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Management of Unexplained Female Infertility through Ayurvedic treatment - A Case Study

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ABSTRACT

Infertility is an emerging health issue in present scenario. The term 'Unexplained infertility' may be applied to a couple who has failed to establish pregnancy despite an evaluation uncovering no obvious reason for Infertility or correction of the factors identified as probably responsible for infertility. It is commonly accepted that approximately 15% of couples will be determined to have Unexplained infertility. *Ayurveda* explains female infertility as *Vandhyatwa* and Primary factors associated with *Vandhyatwa* are abnormalities in *Garbha Sambhava Samagri*. In this case study patient aged 29 years who was anxious to conceive since 10 years of married life seeking *Ayurvedic* treatment in SDM College of Ayurveda, Udupi was taken. Routine investigations of partners showed Normal Study. The line of treatment followed in this case was *Vatanulomana, Shodhana, Rasayana, Vrishya, Garbhasthapana* with psychological assurance which is most important for conception and the patient conceived.

Key words: *Unexplained infertility, Vandhyatwa, Ayurveda, Vatanulomana, Shodhana, Rasayana, Vrishya, Garbhasthapana*

INTRODUCTION

Reproduction is a biological process which plants and animals are capable of. Whereas human beings, being in a superior position among all living beings elevate it from a mere biological cum physiological process giving it a spiritual and psychic dimension. If this is not achieved it affects the mental and physical health of the couple and disturbs their family and social life. Infertility is the Inability to conceive within one or more years of regular unprotected coitus.^[1] Infertility is a

prevalent problem affecting about 10-12% of the couples worldwide. Infertility cases are rising due to stress, obesity, lack of exercise and environmental pollution. Unexplained infertility is earmarked to those couple who have undergone complete basic infertility work up and in whom there is no abnormality.

The disease entity *Vandhyatwa* is the closest approximation to unexplained infertility in the Ayurvedic Classification of diseases. *Vandhyatwa* is mentioned one among the *Vataja Nanatmaja Vikaras*.^[2] *Ayurveda* has the best solutions for infertility, through Purificatory procedures and optimizing the functions of 'reproductive tissues' (*Artava* and *Shukra Dhatu*) in both Male and female.

CASE REPORT

A 29 years old married, nulliparous woman and her 36 years old husband presented with the complaints of inability to conceive presented to the OPD of Shri Dharmasthala Manjunatheshwara Hospital, Udupi. In 10 years of married life, irrespective of unprotected sexual life, she has not conceived. On interaction with the couple, it was found that there were no

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contributing reasons for not having conception. Her IUI attempts failed 6 times and IVF failed thrice. The lady's Menstrual cycles were regular and the bleeding period was for 4 days with dysmenorrhea on first 2 days. In the coital history no abnormalities were detected. No Contraceptive measure was adopted.

Examination

Dashavidha Pariksha

- Prakrithi - Vatapitta
- Vikriti - Vata
- Sara - Madhyama
- Samhanana - Madhyama
- Satva - Avara
- Satmya - Madhyama
- Aharashakti - Madhyama
- Vyayamashakti - Madhyama
- Vaya - Madhyama
- Pramana - Madhyama

On General examination

- Built - Moderate
- Pallor / Icterus / Cyanosis / Clubbing / Edema / Lymphadenopathy - Absent
- Pt constantly worries about the conception and was anxious and stressful.
- BP - 120/80 mm hg
- Pulse - 74 bpm
- Weight - 58 kg
- Height - 152 cm.

Systemic Examination

CVS - S1 and S2 heard

CNS - Well oriented, conscious

RS - Normal Brochovesicular Sounds heard

P/A - Tenderness - Absent

No Organomegaly

Per Speculum and Per vaginal examinations were normal

Investigations

The semen analysis of her husband performed prior to IUI's yielded normal results. All the Routine investigations including haematological, biochemical reports were normal.

Intervention

Following intervention was carried out and the patient. She was counselled and was advised to take *Laghu, Ushna Ahara* and to avoid *Diwaswapna*.

Date	Treatment Given	Shamanoushadhi
14/7/21	Abhyanga with Dhanwantara Taila followed by Bashpa Sweda Snehapana with Phalaghrita Virechana - 14 Vegas	Gandharvahastadi Kashaya 3Tsp Tid Shatapushpa Churna - 12 g OD
17/8/21	Mustadi Yapana Basti Uttarabasti with Phalghrita (The couple was advised to try for conception for the next 3 months)	Shatapushpa Churna 12g OD Gandharvahastadi Kashaya 3 Tsp Tid Kalyanaka Guda - 5g BD
7/12/21	Anuvasana Basti with 30ml Phala Ghrita+ 30 ml Kalyanaka Ghrita Vatankura Nasya for 5 days Abhyanga with Ksheerabala Taila Shashtikashali Pinda Sweda Phala Ghrita Pichu	BVC with gold 1-0-1 Sukumara Ghrita 2 Tsp Bd Garbhapala Rasa 1 Bd Dadimadi Ghrita 2 Tsp Bd T. Leptaden 2 Bd Suvarna Bhasma 1 OD

RESULT

The follow up consultation on 20/2/22 showed that patient was pregnant. Her LMP was on 13/1/22. UPT was positive on 20/2/22. She reported feeling great. She underwent FTND in the 36th week of her pregnancy

without any complications and gave birth to healthy baby boy of body weight 2.86 kg on October 2022.

DISCUSSION

The treatment principle adopted here was *Vatanulomana*, *Shodhana*, *Rasayana*, *Balya*, *Vrishya*, *Garbhasthapana* with psychological assurance. The main treatment course included *Shodhana* i.e., *Virechana*, *Sthanika Chikitsa* like *Uttarabasti* and *Pichu* along with *Shamanoushadhis*.

Virechana finds its application in *Vandhyatwa*, as it does *Dhatuvishuddhi* and increases the potency of seed(ovum).^[3] *Virechana* not only expels morbidity but roots out ailments, restores normal strength and complexion, brings about longevity.^[4]

Vatanulomana was adopted to subside symptoms like dysmenorrhea. As *Vata* is mainly involved in *Vandhyatwa* and *Basti* is *Paramoushadha* for all *Vata* disorders.^[5] Hence, *Basti* was given. *Mustadi Yapana Basti* was given because it has properties like *Vrishya*, *Rasayana*, *Sadhyobalajanana* and *Dhatupushtikara*^[5], Drugs which are used in this basti like *Bala* are mentioned in *Prajathapana* properties. It also contains *Ksheera* which is *Amritopama*^[6] *Kalyanaka Ghrita* is *Balya*, *Mangalya* and is *Sheshta* for *Pumsavana*.^[7] Hence was used for *Anuvasana Basti*. It helped to treat her anxiety too. *Phala Ghrita* is *Prajaavardhana*.^[8] It Primarily targets adaptogenic, rejuvenative, aphrodisiac and general strengthening of the reproductive tissues, anxiolytic and Antidepressant properties. It is beneficial for the health of *Yoni*. Hence, *Uttara Basti* with *Phala Ghrita* was given. *Vatankura Nasya* was given as it does *Garbhasthapana*. *Kalyanaka Guda* does *Vandhyaamaya Nashana* in *Stree*.^[9] *Shatapushpa* is the best drug for *Vandhya*^[10] as it is *Artavajanaka*.

The combined effect of all these treatments proved to be effective.

CONCLUSION

Infertility is becoming a burning issue since past decade which strikes deep into the psyche of couple. In contemporary medicine, treatment focuses on

correcting the dysfunctions which are diagnosed based on diagnostic tests. Also, there are various complications due to the treatments like hormonal therapy, ovulation induction and some of the diagnostic tests. In *Ayurveda*, for any case, correct diagnosis based on *Roga* and *Rogi Pariksha* and timely management with properly advised lifestyle and diet always yields good results. The present study concludes that the holistic approach of *Ayurvedic* system of medicines gives miraculous effects even in the cases of Unexplained infertility.

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