Ayurvedic management of Infertility - A Case Report
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ABSTRACT

Infertility is defined as inability to conceive after 12 months of unprotected sexual intercourse. Infertility can be attributed primarily to male factors in 25%, female factors in 58%, and is unexplained in about 17% of couples. It 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. Abnormalities in menstrual function constitute the most common cause of female infertility. Other disorders include ovulatory dysfunction, abnormalities of the uterus or outflow tract and psychological stress. In this case study a female patient aged 29 years was unable to conceive since 2 years of marital relationship seeking for Ayurveda line of treatment. From detail history Agnimandya, Ama and stressful condition in work pattern were noticed. She was treated with classical Vamana followed by Shamana treatment. Agnidipana, Amapachana, Yamana, Matra Basti and oral medicines were started. Relaxation technique mediation was advised to the patient. After 2 months the urine pregnancy test was found to be positive and the same was confirmed by ultrasonography.

Key words: Infertility, Garbha Sambhava Samagri, Vamana, Matra Basti.

INTRODUCTION

Infertility is defined as inability to conceive after 12 months of unprotected sexual intercourse. Infertility is a serious health issue worldwide affecting approximately 8%-10% of couples worldwide. According to a report by WHO one in every four couples in developing countries is affected by infertility. In India the estimated prevalence of primary infertility among reproductive age group women is 11.8%. Primary infertility is a serious health issue which impacts on couples and society. Infertility in females is caused due to problems with the ovary, uterus, fallopian tube, endocrine glands- hormones, psychological status. Infertility is classified as primary and secondary. Primary infertility is the condition, where the couple had never conceived. According to Ayurveda important factors for conception are Ritu - fertile period for conception, Kshetra - healthy reproductive organs, Ambu - proper nutrition after conception, Beeja – healthy Sperm and ovum. Charaka Acharya has mentioned Soumanasya - peaceful psychological status in partners is one of the important factors for conception. The Apanavata regulates the reproductive functions, also has a major role.

In this case study Shodhana procedure was done – Vamana as Amahara and Kaphahara Chikitsa, Matra Basti was given to stabilize the Apana Vata (Vata Anulomana) followed by Shamana Chikitsa. Relaxation technique mediation was advised to the patient. The treatment was proved to be effective.

CASE REPORT

A 29 years old married female patient, software engineer by occupation visited to the OPD with the complaints of inability to conceive 2 years of unprotected sexual life. The menstrual cycle was irregular and scanty bleeding 2-3 days per month.
Investigations were done previously; semen parameters of male were found to be within normal.

In female haemoglobin was 9 gms/dl, ultrasonography report showed polycystic appearance of right ovary and left ovarian simple cyst 1.8x1.1 cm.

The history suggests that patient was anxious to conceive and has psychological stress.

Past history
No H/o DM/HTN/Thyroid dysfunction or any other major medical and surgical history.

Family history
Mother - DM

Personal history
Diet - Mixed
Appetite - Reduced
Bladder - Normal frequency
Bowel - 1 time a day not clear
Sleep - Disturbed

Menstrual history
Age of menarche - 14 years
35 days cycle / 2-3 days scanty bleeding without foul smell and clots absent.

Obstetrical history - P0 L0 A0 D0

Contraceptive - Natural method

General examination
Built - Moderate
Nourishment - Moderate
Pulse - 78 bpm
BP - 110/70 mmHg
Temperature - 98.4°F
Respiratory rate - 18 cycles/min
Height - 152 cm
Weight - 48kg
BMI - 19.4

Tongue - coated
Pallor - present
Icterus / Cyanosis / Clubbing / Edema / Lymphadenopathy - Absent

Systemic examination
CVS - S1 S2 Normal
CNS - Conscious, well oriented
RS - Normal vesicular breathing no added sounds
P/A - Soft, no tenderness and organomegaly absent

Ashta Vidha Pareeksha
Nadi - 78/min
Mutra - 4-5 times a day
Mala - once a day not clear
Jihwa - Lipta
Shabda - Prakruta
Sparsha - Prakruta
Druk - Prakruta
Aakruti - Madhyama

Dashavida Pareeksha
Prakruti - Vata-Pitta
Vikruti - Kapha
Sara - Madhyama
Samhanana - Madhyama
Pramana - Madhyama
Satmya - Madhyama
Satva - Madhyama

Intervention
1. Dipana Pachana - Tab. Chitrakadi Vati - 1 tab B/F twice a day and Tab. Arogyavardhini Vati 1 tab thrice a day A/F for 3 days with warm water
2. Arohana Snehapana - Guggulutiktaka Ghrita
3. Vamana with Madanaphala Churna and Yastimadhu Phanta
4.  **Sahacharadi Taila Matra Basti** 20ml night daily

5.  **Shamana Aushadhi**

   a)  **Sukumara Kashaya** 15 ml BD A/F with warm water

   b)  **Chandraprabha Vati** - 2 tab BD A/F with warm water

   c)  **Dhatri Loha** 1 tab BD B/F with warm water

   d)  Tab. **Rajani Yoga** 1 tab BD B/F with warm water

   e)  **Churna combination** - Avipattikara Churna, Haritaki, Yastimadhu, Musta, Gokshura, Ashoka, Punarnava, Tamra Bhasma ½ tsf twice a day with warm water B/F

   f)  Castor oil 1 tsf with warm milk night

**Lab Investigations**

<table>
<thead>
<tr>
<th>Date</th>
<th>Treatment</th>
<th>Medicine/procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>26/8/2022</td>
<td>Agnidipana and Amapachana</td>
<td>Tab. Chitrakadi Vati 1 tab B/F twice a day and Tab. Arogyaavardhini Vati 1 tab thrice a day A/F for 3 days with warm water.</td>
</tr>
<tr>
<td>29/8/2022</td>
<td>Snehapana</td>
<td>Guggululikataka Ghrita 30 ml - 1st day at 7:15am 60 ml - 2nd day at 7:30 am 90 ml - 3rd day at 7:20 am</td>
</tr>
<tr>
<td>1/9/2022</td>
<td>Vishrama Kala</td>
<td>Sarvanga Abhyanga with Murchita Tila Taila followed by Bhashpa Sweda Kapha Utkleshakara Ahara - Curd rice, Jilebi, Lassi and Dahivada</td>
</tr>
<tr>
<td>2/9/2022</td>
<td>Vamana Karma</td>
<td>Madanaphala Churna 10 gms Pippali - 2gms Saindava Lavana - 2gms Yastimadhu - 4 gms Churna are mixed with Ushna Jala administered at 8:00 am Number of Vegas - 6 Vegas Pathya - Ganji, Kichadi, Rice dal, Ushna Jala</td>
</tr>
</tbody>
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CASE REPORT

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Shodhana procedure - Vamana was adopted as it removes the accumulated Doshas and clears Abhishyandi from Srotas and helped for proper absorption of medicines.

Sukumara Kashaya having properties like Dipana, Tridoshahara, Anulomana and indicated in Yoniroga and Udavarta helped in the above case. Tab. Chandraprabha Vati indicated in Kapha Medovikara acts as Agnidipana, Tridoshahra, possess Lekhana property helped in dissolving the cysts.

Dhatri Loha was advised as haemoglobin level of the patient was below normal. Tab. Rajani Yoga was advised as Haridra is the major ingredient and it acts as potent RaktaShodhaka Dravya.

The drugs used in Churna combination possess Ruksha Guna, Tridoshahara, Vatanulomana, Agnidipana, Amapachana and Kapha Medohara properties.

Eranda Taila has properties of Ushna, Vata Anulomana helps in ovulation and acts as Avaranahara.

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