



“AYURVEDIC MANAGEMENT OF INFERTILITY (ENDOMETRIAL POLYP): A CASE REPORT”

¹Dr Vaishali R Parmar, ²Dr S B Donga

¹2nd year M.S. Scholar, ²Professor, Department of Prasuti tantra and Streeroga, ITRA, Jamnagar,
Gujarat, India

ABSTRACT: Background: Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. In Ayurveda infertility is termed as ‘*Vandhyatwa*’. The factor for a healthy conception, pregnancy and delivery is mentioned as “*Garbha sambhava samagri*” (factors essential for conception). Acharya Sushruta explained it as *Rutu* (Ovulation), *Kshetra* (Healthy uterus and associated structures), *Ambu* (Proper nourishment), *Beeja* (Healthy sperm & ovum). Out of them *Shudhdha Kshetra* is utmost important for healthy conception, if there may be any kind of pathology is pertaining, either anatomically or functionally will hinder *Garbhdharana*. Polyp is one of the Endometrial polyp is growths attached to the inner wall of the uterus that extend into the uterine cavity. It is soft, fleshy intrauterine growths that are composed of endometrial glands, fibrous stroma, and surface epithelium. The incidence of this disease in primary infertility is 3.8%-38.5%, and 1.8-17% in secondary infertility. In Ayurveda polyp can be correlated as *Yoni Arsa*. & Acharya Sushruta has mentioned that it will lead to *Yoni & Artav Nash* so Endometrial polyps can cause infertility by mechanical obstruction or the physical surface area of the polyp could also prevent implantation of the embryo into the endometrium. Polyps may create an inflammatory endometrial response similar to an intrauterine device disturbing implantation of the embryo, So endometrial polyp must be intervened for attaining fertility. **Materials and Methods:** A 26 years old female patient came to the PTSR OPD, ITRA, Jamnagar with the complaints of failure to conceive since 2 years. The patient was intervened for four months with *Shodhan (Virechana, Basti) and Shaman Chikitsa along with Uttar Basti*. **Result:** After treatment USG was done and there was no polyp found and she conceived naturally and delivered full term healthy male baby of 3.5 kg by LSCS.

Key Word: Infertility, Endometrial polyp, *Uttar Basti*

INTRODUCTION: Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. In Ayurveda infertility is termed as ‘*Vandhyatwa*’. The factor for a healthy conception, pregnancy and delivery is mentioned as “*Garbha sambhava samagri*” (factors essential for conception). Acharya Sushruta explained it as *Rutu* (Ovulation), *Khetra* (Healthy uterus and associated structures), *Ambu* (Proper nourishment), *Beeja* (Healthy sperm & ovum). Out of them *Shudhdha Kshetra* is utmost important for healthy conception, if there may be any kind of pathology is pertaining, either anatomically or functionally will hinder the *Garbhdharana*. Polyp is one of the Endometrial polyp is growths attached to the inner wall of the uterus that extend into the uterine cavity. Overgrowth of cells in the lining of the uterus (endometrium) leads to the formation of uterine polyps, It is soft, fleshy intrauterine growths that are composed of endometrial glands, fibrous stroma, and surface epithelium. The incidence of this disease in primary infertility is 3.8%-38.5%, and 1.8-17% in secondary infertility. It has a combined infertility incidence of 1.9-24%. In Ayurveda polyp can be correlated as *Yoni Arsa*. & Acharya Sushruta has mentioned that it will lead to

Yoni&Artavnash, so Endometrial polyps can cause infertility by mechanical obstruction or the physical surface area of the polyp could also prevent implantation of the embryo into the endometrium. Polyps may create an inflammatory endometrial response similar to an intrauterine device disturbing implantation of the embryo, So endometrial polyp must be intervened for attaining fertility.

1. CASE REPORT:

A married female patient of 26 years old came to OPD of ITRA PTSR in Nov 2021 with chief complaints of failure to conceive since 2 years, and the complete investigation which was done earlier revealed endometrial polyp on USG. There is no h/o DM, Hypertension, Thyroid, disorder, TB. Her menstrual cycle was regular with a duration of 5 days and an interval of 28-30 days with normal flow. Her family history does not elicit any abnormality did not get a significant result, later advised for polypectomy and she was reluctant for that, thus she came for Ayurvedic management.

HISTORY OF PRESENT COMPLAINTS

Failure to conceive since 02 years

Personal History

Diet: vegetarian
 Appetite: Moderate
 Bowel: normal
 Micturition: Normal (5-6 time/ day)
 Sleep: Normal
 Addiction: Nil

Menstrual History:

menarche at 13 years
 LMP: 04/07/2021
 M/H: Regular, 3-4Days/28-30days, normal flow, 2-3 pads per day, no pain, no clots

Obstetrics history: Nill

Contraceptive History: Nil

Past Medical History: Nil Past

Surgical History: Nil

Allergy history: Nil,

Family History: Not significant

O/E

Examinations:

Table 1: Physical examination

G.C	Fair
Built	Moderate
Weight	55 Kg
Height	155cm
BMI	19.2
BP	110/70 mm Hg
Pulse rate	78 bpm
RR	17/Min

Table 2: Systemic examinations

Respiratory system Inspection:	B/L symmetrical chest, vesicular breath
Central Nervous System:	The patient was conscious and well oriented
Cardiovascular system Auscultation:	S1S2 heard, no added murmurs

Gynecological examination :

PER SPECULUM:

Cervix healthy, no discharge

PER VAGINAL:

Uterus: retroverted with normal size
 Cervix: firm, non tender , healthy
 Bilateral fornices were clear, no adenexal mass, nontender.

Table 3: Rogi Roga Pariksha

ASHTA VIDHA PARIKSHA	DASHVIDHA PAREEKSHA-
<i>Nadi – sama, prakrut</i> <i>Mootra - prakruta</i> <i>Mala - nirama</i> <i>Jihva – nirama</i> <i>Sabda- prakruta</i> <i>Drik- prakruta</i> <i>Sparsh- prakruta, anushna</i> <i>Akriti- madhyam</i>	<i>Prakruti-vata kapha</i> <i>Vikruti-pitta, kapha</i> <i>Sara- twakasara, raktasara</i> <i>Samhanan- madhyama</i> <i>Deha pramana- madhyama</i> <i>Satmya- sarva ras satmya</i> <i>Satva- Madhyama</i> <i>Aahara shakti- abhyavarana- madhyama;</i> <i>jarana shakti-avara</i> <i>Vyayamashakti- madhyama</i> <i>Vaya-madhyamavastha</i>

LAB INVESTIGATIONS:

Hb: 12 gm
 BT- 1min 35 sec
 CT- 2min 30 sec
 FBS :-70 mg/dl
 Urine routine and micro- normal study
 Serology- negative
USG PELVIS (TVS)

Uterus is normal in size & echo pattern
 Endometrial thickness 7.2mm
 Endometrial polyp of 13*6mm
 Left ovary bulky
 Right ovary bulky

HSG EXAMINATION

Both fallopian tube seen upto fimbrial end and show free spillage on both sides, hence B/L patent tubes.

Husband factor- Semen Analysis -2021

Liquifaction within 20 minute
 Fructose – present
 Reaction – Alkaline
 Total sperm count- 60 mill/ml
 Motility- Act. Motile 70 %
 Slg. Motile 10%
 Non motile 20%
 Abnormal forms- 01%
 Pus cells -absent

Intervention:

Date	Treatment	Duration	Drug
1 st menstrual cycle (Dec2022)	<i>Virechana</i>		<i>Trivrita Avaleha</i>
2 nd (feb 2022)	<i>Dashmoolaadi</i> <i>Yogabasti</i> <i>Same cycle</i> <i>IUUB</i>	8days (Iuub for 6 days)	<i>Kaseesadi taila(3ml) +</i> <i>Dashmool tail(2ml)</i> <i>Kanchnar guggulu 2 bid</i> <i>aftermeal along with</i> <i>lukewarm water</i>
3 rd (mar 2022)	<i>IUUB</i>	6 days	<i>Kaseesadi taila(3ml) +</i> <i>Dashmool tail(2ml)</i> <i>Kanchnar guggulu</i>
4 th (april 2022)	<i>IUUB</i>	6days	<i>Kaseesadi taila(3ml) +</i> <i>Dashmool tail(2ml)</i> <i>Kanchnar guggulu</i>
5 th (may 2022)			<i>Garbhsthapak aushadha like</i> <i>Bala churna 1gm</i> <i>shatavari churna 1gm</i> <i>Guduchichurna 1gm</i> <i>Brahmi churna</i> <i>1gm(combined 4 gms along</i> <i>with milk before meal)</i>

- Written inform consent of the patient was taken before starting the treatment protocol.

Pathya – Apathya:

<i>Pathya</i>	<i>Apathya</i>
<ul style="list-style-type: none"> • <i>Rajaswala paricharya</i> • <i>godhum,shali,mudga,tila,amala,</i> • <i>dadim,shigru,go dugdha ,ghrita</i> • Timely meal • Green leafy vegetables (boiled) • Yoga and pranayama 	<ul style="list-style-type: none"> • Spicy, oily over eating fried food bakery items fermented items carbonated drinks milk dairy products curd, buttermilk. • Use of junk foods like panipuri,pizza • Use of refrigerated water,ice cream,cold drinks • Mental stress, worries, over anxious • <i>Diwasvapna</i> • <i>Ratrijagaran</i>

RESULT:

AFTER TREATMENT(12th day)
 USG PELVIS (TVS)
 Uterus is normal in size & echopattern
 Enometrial thickness: 8.8mm
 BL ovaries well seen
 Rt 15* mm follicle seen
 Lt normal
 No polyp

29/06 /22

6 wks single IU pregnancy

After treatment USG was done and there was no polyp found and she conceived naturally and delivered full term healthy male baby of 3.5 kg by LSCS.

DISCUSSION:

Endometrial polyp is considered as *Pitta Kapha pra- dhana Tridosha vyadhi* which affects the *Rakta, Mamsa* and *Meda*. Maharshi Charaka has mentioned four types of treatment for Arsha i.e *Bhaisa, Shastra, Kshar, Agni*. And main aim was to treat polyp and to achieve healthy conception. Probable Mode of Action of Therapies:

1. **Virechana:** *Doshas* eliminated through *Samshodhana Chikitsa* are eradicated entirely (*Apunarbhava*). *Virechana* also has *Raktaprasadana Karma*. It normalizes the uterine & ovarian functions by its purifying action (Bio cleansing property).

2. **Uttar Basti:** *Effect of Kaseesadi tail*

Since a clear cut description about pharmaco- dynamic action of *Kaseesaditaila* is not available in the classics, but an attempt is made for the same on the basis of symptomatological relief obtained from clinical trials. *Kaseesaditaila* is mentioned in *Bhaiṣajyaratnavali* for the management of *Arsha* as *Arshashatan yoga*, and wrote that it destroys the *Arsha* as a *Kshara* but not affect the normal structure of *Guda*. Probably, there may be reduction in size polyp by the local application of *Kaseesaditaila* due to its corrosive effect on the wall of affected part by acidic nature (ph – 3.7) as well as *Lekhana* property of contents of *Kaseesaditaila*. *Ushna, Tikshana, and Snigdha* guna of *Kaseesaditaila* along with *Dashmooltail* may correct the *Vatadusti* and regulate the function of *Apanavayu* and it posses anti-inflammatory action which breaks *Samprapti* and cure the disease *Arsha* (polyp).

3. **Basti :** *Basti* treatment is considered to be prime treatment modality among the *Panchakarma*. Acharya Charaka has considered it as half of the treatment regimen of all the disease. Among *Tridosha*, *Vata* is the dominating physiological entity because all *Dhatus & Doshas* become functionless without *Vata*. It not only cures *Vatika* disorders but also treat *Kapha* and *Pitta* disorders and associated *Doshas*.

4. **Kanchnar guggulu:** It is a classical Ayurvedic formulation, *Kapha Pitta Samana*, having *Chedana, Lekhana, Deepana, Pachana* gunas and *Vrana sodhana ropana karma* also used for *Kapha* accumulations in the tissues results in swollen lymph nodes, cysts or growths. *Guggulu* breaks down and eliminates *Kaphamedas*, thus preventing further *Kapha meda* accumulation, promotes the elimination of inflammatory toxins, anti-inflammatory and is administered in uterine fibroid, fibroadenoma, fibrocystic disease, *Kanchanara* is very useful in extra growth or tumours and helps in reducing bleeding by its *Lekhana Chedana* gunas.

5. **Garbhsthapak Aushadh:** It was given to enhances fertility .all these drugs are having *Vatapittashamak* qualities, *Prajasthapan , Sothhara* and *Apatykara* . It also has regeneration capacity due to proper nutrition.

CONCLUSION: Thus satisfactory results can be achieved from Ayurvedic intervention & not only removal of polyp will be achieved but it will aid impact on *Garbhshaya* for healthy conception and patient is saved from *unnecessary Aghata* (injury) by surgery .Therefore *Virechana* & intra uterine *Uttar Basti* are effective and can be used wisely according to patient's profile.

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