

PANCHAKARMA IN INFERTILITY- A CASE STUDY

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CASE HISTORY

A female patient XYZ of age 26 years with weight 49 kg married 5 years back came with complaints of oligomenorrhoea and primary infertility. Patient gave detail history that, she had regular menses but flow was less (i.e. 1-2 days flow/30-32 day's cycle/ 1 pad). She has taken treatment for these complaints of oligomenorrhoea, backache and infertility from general practitioner doctor 1 year followed by allopathic treatment for 2 years. There was no relief so she shifted to homeopathic treatment for 1 year. But still there was no relief and patient thus came to take Ayurvedic treatment.

During this course of treatment all basic investigations were done of both husband and wife.

Husband: Semen analysis was normal with normal morphology of sperm. Also he had no complaints of erectile dysfunction etc.

He was given advice of *shodhana chikitsa*, but only *Virechana shodhana* was given due to short time (*sneha vicharana* followed by *Haritaki churna* 10g for three days after which *pathyaapathya* was followed).

Wife: USG pelvis and Hysterosalpingography reports were normal, ovulatory study showed anovulatory cycles.

Detail examination of patient was done; in which patient was found *vataprakruti*, *vishamagni*, *krurakhosti*.

General and systemic examinations along with per abdomen and per vaginal examinations were normal.

Treatment planned for the patient was *Yoga basti* and oral medicines prescribed were *Chandraprabhavati* 250 mg BD and *Dashamularishta* 15ml BD.

YOGA BASTI

Sarvanga snehana & *swedana* was done before each *basti*.

Anuvasana basti:-

Balataila 60 ml + *Saindhavalavana* 1g.

Niruhabasti:-

Bala, *Gandharvamula* –*kashaya*;

Bilva, *Musta* – *kalka*; *TilaTaila*, *Madhu*, *Saindhavalavana*.

1st and 2nd day: *Anuvasana basti* after meal.

3rd, 5th, and 7th day: *Niruhabasti* followed by light diet.

4th, 6th and 8th day: *Anuvasana basti* after meal.

After completion of *basti* oral medication was continued and during this course, *pathya* diet was followed compulsory.

This *Yogabasti* was repeated for two cycles after 5th day of menses with oral medications. Patient was asked to take chance (have intercourse) on the fertile days i.e. 13th to 18th days of menses.

After 2nd cycle of menses, patient was expecting menses to start on 26th day of cycle. But she did not had till 35th day of menses. So urine pregnancy test was

done which showed positive result, later on confirmed by USG.

Oral medication was changed from *Chandraprabha vati* and *Dashmularista* to *Phalagrita* 10g BD and *Suvarnamakshika bhasma* 125 mg BD.

During this period of *basti* treatment, *Agnivridhi*, *malashudhi*, regular calm sleep was seen in the patient.

Basti chikitsa acts by *prabhava* causing *agnivridhi* and *vatanulomana*. It removes all the *vikruta doshas* and give strength to the *dhatu*s. *Chandraprabha vati* is *sarvaroganashini*, *balya*, *vrushya*, *artava roganashak*, removes *kleda*, *Rasayana* etc. *Dashmularishta* is best for *vata dosha* disorders, *dhatu kshaya*, and have 'vandhyanamgarbhadaparaha' property. *Phalagrita* helps to maintain the pregnancy.

CONCLUSION

Thus, this total treatment may have stimulated hypothalamo-pituitary-ovarian axis by regulating all the *doshas* in the body, removing *kleda* and giving *balya* to the *dhatu*s (may be correlated with: regulates the co-ordination of hormones, stimulates the organs to secrete their secretions and also give strength to the organs). *Yoga basti* along with oral medication have brought ovulation due to which patient conceived.

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