AYURVEDIC MANAGEMENT OF ANOVULATORY INFERTILITY: A CASE STUDY

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ABSTRACT

The present case study was done to evaluate the role of Ayurvedic Shodhana therapy i.e. Matra Basti for two consecutive menstrual cycle in the management of anovulation (Artava Dosha). Patient was anxious to conceive after active married life of 4 years. Acharya Charaka has clearly described the Nidanas of Vandyayatwa i.e. Yonidosha, Mansika-Ahhitapa, Shukra-Artavadosha, Ahara-Vihara Dosha, Akalyoga (Coitus at improper time), Bala-Kshaya which causes delay in achieving conception in Sapraja women as well as in Apraja. The word Artava refers to ovum, menstrual blood and ovarian hormones. Artava vitiates by different Doshas i.e. Ashtartava dushti produces infertility. Ovulation is under the control of Vata. Act of ovulation is regulated by Vata especially Apana Vata. Basti cures all the diseases of Vata. Basti given in the patient regulates hypotalamo-Pituitary-Ovarian axis which result into normalization of ovarian cycle and menstrual cycle too. After completing two courses of Matra Basti (60 ml), improvement was noticed i.e. Ovulation study. The line of treatment was followed in this case was to treat aggravated Vata Dosha and vitiated Dhatu. There were no adverse effects found during the Matra Basti.

Keywords: Anovulation, Infertility, Artava Dosha, Matra Basti.
INTRODUCTION

Infertility is not a disease but a social stigma especially in Indian society. Infertility is commonly increasing problem which any gynecologist has to face in their gynecological career. It affects the mental and physical health of a woman and disturbs her family as well as social life. Ovulation disorders appear to be the most common cause of infertility in women. Ovulatory factor is responsible for 30-40% \[1\]. Due to this HP-O axis is disturbed and menstrual cycle becomes anovulatory. Anovular bleeding is usually excessive. There is inadequate structural stromal support and the endometrium remains fragile. Thus, with the withdrawal of estrogen due to negative feedback action of FSH, the endometrial shedding continues for a longer period in asynchronous sequences because of lack of compactness. In Ayurved infertility is explained as Vandhyatva. The main causative factor for Vandhyatva is Vata Dosha and it is also mentioned in Rasa Dhatu Pradoshaja Vikara. So according to Ayurvedic perspective the line of treating is to treat provoked Vata Dosha and vitiated Rasa Dhatu. Acharya Dalhana explained Beeja as Artava & Shukra. The word Artava refers to ovum, menstrual blood and ovarian hormones. Artava vitiated by different Doshas i.e. Ashtartava dushti produces infertility due to destruction of its Beeja of the ovum \[2\]. Acharya Harita says: In Bandhya Stri milk carrying channels of breast are filled with Vata thus absence of milk secretion is found. Besides she also suffers from excessive menstrual bleeding \[3\].

Case History: A female subject, aged 23 years, housewife, living in Jaipur with weight 47.6 kg married 4 years back came with complaints of prolonged bleeding during menses and primary infertility. Patient gave detail history that, she had regular menses, but flow was very heavy (i.e. 10-15 days flow/26-30 day’s cycle/4-5 pads). She has taken allopathic treatment for these complaints of Menorrhagia and infertility from general practitioner doctor 3 year. But still there was no relief and then patient 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.

Wife: USG suggested anovulatory cycle as well as multiple small echo-free lesions arranged at periphery. Detail examination of patient was done; in which patient was found Vata-Prakruti, Vishamagni, Kruhrkosti and there was no abnormal finding seen in general and systemic examination along with per abdomen and per vaginal examinations were normal. BP-110/70mmHg, Pulse-72/min, Wt.47.6 kg and Ht. 158 cm, BMI-19.07kg/m²

Aim: To evaluate the effect of Madhuka Ghrita Matra Basti on ovulation.

Objectives:
✓ To evaluate the therapeutic efficacy and safety of Madhuka Ghrita Matra Basti in Anovulatory infertility.
✓ To evaluate the effect of drug on menstrual abnormalities.

Methodology: The case was selected from the O.P.D. of P.G. Department of PTSR, National Institute of Ayurveda (N.I.A.) Hospital, Jaipur after taking informed written consent.

Table 1: Treatment Protocol:

<table>
<thead>
<tr>
<th>Treatment Modality</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madhuka Ghrita Matra Basti</td>
<td>60ml Just after food</td>
<td>7 days each in 2 consecutive cycle from seven day before due date of menstrual cycle.</td>
</tr>
</tbody>
</table>

Follow up Study: After completion of Basti, Pathya diet was followed compulsory. After 2 months of medication the case was followed up to one consecutive menstrual cycle.
Table 2: Contents of Madhuka Ghrita Matra Basti[^4^]:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Dravya</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
</table>

**Observation and Results**

**Observation:** After 2 months of medication, ovulation occurred, and menstrual cycle became normal.

**USG**

<table>
<thead>
<tr>
<th>USG</th>
<th>Before treatment- Both ovaries- MSF</th>
<th>After treatment- Ovulation on 14th day</th>
</tr>
</thead>
</table>

**RESULT:**

After 2 months of medication and 1 month follow up:

- ✓ ovulation occurred
- ✓ Menstrual cycle became regular
- ✓ Patient was expecting menses to start on 28th day of cycle. But she did not have till 35th day of menses.
- ✓ So, urine pregnancy test was done which showed positive result, later on confirmed by USG.

**DISCUSSION**

Vitiated Vata is the main causative factor of infertility and Basti Chikitsa is the best treatment for vitiated Vata Dosha[^7^]. Vandhyatwa is also said to be one of Vatika Yoniroga., Madhuka Ghrita Matra Basti: Due to Madhura Rasa & Vipaka, Sheet Virya and Snigdha Guna, it act on Vata Prakopa and regulates Vata Dosha., Madhuka have Sandhaniya and Vrana Ropana properties which help in reduce the fragility of endometrial capillaries and tone up the endometrial capillaries., Due to Balya, Vrishya, and Rasayan property of Madhuka[^8^] it regulate the function of HPO axis because due to stress endogenous opioids are increase, which suppress both the dopamine and GnRH pathway leading to increase in prolactin secretions., Goghrit[^9^] has Agnivardhak, Rochaka, Rasayana, Vrishya properties so that it regulates Tridoshas and help in proper formation of Dhatus and Upadhatus. According to modern science, Ghrita is lipophilic in nature, thus it diffuses rapidly across the cell membrane which is also composed of bimolecular lipid matrix and Ghrita can also cross blood brain barrier and acts on central nervous system i.e. hypothalamus and pituitary gland and may correct hormonal imbalance. Ghrita contains the cholesterol which is responsible for the synthesis of steroid hormones i.e. estrogen and progesterone.

**Probable Mode of Action of Matra Basti[^10^]-**
CONCLUSION

Thus, present case study concludes that the holistic approach of Ayurvedic system of medicine gives relief to the patient of infertility which is caused due to ovarian factor. Madhura Rasa, itself has Prithvi, Jala, Mahabhuta Pradhana and Balya, Brimhana, Rasayana properties are responsible for Upachaya thereby improves the endometrial thickness and helps in folliculogenesis. Matra Basti causes de-toxification of the body, removes Sroto Sanga, pacifies Tridosha especially Vata. It stimulates the H-P-O axis with promoting ovulation.

There were no adverse effects found during this Ayurvedic medication.

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