



Case Study

AYURVEDIC MANAGEMENT OF INFERTILITY DUE TO POLYCYSTIC OVARIAN SYNDROME

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ABSTRACT

Ayurveda is the science which not only deals with treating the diseases but also aims to prevention of the various diseases. Curing a diseased person and redefining his healthy status, is a primary goal of a physician. Ayurveda provides valuable guidance on how to maintain a healthy lifestyle and avoid harmful habits, while also offering detailed principles for the diagnosis and treatment of various diseases. Infertility has been one of the unsolved major complaints of womanhood. Infertility impacts approximately one out of every seven couples in their reproductive years and is frequently associated with significant emotional and psychological stress. Infertility is defined as inability to conceive even after one year under normal marital relation without conception. In Ayurveda, this condition is considered as *Vandhyatva*. According to Ayurveda important factors for conception are considered as *Ritu*, *Kshetra*, *Ambu* and *Bija*. Disturbance in the normal functioning of *Vayu* or any imbalance in the *Shatbhavas* can lead to the condition known as *Vandhyatva*. Also these days most important cause for infertility was PCOS. The condition is managed through *Shodhana* (purification therapy), *Shamana Chikitsa* (palliative treatment), and by following an appropriate *Dincharya* (daily routine). *Shodhana* is very important in *Vandhyatva*. *Shodhana* helps to release *Avarodha* of vitiated *Vayu* and provides area for *Garbha Utpatti*.

INTRODUCTION

Ayurveda is the science which not only deals with treating the diseases but also aims to prevention of the various diseases. Curing a diseased person and redefining his healthy status, is a primary goal of a physician^[1]. Ayurveda advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of Ayurveda.

About one in every seven couples of reproductive age experiences infertility, which often leads to significant psychological stress. In women, infertility may occur due to anovulation or structural abnormalities of the reproductive tract that hinder fertilization or embryo implantation, such as damaged fallopian tubes resulting from prior infections.

In men, infertility can arise due to reduced sperm quality, such as abnormalities in count, motility, or morphology. Azoospermia and oligospermia are often of unknown origin; however, they can sometimes result from underlying hypogonadism. Microdeletions on the Y chromosome are now widely understood to be an important factor responsible for severe defects in sperm production. In many couples, subfertility arises from multiple contributing factors, while in a significant number of cases, no specific cause can be determined.

Acharya Charaka stated that one who conceive *Garbha* is *Stree* and other all remaining *Stree's* are *Vandhya*. While *Sushruta* said; *Stree* having no *Artavapravrutti* is known as '*Vandhya*'. The *Hetus* of *Vandhyatva* are *Janmottarvikruti*, *dushti* in *Ambu-Bija-Kshetra-Vayu*, also due to *Sankocha* in *Garbhashaya*, *Artavavahi Dhamani Avarodha*, stress, *Yonivyapada*, *Rajodushti*, various *Yonirogas* etc. *Sushruta* explained *Artavavaha Srotas Viddhya lakshana* is *Vandhyatva*^[3]. Now a days most common cause for development of Infertility in female is PCOS which is developed by

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improper diet, fast food, no exercise, hormonal imbalance etc.

In Ayurveda, *Harita Samhita* explained six types of *Vandhyatva*. Now a days it becomes very common disease among women and also in men due to improper Lifestyle. Therefore, first treatment for that is *Shuddhi of Deha* and it is done by *Shodhana Chikitsa*. *Vamana, Basti, Uttar basti* are very useful in the management of Infertility.

AIM AND OBJECTIVES

Aim: Management of infertility in Ayurveda due to PCOS.

Objectives

To study the *Shodhana* and *Shamana Chikitsa* in the management of infertility due to PCOS.

MATERIALS AND METHODS

Case Study

A married female patient of age 30 years visited Prasuti Tantra & Streeroga department in SST Ayurved Hospital with complaints of unable to conceive for the past 3 years, irregular menstruation with increased intervals. and weight gain for last 3 years. The patient had a married history of 5 years get conceived for the past 3 years. Her investigation was done previously but she is not willing to take modern medication. Hence, she came a hope of getting to Ayurveda Hospital in a hope of getting cured.

Clinical Findings

The patient was obese with weight 75kg, height 152cm and BMI 32.5.

Menstrual History

- Age of menarche- 14 years
- Cycle - 30-35 days cycle interval.
- Duration of bleeding - 2-3 days.
- Bleeding- Scanty, without foul smell and clots was absents.
- LMP- She had irregular periods with mild pain, no clots, dark reddish and the flow was within the normal limits i.e., 2-2 fully soaked pads in the first day and then scanty - 1 pad per day.

Obstetric history - Nil

Contraceptive History - None

Previous Medical, Surgical & Family history - Non-significant

Personal History

- Diet - Vegetarian
- Appetite - Normal
- Sleep - Normal
- Bowel- One time in the morning sometimes constipation.
- Micturition- Normal (5-6 times per day)

Allergy History - None

Addiction - No addiction to alcohol, tobacco

Education - M.Sc. (Maths), Professor of senior college.

Physical Examination

General condition - Fair

Blood pressure - 130/80 mm of Hg

Pulse rate - 76/min

Height - 152 cm

Weight - 75 kg

BMI - 32.5

Body build - Overweight

Pallor - Not present

P/A - Soft, no tenderness

Vaginal Examination

Per speculum examination (PV) - Bulky uterus

Cervix - Eroded and abnormal vaginal discharge

Dashavidha Parikshana

- *Prakriti* - Pitta-kaphaja
- *Vikriti* - Vata, Kapha
- *Sara* - Mansa Sara
- *Samhanan* - Madhyam
- *Pramana* - Prakruta
- *Satva* - Alpa
- *Satmya* - Sarvarasa Satmya
- *Ahara Shakti* - Madhyam
- *Vyayama Shakti* - Madhyam
- *Vaya* - 30 years

Investigations

- Hb - 10.5 gm%
- BSL - Normal
- Urine - NAD
- TSH - 2.45 normal
- USG - Bilateral polycystic ovaries, Rt ovary - 15.1 left- 10.6cm.
- HSG - Uterus normal, left tube partially visible, no spill, right tube blocked at cornu of uterus.
- Male partner
- Semen analysis
 - ❖ Vol - 1.5 ml
 - ❖ Count - 60/million/ml
 - ❖ Motility - 40%
 - ❖ Dead sperms- 40%.
- Follicular Study

On 13th day of cycle and continuing on every alternate day up to 20th day of cycle when delayed ovulation found.

Management**Treatment protocol**

- 1] Pre-conceptual care
- 2] Lifestyle management with diet
- 3] Weight loss

➤ *Shodhana Chikitsa*➤ *Shamana Chikitsa***Shodhana Chikitsa**

Shodhana	Dravya	Duration	Period of Study
<i>Sarvanga Snehana</i>	<i>Mahanarayan Taila</i> ^[4]	20 minutes	20 days
<i>Sarvanga Nadi Swedana</i>	<i>Dashamoola, Nirgundi</i> ^[5]	15 minutes	20 days
Yogabasti ^[6]			
<i>Anuvasana Basti</i>	<i>Mahanarayan Taila</i>	1 Muhurta	20 days
<i>Niruha Basti</i>	<i>Makshika</i> etc	[45 minutes]	

Shamana Chikitsa

Kalpa	Matra	Kala	Anupana
<i>Kanchanar Guggulu</i> ^[7]	250 mg	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshna jala</i>
<i>Chandraprabha Vati</i> ^[8]	250 mg	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshna jala</i>
<i>Shatavari Shatapushpa Churna</i> ^[9]	3-5 gm	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshna jala</i>
<i>Phala Ghrita</i> ^[10]	1 tsp	<i>Pragabhakta</i> (Empty stomach)	<i>Koshna jala</i>

OBSERVATIONS

Effect of the treatment on irregular menstruation, heavy menstruation, weight gain as follows.

	Symptoms	Before treatment	After treatment
VAS Scale	Irregular menstruation	9	2
	Heavy menstruation	8	1
	Weight gain	8	1

DISCUSSION

In this study, observations were done before and after treatment based on symptoms and though VAS Scale - is often used for irregular menstruation, Heavy menstruation, Weight gain etc.

After the whole treatment protocol patient had started regular periods and after that she conceived. UPT was positive in around 16 weeks. *Anuvasana* and *Nirhua Basti* helped in *Vata* pacification and *Anulomana* which is *Ardha Chikitsa* for *Vata dosha* and it is the main causative factor for *Yonivyapada* and PCOS. After first cycle of *Anuvasana* and *Niruha Basti*, she started getting normal periods without hormones and over a period of time she had monthly regular cycles.

Shamana Chikitsa mainly acts on *Rasa* and *Rakta dhatu* and helps in *Prasadabhuta Rajanirmiti* [Quality of follicular development]. Also reduced inflammation of spleen, liver, bladder, kidney, uterus

and intestine. So, it is helped in relieving her constipation.

CONCLUSION

In Ayurveda, basic principles of *Dosha*, *Dhatu*, *Agni* etc any disease can be diagnosed and treated as well. In this case study, mentioned Ayurveda management was helped in improving ovarian function as well as in combating hormonal imbalance and regularising normal menstrual cycles. So, it can be concluded that Ayurveda treatment can be successfully applied in PCOS and Infertility in today's era, for better outcome with no side effects.

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