

## Etiopathogenesis of *Streevandhyatva* & its *Chikitsa* in *Ayurveda*

### Author

**Dr. Parul Yadav**

M. S., Shalya Tantra

Assistant Professor, Ishan Ayurvedic Medical College and Research Centre, Greater Noida



### Abstract

*Ayurveda* is a branch of medicine which has both prophylactic and curative action. *Vandhyatva* is failure to conceive within one or two years of regular unprotective coitus. According to *Ayurveda* four factors are responsible for conception; *Ritu* (Appropriate time for conception), *Ambu* (Nutritional diet which is essential for conception), *Kshetra* (healthy uterus & Vagina), *Beeja* (Healthy sperm and Ovum).

Any deformities of these factors may lead to *Vandhyatva*. Infertility has affected 10-15% people of reproductive age group. Age factor, stressful life and improper diet are also some of the common reasons that may lead to infertility.

*Key words: Infertility, Vandhyatva, YoniVyapada*

### Introduction

Failure to achieve conception by a couple of mature age, having normal coitus, during appropriate period of menstrual cycle, regularly, at least for one year is termed as *Vandhya*.

#### ***Vandhyatva* in *Ayurveda*:**

1. *Acharya Harita* describes 6 types of *Vandhya*
2. *Acharya Vagbhata* explains the congenital deformity of genital tract cause to *Vandhya*.
3. *Acharya Charaka* has referred *Vandhyatva* seen due to abnormalities of *Beeja*
4. *Acharya Sushruta* includes it in *YoniVyapada*.

#### **Factors needed for conception**

1. Minimum age for a woman to achieve conception is 16 years.
2. *Sudha Artava*, *Sudha Sukra*, *Sudha Yoni Marga*, *Sudha Garbhashaya*.
3. Normalcy of *Vayu* & pleasant mind.

#### ***Nidana* of *Vandhyatva***

1. Age Factor: If woman conceives before age of 16 years, the born baby will be affected by congenital deformities.
2. Due to improper *Ahara-Vihara* fetus gets destroyed by the *Dosha* of parents. Therefore the couple should nourish themselves first with proper *Ahara Rasa* and then in *Ritukala*, they must union. The fetus becomes distorted or even there is no conception by continuous use of *Asatmya Ahara Rasa*, by suppressing the natural urges or due to *Yoni Dosha*.
3. Psychological factor: Excessive eating, hunger, excessive thirst, fear, not interested in coitus, excessive grief, anger, liking other person or who has excessive urge for sexual act, in this condition the conception does not occur. *Atibala*, *Ativruddha*, *Dirghakalarogi* are not ideal for coitus.
4. Improper position during coitus: The flexed position *Vayu* gets aggravated & compresses the *Yoni*, in right lateral position; the *Kapha* getting displaced obstructs the *Garbhashaya*. Similarly the left lateral position displaces the *Pitta*(*Vidaha*) burns the *Rakta&Sukra*. Hence for receiving the beeja the women should lie in supine position, so that all the *Dosha* remains in normal site.
5. Sexual incompatibility: *Acharana*, *Aticharana*, *Atyananda*, *Vipluta*
6. *YoniVyapada*: Due to *YoniVyapada*, there is vitiation of *Yoni* which will not do *Dharana* of *Sukra*, leading to *Sandhyatva*. When there is vitiation of *Yoni* there will be no *GarbhaDharana*.

Anatomical

Defect

*Antaramookhi*

*Mahayoni*

*Prasramsini*

*Phalini*

Nutritional defect

*Putraghni*

*Soochimukhi*

defect

*Vamini*

*Asruja*

Excessive

bleeding

*Asuja*

*Lohitakshara*

*Lohitakshaya*

Congenital

defect

*Shandhi*

*Vandhya*

Menstrual defect

*Arajaska*

*Lohitakshaya*

*Vandhya*

Congenital

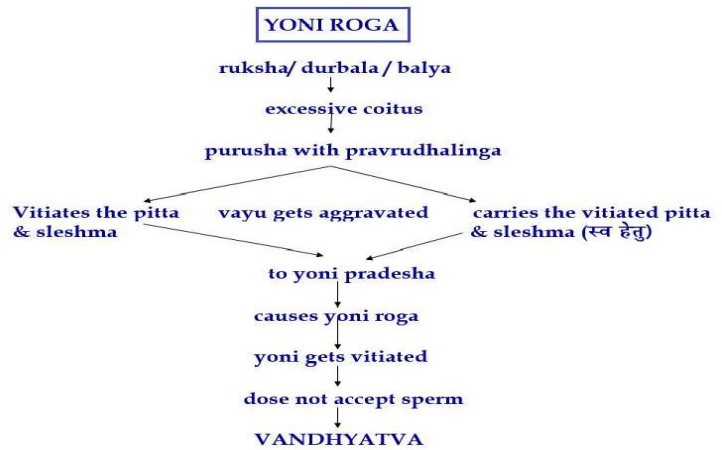
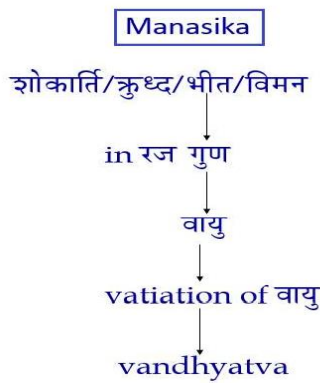
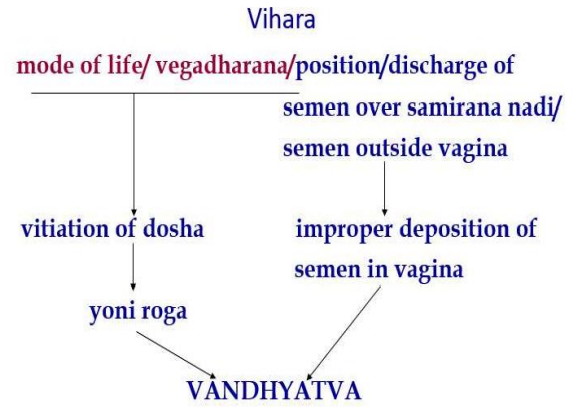
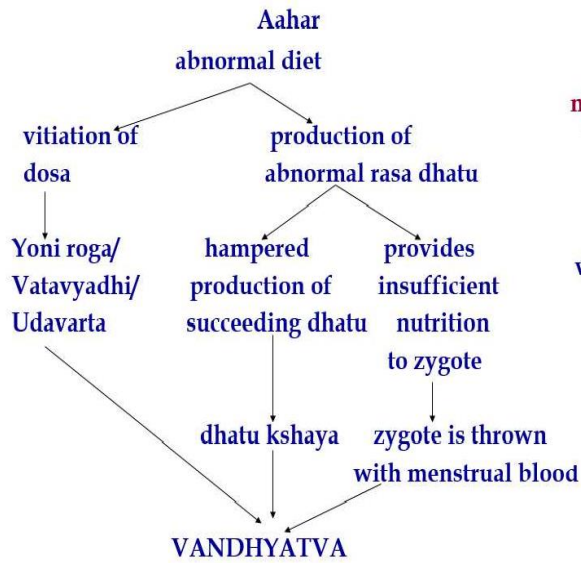
defect

*Shandhi*

*Vandhya*

**Functional**

**SAMPRAPTI**



## CHIKITSA

Removal of various causative factors is the 1st line of treatment.

Chikistacan be given in

1. ShodhanaChikista
2. ShamanaChikista
3. Pitta Chikista
4. Basti forVataShaman

1. ShodhanaChikista can be divided into 2 type

**a. Sarvadehika**

- Vamana
- Virechana
- Asthapanabasti
- Anuvasanabasti
- Sirovirechana

**b. Sthanika**

- Yoni Prakshalana
- Yoni Picchu

These help to build up the healthy condition of genital tract which is need for nidation.

2. ShamanaChikista

Use of medicated Ghrita&Taila. These preperation are used as Balyai;e to gain physiological strength.

3. Pitta Chikista

These preparations are used to induce a proper Ritukala.

It is used to regulate the timely ovulation

To increase the receptivity of uterus, cervix & vagina.

#### 4. *Basti*

This method helps to remove local disorders. It can be used to serve following purpose

To increase receptivity of genital tract for the entry of sperm.

To remove obstruction of the passage

To facilitate proper coitus.

#### 5. Some of the other preparations are

*Phalaghrita*

*ShatavariGhrita*

*KasmaryadiGhrita*

*SitakalyanaGhrita*

*ShatavariTaila*

*Narayana Taila*

*ShatapushpaTailaforNasya& Pana*

*LasunaTailafor Basti*

*BalaTail Basti*

## CONCLUSION

*Artava* is the *Upadhatu* of *RasaDhatu*. It is produced by *PrasadBhag* of *Rasa Dhatu* and secreted by *Anulomgati* of *Apanavayu*. Cervical mucus is the part of *Artava* so it is also a product of *Rasa Dhatu*. Likewise disorder in *Artava* may lead cervical mucus disturbance and finally cause *Vandhyatva*. Modern science has given many treatments for infertility but it may cause side effect and are costly. On contrary *Ayurveda* offers cheaper treatment without any side effect like *Uttarbasti*, *Matrabasti* and combination of various drugs.

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