A CASE STUDY—AYURVEDIC TREATMENT PROTOCOL FOR INFERTILITY (VANDHYATVA) DUE TO ENDOMETRIOSIS

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ABSTRACT
Endometriosis is a condition which have high recurrence rate. It can cause infertility though the etiology and pathology remains unclear till date. The current therapeutic measures more focus on treating clinical symptoms of endometriosis than curing the disease. Endometriosis as a disease is not described in any ancient manuscript, but group of symptoms can be co related with it. After taking detailed history of patient including modern and Ayurvedic parameters, the patient was given an Ayurvedic diagnosis Vandhyatva (Infertility). Yonivyapat may be understood as the functional and structural abnormalities of female reproductive organs. According to the Charak, there are twenty types of Yonivyapat or vaginal disorders, none of which seem to describe endometriosis individually. As per our opinion it is a Kapha roga, by location Pitta roga vitiated by Vata. In this article a 29 years old female with primary infertility and low AMH level and grade I endometriosis was treated successfully in 2018 with the help of Infertox treatment. Understanding any disease from Ayurveda point view and planning a complete treatment plan is important. Ayurveda can be effectively used as a complementary option in the cases of infertility due to less success rate in infertility cases. In this case we were able to give result in infertility which was due to Endometriosis but to collect evidence...
on the difference in endometrial tissue caused due to endometriosis need more focused and long study.

**KEYWORDS:** Vandhyatva, Infertility, infertox, AMH, endometriosis.

**BACKGROUND**

Endometriosis is most common on ovaries, when the endometrium, the tissue that usually lines the inside of a woman’s uterus, grows outside it. The exact cause of endometriosis is still not known. Some think menstrual blood containing endometrial cells may pass back through fallopian tubes and into pelvic cavity, where the cells stick to organs, some researchers says genes could play a role.[1] Endometriosis has severe effects on ovarian and tubal function and uterine receptivity which in turn results in infertility.[2] Treatment for endometriosis include contraceptive, gonadotropin releasing hormone analogue and surgery.[3] Current therapeutic approaches not at all focus on cure, they focus on managing the clinical symptoms of the disease rather than fighting the disease.[4] Endometriosis has a prevalence of 0.5 to 5% in fertility and 25-40% in fertile women.

Endometriosis and infertility are associated. Women with endometriosis typically present with pelvic pain, adnexal mass which we can say infertility.[5,6] Need to look at this disease as a persistence or chronic condition as, the symptoms during every menses my impact on mental, physical and social well-being of the women. Oral contraceptives, progestins, androgens and gonadotropin releasing hormone agonists are successfully used in the management of endometriosis as a conventional treatment.[7] The surgical management depends on the symptoms present in the patient like chronic pelvic pain, dyspareunia, and dysmenorrhea. Mild to moderate cases of endometriosis are demonstrated to improve the quality of life.

Endometriosis as a disease is not described in any ancient manuscript, but it can be correlated to the group of symptoms mentioned in Ayurvedic literature. Ayurved explains that not compulsory to name a disease always with a definite terminology. The disease may be analyzed according to the Nidan panchaka, Dosha, Dushya, Strotas, Samprapti and its management.

A case of 29 years old female patient with infertility due to endometriosis and low AMH value is presented here. She received conventional treatment for 2 years with less benefit and
ending into IVF advice due to medical reports. She underwent Infertox treatment along with some herbal remedies, diet and lifestyle management. She became pregnant and gave birth to a healthy girl in 2019 with approximately only 6 months treatment.

REPORT OF CASE

A 29 years old Indian Hindu female, engineer by profession, married since 3 years with history of regular menstrual periods visited Ayushakti Ayurved Pvt Ltd Kalyan, Mumbai branch with a will to become mother with a diagnosis of endometriosis Grade I with low AMH level. Patient visited on 24th July 2018 with few complaints like heavy menses every time since last 2 years, Severe dysmenorrhea, hyperacidity since years, epigastric burning, sour belching, proctitis on and off after eating spicy food or non-vegetarian food, and fissures. Patient was continuously visiting a gynecologist regularly for her infertility issue. On 28th March 2018 her hormonal profile was within normal limit (Prolactin- 12.92, T3-82.92, T4- 8.91, TSH- 4.64, and all other hormones – WNL) but her AMH level came 0.74. As per gynecologists opinion she had laparoscopy on 9th July 2018 showing endometriosis grade- I, no tuberculosis and both the fallopian tubes patent. Patient was informed about her reports and advised to go for IVF after 2 months as her egg were few. In the panic situation patient decided to go for alternate therapy before going for IVF.

Patient advised to go for infertox treatment in Ayushakti which includes detoxification (Virechana) followed by 16 basties and fertility support treatment for next 2 menstrual cycle and then to go for pregnancy naturally. Infertox was started for the patient in August 2018 after her informed and written consent for the procedure, the do’s and don’ts and all the possible complications during detoxification (virechana) procedure explained thoroughly.

After Detoxification her acidity, proctitis, burning epigastrium was 100% better, she lost almost 5 kg. After fertility support treatment her AMH level was 1.69 on 13th Oct 2018. We advised follicular study on 17th Oct 2018 which was her 9th day of menstrual cycle, in which follicle ruptured on 16th day of cycle with endometrial thickness 10.2mm. Patient advised to plan for conception after giving all the necessary information to achieve the result in short period of time. Patient missed her regular period which was due on 5th Dec 2018, UPT was positive. Patient underwent emergency section due to increased blood pressure she delivered a healthy female child with birth weight 3.15 kg on 26th Aug 2019.
Therapeutic challenge

After discussion the patient agreed for Detoxification (Virechana) and some oral herbal remedies like tablet Chandrika ras, Gulkacid, Stree sanjeevani, Stree sathi were used orally during this period.

Tablet Arshna was given orally and sepnil cream for local application to avoid complication during detoxification, as patient had a history of fissures and proctitis.

DISCUSSION

After taking detailed history of patient including modern and Ayurvedic parameters, the patient was given an Ayurvedic diagnosis Vandhyatva (Infertility). Ayurvedic methods of diagnosis are not based on histological examinations rather on the clinical presentations. Yonivyapat may be understood as the functional and structural abnormalities of female reproductive organs. According to the Charak, there are twenty types of Yonivyapat or vaginal disorders, none of which seem to describe endometriosis individually. From the symptoms, we can deduce that endometriosis is not a single entity from an Ayurvedic point of view.

If we try to correlate symptoms of Endometriosis like Pain in the uterus, lower back and pelvic cavity prior to and during the menses can be compared with Vipluta, Vatala, Vatak Yonirog. Intermittent pain throughout the menstrual cycle can be compared with Vipluta. Repeated miscarriages and infertility can be compared with Putraghni. A feeling of pain during intercourse may be compared with Paripluta yonirog. Endometriosis is a condition of Vata pushing Pitta pushing Kapha out of balance. Rationale for this is the very definition of endometriosis which is the growth of endometrial cells outside the uterus. Vata at the base of the problem. Also Modern medicine’s theory of retrograde menstruation, we can see obstruction of Apana Vayu which holds Pitta (blood) and causes it to move up and around. Pitta then becomes vitiated causing heavy bleeding and inflammation. This pitta vitiation creates an irritation which induces kapha to enter to provide comfort by coating the irritated area. The kapha influence then causes a build-up of cells and overgrowth. It is a Kapha roga, by location Pitta roga vitiated by Vata.

Sometimes this disorder is classified as an autoimmune disorder we can say it’s a fundamental problem with Ojas; commonly low Ojas. Detoxification (Virechana) therapy is
the most beneficial *shodhana* in menstrual disorders, for treating the disease from its roots permanently also maintaining the menstrual cycle regular and healthy. It pacifies the vitiated Doshas which are the causative factors for the endometriosis, also it removes the excessive pitta and do *raktashodhana karma*, and it also balances the vitiated *Apana vayu* to vanish the dysmenorrhea. *Basti* (enema) which can be *Bruhana* (Nourishing) to correct the low Ojas caused in autoimmune condition of endometriosis.

**CONCLUSION**

Ayushakti’s treatment protocol has successfully helped many women who were suffering from Endometriosis out of these many had infertility problems too. Ayushakti’s Infertox treatment protocol gives good results. To understand any disease from Ayurveda point view and to plan a complete treatment protocol is important. Ayurveda can be effectively used as best alternative option in the cases of infertility. In this case we were able to give positive result in infertility due to Endometriosis. To record the evidence in the difference in endometrial tissue due to endometriosis need more focused and long study.

**REFERENCES**
