INTRODUCTION

Birth control is also known as contraception and fertility control. Fertility control involves sexual health care. Contraception is the prevention of conception. But fertility control involves not only contraception but also methods of interception such as post coital contraception and termination of pregnancy. In that fertility control if contraception is practiced thoroughly then there is no need of termination of pregnancies. There are well established contraceptive drugs and measures have been evaluated in existing modern medicine but the hormonal contraceptives cannot be used for long duration due to their severe side effects. In Ayurveda there are so many herbs which are giving good results without side effects and those dravya (medicine) are easily available. So, many studies’ on the contraception in Ayurveda is going on and getting good results also (for example Nim-
AIMS AND OBJECTIVE
To gather garbhanirodaka (contraceptive) drugs mentioned in ancient texts and scope to do further Research and get into practice.

HISTORY
In Atharvaveda, Brhadaranyakopanisat and Kausikasutra-Prayers, Surgical measures like crushing of testis, vasectomy and hysterectomy. The first documented methods of birth control in India were available about 2000 years ago. The first authoritative book on the subject was ‘kama sutra’ by vatsyayan, in the early 4th century A.D. Among latter words of this nature may be mentiones in ‘ratirahasyam’ or ‘kokesastra’, ‘jayamangala’ and ‘panchasavala’. There are medicaments to produce sterility and infertility in both male and female. Even in other countries also there is the use of these Ayurvedic preparations as contraceptives. Egyptian’s used vaginal plugs of gum honey. Chinese use to drink mercury & lead to control fertility, which often resulted in sterility and death. Africans – use to drink gun powder and camel foam. Greek-Four plants were vaginally placed for contraception like pomegranate, penny royal, pine and vertex.

ASTROLOGY
Certain planetary positions at the time of coitus- described to determine whether there will be conception are not.

YOGA
By doing Yoga they can control their own psycho-biological demands and avoid conjugal relation. The Yoga Asanas which mentioned in contraception are Pasasana (Nose Pose Posture), GarbhapindaAsana (Fetus Posture), Badhra Asana (Gracious Posture). Certain Pranayamas like Mahakumbika, MulaBandha (Anal Lock), Uddiyana Bandha (Upward Abdominal Lock), Jalandhara-Bandha (Chin Lock) are told to be practiced by couple during Maithuna (Sexual Act) to achieve garbhanirodha (contraception).

GARBHANIRODHAKA DRAVYAS
EKAMULLYA (SINGLE DRUG)
- Application of Palashabeeja (Butea monosperma Seeds) churna with ghritha (ghee) and madhu (Honey ) during Ritukala (Menstruating period).
- Yoni purana (filling of vagina) with Dhaturamula (Datura metal Root) churna.
- Nimba (Azadirecta indica) wood should be fumigated in the vaginal canal after the Rtukala (Menstruating period).
- Dhathura(Datura metal) root should be tied over the waste of women on 14th day of 1st fort night of Lunar Month.
- Filling the vaginal canal with the powder of Dhathura (Datura metal) before coitus.
- Use of root of Tanduliyaka (Amaranthus aspera) pasted with washings of rice for three consecutive days after menstruation makes women infertile.
- Haridra (Curcuma longa)choorna with Sheeta Jala (cold water) should be taken 3days during the Rtukala (Menstruating Period).
- Vidanga (Embelia ribes) choorna with sheetajala should be taken from 5th day to 15th day of menstruation.

YOGAS
- Themenstruating women who use equal quantity of powdered Pippali (Piper longum), Vidanga (Embelia ribes) and Tkanka (Borax) mixed with milk and should be consumed at the time of conception.
- Japakusuma (Flower of Hibiscus rosa sinensis) macerated with Aranala (rice washed water) added with one Musti (40gms) of old Guda (jaggery) consumed
during menstrual period, such a woman does not become pregnant at all\(^\text{18}\).

- Equal quantity of *Talisa* (*Abieswebbiana*) and *Gairikachoorana* (Red Chalk Powder), with cold water on fourth day of her menstrual cycle, the women will not conceive\(^\text{19}\).

**DISCUSSION**

Some research is going on, on so many drugs in that Neem oil is considered as the best contraceptive drug. Neem oil has also been shown to work well both before and after sex while some purified extracts only worked before sex as a preventative. Neem oil appears to be the most effective form of Neem for birth control. When tested against human sperm neem extract (sodium nimbidinate) at 1000 mg was able to kill all sperm in just 5 minutes and required only 30 minutes at a 250 mg level\(^\text{20}\). This Neem and The drugs which mentioned above all are having the sperm static, spermicidal and inhibits spermatogenesis and inhibits ovulation. The mode of action of this drugs are may bring change in cervical mucosa, alter decidual embedding and acts anti implantation, inhibits ovulation and tubal blockage.

**CONCLUSION**

As oral and hormonal pills have multiple side effects on menstrual physiology, like water retention etc. so a need of safe, effective, user friendly contraceptives like *Garbhanirodhaka dravyas* which was mentioned in Ayurvedic literature need to be trailed. Now a day’s herbal contraceptives are proving to be more promising through recent research work. Hence it should be brought into clinical platform and pave way for a much safer family planning methodology.

**REFERENCES**


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Source of Support: Nil
Conflict of Interest: None Declared