



## "ROLE OF *SHODHANA*, *SHAMANA* & *RASAYANA* IN THE MANAGEMENT OF *VYANDHATVA CHIKITSA* W.S.R. TO *MANASA BHAVA*"

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### Abstract :

*Ayurveda* is an ancient Indian medical science. *Ayurveda* divided into eight branches<sup>1</sup>. In which *Streeroga* and *Prasnrititantra* comes under the branch of *Kaumarbhritya*. *Streeroga* deals with identification, diagnosis, pathology & treatment of various diseases related to women. *Garbha* is important aspect in women's life. Infertility has been one of the unsolved major complaints of womanhood. Infertility affects around 1 in 7 couples of reproductive age, often causing psychological distress. Infertility is defined as inability to conceive even after one year under normal marital relation without conception<sup>2</sup>. In *Ayurveda*, this condition is considered as *Vandhyatva*. According to *Ayurveda* important factors for conception are considered as *Ritu*, *Kshetra*, *ambu* and *bija*<sup>3</sup>. Abnormality of properly functioning *Vayu* and *Shatabhavas* any of these responsible for developing *Vandhyatva*. It is treated with *Shodhana*, *Shamana*, *Rasayana Chikitsa* and with proper implementation of *Dinacharya*. *Shodhana* is very important in *Vyandhatva*. *Shodhana* helps to remove *Avarodha* of vitiated *Vayu* and provides area for *Garbha Utpatti*. *Rasayana* helps to reduce *Manasa Bhava* which are important causative factor for the development of *Vyandhatva* now a day's.

**Keywords :** *Shodhana, Shamana, Rasayana, Vyandhavta, Manasa bhava.*

## **Introduction :**

Fertility is highly valued in the most cultures and the wish for a child is one of the most basic of all human motivation. Knowing the root cause of an infertility diagnosis can reduce the burden for patients. According to *Ayurveda* important factors for conception are considered as *Ritu, Kshetra, ambu* and *bija*<sup>3</sup>. Also *Hridaya* ( Psychological entities, Proper functioning of *Vata & Shatabhavas*<sup>4</sup> ( *Matru, Pitru, Aatma, Satva, Satmya & Rasa* ).

*Acharya Charaka* stated that one who conceive *Garbha* is *Stree* and other all remaining *Stree*'s are *Vandhya*<sup>5</sup>. While *Sushruta* said ; *Stree* having no *artavapravrutti* is known as '*Vandhya*<sup>6</sup>'. The *hetus* of *Vandhyatva* are *Janmottarvikruti*, *dushti* in *ambu- bija- Kshetra- Vayu*, also due to *sankocha* in *Garbhashaya*, *Artavavahi Dhamani avarodha*, Stress, *Yonivyapada, Rajodushti*, Various *Yonirogas* etc. *Sushruta* explained *Artavavah strotas Viddhya lakshana* is *Vandhyatva*<sup>7</sup>. In *Ayurveda Harita Samhita* explained six types of *Vandhyatva*<sup>8</sup>. Now a day's it becomes very common disease among woman's and also in men's due to improper Lifestyle.

Therefore first treatment for that is *Shuddhi* of *Deha* and it is done by *Shodhana Chikitsa. Vamana, Basti, Uttara basti, Shirodhara* are very useful in the management of *Vyandhatva*. Also now a day's there is important causative factor responsible for *Vyandhatva* is *Manasa Hetu*. In *Ayurveda* best cognitive therapy is *Rasayana ( Medhya Rasayana )* which are helps to reduce *Manasa Hetu*.

## **Aim :**

Role of *Shodhana, Shamana, Rasayana* in the management of *Vyandhatva Chikitsa* w.s.r. to *Manasa Bhava*.

## **Objectives :**

- A. To study the effect of *Shodhana* in the management of *Vyandhatva Chikitsa* w.s.r. to *Manasa Bhava*.
- B. To study the effect of *Shamana* in the management of *Vyandhatva Chikitsa* w.s.r. to *Manasa Bhava*.
- C. To study the effect of *Rasayana* in the management of *Vyandhatva Chikitsa* w.s.r. to *Manasa Bhava*.

## **Material and Method :**

### **Case report :**

A 23 year old female patient came hospital complaining of ; Irregular menses since 4-5 years, Dysmenorrhoea, Backache, Unable to conceive *Garbha*. Patients *Nidana* was done initially along with *Nidana panchaka*, *Ashtavidha* and *Dashavidha parikshas*.

**On examination :****Hetu ( Causative factors ) :**

A ) *Aaharaj hetu* : Milk, pickel, ice-creams, chips, kurkure, oily foods, *dadhi*, papad, soft drinks, etc.

B) *Viharaj hetu* : *Divaswap*, *Avyayama*, *Vega dharana*, *Ratri jagarana*.

C) *Manas hetu* : Stress, Job work stress, Early marriage causing depression, *Ati-chinta*, *Shoka*, *Bhaya*, *Krodha*.

**General examination :**

*Nadi* – 84/min

*Shabda - Spashta*

*Mala – Mala baddhata Sparsha - Anushna*

JETIR

*Mutra – Samyaka*

*Druka - Prakrut*

*Jivha – Alpa saam*

*Aakruti – Krusha*

PR = 84/min

BP = 110 / 70 mm hg

RS = clear, AE = BE

CVS = S1, S2 N

CNS = Conscious, Oriented.

P/A = Soft, no tenderness

Pallor = Present

**Marital history** : 5 years

**Personal history :**

*Dinacharya* : Wake up at round 6-7 'O' clock am but no regular exercise, *Ruksha*, *Ushna*, *Tikshna Aahara sevan*, spicy green vegetables, fast food *Ati sevan*, *Divaswap*, *Ati chinta*, *Krodha* etc.

Patient was all right before 4 years, patient taken allopathic treatment for the symptoms, but patient had no relief and she is diagnosed as PCOD.

**Past history :**

H/O – PCOD since 4 years.

No any H/O trauma, any major illness.

**Role of Manasa Bhava in Vyandhatva :**

*Acharya Charaka* emphasized that ; *Garbhadharana agreya Soumanasyam*<sup>9</sup>. As *Mana* and *Nadi sansthana* both are considered as *Sthana* of *Manasa*. *Satva* as one among *Shada bhavas* are quoted under factors for *Garbhadharana*<sup>4</sup>. Where *Satva* is considered as erotic factor for sex stimulants. *Harsha*, *Tarshat* etc all mental factors are also considered as factors for a healthy sexual relation<sup>10</sup>.

According to *Acharya Charaka* ; significantly explained that any disturbance of *Mana*, *Matru pitru satva*, *Vata dosha* as important *nidana* for *Vyandhatva*<sup>11,12</sup>. *Manasa bhava / nidanas* like *Shoka*, *bhaya*, *ati-chinta*, *krodha* leads to impairment in *Hridaya* & normal functioning of *Nadisansthana*. Which further develops *dosha* vitiation, causes effects on *Prana*, *Apana vayu*, *Sadhaka Pitta* & *Tarpaka Kapha*. Which results in problem in *Shukra* & *Artava pravrutti*.

According to modern science ; Emotional stress that interfered with disturbances in catecholamine & endorphin-affects gonadotropin release and subsequently results in an-ovulation. It reduces egg quality, delay the release of eggs & inhibit implantation of a fertilized egg, all of which make the chances of less conception.

**Management :****A. Pachana Chikitsa :**

<i>Kalpa</i>	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>
<i>Aampachaka vati</i> <sup>13</sup>	250 mg	<i>Poorvabhakta</i> ( 2 times before meal )	<i>Koshna jala</i>

**B. Shodhana Chikitsa :**

	<i>Dravya</i>	<i>Duration</i>	<i>Period of therapy</i>
<i>Snehapana</i>	<i>Phala ghrita</i> <sup>14</sup>	30ml, 60ml, 90ml, 120ml, 150ml	3 days or up to <i>Sneha siddhi</i> <i>lakshana</i> <sup>15</sup>
<i>Sarvang snehana</i>	<i>Abhyanga taila</i>	20 minutes	3 days
<i>Sarvang Swedana</i>	<i>Dashmoola +</i> <i>Nirgundi</i>	15 minutes	3 days
<i>Vamana</i> <sup>16</sup>	<i>Madanphala, vacha,</i> <i>pippali</i>	Up to <i>samyaka</i> <i>siddhi lakshanas</i>	1 day
<i>Uttara basti</i> <sup>17</sup>	<i>Tila taila</i>		7 days
<i>Shirodhara</i> <sup>18</sup>	<i>Jatamansi siddha</i> <i>taila</i>	48 minutes	7 days

**C. Shamana Chikitsa :**

	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>
<i>Chandraprabha</i> <i>vati</i> <sup>19</sup>	250 mg	<i>Poorva bhakta</i> ( 2 times a day before meal )	<i>Koshna jala</i>
<i>Vasant kusumakar</i> <i>rasa</i> <sup>20</sup>	250 mg	<i>Adhobhakta</i> ( 2 times a day after meal )	<i>Koshna jala</i>

**D. Rasayana Chikitsa :**

	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>
<b><i>Brahmi + Yashtimadhu Churna<sup>21</sup></i></b>	2 – 4 gm	<i>Adhobhakta</i> ( 2 times a day after meal )	<i>Godugdha</i>

After *Snehapana* , *Vamana* , *Uttarbasti* and *Shirodhara* patient having regular menses, mild dysmenorrhoea and backache. Along with treatment proper *Dinacharya* and *Pathya-apathya* had been followed by patient. In *Aahara ghrita*, *taila pana*, *godhum*, *shashtika shali*, *mudga*, *mulaka*, *draksha*, carrot, *takra pan*, green vegetables are given. In *vihara vyayama*, no *divaswap* is advised. Also some *apathyas* was advised that avoid pickles, ice cream, chips, kurkure, papad, *dadhi* etc.

**Observations :**

Effect of the treatment on *Vandhyatva*.

	Symptoms	Before treatment	After treatment
VAS Scale	Dysmenorrhoea	10	5
	Backache	8	5
Irregular menses		Irregular	Regular

Gradation of Symptoms :

1 - 3 = Mild ; 4 - 6 = Moderate ; 7 - 10 = Severe

**Result :**

Patient having complaints of Irregular menses since from 4-5 years, Dysmenorrhoea, Backache, Unable to conceive *Garbha* before the treatment. Patient having stress, there is involvement of some *manasika hetus*. After the treatment of *Snehapana* with *Phalaghrita*, *Vamana karma*, *Uttarbasti*, and for *Manasika Nidana* *Shirodhara* and *Rasayana* (*Brahmi+ Yashtimadhu Churna* ) was given, which reduced Dysmenorrhoea, Backache, with regular menses.

**Discussion :**

In this study, observations were done before and after treatment based on symptoms and after *Shodhana*, *Shamana*, *Rasayana Chikitsa*. *Vandhyatva* is mainly causes due to *Avarodha* of *vata* and *kapha dosha*. *Snehapana* of *Phala ghrta* was given for 3 days up to *Sneha siddhi lakshanas* seen. *Snehana* and *Swedana* was also given for 3 days before the *Vamana karma*. It helps to clear the *avarodha* of *Kapha & Vata dosha*. *Shirodhara* and *Rasayana* was helpful for decreasing the Stress and *Manasika Nidanas*. It improves mental performance and functions of central nervous system. In today's era, *Manasika Nidanas / Bhavas* are very important for developing the diseases.

**Conclusion :**

In this case all symptoms like irregular menses, backache, dysmenorrhoea are markedly diminished in 3 months study and patient was successfully conceived. In conclusion *Snehapana*, *Vamana*, *Uttarabasti*, *Shirodhara* and *Shamana & Rasayana chikitsa* are significantly effective in *Vandhyatva*, followed by proper *Dinacharya*, *pathya-apathya*.

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