

# Management of Infertility in Ayurveda-A comprehensive

**Farhath Fathima K.K.P.**

*Bachelor of Ayurveda, Medicine, and Surgery (Reg No. 20437), India*

Failure to achieve conception by a couple of mature age, having normal coitus, during appropriate period of menstrual cycle, regularly, at least for 1 year is termed as infertility. Ayurveda samhithas described a vast range treatment method. As per Ayurveda, a normal conception is take place when rtu, kshetra, ambu and beeja (the four factors) unite in their normalcy and offspring is produced<sup>1</sup>. So Ayurveda aims to correct these four factors for the fertility management.

If a person comes to an Ayurvedic practitioner, he should go for purifactory therapy first. Because Dosas and Dusyas (the factor which is responsible for healthy life in their normalcy) brings in their normal state. Here Ayurveda propose both mental and body purification and lifestyle management. Because a couple who is in psychological stress result reverse effect in some cases. Guidelines should be needed for both couples. Ayurveda also prefers Daivavyapasraya cikitsa (holistic treatment) after psychological assurance, the physician can go for the four factor correction.<sup>2</sup>

The first one is rtu. Rtu in Sanskrit means the season or the time<sup>1,2</sup>. First we can consider rtu as time near ovulation. Patient can advise for the coitus in between 10-20th day of menstrual cycle. Because life span of ovum is said to be 48 hours and that of sperm is seventy two hours. So ovulation can take place in between this. If we consider rtu as season, it has been said that winter, dew and spring seasons are best for copulation. If we consider patient with habitual abortion, advise them to start intercourse after 2 to 3 months after miscarriage and these patients are subjected for purification on their 5, 6, 7th day of menstruation using clearodendron ksheera kashaya. Males are advised to have pumsavarna drugs<sup>3</sup> to increase their quality by quantity of sperm.

Ksetra means the female reproductive tract. If hyper plasia or hypertrophy of uterus will results difficulty in implantation of zygote and thus results infertility. In those conditions, we should rule out the reason for malformation. In disused atrophy condition, the POF factor is 250 – 400 in some cases<sup>4</sup>. In such conditions, Ayurveda goes with Arthava increasing drug along with medhya rasayana. Shatavari, Shatapushpa, Garlic, are ideal for Arthava (menstruating). Here phalagrtā is also beneficial. Infertility is also occurs as a result of vaginal morbidity. But in these case, here we can go for palliative treatment then purgative and then only Kshalana, Tampons or douche is preferred. If the patient is having endometriosis or adenomyosis, we should go for Anulomana treatment.<sup>5</sup> Here we can use Chiravilwadi Kashaya, Balaguluchyadi Kashaya or Aloe vera juice with honey. The patient is having hydrosalpinx, then you can go for Avipattichurna with Vastiamayantaka grta<sup>6</sup>. In obesity condition, there will be adipose tissue deposition over ovary, which results in infertility. In such condition, we can go for Drakshadi Kashaya, Tikta Kashaya<sup>4</sup>, Kalyanakam Kashaya or Varunadi Ksheera Kashaya. When the reproductive tract get cleansed by the afore said measure, women becomes capable of conception provided the sperm of her husband and her own ovum are unpolluted and possessed of natural attributes, and there is entry if jiva (soul).

The third factor Ambue literally means the liquid factor related to reproductive system. Here it may be the vaginal fluid or pH variation or breast discharge or urinary tract infection due to withholding of urine

passage. If vaginal pH is high, it will affect the sperm motility. In this condition, Sitz bath on Triphala Kashaya is ideal. If the patient is having trichomonas vaginitis, there will be yellowish discharge. We can go for samana (palliative) treatment first by prescribing Maharasnadi Kashaya and then you can go for Tampons or Basti etc. using Misrakasneha, Balathila etc. If the patient is having urinary tract infection, will causes constriction of vulva and vagina produce gonorrhoeal salpingitis. Here we can use Nirgundiadi Kashaya with Viluadi Tablet or Gopichandanadi Table. If the patient is having breast discharging or tenderness or serum prolactin is high, then Siddhartaka Taila (Mustard oil) is preferred. Pushyanuga churna is effectively cures, vaginal morbid discharges. It should be partake along with honey and rice water.

Finally when we consider Beejadoshā, both male and female factor will be there. Here in both cases associated dosa is removed and Basti, Ksheera Kashaya or Phalagrtā are prescribed. While considering the count, there will be impotency caused by seminal diminution and impotency caused by old age or geriatric impotency. According to Ayurvedic textual preferences, it has been understand that women should consume before the age 40 – 43. But in case of male the age factor is high. There will be DNA damaged sperms results in infertility. In such cases, Vajikarna is advised. While considering panchakarma therapies in geriatric impotency, the patient should first of all be oiled and fomented<sup>5</sup>, there after the purgation therapy with unctuous ingredients should be administered. Some patients will be presented with avasadi type of semen (which sinks when placed on water), in such condition partaking of jivaniya siddha grta or cyavana prasa or silajatu is prescribed.

## CONCLUSION

Ayurveda prescribed a wide range of treatment methods to cure ailments caused for infertility, but it is not a science which describes single medicine for single disease. The medicines used and treatment method adopted for couples may vary on individuals as it depends on the tridosas and eternal factors for the body. The above said medicines are for different condition with different stages of dosas.

## REFERENCES

1. Caraka Samhita, Sutra sthana, published by chaukambha aurientalia
2. Caraka Samhita sareera stana, published by chaukambha aurientalia
3. Premavati tivari's ayurvediya prasuti tantra evum stree roga, volume 2
4. D.c duttas text book of gynecology by Hiralal Konar
5. Caraka Samhita cikitsa stana, published by chaukambha aurientalia
6. Prof. K.R. srikanta murthys , English translation of Susruta Samhita, published by chaukambha aurientalia.
7. Sahasra yoga, sujanapriya vyakhya, by abhinava vaghbata, anantha puram muthukoyi thampuran
8. Prof. K.R. Srikanta murthy, English translation of Ashtanga hrdaya, published by Chaukambha aurientalia.