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# Correction of Anovulation one of the major cause of *Vandhyatva* - A Case Study

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## ABSTRACT

Anovulation is the failure to produce a mature ovum by ovary. Anovulatory factor is an important subset in infertility among women accounting about 40% of cases. In such patients ovulation induction is a rescuer. Infertility brings marital disharmony, social rejection which results in anxiety and disappointment. In Ayurveda, *Vandhyatva* is a *Vata Dosha Pradhana Vyadi* and Ovulation is under the control of *Vata* especially *Apana Vata*. Here *Phalaghrita* and *Pushpadhanwa Rasa* has been used to correct the anovulation. In this present article patient's anovulation treated successfully.

**Key words:** *Vandhyatva, Anovulation, Phalaghrita, Pushpadhanwa Rasa, Vata Dosha.*

## INTRODUCTION

Every human being has inherent, intense desire to continue his own race. To become a mother is one of the most cherished desires of every woman. Failure to achieve conception by a couple of mature age, having normal unprotected coitus during appropriate period of menstrual cycle regularly, at least for one year of their conjugal is termed as infertility.<sup>[1]</sup> As per Ayurveda, important factors for conception are considered as *Rtu* (fertile period), *Kshetra* (uterus and reproductive organs), *Ambu* (proper nutrient fluid) and *Beeja* (*Shukra Shonita*) and also normalcy of *Hrdaya* (psychology). Abnormality of properly functioning *Vayu* and *Shatbhavas*, any one of these

causes *Vandhyatva* (infertility).<sup>[2]</sup> Infertility is not an independent disease, rather a cardinal feature of so many diseases among which anovulation is found out to be a major cause. Clinically it has been observed that Ayurveda helps in treating anovulation which further causes infertility. Ayurvedic medications help by not only treating the symptoms but also by strengthening the reproductive system and improving the local cellular immunity. In this case study *Phalaghrita* and *Pushpadhanwarasa* has been used in *Yoni Rogas*<sup>[3],[4]</sup> and proved to be effective.

## CASE REPORT

A 25 years old female hindu patient, administrative assistant by occupation visited the OPD of Sri Kalabyraveshwara Ayurvedic Medical College and Research Centre, Department of Prasooti Tantra and Streeroga on 17<sup>th</sup> April 2018 with complaints of inability to conceive after 4 years of marriage with associated complaints of irregular menstruation with scanty bleeding with length of the cycle of 2 to 3 months. Detailed history revealed that she had irregular menstruation since menarche. Hence she was on allopathic oral medicine for getting periods. After one year of marriage patient consulted allopathic doctor, was prescribed some medication

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and some investigations but she was not satisfied, so she approached Sri Kalabyraveswara Ayurvedic Medical college Hospital and Research Centre for further management.

#### Past History

No H/o DM/HTN/Thyroid Dysfunction or any other major medical or surgical history.

#### Family History

No H/O same illness in any of family members.

#### Menstrual History

Age of Menarche: 15 years

2-3 days/ 2-3 months/ bleeding bright red in colour, scanty flow 1 pad/day, without foul smell, without clots/ no dysmenorrhoea.

Married Life: 4 years

**Obstetrical/history:** PO LO A0 DO

**Contraceptive:** Natural method

#### General examination

- Built: Moderate
- Nourishment: Moderate
- Pulse: 82 bpm
- BP: 120/80 mm of HG
- Temperature: 98.4 F
- Respiratory Rate: 18 cyc/min
- Height: 162 cm
- Weight: 55kg
- BMI: 20.9
- Tongue: uncoated
- Pallor/icterus/Cyanosis/Clubbing/Edema/Lympha denopathy: Absent

#### Systemic Examination

- CVS: S1 S2 normal
- CNS: Well oriented, conscious
- RS: normal vesicular breathing, no added sound
- P/A: Soft, tenderness absent, no organomegaly
- P/V findings:

Cervix: posterior in position, shape cylindrical, nulliparous, firm in consistency, normal in size, no growth noted

#### Ashta Vidha Pareeksha

- **Nadi** - 78/min
- **Mutra** - 2-3 times a day
- **Mala** - Once a day
- **Jihwa** - Alipta
- **Shabda** - Prakruta
- **Sparsha** - Prakruta (Anushnasheeta)
- **Druk** - Prakruta
- **Aakruti** - Madhyama

#### Dasha Vidha Pareeksha

- **Prakruti** - Vata-Pitta
- **Vikruti** - Madhyama
- **Sara** - Madhyama
- **Samhanana** - Madhyama
- **Pramana** - Madhyama
- **Satmya** - Madhyama
- **Satva** - Madhyama

#### Intervention

- Phalaghrita 2tsf BD with milk b/f
- Tab Pushpadhanwarasa 1 Tid with milk b/f

LAB INVESTIGATIONS

Follicular study before treatment

KANVA DIAGNOSTIC SERVICES PVT LTD.  
NO. 2/10, Dr. Rajkumar Road, 4th N Block, Rajaji Nagar, Bangalore - 560015

Patient Name	MRS DAKSHAYINI	Age	24 years
Patient I D	A36205	Sex	F
Ref By Doc	RAMESH	Visit Date	17-Apr-18

**FOLLICULAR STUDY (TAS)**

Bladder is distended and appears normal.

**Uterus** : 7.8 x 3.2 x 4.4cm  
Normal in size, anteverted and shows normal myometrial echoes. No focal lesion seen. Endometrial thickness is 8.2 mm.

**Ovaries** : Both ovaries are normal in size and shows multiple small predominantly peripherally distributed follicles. No adnexal mass seen.  
Right ovary : 4.0 x 2.2 cm  
Left ovary : 3.0 x 2.0 cm

POD : No free fluid seen.

LMP: 30/03/2018

DAY	DATE	ROF	LOF	ET	Free fluid
Free		mm	mm	mm	fluid
19 <sup>th</sup>	17/04	No DF	No DF	8.2	---
20 <sup>th</sup>	24/4	No DF	No DF	9.1	---

Follicular scan after treatment

FOLLOW UP STUDIES					REMARKS
DATE	DAY	RIGHT OVARY FOLLICLE	LEFT OVARY FOLLICLE	ENDOMETRIAL THICKNESS	
27/05	17 <sup>th</sup>	2.1 x 1.2cm 1.1 x 0.6cm	2.2 x 1.5cm	4.8mm	Free fluid in POD
29/05	19 <sup>th</sup>	2.1 x 1.3cm 1.1 x 0.7cm	2.4 x 1.9cm	7.3mm	
31/05	21 <sup>st</sup>	Ruptured 1.2 x 0.7cm	Ruptured	8.8mm	

OBSERVATIONS AND RESULTS

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

Date	Complaints / Observations
17-04-18	C/o irregular menstruation Menses only after tablet Sleeplessness Body pains Follicular study showed no dominant follicle
17-5-18	Got menstruation after 2 months without modern tablet Body Pains reduced Sleep good Follicular study showed ruptured follicle
18-07-18	Regular menstruation

DISCUSSION

Vandhyatva is a Vata dominated Sannipataja Vyadhi. Ghrita is Tridoshaghna due its properties and Milk is also Vata Pitta Shamaka, Jivaniya and Rasayana. So Phalaghrita<sup>[3]</sup> has the properties of Ghrita, milk and other ingredients. Phalaghrita contains mainly Tikta, Madhura and Katu Rasa, Laghu Snighda Guna, both Katu and Madhur Vipaka and also Ushna Sheeta Virya. It also has Dipana, Pachana, Lekhana, Anulomana, Shothahara, Krimighna, Balya, Prajasthapana, and Yoni Pradoshanashaka actions. Hence this drug was selected for oral administration in this study.

Pushpadhanwarasa<sup>[4]</sup> 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 Infertility, PCOS, reproductive system related problems. It also helps in Ovulation by balancing

hormones in body. So its ingredients improves fertility and enhances the longevity.

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