

## AYURVEDIC MANAGEMENT OF INFERTILITY

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### ABSTRACT

Infertility is an unsuccessful condition of pregnancy although having normal intercourse over 12 months. Multi factors are responsible for female infertility as like stress, Hormonal imbalance, *Vata*, *Visham Agni* etc. *Ayurveda* assures the normal pregnancy through the following proper maintenance of life style and also with the help of *Ayurvedic* medicine and therapies. *Chiruvilwadi Kashayam*, *Dhanwantharam Gulika*, *Jeerakarishtam*, *Kumaryasavam* and *Manasamithravatakam* are such good medicines for Infertility. These *Aushadhas* are beneficial to maintain *Agni*, normalize *Vata* and assure proper health of mind.

These medicines are also work on overall aspect of reproductive organs such as on ovaries, fallopian tubes, Uterus etc. These all are given in starting or first half of cycle for conceives to the patients. During the second half of the cycle *Garbhasthapana* medicines are beneficial to maintain the stability of *Garbh*.

**KEY WORDS** – *Ayurveda*, *Vata*, *Agni* Infertility, health.

### INTRODUCTION

In present time infertility is a common problem due to many reasons mainly because of changing Social Trends. Due to changing Social Trends the number of elderly pregnancies has been increasing so that no of infertile females are also increasing cause of stress, obesity, lack of exercise and environmental pollution. Approximately 10 to 20% of normal couples are infertile with various reasons. The causes of female infertility are classified as hormonal factor, ovulation factors, tubal and peritoneal factors, cervical factors, uterine factors, immunological factors, infection factors and unexplained.

Among these, unexplained infertility is estimated to occur in about 15% of patient susrutha had explained the garbh samgrahasamagri (factors responsible for successful pregnancy) in detail. They are ritu, kshethram, ambu and beeja] any abnormality in any of these four canlead to infertility. Ritu stands for fertile time in the cycle. Kshethram represents reproductive organs. Ambu represents proper nutrition after fertilization. It can be correlated with corpus leuteal function upto the establishment of placenta and then onwards placental function. Beeja stands for healthy ovum and sperms. Charaka also given that 'saumanasyam' (Peaceful mind) is best remedy for getting a progeny. Proper functioning of vata must be maintained for pregnancy and throughout the entire pregnancy period. Establishing the proper functioning of all these is the first step

of infertility management in ayurveda .

## SPECIFIC PRINCIPLES OF FERTILITY TREATMENT IN AYURVEDA

The disease entity *vandhyatva* is the closest approximation to unexplained infertility in the ayurvedic nosology. Detailed diagnostic and therapeutic strategies are already mentioned in the authoritative ayurvedic text *caraka samhita*<sup>1</sup>(chapter *cikitsa-sthana*, *yonivyapat*) that dates to around the beginning of the common era.

In following centuries, specialized texts on gynecology evolved, of which the *kashyapa- samhita* is the most accepted. It offers detailed descriptions of various diseases and dedicates a complete chapter to female infertility.

Main ayurvedic treatment goals are the purification and the functional optimization of 'reproductive tissues' (*arthava-* and *shukra-dhatu*) of both sexes. According to ayurveda, health of tissue metabolism and tissue nutrition, both being ultimate requirements for conception.

Therefore, general reproductive health is primarily determined by the *pancakarma* purification measures usually initiate the treatment sequence. While purgation is almost always recommended, other cleansing measures are optional and may include medicated enema, emesis, and blood purification.

Based on the assessment of the patient's constitution and individual diagnostic variations the specific therapy may include items from all of the treatment categories outlined in table . Apart from these selected therapies, ayurveda<sup>2</sup> offers additional options for the treatment of infertility.

In fact, therapy dedicated to the improvement of reproductive functions is represented by 1 of 8 main branches of Ayurvedic medicine (*vaji-karana*). Intensive long-term inpatient treatments may also be recommended, consisting of several sequential therapeutic elements which are selected according to the specific case and may also include invasive measures (e.g., intrauterine douche with medicated oils or decoctions (*uttara-basti*)). A description of the complete range of inpatient treatment options is beyond the scope of this review.

As Ayurveda is a holistic science, it is important to always consider the patient's overall health condition. Analogous, the unique feature of the ayurvedic approach to fertility is that it emphasizes improving the overall health of the prospective parents. Fertility therefore may ensue partly due to improved overall health. This approach contrasts with the biomedical approach, which does not directly consider overall health.

## DISCUSSION:-

Infertility is a relatively common reproductive health concern which strikes deep into the psyche of couples experience it. According to Ayurveda, conception takes place due to healthy sperm, healthy ovum, and a healthy uterus. According to charaka, abnormalities of yoni (reproductive organs), psychology, shukra(sperm), arthava(ovum), diet and mode of life, coitus at improper time and loss of strength causes delay in achieving conception in an otherwise fertile woman.

## CONCLUSION:

Infertility is becoming a burning issue since past decade and this is mainly due to the combination of environmental, social, psychological and nutritional factors. In contemporary medicine, treatment focusing on correcting dysfunction diagnosed with the several diagnostic tests. Moreover the complications arising due to the infertility management including hormonal therapy, ovulation induction and invasive diagnostic techniques are huge. In cases of unexplained infertility, life style modifications and art (artificial reproductive techniques) are only treatment option available. But the success rates are less and highly expensive too. Ayurveda on the other hand, looks deeply in to the individual constitution, and aims to enhance the functioning of body systems that participate in the process of fertilization in totally. From this case study itself it is clear that systematic approach with Ayurvedic principles<sup>3</sup> are effective in Managing infertility as an effective, natural, safe and cost effective method. But further studies with proper research design is necessary for the scientific validation.

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