

## A Case Study on Vandhyatwa - Classical Management through UttaraBasti

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### Abstract

According to Ayurveda, *vandhyatwa* means Infertility. In the Present era, 1 out of 6 couples is suffering from *Vandhyatwa* which means according to recent Indian statistics 2021 it is 10-14%. Very often couples who experience infertility feel like to get isolated and have to go through many barriers when trying to build their family. In most of the patients, the silence and stigma that sometimes surrounds infertility topics make them psychologically sick. So, for better results, Classical Management through *UttaraBasti* is one of the methods where we have opted in the Tubal blockage (one of the causative factors for *Stree Vandhyatwa*). The Aims & Objectives of the case study were to give better results in tubal blockage with the help of Classical Management through *Uttara Basti*. Materials & Methods:-This case was taken and treated in Dr.D.Y.Patil School of Ayurveda, Maharashtra. On examination, investigations reveal that patient has Tubal blockage. Intervention with Classical Management through *UttaraBasti* with *Kumari Tailam* was given for 3 alternate days from the 4<sup>th</sup> day of her menstrual cycle for continuous 3 months. Result: - There was substantial relief found and the patient got conceived by the 5<sup>th</sup> month of the Treatment. Conclusion: - In Ayurveda For any case correct diagnosis & timely Management with properly advised Lifestyle & nutrition always gives fruitful outcome.

**Keywords:** -Ayurveda, Infertility, *Kumari Tailam*, *UttaraBasti*, *Vandhyatwa*.

### Introduction: -

According to Ayurveda, *vandhyatwa* means Infertility. In the Present era, 1 out of 6 couples is suffering from *Vandhyatwa* which means according to recent Indian statistics 2021 it is 10-14%<sup>1</sup>. Very often couples who experience infertility feel like to get isolated and have to go through many barriers when trying to build their family. In most of the patients, the silence and stigma that sometimes surrounds infertility topics make them psychologically sick. So, for better results, Classical Management through *UttaraBasti* is one of the methods where we have opted in the Tubal blockage (one of the causative factors for *Stree Vandhyatwa*<sup>2</sup>). *Kumari tailam* was taken in Tubal blockage and given in the form of *uttara basti*. *Kumari* (aloe vera<sup>3,4</sup>) is well-established for its anti-inflammatory, ulcer healing, and antibacterial properties. It is *tikshna* and *vata-kaphavardhaka* by *karma*. Thus, it removes the outer fibrosis of the involved in the pathogenesis of tubal block with a predominance of *Vata Dosha* in endometrium and helps in its rejuvenation. Its anti-inflammatory action decreases the inflammation and its ulcer-healing property helps the inner lining of the tubes and uterus to heal. High-level testosterone suppresses FSH function. (here the patient is having –high testosterone level, low FSH level) *Shathavari* is rich in Phyto oestrogenic activity. Chemical nature is similar to endogenous estrogen in humans. Beneficial both in hypoestrogenic & hyperestrogenic conditions due to adaptogenic activity. Antioxidant, immunomodulator. As IVF is highly costly in all infertility cases and also as the patient is not affordable *uttarabasti* with oral medication was given which is cost-effective for normal people.

## MATERIALS AND METHODS

Present Case study was carried out in accordance with ethical principles by following the International Conference of Harmonization – Good Clinical Practices Guidelines [ICHGCP] Informed written consent was taken from the patient in 2 languages and the case was recorded at OPD and IPD Level.

**Site of the study** Dr.D.Y.Patil School of Ayurveda, Maharashtra.

**Case report** Nulliparous women aged 34 years old, presented with complaints of anxiety to conceive for 4years. After marriage irrespective of unprotected sexual life, she has not conceived. After 1 year for the same complaint, she consulted an allopathic physician she underwent various investigations i.e., pelvic USG, FSH hormone level, testosterone level test, HSG test there. It revealed there is tubal blockage & high testosterone and low FSH.

**History of Present Illness** Patient was apparently healthy before 4yrs at that time she suffered from the above complaints about better management she came to Dr.D.Y.Patil.School of Ayurveda OPD no -08.

Significant and relevant past illness was not observed.

**Personal history Appetite-** normal, takes food 3 times a day, Bowel – once a day/no hard stools, no pain/ burning sensation/ itching on passing motions, Micturition – 7-8 times/day and 2 times in the night, Sleep – good, not disturbed. sleeps from – 10 pm-7 am, No sleep at day time, Habits – Nil

**Menstrual history** With LMP on 14.06.21 patient had regular menstrual periods with a duration of bleeding for 3-4 days with an interval of 28days and the flow within normal limits.

**Marital life** is of 4 years with no h/o consanguineous marriage

**Coital history:** 3-4 times/week.

**General examination** Built: Moderate, Tongue: Clear, Pulse Rate: 78/Min, BP: 110/60mm of Hg, Respiration Rate: 18/Min, Temp: Afebrile.

**Physical examination Dasavidha pariksha Prakriti – Vata, Kapha, Satmya – Madhyama, Vikriti – Kapha, Aharashakti – Madhyama, Sara – Asthisara, Vyayama Shakti – Avara, Samhanana – Madhyama, Vaya – madhyama, Satva – Madhyama, Pramana – 160cm**

**Systemic examination:** CNS: Normal; C.V.S: S1, S2 clear; RS: Normal

**Stanika pariksha** P/A: soft, No tenderness, Breast examination: soft, No tenderness, P/S: cervix healthy; P/V: Ante Verted /Normal Size /Free Fornices. .

**The treatment plan** gave *Uttara vasti* with *Kumari Tailam* 5ml continuous 3 days from 4<sup>th</sup> day of the menstrual cycle for continuous 2 cycles.

### Oral medications:-

1. *Shathavari churna* tablets 2-0-2 before food with warm water
2. *Phala sarpi* 5ml empty stomach with warm water
3. Diet & yoga advised

### Discussion

In this Current case study – pelvic USG was found to be normal.HSG report B/T - ? Distal block in rt tube?peritubal adhesion in Lt tube.Tubal block – one of the reasons of infertility. High-level testosterone suppresses FSH function. (here pt –high testosterone level,low FSH level). Shathavari is rich in Phyto oestrogenic activity. Chemical nature is similar to endogenous estrogen in human.Beneficial both in hypoestrogenic &hyperestrogenic conditions due to adaptogenic activity.Anti oxidant,immuno modulator. It helps in increasing of FSH level and decrease of Testosterone level. *Kumari tailam* & it's preparation was mentioned in Bhavprakash<sup>5</sup>. *Kumari (aloe vera)*<sup>6,7</sup> is well-established for its

anti-inflammatory, ulcer healing, and antibacterial properties. It is *tikshna* and *vata-kaphavardhaka* by *karma*. Thus, it removes the outer fibrosis of the involved in the pathogenesis of tubal block with a predominance of *Vata* and helps in its rejuvenation. Its anti-inflammatory action decreases the inflammation and its ulcer-healing property helps the inner lining of the tubes and uterus to heal. One of the important content of *Kumari Taila*,

is *Bhringaraja* (*Eclipta alba*)<sup>8</sup>, a very potent *Vata-Kapha Shamaka* drug, which contains antiviral, antibacterial, antioxidant & anti-haemorrhagic qualities. All these properties make the medicine more potent in removing chronic inflammation and fibrosis. It's *Shothahara* & *Vishahara Karma* reduce swelling & edema of the tube and render it in a healthier atmosphere. Another major content of *Kumari Taila*, *Dhatu* (*Datura metel*)<sup>9,10</sup> is *Krimighna*, *Vranahara* & *Vishaghna*. It is known for its anti-inflammatory property. Thus, it helps a lot in getting success in the removal of tubal blockage.

All three *Doshas* are present, *Kapha* also one of the responsible factors for the vitiation of *Vata* due to its *Avarodhatmaka Guna*. *Vatavitiated* on its own as well as by *Kapha* which is able to vitiate *Vata* by its property to cause *Avarodha*. For administration of the drug in tubal blockage, a medium is always required. The medium adapted must not be having any adverse effect in *Samprapti Vighatana* and it would be more appreciable if it will contain some adjuvant role to open the tubal blockage.

## CONCLUSION

In Ayurveda For any case correct diagnosis & timely Management with properly advised Lifestyle & nutrition always gives fruitful outcome. Now the patient got conceived her gestational age is 6wks 4days. Intrauterine *Uttar Basti* with *Kumari Taila* is highly effective in removing the tubal blockage with an amazing rate of conception. It may also be effective for other factors of female infertility and menstrual disorders, namely, oligomenorrhea, hypomenorrhea, and dysmenorrhea; due to its various contents having an effect on ovarian and hormonal functions.

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