

# A Comprehensive Review Article on Ayurvedic Management of Female Infertility.

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**Abstract**— Infertility occurs when a healthy couple is unable to achieve pregnancy after years or more or fail to conceive for several years after the first delivery. Ayurveda has been successfully treating infertility for years without the help of modern & advance medicine, as it provides ability to infertile women or couples through treatment to become fertile and also to improve the overall health of the women so that she can conceive naturally without the aid of western medicines. This article presents infertility from the eyes of Ayurveda, discussing the ayurvedic concepts and practices that are followed for infertility in females.

**Index Terms**— Infertility, Vandhtava, Management

## INTRODUCTION

As per Ayurveda, infertility occurs when a healthy couple is unable to achieve pregnancy after years or more or fail to conceive for several years after the first delivery. Ayurveda has been successfully treating infertility since several thousand years without the help of modern & advance medicine, as it provides ability to infertile women or couples through treatment to become fertile and also to improve the overall health of the women so that she can conceive naturally without the aid of western medicine.

Definition: Failure to achieve conception by a mature couple, having normal coitus, during appropriate period of menstrual cycle, regularly, at least for one year is termed as infertility.

## II. NIDANA

Failure to achieve conception is infertility. Important factors of constituents of garbha (foetus) are

ध्वंगचतणांगुसणनडङ्गणदूष्मः स्रयनदवधननवाकः।  
ऋतक्षेत्रेणऽम्बुवाननन्जंगुसणमष्टम्यणदङ्कुरो यथन्॥३४॥  
(Su. Sha. 2/33)

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

Also, healthy psychological status and normal functioning of Vata (one of the governing factors of body according to ayurveda), shadbhava (Six factors – mother, father, atma, satva, satmya, rasa). Any abnormality in these factors causes infertility.

Other Nidans are:

1. Yonipradosa or abnormalities of reproductive organs
  - (a) Yonivyapad or gynecologic disorders
  - (b) Injury to artavavaha srotas
  - (c) Yonyarsa
  - (d) Garbhakosabhanga or injury to the uterus or its displacement
  - (e) Bhaga sankocha or constriction of vulva and vagina
  - (f) Sphalita mutratwa or passage of urine with quivering or flopping stream
2. Psychological abnormalities
3. Abnormalities of sukra
4. Abnormalities of asrk
5. Abnormalities of diet
6. Abnormalities of mode of life
7. Akala yoga or coitus in improper time
8. Loss of bala or strength
9. Abnormalities of atma and satwa
10. Affliction by jataharinis 11. Curses of god or fate

III. TYPES

Table -1: Types of infertility as described in classical texts:

SAMHITA	TYPES		
HARITA	6	1. BALYA	4.GARBHA SRAVI
		2. KAKAVANDHYA	5.MRTAVATSA
		3.ANAPATYA	6. BALA KSAYA
CHARAKA	3	1.VANDHYA 2.APRAJA 3.SAPRAJA	
VANDHYAKAL PADRUMA	8	1.JANMAVANDHYA	5.GALADRGARBHA
		2.KAKAVANDHYA	6.KANYAPATYA
		3.MRTAVATSA	7.MUDHAGARBHA
		4.SRAVADGARBHA	8.RAJOHINA
MADHAVA NIDANA AND RASARATNAS AMUCCHAYA	2 TYPES Sub types: - Based on aetiology – 9 Based on Clinical outcome -4	1.Adi vandhya	6.raktaja
		2.Vataja	7.Bhutaja
		3. Pitaja	8.Idiopathic
		4.Kaphaja	9.Abhicharaja
		5.Sannipataja	
		1.Garbha srava 2.Mrtaputrika	3.kanyaprasusach 4.kakavandhya

According to Charak:

1. Vandhya or absolute sterility: - Vandhya due to congenital absence of uterus.
2. Apraja: - Infertility in which woman conceives after treatment of primary infertility.
3. Sapraja: - Sapraja is a condition in which a woman in her active reproductive age does not conceive after giving birth to one or more children as it refers to secondary infertility.

Fertilization – embryo defects	Impaired fertilization Embryo toxicity, impairs early embryo development
Early pregnancy failure	Abnormal embryo’s Immune reaction Auto-santibodies Cytokines (interleukin I)

Prognosis: -

1. Five types of vandhya described by harita are curable.
2. Vandhya described by charak is congenital disease, in which the part of bija responsible for development of uterus and artava, this is incurable. Apraja and sapraja described by Charak and puspagani, andagani, durdhara.

Treatment for infertility:

- ✓ Sodhana
- ✓ Samana chikitsa
- ✓ Daivavyapasraya chikitsa

- Sodhana chikitsa purifies the whole body and is mandatory before sthaniya and samana chikitsa. Sodhanam regulates and restores the normal physiological function and relieves obstruction. The factors aided by it are bija and rtukala. Sathaniya chikitsa restores a vyapannatwa (healthy state) of yoni, restores structural integrity

Table 2: Defective Change in Infertility

Dysfunction	Defective changes
Ovarian function	Prolonged follicular phase Reduced rate of follicular growth Reduced pre-ovulatory follicle size Reduced pre-ovulatory serum oestradiol concentration Disordered and impaired LH surge Disordered early luteal phase patterns of oestradiol & progesterone Luteinized unruptured follicle

Tubal function	Alterations in normal tubo-ovarian relationships Hydrosalpinges Alterations in tubal motility by prostaglandins with accelerated tubal Motility
Sperm function	Phagocytosis by macrophages

and enhances functional capacity of keshtra(gabhasaya) and ambu.

- Vasti is a method to remove sthaniya dosas there by removing structural/ functional obstruction and to restores the normalcy of apana vayu. It enhances the function of bija and keshtra mainly.
- Pittala/pittasamaka chikitsa: it includes ritukala regulating ovulation, increasing receptivity of uterus, cervix, and vagina. This is achieved only in suddha /healthy yoni after sodhana treatment, conception occurs as a result of union of healthy gamets along with descent of jiva.

After sodhana (i.e. sneha, swedana vamana virecchana asthapan anuvasana done consecutively), a man should be treated with milk processed with madhura drugs and women should be administered taila and masa etc. kasyapa further adds that both should indulge in congenial diet regimen and drugs.

- Bhela sayas in vandhyatwa: Vamana virechana asthapan should be done and by doing so the woman conceives and delivers normally.
- Acharya Charak said infertility (male and female) cured by anuvasana vasti and woman conceives after it. According to Kasyapa, vandhyatwa can be cured by virechana

- Ashwagandha Churna and Kapikacchu: Both these medicines are known to increase sperm count as well as to improve its quality.
- Phala Gritam: This is an Ayurvedic medicine to treat female infertility. Consumed in the form of liquefied butter mixed with milk. This medicine is touted to treat functional problems but does not treat structural deficiencies.
- Guduchi, Gokshura, and Triphala Churna: These medicines are used to clear the blockages in the body, which prevents the production of the shukra dhatu.

Ayurvedic body therapies such as Shirodhara, Abhyanga, marma therapy, Nasya, Basti, chakra balancing Pinda, Visesh and vedana help in releasing tension, impurities and trapped energy within the body. They nourish the body, revitalize the mind and strengthen the immune system.

Shodhana chikitsa helps in uterine hostility, and non-ovulatory cycles. To remove local disorders, to remove obstructions in passage and to facilitate proper coitus, and to increase receptivity of the genital tract to the entry of the sperm, Basti is recommended.

Table 3: Ayurvedic herbal treatment for infertility

Condition	Compound Formulas	Simple herbs
Ovulation disorder	Chandraprabha Vati, Yograj Guggulu, Ashokarishtha and Dashmoolarishtha	Ashoka, Dashmool, Shatavari, Aloe vera, Guggulu, Hirabol and Harmal
Ovulation problems caused due to polycystic ovarian syndrome (PCOS)	Latakaranj, Varun, Kanchnaar Guggulu, Arogya Vardhini, Punarnava Guggulu	Guggulu
Premature ovarian failure (POF)	Chandraprabha	Ashoka, Dashmool, Shatavari, Guduchi, Jeevanti
Blocked fallopian tubes, adhesions (scar tissue) and pelvic inflammatory disease	Kaishor Guggulu, Triphala Guggulu	Guduchi, Kutki, Punarnava

#### IV. DISSUCISON

Female infertility is the major disorder which has altered the mankind for lack of conception and reproducibility, stressful world, excess radiation, lack of biological food, genetically disorder, changing life style, increased electronic discharge have resulted the female infertility. Infertility/childlessness cause great personal suffering & distress. According to Ayurveda that four factors are responsible for healthy conception, these are retu, kshetra, ambu, and beeja.

Abnormality in any of these factors leads to vandhyatva, only a suddha yoni and garbhasya can conceive properly. Diseased yoni may lead to habitual abortion or infertility.

#### V. CONCLUSION

Ayurveda pays attention to each individual body types, enhances the body systems participating in the process of fertilization and therefore serves as an excellent alternative for reaching fertilization.

Ayurveda addresses the internal balances and external influences contributing to the problem by building the Ojas, improving the overall health of the individual, stimulating the hypothalamus and pituitary glands thereby indirectly inducing the ovaries to ripen and release eggs.

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