



**AN AYURVEDIC MANAGEMENT OF *VANDHYATVA* W.S.R. TO  
SECONDARY INFERTILITY ASSOCIATED WITH BAD OBSTETRIC  
HISTORY: A CASE STUDY**

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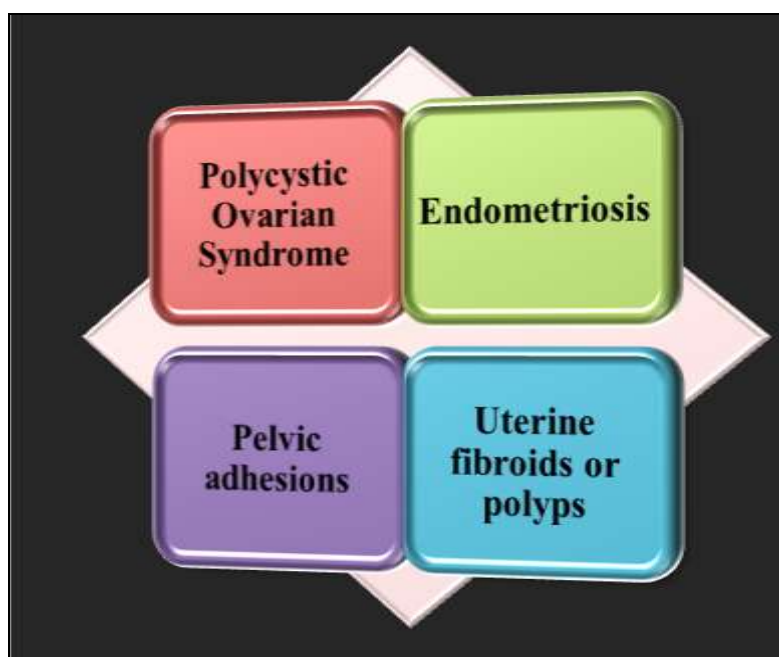
**Abstract**

The medical system of ancient India developed through the evolution of *Vedic* period and many evidences found in classical Indian texts regarding the basic concepts and theories of Ayurveda. The Ayurveda mainly focuses towards the restoration of health and Ayurveda gives prime importance to the reproductive health of female. The healthy women not only represent healthy society but also contribute towards the health of whole nation. There are many health related abnormalities associated with women who not only affects physical health of female but also causes psychological burden, infertility is one of them which means failure to conceive and give child birth. Ayurveda described term *Vandhytva* for infertility and current modern lifestyle can be considered responsible for high number of infertility cases. However Ayurveda offers many therapeutic approaches for the management of such cases, in this regards present case study reported a successful treatment of secondary infertility using Ayurveda therapies.

**Key-Words:** *Ayurveda, Infertility, Vandhytva, Obstetric History*

## INTRODUCTION

The term *Vandhyatva* described in Ayurveda texts as failure to acquire successful pregnancy which described as infertility in modern texts. It is considered as *Yoni Vyapad* as per *Sushruta Samhita* while *Charaka* emphasizes *Vandhya* as consequences of abnormality in *Bijamsa. Ritu, Kshetra, Ambu* and *Beeja* are major elements involved in the process of conception followed by healthy progeny. Therefore any abnormalities or avoidance of these factors can leads condition of infertility. Moreover the current system of living regimen imparting physical as well as mental stress which further affects capacity to conceive. As per Ayurveda *Vikriti* in *Grabhakara Sadbhavas*, abnormalities in *Artavahasrotas, Abhighata, Dustaartava* and diseases like PCOS, etc. can also trigger pathogenesis of infertility. The causes of secondary infertility as per modern science depicted in **Figure 1**.



**Figure 1: Causes of Secondary Infertility as per Modern Science**

Medical science classified infertility as primary & secondary, primary infertility means not become pregnant even after one year sexual intercourse without birth control methods. Secondary infertility witnessed successful history of previous pregnancy but failure to conceive that after. Ayurveda define term *Vandhyatva* as condition involving inability to give child birth. *Acharya Charaka* described term *Sapraja* for secondary infertility while *Acharya Harita* considered it as *Kakavandhya*. Irregular menstrual cycle,

*Abijotsarga* (anovulation), imbalances of *Doshas* in *Rutuchakra* and pelvic inflammatory disease, tubal blockage etc. can leads to secondary infertility. Ayurveda described many options for the management of *Vandhyatva* and this article presented a successful report of treating case of secondary infertility with bad obstetric history using Ayurveda therapy.

#### **AIM & OBJECTIVES:**

1. To establish Ayurveda therapy as effective approach for the management of secondary infertility.
2. To rationalize effects of therapy by correlating probable mode of action of prescribed drugs *in Vandhyatva*.

#### **Materials and Methods:**

Reported case of secondary infertility with bad obstetric history was treated successfully by prescribing following Ayurveda drugs:

- *Shatavari*
- *Yastimadhu*
- *Brahmi*
- *Guduchi*
- *Phalaghrita*

#### **CASE REPORT**

The present case study reported treatment of *Vandhyatva* in a female patient age 31 year with bad obstetric history came to hospital with complain of inability to conceive since last one year after an abortion & also complain about symptoms of hypomenorrhoea.

#### **History**

Patient married 11 years before and after 06 years of marriage with laproscopic investigations and treatment patient conceived successfully. Patient undergone a premature delivery and had given birth to a female baby with congenital abnormality (esophagal atresia) at 8 month and died after 06 days. Another missed abortion was

reported at 03 month underwent for D&C and thereafter she became unable to conceive for subsequent pregnancy.

The personal details and clinical observations reported in Table 1 & Table 2 respectively.

**Table 1: Personal details of patient:**

Occupation	House wife
Diet	Vegetarian
Sleep	Good
Bowel habit	Constipated
Addiction	Nil
<i>Prakruti</i>	<i>Vatakapha</i>

**Table 2: Clinical examination as per Ayurveda parameters:**

<i>Nadi</i>	<i>Pitta -Vata</i>
<i>Mutra</i>	<i>Prakrutha</i>
<i>Mala</i>	<i>Prakrutha</i>
<i>Jihva</i>	<i>Anushna Sheeta</i>
<i>Shabda</i>	<i>Prakrutha</i>
<i>Sparsha</i>	<i>Anushna Sheeta</i>
<i>Druk</i>	<i>Avishesha</i>
<i>Aakruthi</i>	<i>Madhyama</i>

## TREATMENT PLAN

### Treatment Protocol before Pregnancy

On the basis of clinical observation following drugs were prescribed for 6 months:

- Combination of below drugs with *Sahapana* of milk before meal BD
  - *Shatavari* 1 gm
  - *Yastimadhu* 1 gm
  - *Brahmi* 1 gm
  - *Guduchi* 1 gm
- *Phalaghrita* 5 ml with milk BD empty stomach
- Intra uterine *Uttarbasti* was given for 6 days with *Phalaghrita* after stoppage of menstruation for one cycle.

### Treatment Protocol during Pregnancy

Same combination of drugs and *Phalaghrita* along with *Punarnava madura* 2 tablets BD was given throughout pregnancy. Patient received only Ayurveda medicine throughout the period of nine month.

**Follow up:** 270 days (nine month)

### Counseling:

- ❖ Patient was advised to remain away from stress.
- ❖ It was suggested not to perform heavy physical work
- ❖ Strictly informed not to lift weight
- ❖ Diet suitable for pregnant lady advised and it was suggested not to take junk foods
- ❖ Patient was advised not to involve in sexual conduct
- ❖ It was recommended to follow treatment plan and obeying good conduct of *Ahara-Vihara*.

### Observation & Results:

Hypo-menorrhoea was improved after prescribed treatment. Patient conceived soon after *Uttarbasti* in the next cycle. Cardiac activity was also noted timely. Congenital

abnormality was not observed in booking scan; fetal growth was also observed normal. The pregnancy period not observed any pathological consequences and patient delivered a full term healthy male baby (weight 3.75 kg) by LSCS.

## DISCUSSION

Considering clinical features it was assumed that there was involvement of *Vata and Artava Dushti* in the pathogenesis of secondary infertility along with bad obstetric history. Therefore treatment was planned to relieve *Apana Vata* vitiation and removing obstruction of genital organs. The given therapy possesses *Madhura-Tikta Rasa, Ushna veerya, Madhura Vipaka & Vata Shamaka* actions thus help in *Samprapthi Vighatana* of *Vandhyatva*. The prescribed Ayurveda drugs offer *Artava janana karma* and also help on clearing *Avarana* due to their *Lekhana* properties thus reduces *Kleda & Kapha* aggravation. The *Ushna veerya* and *Agneyatva* of drugs clear *Sroto Avarodha* and boost circulation in *Yoni* and *Garbhashaya* thus clears obstruction of genital organs. *Artava-janana, Deepana* and *Pachana* action of drug helps to normalizes hormonal regulations thus contributed towards conception and healthy progeny. *Deepana* and *Pachana* action boost *Jataragni* and *Dhatvagni* thus empowered *Dhathus*.

The *Tiktha rasa, Ushna veerya & Agneya guna* of drugs eliminates toxins and improves metabolic regulations therefore channelizes hormonal and nutritional supply and restore health so that pregnancy period not observed any complications. The *Vata – Kapha Shamaka* action helps to suppress pathological factors responsible for infertility.

*Uttara basti's* provides nourishment to fetus and optimizes uterus for proper fetus development. *Basti* regulates functioning of pelvic organs, maintain follicular growth and regulates circulatory process require for fetus development. *Phalaghrita* provides tone to uterus and nourishes endometrium and regularizes anabolic action. The prescribed drugs act like uterine tonic and *Bija-dharakayoga* effects of medicines boosts reproductive functions and cure obstetric abnormalities therefore helped in the management of case of secondary infertility.

## CONCLUSION:

Patients had conceived within the period and no significant complication was observed during the treatment period. All the *Dravyas* prescribed here helped to clear *Aavarana*,

offers *Srothoshodhana* & *Vatha-Kapha Shamaka* actions therefore contributed towards the healthy pregnancy.

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