



A CRITICAL ANALYSIS OF VAJIKARANA VASTHI YOGAS IN THE MANAGEMENT OF INFERTILITY

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Article Received on 13/02/2021

Article Revised on 06/03/2021

Article Accepted on 27/03/2021

ABSTRACT

The World Health Organization defines infertility as “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse.”¹ A study carried out by WHO in 1987 finds that male reproductive capacity was deficient in nearly 50% of infertile couples.^[1] Stressful life-style, genetic, immunological, iatrogenic or endocrine causes are already proven substantiating to infertility. They result in oligospermia, sexual (including erectile in male) and ejaculatory dysfunction which eventually brings the inability to conceive in numerous cases. *Ayurveda* as a holistic medicine helps in healthy conception by strengthening whole body systems through proper cleansing and appropriate medicaments. The term *vajikarana vasti* refers to the *vasti yogas* having effect on reproductive system and helps in rectification of various sexual dysfunctions.

KEYWORDS: Infertility, *niruha vasthi*, *vajikarana*.

INTRODUCTION

In *susrutha samhitha* one disease named ‘*vandhya*’ is comprised among twenty gynecological disorders i.e. annihilation of *artava* which refers to ancillary amenorrhoea. He also has mentioned *shandi yonivyapath* which is connected with congenital abnormality. *Charaka* and *Vagbhata* while describing *bijamsadusti* (chromosomal/genetic abnormality) have stated that if part of *bija* responsible for the growth of uterus is defective, then born child would be *vandhya*. This can be correlate to congenital abnormality. Both these references do not give complete picture of *vandhyatwa* (infertility). Under the description of *jataharinis*, *kasyapa* has mentioned one *puspaghni* having useless *pushpa* or menstruation (no conception) and certain others characterized with repeated evictions of fetuses of different gestational periods. Since in these conditions also the woman fails to get a child it can be included under infertility. *Charakacharya* in the contest of *naranaree shanda* has explained 8 types of *klaibya* which can be correlate to male infertility. Oleation, sudation, emesis, purgation, cleansing and nutritive enema as well as strengthening and nutritive drugs should be given for treatment of infertility. Enema is a best treatment for correcting *vata gati* and is said to be beneficial in infertility. Large numbers of recipes beneficial in infertility to be used as enema are prescribed in *bruhatrayis* (ch.si, su.chi& ah.ka). Drugs advocated for *pumsavanakarma* and *garbhasthapana* also can be used.

OBJECTIVE

To describe sub fertility and critically analyze the differential application of *vajeekarana vasthi* considering *samprapthi* of various kinds of sexual dysfunctions.

METHOD

The comprehensive literature survey with related topic from various sources and finding out the general reasons for infertility. The checking of suitability with application of *vajeekarana vasthi yogas* in these cases was done by analyzing various works already performed by different workers across the globe.

ETIOLOGY

Male factors

Defective spermatogenesis, obstruction of the efferent duct system, failure to deposit sperm high in the vagina, errors in the seminal fluid.^[2]

Female factors

Tubal and peritoneal factors (25-35%), ovulatory factors (30-40%), endometriosis (1-10%)^[2]



Indication of Vajikarana vasthi

1. *Sukra dushti* (defective spermatogenesis, errors in seminal fluid and failure to deposit sperm high in vagina)
2. *Artavadushti* (amenorrhoea, scanty menstruation, non-ovulation or useless ovulation)
3. Woman having repeated abortion, short lived and weak children, who are delicate and indulge daily in coitus.
4. Infertility due to *Vatika Yonivyapath* like *vandhya* etc.
5. In other *yonivyapaths* for correcting *vata dushti* involved in *samprapthi*.
6. Complication of *vegadharana* (suppression of natural urges).

Different vajikarana vasthis

- *Niruhavasthi* is like nectar to an infertile woman.
- The woman having infertility due to abnormality of any of the partner conceives after *anuvasanavasthi*.

- *Yapana vasthi* perform both the action i.e. cleansing of *niruha* & oleation of *anuvasana*. By use of these infertile couple gets pregnancy.
- As a preparatory procedure to *vasthi*, to stimulate appetite *deepana pachana* has to be done with suitable internal medication. After that mild purgation should be given as *samananga sodhana* for purification and *puranamala sodhanartha*.

Procedure of vasthi therapy

Preoperative: Mild *abhyangam* around lower abdomen with suitable oil (*balatailam*, *mahanarayana tailam*, *dhanwantharam tailam* etc.) for 10 minutes and sudation.

OPERATIVE

Preparation of vasthi

Yapana vasthi - Madhutailika vasthi

Erandamoolakwatha - 2 pala

Taila and honey - 1 pala each

Satahapushpa/mishi- 1/2 pala(2 pichu)

Saindhava - 1/4 pala(1 karsha)

Madhutailika vasti helps in maintaining proper functioning of *vayu* by correcting *anulomagati* of *vayu*, *amapachana* & *adhobhagahara* action and results in *artava* (ovulation) in female and spermatogenesis in male by *vrushyatwa* of *erandamula*.

Rajayapana vasthi

Kwatha - *Mustha*, *pada*, *amrutha*, *eranda*, *bala*, *rasna*, *punarnava*, *manjishta*, *aragwadha*, *useera*, *trayamana*, *aksha*, *rohini* & *hraswapanchamoola* all in equal quantity, *madana* (8 fruit) cooked in one *adaka* water and reduced to 1/4th and filtered.

Milk- 2 *prastha*, *jangala mamsa rasa* - 1/4th of *kwatha* *Ksheeravashesa* done.

Kalka draya - *yashti*, *mishi*, *syama*, *alinga* and *rasanjana*,

Ghee & Honey - equal quantity

Saindhava - 1/4 *pala*

Other method

Kwatha- *Mustha*, *pada*, *amrutha*, *tikta*, *bala*, *rasna*, *punarnava*, *manjishta*, *useera*, *trayamana*, *gokshura*, & *hraswapanchamula* - each one *pala*

Madana phala- 8 fruits cooked in one *adaka* water and reduced to 1/4th filtered then added with *ksheera* (1/2 *adaka*), *jangala mamsarasa* (1/4th *adaka*) cooked again to *ksheeravashesa*.

Madhu & ghruta - equal quantity.

Kalka- *satahwa*, *phalini*, *yashti*, *vatsaka*, *rasanjana* each one *karsha*

Saindhava - one *karsha*.

On analyzing each drug in *rajayapana vasti* we found most of the drugs have common properties like *vatanulomana*, *vrushya*, *deepana-pachana* action, *rasayana* & *vajikarana* action, effect on *vasthi*, *mrudu virechana*, *balya* etc and all drugs having either *madhura* or *katu vipaka* and *vatakapha haratwam*. By virtue of these properties *rajayapana vasthi* does *vatanulomana*, *amapachana*, *vatakapha samana*, uterine purification and restoration of health. This leads to removal of blockage from channels and correction of functioning of hormones and results in production of good *beeja* and good fertilization leading to healthy conception.

Madhutailika vasti

Drug name	Rasa	Guna	Virya	Vipaka	Karma
Erandamoolam kaphavata↓	Madhura, katu, kashaya	Guru, snigdha, teekshna	Ushna	Madhura	<u>vrushyam</u> , <u>adhobhagahara</u>
Mishi vatapita↓	Madhura, katu, tikata	Laghu, ruksha	seeta	madhura	<u>artavajananam</u> , <u>yonisulanut</u> , <u>agnideepana</u> , <u>badhavitnivaraka</u>

Rajayapana vasti

Drug name	Rasa	Guna	Virya	Vipaka	Karma
Mustha Kaphapitta	Tikata, kashaya, katu	Laghu, rooksha	seeta	Katu	Artavajananana, garbhasayothejaka, deepana, pachana, grahi, mutra janana
Erandamoolam kaphavata↓	Madhura, katu, kashaya	Guru, snigdha, teekshna	Ushna	Madhura	vrushyam, adhobhagahara
Mishi, vatapita↓	Madhura, katu, tikata	Laghu, ruksha	seeta	madhura	artavajananam, yonisulanut, agnideepana, badhavitnivaraka
Pada, kaphavata↓	Katu, tikta	Laghu, teekshana	ushna	katu	Hrudya, sulaprasaman Balya, dahanigraha, raktasodhaka
Amruta, Tridosha	Tikta	Guru, snigdha	Ushna	Madhura	Anulomana, rasayana, balya, mutrajanana, pittasaraka, deepana, pachana
Bala, Vatapita ↓	Madhura	Guru, snigdha	Seeta	madhura	Balya, rasayana, vrushya, prajasthapana, sukrala, hrudya, mutrala, brumhana
Rasna, kaphavata↓	Tikta	Guru, ruksha	Ushna	Katu	Amavataghna, sodhaghna
Punarnava, vatasleshm↓	Madhura, tikta, kashaya	Ruksha	Ushna	Madhura	Vayasthapana, swedopaga, mutra virechana, deepana
Manjishta, kaphapitta↓	Kashaya, tikta, madhura	guru	ushna	katu	Varnya, yonirogahara, pramehaghna, raktatisarahara
Aragwadha, vatapitta↓	Madhura	Guru, snigdha	Seeta	Madhura	Rechaka, raktapittasamaka, anulomana, yakrutejakayakrutejaka, ruchikara
Useera, Kaphapitta ↓	Tikata, madhura	Laghu, snigdha	Seeta	Madhura	Thrushna nigrha, dahaprasamanavranaropana
Hareetaki, Tridosha↓	Kashayapradhana lavanavarjita shadrasa	Lghu, ruksha	Ushna	Madhura	Anulomana, rasayana, brumhana, udarakrimighna, action on bladder,

					mrudurechaka, grahaneehara, deepana, pachana
Tikta, Tridosha ↓	Tikta	Laghu, ruksha	Ushna	Katu	Veeryavardhaka, balya, pachaka, deepana, krumighna
Yashti, kakpa↓	madhura	Guru, snigdha	Seeta	Madhura	Vatanulomaka, sukravardhana, vrushya, varnya, jeevaneeya, rasayana, mruduvirechaka

Other vajikarana vasthis in classics

1. Ekaika prasrutavasthi with payasya, ikshu etc.
2. Vasthi with dashaamoola, thriphala, madana, vilwaboiled in gomutra.....
3. Vasthi with laghu mrugamamsa, dasamula kashaya, kalka of hapusha.....
4. Mayura devoid of paksha, pitta, antra, pada, vittunda, one pala each of laghu panchamula.....^[8]

Each of these vasthis when analyzed we can found some logics in formulating it which can be utilized in the management of infertility by considering their samprapthi ghatakas.

Mode of action of vajikarana vasti

Vasti is considered as ardha chikitsa according to ayurveda. The medicines given through anal region absorbs very fast from intestine and reaches systemic circulation & will give quick result. Anal region is considered as the root of body and through both local and systemic effect vasthi correct apana vata. Stana of apana vata is lower part of body including sroni, vasti, medra and uru. Hence apana vayu dushti will effect proper functioning of reproductive system. Potency of vasti is increased by yogavahi property of honey. saindhava reaches up to micro channels by its vikasi and sukshma guna and break down morbid mala and liquefies the doshas. Oil by its snigdha guna pacifies ghara, ruksha guna of vata and increase permeability of cell membrane. The other medicines added in these vasthi's possess vrushya, deepana-pachana, rasayana & vajikarana, balya etc properties which increases the fertility and helps in healthy conception.^[9]

RESULT AND DISCUSSION

It lies with impacts of selected specific vajekarana vasthi yoga in defined infertility with goal of healthy conception and probable mode action of these yogas in terms of improving the conditions for healthy conception. The logical presentation of prognosis based on obtained results is done.

CONCLUSION

On analyzing different vajikarana vasti yogas we found that vasti can play a major role in healthy conception. This should be utilized by the physician in the fruitful management of infertility.

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