

**APPROACH TO INFERTILITY IN AYURVEDA**

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**ABSTRACT**

Procreation- is the biological process by which new “Offspring” individual organisms are produced from their “Parents”. Recreation- is an essential part of human life and finds many different forms which are shaped naturally by individual interest but also by the surroundings social construction. Infertility is one of the major concerns for the upcoming generation because busy with carrier making. Now a day’s male and female both are competent in almost all the field from Driver to Doctor but they are not concerning about the feature offspring’s. The World Health Organization (WHO) estimates that 60 to 80 million couples worldwide currently suffer from infertility. Infertility varies across regions of the World and is estimated to affect 8 to 12 % of couples worldwide. In *Ayurvedic* medical science *several* modes and methods for the good progeny have been mentioned and if we follow them then there is better hope for this circumstance. This article may be helpful for the one who desire for good progeny.

**Keywords:** Infertility, progeny, *Vajikarana*

**INTRODUCTION**

Procreation is essential to continue the species, and *Ayurveda* says for this require proper diet, proper rest, *Brhamhachary Palana*, *Sadvrutta Palana*, *Moksha*, (codes and conduct mentioned in *Ayurveda*) etc are require for model progeny, and it is the aim of *Ayurvedic* science. Recreation is primary motto, Variety of sex techniques have been mentioned in the classics. If we see practically *Kama*, *Asana*, *Vasikarna* etc highest recreation is the goal of previous generation but now scenario has changed. Control of population, Small for better care, Premarital, extramarital, legalized sex, Necessity of preventing procreation. In *Ayurvedic* literature many thousands decades back explains about *Astanga Maithuna* (Eight techniques of sexual intercourse) and which is

also holds that good importance in this modern era also but expression and thinking is somewhat changed. Here try to correlate *Astanga Mathuna* in modern era as cyber *Astanga Maithuna*. *Smarana* (Fantasy) *Kirtanam* (music), *Keli* (amusement) *Prekshanam* (Browsing), *Guhya Bhashana* (Chatting) *Sankalpo* (Planning) *Adhyavasya* (Dating) *Kriya Nivratti* (Sex).

**Demand Still Existing for model progeny**

Serious involvement in marriage still existing worldwide but there are various factors are involved not to get a model progeny. The man fails to impregnate his wife; wife fails to conceive, incessant decrease in fertility rate, Couple is anxious to have child and Medical consultation is the only option.

This is a twenty first century and the science is so much advanced and has a

various advanced tools and management protocol available. There are few treatment protocol has been mentioned here and they are beneficial for some extent. Conservative management, surgical intervention, Artificial (partner) insemination, In-vitro Fertilization, Gamete intra fallopian tube transfer, Zygote intarafallopian transfer, Intra cytoplasmic sperm insertion, Follicle aspiration, sperm injection, and assisted follicular rupture these are the few modern treatment for the infertility but this is not end for the crisis to not getting the offspring's.

Now a day's scenario is changing and people are much aware of the Ayurved world wide and they are seeking treatment, suggestion from great science. There is various treatment modalities has been mentioned in Ayurveda, The responsible factor for infertility in Ayurveda mentioned as male factor, female factor and combined factors. Always not necessary that if a person having good physic and strength not able to produce a good progeny simultaneously if a person is lean and thin he can able to give a good progeny, so here the body type, or physical strength is not important.<sup>1</sup> Few of important treatment protocols mentioned here.

### **Shodhana Procedure (Purification of the body)**

*Vamana* (Pathological factors expel through oral route), *Virechana* (purgative procedure), *Basti* (installation of medicine through rectal route as well as urethral route), *Nasya* (Installation of Medicine through Nasal route), *Rakta Mokshana* (Bloodletting) are the cleansing method have prime importance in various kind of

diseases, in infertility patients also, *Shodhana Chikitsa* is very much essential.

After good purification of the whole body of the male and female one can go for various medication according to strength of the patients and select the medicine which increases the *Shukra* (Quantity and quality of the *Shukra* (sperm)), here some of the medicines like *Ghrita*, *Kshira*, *Shrakara*, and various types of *Mamsa* which mentioned in the classics. Here these oral medications like Herbal and herbo mineral all forms of *Vati*, *Churna*, *Leha*, *Kashaya* etc can be advised.

**Kapikachu** (*Mucuna Pruriens* (linn) DC) - *Kapikachu* is one of the most excellent drug used in the cases related with infertility in different aspect and in different formulation. It corrects the erectile dysfunction and improves the quality of semen and it is clinically proved also.

**Parts used-** Seeds **Dose-** Powder 3-5 g

**Pharmacognosy-** Chemical Constituent – L-Dopa, Alkaloids p-s & x, Mucunadine, Mucanine, Prurienidine, Prurienidine, saponine, Analgesic, Antipyretic, Antihelminthic, Antinflammatory.

**Preparation of Kapikachu-**Wheat is cooked with milk along with seeds of *Kapikachu* which is then mixed in ghee when cooked and consumed. This is later on followed by intake of milk it is good for aphrodisiac. One who takes powder of *Kapikachu* with *Ikshurasa* mixed with sugar along with warm milk does not suffer deficiency of Semen.

**Clinical report-** Oral in males at 96 mg /day, improved fertility by increasing sperm count and motility. In 133 patients, extracts of plant given orally in condition of impro-

per erection, night emission, premature ejaculation, spermatorrhoea, functional impotence/oligospermia, showed improvement. Dried seeds extract improved irrection, coitus duration and post coital satisfaction in 56 patients treated for 4 weeks. Some clinical studies with formulation containing *M. Pruriens* have shown the efficacy in improving libido and performance in man.<sup>2</sup>

*Kapikacchu* finds honorable mention in the *Chiktsasthan* of *Sushrut* in the chapter on virility. Wheat and *Atmagupta* seeds (synonym of *Kapikacchu*) are to be boiled in milk into porridge and eaten with ghee, followed by warm milk. *Kapikacchu* is an excellent gluten free food. *Kapikacchu* seeds can be cooked with *Urad Dal* (Black Gram) to make a nourishing and *shukral* soup (semen enhancing Soup). *Kapikacchu* boiled in milk and taken with *Mishri* (Sugar) or rock candy can also be used as *Shukravardhana* yoga or healthy sperm-supporting formula. Or *Kapikacchu* and *Gokshura* (*Tribulus terrestris*) can be combined in a milk decoction. Alternatively, use *Kapikacchu* in a synergistic formula tailored to *Prakriti*, *Vikriti* and season.

**Jatiphala-** (*Myristica Malbarica lam*, *Myristica fragrance houtt*)

**Karma-** *Uttejnam*, *agnidam*, *samanam* and *Balyam*

**Clinical report-** Extract - Aphrodisiac effect in male improved erection prolonged duration of coitus in 56 cases for 4 weeks. Betters the functioning of the scrotum, Delays ejaculation, Promoting proper placement of semen in proper place

**Ashwagandha** (*Withania somnifera*)-  
“*Ashwagandha* acts as a tonic and tissue vitalizer, bitter and astringent in taste, hot in

potency and increases the quantity and quality of semen.” *Ashwagandha* is paramount among *shukral* herbs. There is a great deal of misinterpretation about *Ashwagandha* as some believe that it should not be used in *Ama* conditions, believing it will increase *ama*. However, the *gunas* of *ashwagandha* are *laghu* (light) and *snigdha* (oily) and its *karmas* include *dipan*, *pachan* and *kru-mighna* (anti-parasitical). Hence *ashwagandha* can be used in situations where lightening therapies are required as well as in *rasayana* formulas, depending upon the herbs selected to accompany it. Due to *ushna virya* (hot energy) *ashwagandha* should be used cautiously in *pitta* men. By creating a balanced yoga or formula, it may be possible to include *ashwagandha*, but during hot weather the heating quality of *ashwagandha* may be inappropriate for *pittas* under any circumstance. For *shukral* purposes, ghee is an ideal *anupan* for *ashwagandha*. As a *shukral*, *Ashwagandha* may be used in a formula, in medicated milk taken at bedtime, or as a medicated ghee.

**Shatavari-** (*Asparagus racemosus willd*, *Asparagus officinalis linn*)-*mahashatavari* is *medhya*, *hrdya*, *vrsya*, *rasayana*, it is *sita* and it used in *Arsha*, *grahani*, *Netraroga*. Improves sperm count and increases ejaculation

**Formulations-** Ghee cooked with the paste with decoction of *Shatavri* added with sugar it is used as rejuvenative<sup>3</sup>. *Shatavari* pounded and taken with the milk in dose of 10-20 gm increase the flow of breast milk.

**Pippali** (*Piper longum*)- “*Pippali* is appetizer, aphrodisiac, sweet after digestion and a vitalizer.” *Pippali* has the unique character of *anushnashita virya*, neither hot nor cold,

and is adaptable for use by all *prakriti* types. Combined in a *shukral* formula, it can assume the role of *agni dipan ama pachan*, ensuring better digestion, absorption and assimilation of the other herbs. *Sushrut* suggests that for *shukravardhana pippali* be combined with *urad* flour, rice flour, wheat flour and barley flour to make cakes fried in ghee. urad dal, wheat and rice are all *shukral*. These cakes or *pupalika* are eaten with milk sweetened with *mishri*. More easily, *pippali* can be consumed as a milk decoction.

**Shilajit (Black Asphaltum)**- *Shilajit* is a wide-ranging rejuvenative and aphrodisiac which also supports a healthy sperm count and should be added to the daily regimen for men seeking to improve fertility. *Shilajit* has *ushna virya* and should be used with caution in *pitta prakriti* and *vikriti*.

**Gokshura (*Tribulus terrestris*)**-“*Gokshura* is sweet in taste, cold in potency, strength giving and removes bladder turbidity. It is appetizer, aphrodisiac, tonic and lithotropic” *Gokshura* has pride of place as an aphrodisiac in *Ananga Ranga Sutra*, a mediaeval sex manual. We now know that this is due to the steroidal saponins it contains. Due to its *shita virya* (cold energy), *gokshura* is suitable for *pittas* while also being an excellent herb for all *vata* imbalances. It is the only component of *dashamula* to have *shita virya*. As an aphrodisiac and *shukral* it can be used in a formula or as a decoction with honey. *Gokshura* is especially useful when there is a combination of low sperm count and STI (sexually transmitted infection) since it is a good herb for supporting a healthy reproductive system. Similarly, it is particularly helpful when there is both low

sperm count and any urinary disorder, due to its effective support of the urinary system.<sup>4</sup>

**Topical stimulant**- Topical stimulants has given much importance in various sexual related disorders as in modern medical science also various pharmaceutical companies introduced local applications like gels, ointment, spray, lubricants etc. for male and female too. In *Ayurveda* it is mentioned long back like, *Kustadi lepa*, *Varaha Vasa lepa* etc. One of the popular examples in *Ayurveda* for local application is *Shri Gopal Taila* which showed very good result in conditions like premature ejaculation, unsatisfactory erection or sexual deficiency, Lack of libido, Sexual weakness in elderly.

**Eat**- Meat soup, Flesh with fats, Hing, Spices, Boneless fish boiled to make stuffing with spices. Seasoned meat, minced, roasted fried meat; meat cooked with fruits, vegetables, rice, flour, Ghee is good for who want to indulge repeatedly for sexual intercourse. Sweet preparation with wheat flour, milk, ghee, *guda* or honey or sugar or with cardamom, pepper, ginger is useful preparations.

There is uncountable medication and procedures mentioned *Ayurveda* for infertility one has to explore it and acquire suitable medication and procedure in day today practice. In this article most of the preparation is for male related problems. Planning to explore some important internal administrative procedure like urethral administration of *Khsirabala taila*, *Yapana Basti*, Treated with *pichu* of phala ghrita, Nasal administration and useful preparation for female infertility in upcoming articles.

## CONCLUSION

Infertility in male and female is burning issue in this era, estimated that 60-80 million population suffering with infertility and it is also estimated that it increases up to 8-12 % worldwide. Here little effort has been made in this article is to give some of important concepts regarding infertility and medication. Drugs like *Kapikachu*, *Ashvagandha*, *Pippali* etc. As we know all there is pleural etiology of the disease, Plethora of pathology, plenty of drugs but lot of confusion so this is difficult to treat competently.

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