



Case Study

MANAGEMENT OF SECONDARY INFERTILITY THROUGH AYURVEDA

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ABSTRACT

The failure to conceive after at least one prior conception is termed as secondary infertility. Its incidences are increasing day by day due to unhealthy diet and lifestyle, psychological stress, late marriages etc. All these factors may result in disturbances in H-P-O axis functioning resulting in fertility related issues. **Aim:** To study the effect of Ayurvedic treatment in management of secondary infertility. **Objective:** To access the effect of Ayurvedic treatment in management of secondary infertility. **Methodology:** Single case study. **Case description:** A 28 years old female Hindu patient belonging to rural area came in General OPD of GAHC Kharsi, Dist. Mandi, H.P. She was having 5 years old female child. She was actively trying to conceive since last 3 years but was unable to conceive even after regular unprotected intercourse. She was advised normal routine investigations and ultrasonography, but she refused due to her poor financial conditions. She was advised Ayurvedic oral medications. **Outcome:** After one month of treatment, she conceived. **Conclusion:** Ayurvedic management improves the reproductive health of women and is beneficial in increasing the chances of conception in infertile females.

INTRODUCTION

Failure to conceive within one or more years of regular unprotected intercourse is termed as infertility. Previous pregnancy with subsequent failure to conceive indicates secondary infertility. Multiple factors are responsible for infertility which includes ovulatory dysfunction (30-40%), tubal factors (25-35%), uterine factors (10%), cervical and vaginal factors (5%) and the endometrial factors (1-10%).^[1] As per Ayurveda, *Ritu* (fertile period of menstrual cycle), *Kshetra* (female reproductive system, *Artava-vaha srotas*), *Ambu* (nourishment from *Rasa Dhatu*) and *Beeja* (ovum and sperm) are four basic factors which are responsible for *Garbhotpatti*.^[2] As per Ayurvedic text, *Yonivyapada* (disorders related to reproductive system) may lead to infertility if not treated properly.^[3] According to *Acharya Charaka*, *Yoni Pradosha* (abnormalities of reproductive organs), *Manas*

Abhitapa (psychological abnormalities), *Shukra-Asrig Dosh* (abnormalities of *Shukra* and *Asrig*), *Ahara-Vihara Dosh* (abnormalities due to faulty diet and lifestyle), *Akala Yoga* (coitus in improper time) and *Bala Samkshaya* (loss of *Bala* or strength) are the factors which are responsible for delay in conception despite of having previous pregnancies.^[4]

Case report

A 28 years old female Hindu patient came to OPD at GAHC Kharsi, Dist. Mandi, H.P., on dated 27/06/2023 with OPD registration no. 1576 with the complaint of inability to conceive second child since last 3 years. Five years ago, she delivered a naturally conceived, full term female child of 3.5kg with forceps delivery. After that she was trying to conceive since last 3 years but was unable to conceive despite of regular unprotected intercourse. She also complained of decreased appetite since last 3 months. She was also having loose stools 3 to 4 times per day on/off since last 2 years. On further enquiry, patient talked about painful menses with clots and painful intercourse. Frequency of coitus was 3 to 4 times a week. She was advised for routine investigations and ultrasonography, but she refused. So, Ayurvedic oral medications were started as per history and *Dosha*

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vitiation. Following one month of treatment, she conceived.

Previous medical history -No H/O hypertension, diabetes, tuberculosis, hypothyroidism, epilepsy, jaundice or any other medical illness.

Previous surgical history -No previous history of any surgical intervention.

Allergy history - No any history drug or food allergy.

Family history - No H/O any illness in any of the family members.

Menstrual history

Frequency - Regular

Quantity - Moderate

Pain - Painful, pain in lower abdomen and back on 1st and 2nd day of menses, do not take any medication

Duration -5 days

Interval - 28 days.

Marital status - Married (7 years back.)

Sexual history

Coital frequency - 3 to 4 times per week

Painful intercourse since last 2 years

Contraceptive history - Nil

Obstetric history - G₁P₁L₁A₀

G₁-Female child 5 years old, FT, assisted normal delivery (Forceps) in SLBS hospital, Nerchowk, Distt. Mandi, H.P. in 2018.

General examination

PR - 88/min

BP - 100/70 mmHg.

Treatment

Temp - Afebrile

RR - 19/min

Height - 151 cm

Weight - 41kg

BMI -17.98kg/m² (underweight)

Built - Lean and thin

On observation - No pallor, icterus, edema, clubbing, lymphadenopathy was seen.

Personal history

Appetite- Decreased

Sleep - Normal

Bowel- Increased frequency (3 to 4 times per day)

Bladder - Clear

Occupation - Housewife

Diet - Non vegetarian

Dashavidha Pareeksha

Doosha: Rasa Raktha Meda Arthava

Desha: Deha- Garbhashaya, Grahani; Bhumi-Sadharana

Bala: Alpa

Kala: Ritu Kala, Rajah Strava Kala, Vyadhyavastha-Puraana

Anala: Manda

Prakriti: Vata-Pittaja

Vaya: Madhyama

Satva: Madhyama

Satmya: Sarvarasa Satmya

Ahara: Abhyavaharana Shakti-Manda, Jaranashakti-Manda

Table 1: Treatment given

Date	Patient details	Treatment	
27/06/2023	- Anxious to conceive since last 3 years - Loose stools 3 to 4 times/ day since last 2 years on/ off - Loss of appetite since last 3 months - Painful coitus since last 2 year - Painful menses since last 2 years	<i>Avipattikara Churna</i> - 1gm <i>Shankha Bhasma</i> - 250mg <i>Shatavari Churna</i> - 500mg <i>Amalaki Churna</i> - 500mg <i>Brihad Gangadhara Churna</i> - 500mg	Combination given twice a day with lukewarm water, 30 min. before meals
		<i>Kamdudha Rasa</i> - 125mg twice a day, after meals	
		<i>Kutaja Ghanavati</i> - 250mg twice a day, after meals	
		Syp. Ashokagyno (Ayu. Prop. Medicine) - 10ml twice a day after meals (H.P. Govt. Supply)	
		Fertile days of menstrual cycle were explained to the patient. Patient was advised for contact in fertile days only.	
02/08/2023	- Complete relief in all previous complaints of loose stool and loss of appetite - Mild pain abdomen	UPT done by patient at home - Found positive Further ANC management was continued at SLBSMC & Hospital, Nerchowk, Dist. Mandi (H.P.).	
		<i>Shatavari Churna</i> - 1gm <i>Godanti Bhasma</i> - 250mg	Twice a day with lukewarm water
		<i>Dadimashtaka Churna</i> - 3gm	Twice with luke warm water

RESULTS

UPT done by patient at home on dated 02/08/2023, found positive.

Her LMP was 08/07/2023, EDD was 13/04/2024. She delivered a full-term female child of 3.280kg through normal delivery on 13/04/2024 at SLBSMC & H, Ner Chowk, Mandi. Her antenatal period was uneventful.

DISCUSSION

On the basis of history and clinical examination, the particular patient was a case of *Dvitiya Bandhyatva* (Secondary infertility) associated with *Grahani Dushti*.

Nidaana

Based upon the observations, patient was having stress of non-completion of her studies due to early marriage and the non-cooperative behaviour of in-laws. Stress is the main cause of *Agnimandya* leading to improper digestion of food^[1] causing *Ajeerna* and *Rasa Dushti*. Her food intake was very less (*Pramitaashana*, *Aplabhojanam*) due to her digestive issues since last 2 years. Due to her increased frequency of stool, body was not able to properly assimilate the food (*Grahani Dushti*) resulting in her

weight loss and improper formation of *Ahaara Rasa* and *Rasa Dhatu*.

Samprapti

Nidana Sevana results in *Agnidushti* causing the *Agnimandya*; leading to the impairment in functioning of digestive system causing the improper *Grahana* and *Dharana* of food known as mal absorption syndrome or *Grahani Dushti*^[5] indicated by the appearance of symptoms like loose stools and loss of appetite.^[6] This causes *Dushti* of *Rasa Dhatu* as a result of improper digestion of food. As *Artava* is *Upadhatu* of *Rasa Dhatu*^[7], it also gets vitiated as a result of *Rasa Dushti*, manifested in the form of clots in menstrual blood (*Granthibhoota Artava*) and pain during menses (*Kashtartava*). *Artavadushti* is considered as a cause of *Yonivyapada*^[8] and symptoms of *Udavarta*^[9] and *Paripluta*^[10] *Yonivyapada* were seen in this patient in the form of painful menses and painful intercourse respectively. *Yonivyapada* leads to *Bandhyatva* (infertility) as a result of its complication^[11]. *Beeja Dushti* occurring from *Vikrita Artava Upadhatu* itself is a cause for secondary infertility.

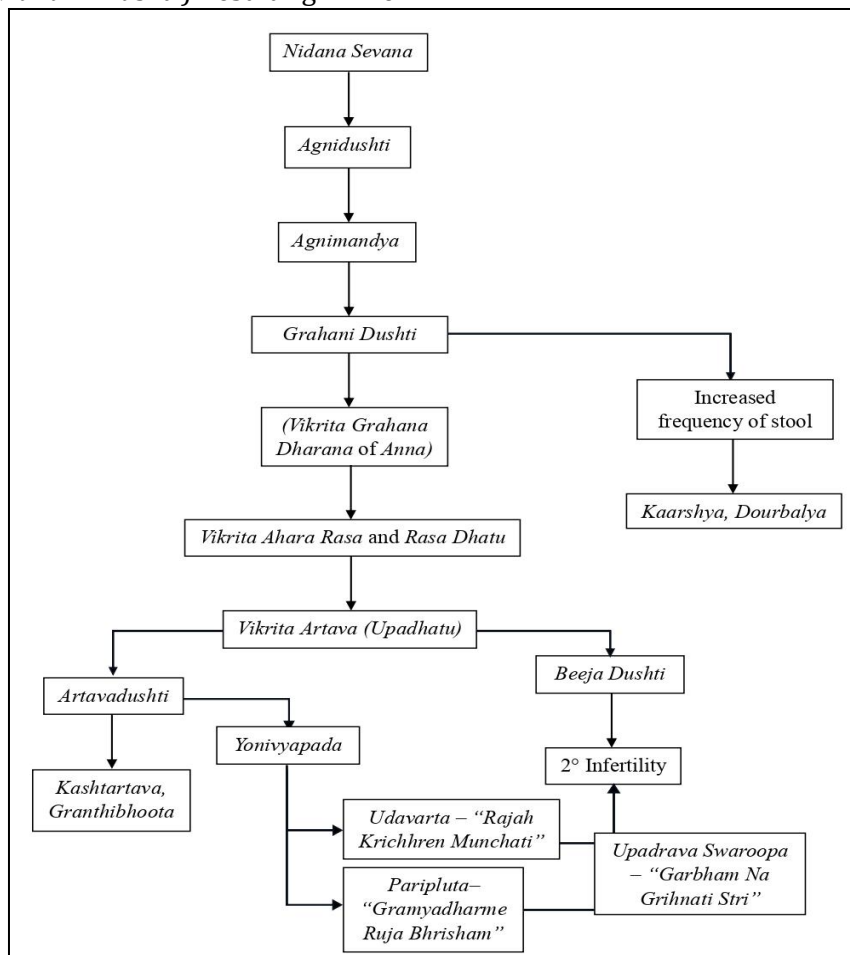


Fig. 2. Flow chart representing possible aetiology (Samprapti)

Chikitsa

Main treatment protocol in this case was primarily based on correction of *Grahani Dushti*. Based on the probable mode of action, different medications and combinations were selected which were available at GAHC. *Avipattikara Churna* helps to cure diseases which are originated as a result of *Agnimandya* (weakened digestive fire).^[12] *Shankha Bhasma* is well known for its medicinal properties like *Grahaniroga Nashaka* (useful in irritable bowel disease), *Agnimandya Nashaka* (useful in disorders related to weak digestive power), *Atisara Nashaka* (useful in diarrhoea).^[13] *Shatavari Churna* is explained as *Vrishya* (enhances fertility), *Grahani-vikaraghni* (alleviate disorders of small intestine) and *Agni-bala-vardhini* (improves digestion) by *Acharya Sushruta*.^[14] *Amalaki* (Gooseberry) is well known for its *Sarvadoshaghna* (balances *Tridoshas*) and *Vrishya* properties.^[15] *Brihad Gangadhara Churna* is useful in *Sarva-Atisaara* (all kinds of diarrhoea) and *Grahani*.^[16] *Kamdudha Rasa* works on *Mahasrotas* (alimentary canal). It contains ingredients like *Mukta Shukti Bhasma* and *Swarna Gairika*, which are *Raktaprasadaka* (Blood purifier), *Stambhaka* (Astringent), *Kshobhanashaka* (distressing); so, helpful in treating *Grahani Dushti* and *Artava Dushti*.^[17] *Kutaja Ghanavati* is *Katu*, *Kashaya*, *Ruksha*, *Deepana* (enhances digestive fire) and is beneficial in all kinds of diarrhea.^[18] *Syp. Ashokagyno* (H.P. Govt. supply – Govt. Ayurvedic Pharmacy, Majra, Sirmaur (H.P.) primarily composed of *Ashoka*, *Lodhra*, *Shatavari*, *Manjishtha* and *Amalaki* etc., thus helpful in improving uterine and reproductive health.

On follow-up examination, the patient reported complete resolution of previous complaints including chronic loose stools and anorexia of 2 years duration. Only mild abdominal discomfort was persisting. Urine Pregnancy Test performed by the patient at home showed positive result. *Shatavari Churna*, *Godanti Bhasma* and *Dadimashtaka Churna* were given to her as post-conception supportive therapy. *Shatavari* acts as *Garbhasthapaka*^[19] and *Balya*^[20], while *Godanti Bhasma* is *Balya*, *Deepana* and *Sheeta*^[21]. *Dadimashtaka Churna* is useful for *Deepana-Pachana* and to manage mild abdominal pain^[22]. *Dadima* is *Hridya* and *Grahi*, helps in maintaining *Agni*^[23] during early pregnancy.

Clinical Outcome

Complete symptomatic relief in gastrointestinal complaints was achieved following the above Ayurvedic intervention. Patient entered into ANC protocol successfully. Further Antenatal Care was continued at SLBSMC & Hospital, Nerchowk, District Mandi, Himachal Pradesh.

CONCLUSION

This study concludes that in cases of *Dwitiya Vandhyatva* associated with digestive disorders, the treatment protocol must begin with correction of *Agni* and *Grahani*. In this case, there was 3 years of inability to conceive, painful periods, pain during intercourse, frequent loose motions and poor appetite. The root cause was found to be weak digestion and *Grahani* dysfunction, which led to poor *Rasa Dhatu* formation and menstrual irregularities. Treatment was planned to improve digestion and reproductive health using classical Ayurvedic medicines like *Avipattikara Churna*, *Shankha Bhasma*, *Shatavari*, *Amalaki*, *Kamdudha*, *Brihad Gangadhara*, *Kutaja* and *Ashokagyno*. With this approach, her digestive complaints resolved and she conceived within a month. Classical formulations documented in Ayurvedic texts provide multi-targeted action - from correcting digestion to improving *Artava* quality, leading to the successful outcome with complete resolution of GI symptoms and positive conception. Post-conception care with *Shatavari*, *Godanti Bhasma* and *Dadimashtaka* helped maintain a healthy pregnancy.

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