



Case Study

AYURVEDIC APPROACH TO SECONDARY INFERTILITY

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ABSTRACT

The God has blessed the female with most valuable gift of motherhood mother is also called as "Janani" who give birth to child. A woman hood is never considered complete without achievement of motherhood. Infertility is a burning issue because today's changing lifestyle and stress increases metabolic and hormonal disturbance as a result diabetes, PCOS, infertility. Our focus is, if a woman having normal anatomy of pelvic organ than she should conceive by natural way by Ayurvedic treatment because more side effect of ovulation induction and hormonal therapy. In Ayurveda *Bandhyatva* (infertility) mainly occurs vitiation of *Vata* and *Kapha Dosha*, in some case *Pitta* may involve. Fertility also depends on mental condition of couple as Charak says sound mind couple gets conceived easily. In this patient had also metabolic disturbance and stress, and ineffective endometrial receptiveness, so we choose *Ashvagandha* (*Withania somnifera*) as a anti-stress and normalize *Vata* and *Kapha* and *Shatavari* (*Asparagus racemosa*) for endometrial tonicity and *Sthanik* (endometrial) *Pitta Shaman* and *Chandraprabha* for *Apana Vata* (pelvic) disorder, balancing *Tridosha* and for *Dhatvagni Deepan* (better metabolism).

INTRODUCTION

Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse.^[1] Infertility affects millions of people and has an impact on their families and communities. Estimates suggest that approximately one in every six people of reproductive age worldwide experience infertility in their lifetime. In the female reproductive system, infertility may be caused by a range of abnormalities of the ovaries, uterus, fallopian tubes, and the endocrine system, among others.^[2,3]

Infertility can be primary or secondary. Primary infertility is when a pregnancy has never been achieved by a person, and secondary infertility is when at least one prior pregnancy has been achieved.^[4,5]

Charak describes the position of infertile couple in the society, while describing *Vajikarana* therapy (Ch.Ch. 2-1/16-19).^[6]

Harita has defined, *Vandhyatva* as failure to achieve a child rather than pregnancy because, he has included *Garbhasravi* (habitual abortion) and *Mritsvatsa* (h/o stillbirth) under the classification of *Vandhya*.^[7] Charak and Vagbhata have referred *Vandhya* as the result of *Prsadusta Garbhashya Beeja Bhaga Shonita* (genetic defect or mutation) (Ch.Sh.4/30).^[8] Susruta, Madhavakara, Bhavamishra have quoted *Vandhya* in *Vinshati Yoni Vyapad*, (Su.Ut.38/10), (B.P.Ch.70/6, Ma.Ni.62/3, Y.R.Yonirogadhikar).^[9-13] Acharya Sushruta says *Bandhya* means absence of menses.^[10]

Kashyap mentions *Vandhyatva* as one of the 80 disorders of *Vata* (Ka.Su.27/29).^[14] *Kashyap* also mentioned features of *Bandhyatva* in *Jataharini* as *Pushpaghni Jatharini* where a female having useless ovulation or menses.^[15]

Vandhyatva can be classified 3 types *Vandhya*, *Apraja* and *Sapraja*.

Vandhya: It is due to congenital absence of uterus or *Artava*. *Chakrapani* explains "Vandhya refers to incurable congenital or acquired abnormalities, resulting into absolute sterility" (Ch.Sha.2/5 Chakrapani (Commentary)).^[16]

Apraja: Infertility in which woman conceived after treatment or primary infertility.

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Sapraja: It is a condition in which a woman in her active reproductive age does not conceive after giving birth to one or more children or it refers to secondary infertility.

MATERIAL AND METHOD

A 30 year old female came to Prasuti Tantra Evam Stree Roga OPD with complaint of secondary infertility. She had 6 year old female child and trying to conceive for second child since three year but unable to conceive. She was also complaining history of weight gain at about three to 4kg and acne on face. She took treatment one year back for 4 to 6 months for secondary infertility but failed to conceive. She was anxious for conceive. So she came to this hospital for her treatment. We advised for USG pelvis and thyroid profile and routine blood investigation. On USG, no any abnormality or no any pathology detected in reproductive organ and thyroid profile and all routine blood investigations as CBC, RBS and urine report was also normal. Husband semen analysis was also normal.

In 1st Cycle: In first fifteen days of cycle: Given *Ashwagandha Churna* 2gm with *Shatavari Churna* 2gm two times in a day with milk after breakfast and one hour before sleep. *Chandraprabha Vati* 2 BD given for whole cycle. Also start *Yoni Pichu* (autoclaved tampon) with *Phala Grita* in night in follicular phase from day 4th to 12th day of menses.

2nd cycle: Same treatment continued as in first half. But in second half of cycle, stop *Chandraprabha Vati* and *Phala Grita* start to take oral.

In 3rd cycle: Same treatment continued as advised in second cycle.

RESULT AND DISCUSSION

After this treatment patient get conceived spontaneously. She taken antenatal care till second trimester in our observation, then she delivered a healthy female child with LSCS.

Bhavaprakash and *Yogaratnakar* also said, if a infertile women take decoction of *Ashwagandha* with milk in empty stomach during fertile period, get conceived easily. (B.P. Ch. 70/24-29) (Y.R. Yonivyapad. Ch.)^[17] In *Bhavprasha Nighantu* explained *Ashwagandha* have *Balya*, *Kashya*, *Tikta Rasa*, *Vrishya* properties.^[18] The root of *Ashwagandha* is regarded as tonic, aphrodisiac, narcotic, diuretic, anthelmintic, astringent and stimulant. Some study showed support to it prevention many stress induced diseases. *Ashwagandha* is also reported to modulate the GABAergic [[γ -amino-butyric acid (GABA)] receptor system which may account for its anti-anxiety and sleep promoting properties.^[19] So probable *Ashwagandha* works on hypothalamus and pituitary and helps in their hormonal regulation. Also probably it increases dopamine level which helps to stimulate GnRH pulse frequency which stimulate pituitary and

helps to secrete FSH which is responsible for follicular development. It also correct immunological defect in female reproductive system.

Bravprakasha Nighantu says *Shatavari* is best for female reproductive organ and cure all gynecological disorders.^[20] *Shatavari* content phyto-estrogen and it works as a uterine tonic and anti-inflammatory, anti stress agent so it regularize hormonal imbalance and support to reproductive organ and form receptive endometrium for implantation.^[21]

It improves folliculogenesis and root extract is helpful in serum FSH stimulation.^[22] Its utility in dysmenorrhoea which includes agonizing period without huge pelvic pathology. *Shatavari* is preferred in threaten abortion cases and this action is due to *Sheet Virya* and *Pitta-Vata Shamak* action. The root extract of *Shatavari* provide significant protection against infections. Methanolic extract of the *Shatavari* impart anti-oxidant properties.^[23]

Chandraprabha vati: Majority of drugs has *Katu*, *Tikta*, *Kashaya* and *Madhura Rasa* and dominant *Guna* of *Chandraprabha Vati* are *Laghu*, *Ruksha*, *Tikshna* and *Ushna Guna*. The prime *Virya* is *Ushna*, dominant *Vipaka* is *Katu*. This formulation is mostly effected on *Kapha* and *Vata Dosha*. In this patient also had *Vata Kapha Dushti* and also some symptoms of PCOS appear as weight gain acne on face which also a *Vata Kapha* dominant disorder so, it effective to cure in this condition. According to pharmacodynamic actions *Rakta Prasadana* (blood purifier), *Sothahara* (anti-inflammatory), *Krimigna* (anti-microbial), and *Rasayana* actions are the revealing actions of the *Chandraprabha Vati*.^[24]

It mainly works on *Apana Vata Vikar* as *Prameha*, eight type of *Udara Roga*, *Ashmari*. It balance all *Doshas*, *Acharya* used word for it *Sarva Roga Pranashini* (cure all disease). It works as a *Rasayan* (anti-oxidant), due to presence of *Sheelajeet* and *Guggul* and *Sheelajeet* also works on reproductive system and urinary system and protect this system by all type of infection. It helps to maintain normal level of FSH and LH. It has *Granthi Bhedan* (cyst dissolving property) action so helps in follicle rupture.

The drugs like *Pippalimoola* and *Vacha* act as sedative and relieve anxiety which help in the management of psycho-somatic diseases like hypertension, diabetes and obesity. The drugs namely *Trikatu*, *Chavya*, *Musta*, *Elavaluka*, *Lavanas*, *Ksharas* help to relieve the state of *Mandagni* which is identified as a root cause for all disease conditions. It also helps to cure *Srotas* obstruction.^[25]

Phala Grita: It cure all gynecological disorders, in *Bhaishajya Ratnavali* mentioned, by use of this *Grita*, female get conceived many times means increased her fecundity.^[25] By local use there are in posterior fornix

more blood supply and lipophilic drug easily get absorbed and nourish the endometrium and adnexa and balance the *Yoni Dosh* mainly *Apana Vata*.

CONCLUSION

Infertility is a major issue in this scenario because changing life style and improper dietary habit leads to disturb metabolic function and disturbed H-P-O axis regulation leads to hormonal imbalance as a result infertility. So we select the drug *Ashwagandha* to regularize H-P-O axis and *Shatavari* works as a uterine tonic and *Chandraprabha Vati* cure metabolic disorders specially most effective on *Apana Vata* disorders including reproductive organ dysfunction.

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