PANCHAKARMA IN INFERTILITY - A CASE STUDY
Koli Deepali B. Agawane Umesh K.
Dept. of PrasutiTantra and Striroga, YashwantAyurveda College, Kodoli, India

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 15 ml BD.

YOGA BASTI

Sarvanga snehana & swedana was done before each basti.

Anuvasana basti:-
Balata 60 ml + Saindhavalavana 1 g.

Niruhabasti:-
Bala, Gandharvamula – kalka; Bilva, Musta – kalka; Til Taila, 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 dhatus. Chandraprabha vati is sarvaroganashini, balya, vrushya, artava roganashak, removes kleda, Rasayana etc. Dashamularishta 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 dhatus (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.

CORRESPONDING AUTHOR
Dr. Koli Deepali B.
MS Scholar of PrasutiTantra & Stri Roga Yashwant Ayurveda College, P.G.T. & R.C., Kodoli, Kolhapur, Maharashtra, India
Email: drdeepali5119@gmail.com

Source of support: Nil
Conflict of interest: None Declared