



# AN SYSTEMIC REVIEW ON AYURVEDIC MANAGEMENT OF FEMALE INFERTILITY WITH DIFFERENT TREATMENT MODILITIES

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## ABSTRACT

Female infertility is a major illness that affects humans since it prevents conception and reproduction. Other factors that contribute to female infertility include a stressful atmosphere, high radiation levels, a lack of biological food, inherited disorders, changing lifestyles, and rising electric discharge. Childlessness and infertility are major sources of human sorrow and anxiety. The majority of this suffering is kept hidden from the general public's view. 90% of couples battle with infertility, which means that 30% of the issues are male- or female-specific, another 30% are the fault of both spouses, and the other 30% are a combination of both.

**KEYWORDS-** Female Infertility, Yoga, Ayurveda etc.

## INTRODUCTION

One of the health difficulties that modern married couples encounter most commonly is infertility. The failure to become pregnant after a year of regular, consistent sexual activity is known as infertility. It occurs in 10% to 15% of marriages.<sup>1</sup> The most current figures show that 40% to 55% of cases of infertility are caused by issues with females, while 30% to 40% are caused by issues with males. 10% of them are yet unidentified. According to a detailed examination of the matter, ovulatory variables contribute to between 30 and 40% of female infertility cases.<sup>2</sup> Polycystic ovarian syndrome (PCOS) is one of the primary anovulatory reasons of infertility. Ovarian anovulation, increased androgen levels, and the development of many ovarian cysts on USG images are all indicators of PCOS.<sup>3</sup>

## DEFINITION OF VANDHATVA

Infertility is the inability to carry a pregnancy despite engaging in a large quantity of sexual activity and without the aid of contraception. Even though they may refer to distinct populations, the terms sterility and infertility are sometimes used synonymously.<sup>4</sup> On the other hand, people who do become pregnant after a certain number of recurrent sexual encounters are considered to be a member of the fertile population.<sup>5</sup>

## CONCEPT OF VANDHATVA

Ayurvedic medicine has its own method of diagnosis and care. Since it can also result in recurrent abortions and stillbirths, the Ayurvedic classics describe infertility as the inability to conceive a child rather than pregnancy. The following list of garbha (foetus) parts is important. The six elements of mother, father, atma, satva, satmya, and rasa are:

- 1) Rutu (fertile period),
- 2) Kshetra (reproductive organs),
- 3) Ambu (nutritive fluids),
- 4) Beej (ovum),

as well as a sound mental state, appropriate Vata function, and shadbhava. Any variation from the norm in these factors leads to infertility. The Ayurvedic literature refer to six different varieties of vandhyatvas, each of which seems to have unique clinical characteristics.<sup>6</sup>

## CAUSES OF INFRITLITY

- Issues with a fertilized egg or embryo's ability to survive after attaching to the uterine lining
- Issues with the eggs' ability to connect to the uterine lining
- Issues with the eggs' ability to migrate from the ovary to the uterus
- Issues with the ovaries generating eggs

## INFERTILITY DUE TO ANOVULATION

When follicular development and rupture are impaired, the oocyte cannot be released from the follicle, this situation is referred to as an ovulation. Ovulation can happen for a variety of causes. They consist of autoimmune, genetic, and other diseases that can result in intrinsic ovarian failure, as well as chemotherapy.<sup>7</sup> Ovarian dysfunction linked to gonadotrophic regulation is another factor. Further classifications include functional aspects including low body weight, excessive exercise, drug use, and idiopathic infertility, as well as specific causes like hyperprolactinemia and Kallmann's syndrome. The most frequent causes of an ovulation in women who have a suspicion of ovulatory failure are the illnesses listed below.<sup>8</sup>

## MANAGEMENT OF VANDHATVA

### THROUGH DIET

Diet is crucial for both preventing and treating diseases as well as for maintaining good health. Food has an effect on the three mental qualities of Rajo guna, Satva guna, and Tamo guna, in accordance with Ayurveda. If dietetics is perfectly followed, medication is not required, but if it is not, even pharmaceuticals are worthless, according to ancient Indian literature. Dietary management entails paying close attention to the meals that raise Ojas and avoiding those that lower it. Controlling ovulation and enhancing fertilization depend on this.<sup>9</sup>

### AYURVEDIC MANAGEMENT

1. Ashwagandha Churna
2. Kapikacchu Churna
3. Guduchi Churna
4. Gokshura Churna
5. Triphala Churna
6. Shatavari Churna
7. Phala Ghrita

### YOGA FOR VANDHATVA

1. Bhramari Pranayama
2. Paschimottanasana
3. Supta Baddha Konasana
4. Sarvangasana

### TREATMENT

1. **Nashtartava** - It should be treated with matsya, kulattha, amla padartha, tila, masha (udida), sura (madya), gomutra (cow's urine), takra, dadhi
2. **Artavkshaya**: Agneya dravyas like Agaru, Kaleyaka, Kushtha, Haridra, Sarala, Langali, etc. should be used.
3. **Ashta Artavdushti**: Sushrutacharya has given vidhivat snehan, svedana and then Vamana, Virechana, Niruhabasti,

### DISCUSSION

Because it interferes with conception and reproduction, creates a stressful atmosphere, exposes people to excessive radiation, deprives them of biological food, results in genetic abnormalities, changes in lifestyles, and generates more electronic discharge, female infertility is a significant issue that has had an impact on humanity. Infertility and childlessness cause a lot of personal suffering and misery.<sup>10</sup> Most of this pain is concealed from observation from

the general population. Charaka has given space to understand the freshly found ailments on the basis of Prakriti (Doshas, the basic cause), Adhishthana (Dushya, the seat), Linga (Lakshanas, the features), and Aayatana (Ahar Vicharadi Nidanas). Because Sushrutacharya offers Agneya dravyas (of ushna virya) and Charakacharya gives Rasayana Chikitsa, the mind may get confused. However, in order to honor "Artavam Agneyam," rasayana chikitsa should be served in rutavyatita kala during agneya.11

## CONCLUSION

Infertility is managed by evaluating the reproductive system's components. Ayurveda takes into account each unique body type, increases the physiological processes involved in fertilization, and as a consequence provides an excellent alternative for conceiving. Last but not least, yoga is essential for fertility. God will without a doubt provide you the most desirable rewards if you follow a healthy regimen in addition to eating healthily.

## CONFLICT OF INTEREST -NIL

## SOURCE OF SUPPORT -NONE

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