta rasa* has antihelminthic, bacteriocidal, antitoxic properties. *Katu rasa* helps in radical removal of toxic substance.
- **Srotas**- By *Prabhavas*, *Phal ghrit* act on *artavvaha srotas*.

#### CONCLUSION

Thus it can be concluded *virechana* as *srotoshodhak*, helps in *samprapti vighatan*. *Virechana karma* increases the bioavailability of drugs by opening of channels and nutritional assimilation of oral drug. *Phalaghrita* itself is helpful in *bandhyatva*. Therefore we can say that the drug compound in total alleviates *Vata, Kapha, Pitta* and

disintegrates *dosha samprapti*, nourishes *rasa dhatu*, *mamsa*, *dhatu* and *shakra dhatu* and gives strength to them. It increases the secretions and decreases the degeneration. It also acts as antihelminthic, bactericidal and anti toxic. It is the radical removal of toxic elements from the tissues, acts on *artavavaha srotas*, decreases *sanga* of *artva vaha srota* So both combined therapy will be beneficial in *bandhyatva*.

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