

**ROLE OF UTTAR BASTI & AYURVEDIC HERBAL PREPARATIONS
IN INFERTILITY - A CASE REPORT****Dr. Rashmi Sharma*¹ and Prof. Radhey Shyam Sharma²**

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ABSTRACT

Infertility is a disease of female reproductive system which impairs the capacity of reproduction. In Ayurveda infertility may be correlated with Vandhyatva or with Vandhya Yonivyapada. Uttar Basti is a very useful local treatment and plays an important role in the management of various Stree Rogas. The present case report revealed Shodhan effect of Uttar Basti (Bruhata Shatavari Ghrita) along with

Artavajanana, Yonidoshahara, Bruhaniya properties of *Shatavari Churna* and *Pushpadhanva Rasa* in a known case of secondary infertility. The trial drugs were procured from the local market. Uttar Basti along with this drugs found to be improved remarkably the functions of female reproductive system. After this treatment (for consecutive two cycles) successful conception is achieved in that patient.

KEYWORDS: Ayurveda, Infertility, Uttar Basti, *Artavajanana* Drugs.

INTRODUCTION

Infertility is defined as failure to achieve a clinical pregnancy after 12 months (1year) or more of regular unprotected sexual intercourse. Women who are able to get pregnant but then have repeated miscarriages are also said to be infertile. Infertility is of two types- Primary and secondary. Primary infertility: It denotes those couple who have never had a child. Secondary infertility is failure to conceive following a previous pregnancy. The causes of infertility can be divided into: Male factor-35 %, female factor-40 %, combined factors (male & female)-

10-15 % , unexplained- 10-15 % . Causes of female infertility are ovulatory factors (PCOD, luteal phase defect (LPD), tubal factors (tubal blockage, infection), uterine factors (fibroid, endometriosis), cervical factors (PID, polyp, infections, stenosis), vaginal factors (atresia, infections), advance maternal age, environmental factors (toxins, physical agents, smoking etc.) and unexplained.

Diagnosis of female infertility is done by laboratory tests such as Hormonal study (serum FSH, LH, Estradiol, SHBG (sex hormone binding globulin), Prolactin and Cortisol), Thyroid profile, Lipid profile, Glucose tolerance test and non laboratory tests such as ultrasound (pelvis), Hysterosalpingography (HSG), Hysteroscopy and Laparoscopy. The treatment of infertility is mainly done by Hormonal treatment (combined oral contraceptive pills), ovulation induction drugs (clomiphene citrate, Human menopausal gonadotropin (hMG), follicle stimulating hormone (FSH), Human chorionic gonadotropin (hCG), Metformin (anti-diabetic), Bromocriptine (anti-prolactin), life style modifications (exercise), surgical treatment (ovarian drilling, fimbrioplasty, salpingostomy and hydrotubation etc.) and also by assisted reproductive technology (ART) such as In-vitro fertilization (IVF), GIFT (gamete intra fallopian transfer), ZIFT (zygote intra fallopian transfer). Women who is taking infertility treatment have a higher risk of developing multiple pregnancies, ovarian hyper-stimulation syndrome, ectopic pregnancy, various psychological disorders (anxiety, depression) etc.

According to Ayurveda, important factors for conception are Rutu (fertile period), Kshetra (uterus & reproductive organs), Ambu (proper nutrient fluid), Bija (Shukra-Shonita) & normalcy of Hridya (psychology). In Ayurveda, infertility can be correlated with Vandhyatva or with Vandhya Yonivyapada. Acharya Charaka describe Vandhyatva as Beejadoshaja Vyadhi (congenital malformations and deformity of female reproductive system) while Sushruta describe Vandhya in 20 Yonivyapada and considers aggravated Vata as a main responsible factor. Vandhya is described as women having lost her Artava (menstrual fluid) which results in loss of ovulation or sterility.

Chikitsa of infertility is done by Sanshodhana Karma (Vaman, Virechana adi Panchakarma) and Prayoga of various Artavajanana drugs such as Phal Ghrita, Phalkalyan Ghrita, Chandraprabha Vati, Shatpushpa, Shatavari and Lashuna Kapla etc. In present case study, Uttar Basti is selected as Sanshodhana Chikitsa and *Shatavari Churna* and *Pushpadhanva Rasa* is used as *Shamana Yoga* for the management of infertility. Uttar Basti of Bruhata

Shatavari Ghrita helps in Strotasa-Shudhi (cleaning or removing obstructions in the channels) along with this Shamana Yoga (*Shatavari Churna* and *Pushpadhanva Rasa*) is having Yonidosahara, Shukradoshahara, Bruhaniya, Vrushya and Deepaniya properties.

CASE PRESENTATION

A female subject aged 29 years, married 6 years back, anxious to conceive, housewife, was examined in the hospital (OPD) on 11-05-2016 (OPD No.21567/15-16) for infertility. She had no previous history of secondary amenorrhea, tuberculosis, mumps, syphilis, gonorrhoea, and exposure to radiation or any toxin or chemical agent. She had history of one spontaneous abortion of 9 weeks in January 2014, D & C done at hospital and from July 2014 she had history of PCOD for that she took Ayurvedic treatment for 18 months from the same institute. After this treatment her sonography reports shows no multiple cysts in both the ovaries. On examination, the body proportion was found to be thin & lean with normal secondary sexual characters, were belonging to *Pitta-Vata prakruti* and *Asthisara*. There was no any abnormal finding seen in the physical and pelvic examination (per speculum & per vaginum).

TREATMENT

The treatment was carried out with Uttar Basti of Bruhata Shatavari Ghrita along with following medicines (Table 1 and 2). During this period the patient was advised to take *Samayaka ahara* (nutritive diet like milk, fresh fruits and vegetables, almonds etc.) and avoid *Amla, Lavana, Vidahi (Spicy)* and *Snigdha (oily) ahara*.

After the treatment, the sonography report on 18-05-2016 showed early intra uterine pregnancy with normal cardiac activity.

OBSERVATION & RESULT

The patient had followed the *Ahara* & drug restriction strictly. The finding of sonography after treatment is:

Single regular gestation sac with good decidual reaction is seen in upper part of uterus, measuring 22×11mm, Yoke sac seen.

CRL -05mm, 6weeks 1day of gestation

Cardiac activity present

Fetal heart rate (FHR)-127/m

Internal os closed.

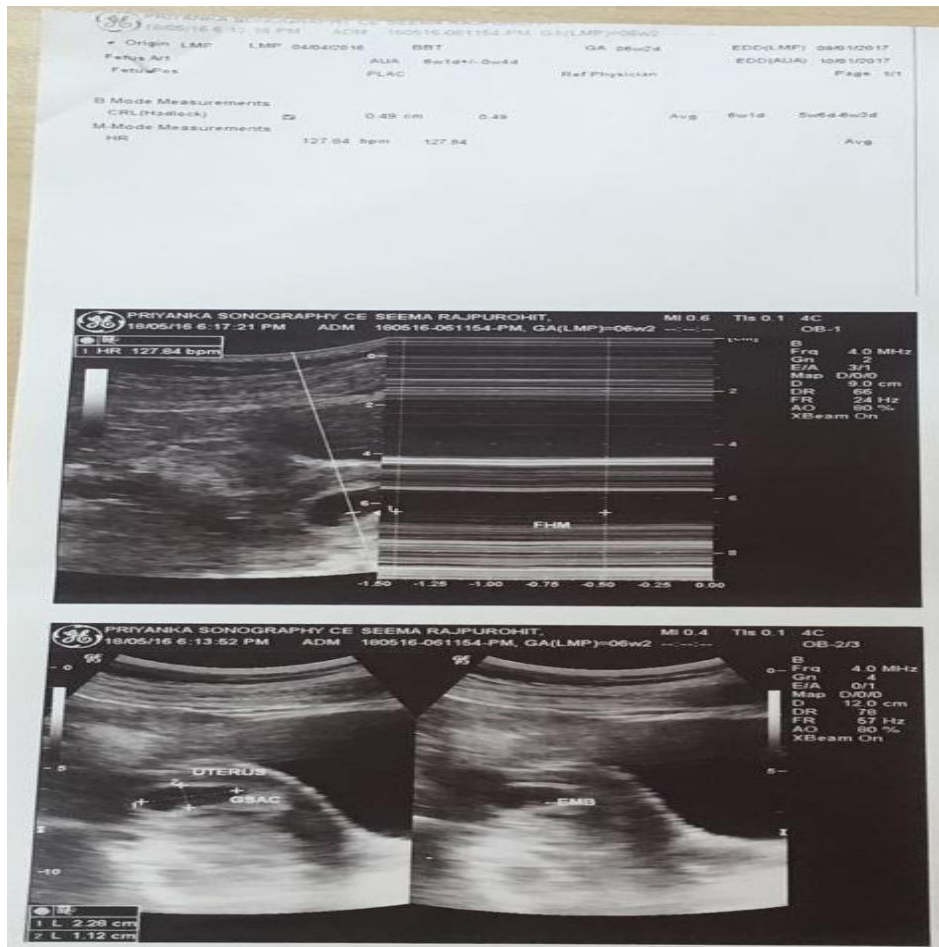
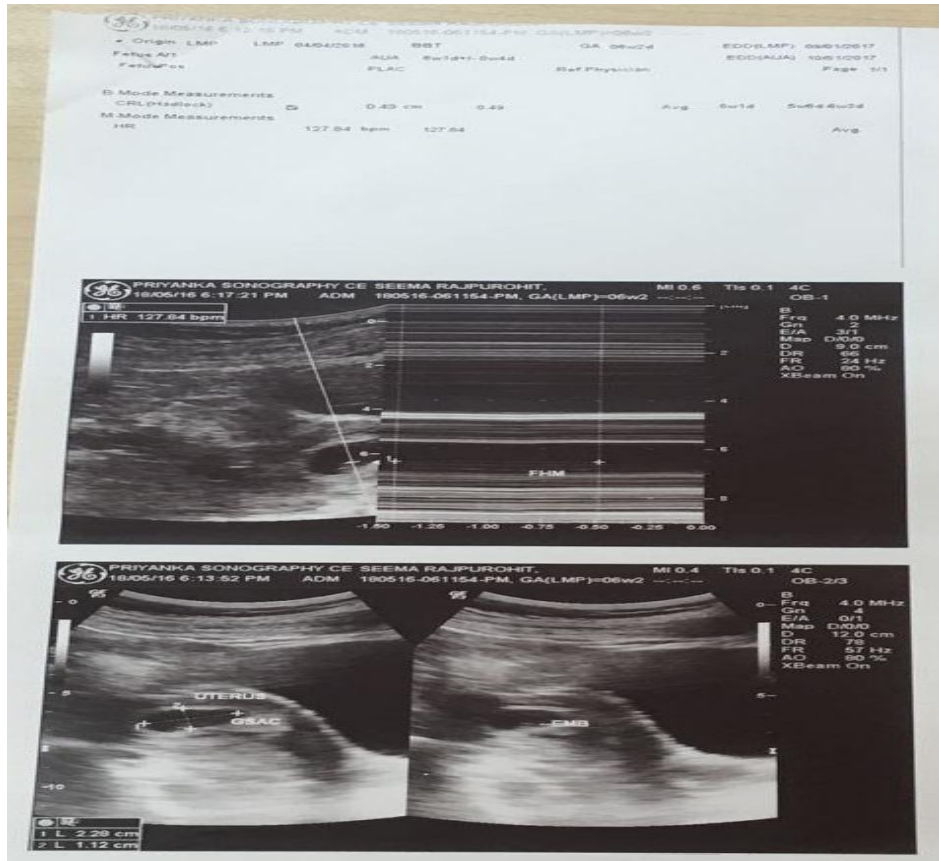


Table 1: Medicines used for Uttar Basti.

Name of the Drugs	Days	Dose
Bruhata Shatavari Ghrita	For consecutive 3 days (after cessation of menses)	5ml everyday

- Before Uttar Basti, Yoniprakshalana with Triphla Kwetha and Sthanika Abhyanga (with Mahanarayan Tail) and Swedana is done at Kati Pradesha.
- Uttar Basti done in operation tether under all aseptic precautions.
- The drug (Bruhta Shatavari Ghrita) and all the instruments which is used for the procedure is properly sterilized (to prevent any infection).

Table 2: Shamana Yoga.

Name of the drugs	Dose	Anupana
Shatavari Churna	3gm	Ksheera (Sukoshna)
Pushpadhanva Rasa	250mg	Jala

- Twice daily

USG Report

- Scanned copies of USG (after treatment)

DISCUSSION & PROBABLE MODE OF ACTION

Infertility has been long standing problem since ancient period but it is most burning issue now a days because of improper lifestyle. This condition not only affects the couple physically but also disturbs them socially and emotionally. The disturbance in hormonal mechanism, obstructions, infections, psychological disorders etc. is the main cause of female infertility. Uttar Basti is indicated in various female disorders especially in female infertility because it facilitates direct drug administration into uterus. Uttar Basti acts on endometrial receptors and also increases receptivity of genital tract for the entry of sperms. Ritupravartana (Artavajanana), Yonidoshahara, Bruhaniya, Putrapada (helps in conception) properties of Bruhata Shatavari Ghrita and Shatavari Churna along with Vrushya and Deepaniya properties of Pushpadhanva Rasa act on reproductive system and helps in improving the functions of *Artava*. (*Antah-pushpa* (ovum) and *bahi-pushpa* (menstrual blood)).

CONCLUSION

Vata Dosha is mainly aggravated in Vadhyatva or Vandhya Yonivyapada. Basti is considered as best Chikitsa for Vata. Uttar Basti removes the Sroto-sangha (obstructions) and also

stimulates ovarian and endometrial receptors thus resulting in ovulation. Ritupravartana (Artavajanana), Yonidoshahara, Shukradoshahara, Bruhaniya and Deepaniya properties of Shatavari Churna and Pushpadhanva Rasa helps in improving the proper functions of Artavaagni which regulates the menstrual cycle. The present study reveals the effective management of infertility by Shodhana and Shaman yoga.

CONSENT

Before starting treatment consent of the patient is taken along with proper advice and counselling.

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