

## **A Clinical Successful Case Study on Infertility through Panchkarma**

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### **Abstract**

Infertility is a disease characterized by failure to establish a clinical pregnancy after 12 month of regular and unprotected sexual intercourse. Failure to conceive after one year of regular Sexual attempt without contraception. Any problem in any of these four factors is Ritu,Kshetra,Ambu,Bija. Primary conception has never occurred. Secondary –fail to conceive after having produced a child or had undoubted miscarriage. The Cause of female infertility is multifactorial. *Ayurveda* assure normal pregnancy by proper *sodhana* of *sharira* and balancing the *Tridosha*. In this case patient suffered infertility. She has a known case of diabetes mellitus and Hypothyroidism. She has taken allopath medicine but did not get a Result. After the *Panchkarma* next month she came with UPT Positive and after one week of Missed Period.

**Keywords-** Infertility, Factor of Fertility management, *Panchkarma*.

### **INTRODUCTION**

Infertility is defined as trying to get pregnant (with frequents intercourse) at least a year with no success. Many of current treatments infertility are costly, have low success and have potential to negatively affect long term effect. In today era varies factor are affected to the fertility and produce leading to complication and difficulty

conceiving child. Factors like who affect the fertility is Age, sex, smoking, weight, alcohol any deformity and Thyroid, Diabetes unovulatory cycle, etc. The risk of infertility increases per age.

Infertility is a serious health issue worldwide, affecting approximately 8%–10% of couples worldwide, 60–80 million couples suffering

from infertility every year worldwide, probably between 15 and 20 million (25%) are in India alone.

*Dincharya* (Daily regimen), *Pathya-apathy* (healthy or unhealthy *Aahar*) *ritucharya* (seasonal regimen). due to Infertility is very burdening problem now days. Due to improper lifestyle and Dietary habits can lower the fertility rate. The factors that are of prime importance in the process of conception according to *Ayurveda* is not just healthy sperm and ovum. There is an equal or maybe more emphasis given on metabolic function, hormonal balance and mental.

*Acharya susruta* said any deformity *ritu*, *kshetra*, *Ambu* and *bija* than also Produce infertility. *Acharya Charaka* has also quoted that '*Saumanasyam*' (peaceful mind) is necessary for achieving conception.<sup>1</sup> Proper functioning of *Vata* must be maintained for pregnancy and throughout the entire pregnancy period. According to *Acharya Sushruta* four essential factors are required for healthy conception, which are proper fertile period, physiologically adequate and healthy. Mainly *ritu*, *khetra*, *ambu* and *beeja* should be must be healthy.<sup>2</sup>

### CASE REPORT

A 28 year female patient attended the outpatient department, Presenting with the complained of infertility last 6 years. She have k/c/o –Hypothyroidism [Thyronom-25mg 1Od] with Diabetes mellitus [Metformin hydrochloride 1000MG] since 7 years.

### HISTORY OF PERSONAL ILLNESS

Patient have complained of infertility last 6years. she have regular menstrual history. Her last LMP 1/4/20. Menstrual history revelled normal cycle duration 4-5 Days and interval 28days. No any complained of coital history or No one taken any Contraceptive pills. Pervious all reports are normal. Hysterosalpingography is normal no any blockage. Per speculum examination no any deformity found. Cervical and Vaginal examination normal. She has visits various gynaecologist and medicine taken Allopath medicine last 4 years. But did not get conceive. The treatment was planned with *samana* treatment for 1 month but she have said me as early as possible she have conceiving. so I start *dipana* and *pachana* 1<sup>st</sup> 5days.

### Asthavidhapariksha

*Nadi*(pulse) : 84/min ( *kaphavata*)

*Mala* ( Stool): 1-2 times / Normal

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*Mutra* (urine): 5-7 times/ Normal

*Drika* ( eyes): Normal

*Jihva* (Tounge) : *Sama*

*Akruti*: Madhyama

*Agni* : *Samyaka*

*Bala* : Normal

*Shabda* ( SPEECH): Normal

Blood pressure: 120/80 mm/hg.

### TREATMENT GIVEN

#### Oral medicine ( Table -1)

Date	Medicine	Dose	TIME	DURATION
2/4/21 To 6/4/21	<i>Chitrakadi vati</i>	2 <i>vati</i>	Before food/ 3times	5days
	<i>Eranadabhrista haritaki</i>	3 <i>vati</i>	Before sleep/1time	5days

#### Panchkarma Therapy ( Table -2)

Date	Karma	Medicine	dose	Time	Duration
7/4/21	<i>Snehapana</i>	<i>Panchatikta ghrita</i>	40ml/before food	2 times	5Days
8/4/21	<i>Snehapana</i>	<i>Panchatikta ghrita</i>	55ml /before food	2 times	
9/4/21	<i>Snehapana</i>	<i>Panchatikta ghrita</i>	70ml/before food	2 times	
10/4/21	<i>Snehapana</i>	<i>Panchatikta ghrita</i>	85ml/before food	2 times	
11/4/21	<i>Snehapana</i>	<i>Panchatikta ghrita</i>	100ml/before food	2 times	
12/4/21	<i>Abhyanga</i>	<i>Mahanarayana Taila</i>	100ml	1times	3 DAYS
13/4/21	<i>Swedana</i>	<i>Sarvang swedana Nirgundipatrena</i>	-	1times	3DAYS
14/4/21	<i>Virechana karma</i>	<i>Dindayal chrna - &amp; Eranda sneha -</i>	5gm 50ml	9 Am -	1 days
15/4/21 to 16/4/21	Gap days for 2 days.				
17/4/21 to 30/4/21	<i>Basti karma (Niruhbasti)</i>	<i>Dashmool kwath and</i>	320ml/ Before food	1 time	7 days
		<i>Matra Basti</i>	60ml/After food	1 time	7 days
	Note-Before <i>Niruha basti</i> <i>Abhyanga swedana</i> Compulsary. Here <i>Niruha basti</i> and <i>Matrabasti</i> given alternate for 14days.				

## THE CRITERIA FOR **PANCHKARMA INFERTILITY**

The Female infertility in *Ayurveda* is majorly causes due to *vata* vitiation. The line of management focus on removal of causative factors along with use of various panchakarma procedure that are prescribed for condition are *Abhyanga, Swedana, Virechana, Basti karma (Niruha basti, Anuvasana, Basti, Nasya, etc*<sup>3</sup>

In *Ayurveda panchkarma* treatment main benefits is all *sodhana* treatment are eliminate *Ama* thus corrects *Agni*. Healthy *Agni* will also contribute the make healthy *ojas*. Infertility main *dosha* is involved is *vata*. So irregular function of *vata dosha* leads to infertility. So *vatanulomana* (correcting the function of *vata*) Is very important in the treatment of infertility.

### **Dipana – Pachana**

*Dipana karma* are only enhance digestive power and *Pachana karma* is digestion of *Ama*. In all the text have opined the use of purva karma a must before any of the *Panchkarma*. In *Samshodhana* firstly *snehana swedana* prior to *vamana & virechna*.<sup>4</sup>

### **SNEHAPANA**

The general properties of *snigdha Dravya* are *Dravya, sukshma, sara,*

*snigdha,*

*pichila, guru, sheeta, Manda, Mridu.* In

*pitta* associated condition *ghrita* is best. The *sneha* which is given in Ananna (Empty stomach) and *Akshudhakala* (Not having hunger). When the meal is previous night is completely digested in medium dose is called as *sodhana sneha*. *snehana* uses in the *purvakarma* of *sodhana* is *shodhana sneha*.<sup>5</sup> Here the medicated ghee are given in higher does as to causes saturation in the body. The dosage is increases everyday until all the cell of body get saturated or the symptoms of proper administration (*Samyaka snigdha lakshana*) are obtained or until the patient develop aversion towards the medicine. It is given for patient whom taken *vamana* or *virechana* has been planned.

### **ABHYANGA**

*Abhyanga* means application of medicated on *sneha* body. *Abhyanga* is provides *Dridhata* (Tensile strength), *Sutwaka* (enhance quality of skin), *Prashanta Marutaabadha* (pacifies *vata* disorders). *Abhyanga karma* can be considered as superficial fluid technique of massage. The description of superficial fluid technique are those that effect

structure in the dermis and subcutaneous tissue. Superficial effleurage and superficial lymph drainage technique are in this category. In superficial effleurage also known as effleurage gliding stroking and deep stroking, gliding movement are used. In addition to producing reflex effect to those of superficial stroking technique these movement affect lymphatic and venous return in skin and deeper structure by mechanical compression.<sup>6</sup>

### **SWEDANA**

*Dosha* which have been lubricated after *snehana* therapy, residing either in the alimentary tract, tissues or lurking in the channels of extremities, bones etc. are liquefied by sudation therapy, brought into the alimentary canal to be eliminated out of the body completely by appropriate purificatory therapies.<sup>7</sup>

### **VIRECHNA**

*Virechna karma* is main for *pitta dosha*. In *virechana* procedure vitiated *dosha* are removed from *adhobhaga* through the anal route. It is eliminated *pitta* and *kapha dosha* it is beneficial in *yonidosha*. The *virechna* drugs are spread throughout body of cellular levels *ushna* and *tikshna* properties of

*virechna* medicine does *chedana* of *dosha* which are already softened due to oletion therapy. The medicine works as a *adhobhagahara prabhava* liquefied *dosha* drained to the *koshtha* and expelled through the anal canal.<sup>8</sup>

*Virechana karma* equally effective *pitta dosha* and *artava dosha* it cures the *artava dusti*.

### **NIRUHA BASTI**

*Basti* is considered to be the most powerful of the *ayurvedic* detoxification and rejuvenation procedure and introduces of medicated liquid into the colon. *Basti* through the general levels effect *basti* veerya spreads all over the body through the *srotas*. It pacifies the *dosha* vitiation and normalise *apana vayu* regulating *agni beejosarga garbha haryet karyaksham beejvahini*. *Basti* definitely acts on anovulation. Anovulation mainly due to *vata dusti* through the portal circulation and systemic circulation endogenous opioids release GnRH Hormones. Its Regulation the Hypothalamus-pituitary ovarian axis. The ovarian cycle is regulated through the feedback of Hormones on neural tissue of CNS. Intestine richly supplied with nerves.

Hence the theory of ENS is closely resembles CNS.

### **MATRABASTI**

*Matra basti* is a type of *sneha basti*. It is termed so because of the dose of *sneha* used in it very less as compared to the dose of *sneha basti*. It gives nourishment and cures disease caused by aggravated *vayu*. *Acharya Charaka* maintains that *matra basti* is always useful for weak persons and those who are afflicted with *vatika* disease.<sup>9</sup> *Matra Basti* promotes strength and can be administered easily.

*Matra basti* cures *vatika* disease and *niruha basti* cures diseases caused by *kapha* as well as *pitta*. Therefore, if appropriately administered one after the other, these two types of *basti* therapies cure disease caused by all three *dosha*.

### **DISCUSSION**

Infertility due to ovarian factor is imbalancing *vata* and *kapha* *vyadhi*. e.g. *Apana vaty* disturbing. Here patient has with Diabetes and Hypothyroidism. Due to imbalancing Hormone. Hence main line of Treatment is *Agnideepana* and *pachaka* and *Vatanulomana*. Due to *dipana pachana* *agni* enhancing. Then *Snehpana* drinking progressively

increasing amount of medicated ghee. The gastrointestinal tract is the most abortive organ in the body. Without *snehapana* the medicated ghee will not find its way to every cell in the body. Without *snehapana* the medicated ghee will not bind with toxins in each cell. After *snehapana*, the toxin now bound to the ghee. Once the medicated ayurvedic ghee has made its way into the intestine much of it goes into every cell of the body and the leftover binds with *slimy ama* or endogenous toxins trapped in the villi and finger-like structure of the intestinal wall. *Virechana* directly hampers *Agni*. It eliminates excessive *pitta dosha* and pacifies *vata* and *kapha dosha*. It does *srotosodhana*. So it destroys disease from the *Raja* and relief in *artava vikara*. After treatment of *virechana* TSH Level reduced. *Virechana* stimulates liver which is source of metabolic function of the body. So that early stage of insulin resistance or decreased insulin secretion. It can have a drastic positive effect in the patient of diabetes mellitus. *Basti* is the *vataharanam shresthsa*<sup>10</sup> here *niruha basti* acts as a *shodhana* purpose. *Mahanarayana taila matra basti* is effective treatment modality in

infertility due to anovulatory factor. As basti is pradhana chikitsa in vata vikara ot definitely acts on Anovulation. Matra basti is one of type of Anuvasana basti which is indicated in infertility<sup>11</sup>. Abejotsarga (Anovulation) is mainly due to vata dusti. As the basti is pradhana chikitsa in vata vikara, it definitely acts on anovulation.

### CONCLUSION

Hence in this case we can conclude that if we can all the medicine taken for infertility but outcome are not fruitful than in *ayurveda panckarma* therapy are very beneficial in this type of cases. *Panchkarma* therapy is highly beneficiary in infertility patient. Panchkarma Causes detoxification of the body, remove *Srotosanga*, balancing the *Tridosha*, especially *vata*. No Adverse effect was observed during and after treatment. This panchkarma treatment is safe, cost effective and easily available. Thus this total treatment may Regulate *Tridosha* in the body. It may be correlated with Regulates the Secretion of Hormones, Regulate Hypothalamus-pituitary-Ovarian Axis by Normalise *Tridosha*. *Ayurveda* is better Alternative to Hormonal therapy. *Ayurveda* is better

Alternative to Hormonal Therapy and Surgery.

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