AYURVEDIC MANAGEMENT IN VANDHYATVA: A CLINICAL CASE STUDY

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ABSTRACT

Vandhyatva (infertility) is a condition in which failure to achieve conception by a couple of mature age, having normal coitus during appropriate period of menstrual cycle regularly, at least for one year of their conjugal is termed as infertility. As per Ayurveda, important factors for conception are considered as Ritu (fertile period), Kshetra (uterus & reproductive organs), Ambu (proper nutrient fluid) & Bija (sukra shonita) & also normalcy of hridaya. Abnormality of properly functioning Vayu & satvabhavas, any one of these causes infertility (vandhyavta). Ayurveda treatment based on correction of Dosha, Dhatu, Mala & these study not shows any side effects. In this study a woman with irregular cycle with abdominal pain during menses, anxious for pregnancy since 5 years of her marital age is treated with Ayurveda treatment protocol and she conceived. The modern treatment is cost effective also the hormone medicines causes serious adverse effect

KEYWORDS: Vandhyatva, Infertility, Ayurveda.

CASE STUDY

A 25 years old female hindu patient, House wife by occupation visited the OPD of Seth Sakharam Nemchand Jain Ayurved Rugnalaya, department of Prasuti tantra & Stree roga on 4th Feb 2021 with complaints of irregular menses with pain in abdomen during menses, willing for conception. Detailed history of present illness revealed that patient was apparently normal. she had 1 spontaneous abortion which was naturally conceived -3 years back. Since after that she has above complaints. she approached on allopathic oral medications which includes hormonal pills for regular menses & conception, but only had regular menses during
treatment. Patient was not satisfied with allopathic treatment for her complaints. So, she came in our hospital for further management.

**Past History** - No H/O DM/HTN/Hypothyroidism or any other major medical or surgical history.

**Family history** - No history of same illness in any of the family members.

**Menarche** - At the age of 15 years

**M/H** - Irregular menses, 3-4 days / 45-60 days, dark red in colour, 1-2 pads/ Day without foul smell with/without clots, painful menses.

**Marital status** - 5 years.

**O/H** – P₀ L₀ A₁ D₀

A1 - 2mAb-spontaneous abortion (3 years back).

**Contraception history** – No

**General examination**

Built - Short stature Nourishment – Moderate
Temp - 98.4 °f BP - 120/70 mmHg
P - 80 b/min Respiratory Rate - 18 cycles/ min
Weight - 55 kg Height - 5'2"
Tongue – slightly centrally coated
Pallor/icterus/Cynosis/Clubbing/Edema/Lymphadenopathy – Absent
P/A-Soft, no tenderness

**Systemic examination**

RS – NAD
CVS-NAD
CNS- NAD

**Bimanual examination** - Uterus anteverted, no tenderness in adnexal region.

**Per speculum examination** - Vagina normal, cervix healthy & normal size, no white discharge.
Ashta Vidha Pariksha
Nadi - 80 b/min, Vatapradhan pittaj Mala - 1-2 times/day
Mutra - 5-6 times/day Jivha - Eshad Sam
Shabda – Avishesh Sparsha - Anushna sheeta
Drika – Avishesh Akriti – Madhyama

Dasha Vidha Pariksha
Prakriti – Pittapradhan Kaphaj Vikruti – Madhyama Sara - Madhyama Samhanan - Madhyama
Satva – Madhyama Satmya - Sarva rasa Pramana – Madhyama Ahara Shakti – Madhyama
Vyayama Shakti – Avara Vaya-Madhyama

Lab Investigation
Done on 4/2/2021
Hb-13 gm%; TLC-9,400 Cells/ mm; PLT 288 × 10/mm³
Sr Prolactin -25.88
TSH-2.06.
USG (Abd + Pelvis)

Impression - Uterus normal in size, Anteverted, ET-6.5 mm
No any other significant abnormality seen.

Intervention
Starts from 2nd day of menses i.e. 15/2/2021
Amapachna - Hingwashtak Churn 1gm with Ghrita - Pragbhakta-Vyana Udana kala for 5 days
Snehapana - with Tiktaka Ghrita+ Goghrita - 30ml for 4 days.
Bahya Snehana - Abhyaga done with tila taila
Swedana - Peti sweda
Virechana - Gandharva haritaki - 2 tab – Nishakali with lukewarm water for 3 days F/b 1 tab for 2 days
Cap. Phalova 1/ BD with luke warm water
Tab Pushpadhanva ras 1/ TDS
Tab. Folvite 1/OD
RESULT

There was a considerable change in various symptoms as noted below.

<table>
<thead>
<tr>
<th>Visit Date</th>
<th>LMP</th>
<th>Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>16/3/2021</td>
<td>15/3/2021</td>
<td>Absent</td>
</tr>
<tr>
<td>30/8/2021</td>
<td>13/6/2021</td>
<td>Absent</td>
</tr>
</tbody>
</table>

UPT done at 30/8/2021 which showed positive, patients got conceived.
Her USG on 31/8/2021 shows SLIUP 8+2 weeks EDD-10/4/2022

DISCUSSION

1. *Ama Pachana & Agni Deepana*

*Ama* formation (toxins created when undigested food forms in the stomach) by the imbalance in *Agni* (the power of digestion) lead to many diseases. *Ama* is the unmetabolized waste that is not utilized by the body. It is sticky, heavy viscous, slimy wet, cold sweet and the root cause of most of the diseases in the body, resulting from excess *vayu* or *kapha. ama dosha* in the body causes blockage of the channels, mucus congestion, loss of strength. Lack of movement and reverse flow (*Pratiloma*) of *vata*, accumulation of wastes, edema, low digestives fire (*Jatharagni*), bloating, constipation, itchy anus, thick coating of tongue (*Sama jivha*), sluggish pulse, lack of enthusiasm.

Therefore, the treatment of *Ama* must always include the treatment of *Agni*, including the use of digestive and carminative Ayurvedic formulations like *hingwashtak churna*, eating meals at proper time following an appropriate schedule. *Ayurveda Panchakarma* treatments help to eliminate *Ama* thus corrects *Agni*. Healthy *Agni* will also contribute to healthy *Ojas*.

2. *Snehan*

*Snehan* itself is a treatment also preparatory process of *Panchkarma* i.e *Poorvakarma*. It includes either internal or external use of medicated oil or ghee.

3. *Vatanulomana*

The main *Dosha* involved in infertility is *Vata*. So *Vatanulomana* (correcting the functions of *Vata*) is very important in the treatment of infertility. Ayurvedic formulations like *tiktaka ghrita*, following routine exercises and strict diet schedule will help in *Vatanulomana*.
4. Shodhana

Suitable *Snehan-svedan* are done prior to *shodhana*. Then treatment modalities like *Vamana* (emesis), *Virechana* (puragation), *Basti* (medicated enema) and *Uttarabasti* (special enema administered through urethral or vaginal routes) are done as per the condition of the patient. The patient has to follow *Peyadi krama* (strict dietary regimen to be followed after *Shodhana*). This detoxification therapy helps in the expulsion of the toxins from the body. These therapies help to correct ovarian, tubular and uterine problems causing infertility.

4. Ayurveda treatments help in releasing tension and removing impurities from the body. They nourish the body, revitalize the mind and strengthen the immune system. They are beneficial in reducing stress, nourishing all dhatu of the body and pacifying *Vata*.

*Vandhyatva* is *Vata* dominated *Sannipataj Vyadhi*. *Ghrita* is *Tridoshaghna* due its properties and *Milk* is also *Vata-Pitta Shamaka*, *jivaniya* and *Rasayana*. So *Phalaghrita* has the properties of *Ghrita*, milk and other ingredients. *Phalaghrita* contains mainly *Tikta, Madhura* and *Katu Rasa*, *Laghu Snigdha Guna*, both *Katu*, and *Madhura Vipaka* and also *ushna Sheeta Virya*. It also has *Deepana, Pachana, Lekhana, Anulomana, Shothohara, Krimighna, Balya, Prajasthapana* and *Yoni Pradoshnashakq* actions. Hence this drug was selected for oral administration in this study.

*Pushpadhanwa* has very good results in sexual disorder, it acts as a rejuvenator. It effects on *Tridosha* balances *Vata* and *pitta* in females it is used to treat reproductive system related problems. It also helps in Ovulation by balancing hormones in body. So, its ingredients improve fertility & enhances longevity.

**CONCLUSION**

In this case study, above mentioned treatment protocol helped this woman who is suffering from infertility problem for 5 years. To understand any disease from Ayurveda point of view a complete treatment protocol is important.

**REFERENCES**


