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The Physiological View To Prevent Infertility With Special Reference To Rasayan

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ABSTRACT

Ayurveda is the holistic system of medicine which gives equal importance to preventive and curative aspects of treatment. In Ayurveda *Vandhytva* (Infertility) as an inability to reproduce naturally. Infertility is a medical conditions described by the failure to achieve a clinical pregnancy after 12 month or more of regular unprotected sexual intercourse. In present modern era, female infertility is raised to the alarming extent due to diet and lifestyle modification. Form a physiological perspective infertility as a disturbance in the normal functioning of the Hormones, structural abnormalities and sperm or egg quantity to overcome this *Rasayan* therapy is the Ayurvedic management that focuses on rejuvenation and restoration of the body's natural functioning, mainly in the reproductive system.

Key Words: - Infertility, *Agni*, *Rasayan*, *Ama*, *Dhatu*, *Artava*.

INTRODUCTION

Infertility has become a major health issue and social problem in the current scenario faced by a huge population across the globe. WHO estimates that female infertility in India has increased from 3.9% to 16.8%. Infertility is "A disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse."(1) Ayurveda is the Ancient system of medicine, which has got unique line of treatment for female infertility.

Sushruta Samhita described the Physiological changes occur during intercourse, "*Teja* is produced during contact and this stimulates *Vatodeerana Teja* along with *Vata* causes secretion of *Shukra* .*Shukra* travels to *Yoni* and unites with *Artava* and *soma* then travels to *Garbhashaya*."(5)

The Physiological view of conception takes place due to healthy sperm, healthy ovum, and a healthy uterus. For both men and women, reproductive health depends on health of *Shukra Dhatu* or reproductive tissue specific hormones plays significant role in reproductive health.

- Estradiol: A form of estrogen, estradiol is regulating menstruation and pregnancy fluctuation in estradiol level during menstrual cycle impacts fertility.
- Progesterone: It helps to prepare the uterus for the implantation of a fertilized egg and supports pregnancy by thickening the lining of the uterus. Decreased levels of progesterone indicate problems with ovulation, often seen in infertile women.
- Prolactin: High level of prolactin can inhibit ovulation, leading to difficulties in becoming pregnant.
- Thyroid hormone: Overactive or underactive thyroid can lead to ovulation and menstrual problem, impairing fertility. Hormonal changes in the thyroid gland can impact female fertility.

Each of these hormones works in a sensitive balance, with changes to one affecting the reproductive health, potentially leading to fertility issues.

Types of Infertility:-

Basically, Infertility classified as

- i) Male infertility
- ii) Female infertility
- iii) Primary Infertility
- iv) Secondary Infertility

Male infertility is most commonly caused problems in the ejection of semen, absence or low levels of sperm, or abnormal shape (morphology) and movement (motility) of the sperm. Female infertility may be caused by a range of abnormalities of the ovaries, uterus, fallopian tubes, and the endocrine system, among others. (2)

Primary infertility means who have never been able to conceive. Secondary infertility is the difficulty in conceiving after already having conceived. Conception depends on the fertility potential of both male and female partner.

Ayurveda recognizes that Women's fertility depends on nature's *Rasa* and when these *Rasa*'s are depleted, sterility, dryness, loneliness, and isolation are bound to set in. In order to conceive a healthy child, one should be *Swastha* or fully healthy oneself. This optimum state of health provides the fertile ground for the embryo to implant and grow. (3)

AIMS AND OBJECTIVES

- 1) An attempt to understand Physiological view in Infertility in details.
- 2) To highlight the Significance of *Rasaysana Dravayas* to explore the promotive action to bring back holistic approach.

MATERIALS AND METHODS

Classical text books of Ayurveda such as *Ashtanga Hridaya*, *Charaka Samhita*, *Susrutha Samhita*, *Ashtanga Sangraha*, *Kashyapa Samhita* *Harita Samhita* and *Bhavaprakasha* are reviewed to analyse the concept of *Rasayana Chikitsa* in Infertility. Databases such as PubMed, Google Scholar, and related other articles are also used.

Rajaswala Paricharya is a routine practise which gives women strength to fight against these physical and mental changes in *Rituchakra* and gives women a healthy life and it can be affected by many factors, such as excessive stress and strain, imbalance life style, diet and emotional instability. Imbalance in any of these factors lead to vitiation of *Ojas*, *Dhatu* and *Doshas*. Vitiation of *Doshas* leads to following symptoms.

Vitiation of *Vata Dosha* produced dryness in cervix, fallopian tubes, vitiation of *Pitta* causes bleeding, inflammation and pain, dryness in uterus, small blister and fibroid and vitiation of *Kapha* causes stickiness, thickening of uterus, white discharge, irregular bleeding and irregular cycle.

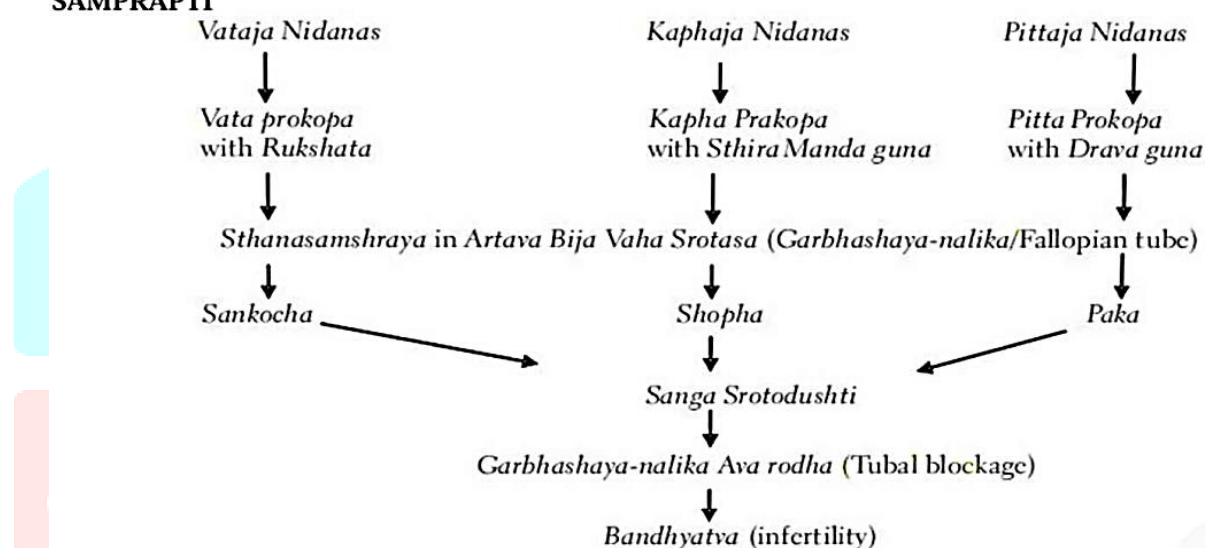
Factors of Conception:-

- *Rutu* - Fertile period governed by *Kapha*
- *Kshetra* - Healthy uterus, female genital tract.
- *Ambu* - Metabolic as well as hormones supplied for the growth of foetus.
- *Beeja* - Ovum and Sperm

According to different Acharyas (2)

CHARAKA	ASTANGA SANGRAHA	BHELA SAMHITA	KASHYPA
<i>Vandhya</i> (absence of ovum) <i>Aparaja</i> (primary Infertility) <i>Supraja</i> (secondary infertility)	<i>Yonivyapad</i> (disorders of uterus) and <i>Putraghni</i> (demise of male child) and <i>Jatagni</i> (still birth) causes <i>vandhyatva</i>	<i>Vandhyatva</i> occurs due to <i>Beeja dhusti</i> (abnormalities in ovum & sperm) <i>Vegavrodha</i> (suppression of urges) and <i>Yonivyapad</i> (disorder of uterus)	<i>Vandhyatva</i> as one of the eighty disorder of <i>Vata</i> . Also under <i>Jatharini</i> , he mentioned as <i>Pushphagni</i> means having less <i>pushpa</i> (menstruation) or repeated expulsion of fetus of different gestation age

SAMPRAPTI

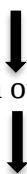


Factors affecting fertility in woman:-

Rutukala is a period of *Kapha-Pitta* predominance and when affected by *Vata* or *Pitta* causes infertility. Disorders of *Ambu* can cause issues in amniotic fluid and nutritional insufficiency after conception. Disorders of *Beeja* can also cause subfertility. Disorders in *Kshetra* can cause *Margavarodha* (obstruction in fallopian tubes), *Vyapanna Yoni* or *Garbhasaya* (uterine, cervical or vaginal pathology causing hostility to spermatozoa). (3)

To summarize:-

Vata, Pitta, and Kapha are *Dosha* which controls our body.



Agni regulates the proper digestion of food and metabolic products in body.



Agni functions as conversion of food in the form of energy essential for the vital activity of our body.

According to the *Charaka Samhita*, “All disease occurs due to imbalance in *Agni* (the power of digestion) and *Agni* the single most important factor in the build-up of *Ama*. Healthy *Agni* will also contribute to healthy *Ojas*. The most refined and subtle essence of the physical body. When fully activated, *Ojas* is the “bliss factor” that goes beyond good health to keep you fully immune against all disease.” Optimum *Ojas* is the key to perfect health, as well as to balanced emotions and to spiritual development of body.

Rasayana therapy, a branch of Ayurveda, plays a significant role in the management of infertility, as a preventive and curative measure is that promotive treatment which is meant for attaining premium or quality *Rasa* and other *Dhatus*. It is used to address infertility by promoting overall health and specifically targeting the reproductive system. It can be considered as an accelerated and appropriated nutrition leading to improved biological competence of the body. (3)

Significance of Rasayan therapy:-

According to Sharangadhara; *Rasayana* is defined as, which ameliorates *Jara* (Senility) and *Vyadhi* (underlying disease). After *Shodhana*, *rasayana chikitsa* is beneficial. (4)

- Its main aim is the proper nourishment of *saptadhatus*.
- It is beneficial not only in enhancing the longevity, intellect, physical and mental strength, along with the reproductive well-being. It also alleviates the disease.
- Among various *rasayanas* available, *Naimitikara Rasayana*, *Achararasayana* and *Ajasrikarasayana* holds good for the management of female infertility.

Acharya Charaka explains about *Prajasthapana Dravya*. He also explains factors responsible for conception and maintenance of healthy pregnancy, enhance the quality of *Ritu*, *Kshetra*, *Ambu* and *Beej*. In Ayurveda six types of *vandhyatva* has been mentioned in *Harita Samhita* among them one is *Balaksaya Vandhyatva* explains. *Ashwagandha*, *Guduchi*, *Shatavari*, *Bala*, *Lashuna* etc. are widely accepted as they are *Vatahara* are some of the *rasayana* effective in *vandhyatva*. (4)

Rasayana due to its anti-anaemic properties and nutritional values, it has been used as a *Naimittika rasayana* (promotor of specific vitality in specific disease) by some of the Ayurvedic physician to women during her pregnancy expecting a good health of both mother and her offspring.

Importance of Rasayana Therapy:-

- *Rasayana* therapies aim to revitalize the body at a cellular level, improving tissue quality and function, including the reproductive organs.
- *Rasa* looks a lot like what modern physiology calls lymph and plasma *Rasayana* is the way to restore and maintain the fluids, the juiciness in our bodies. It also increases a healthy person's mental and physical capability. This therapy can help to reduce stress and anxiety, that impacts on fertility of women.
- Specific *Rasayana* treatment can help to regulate menstrual cycles, improve ovulation and enhance sperm quality.
- It also enhances endometrial receptivity and also improve Hormonal imbalance.

DISCUSSION

Female infertility is widely explained by Ayurveda and has unique concept and methodology to address health care throughout the event of life. *Ayurveda* encourages the life style interventions and mainly focus on the balance between *Sharira Mana and Atma*. Understanding the Physiological concept in infertility will help in diagnosis according to curable, Incurable, primarily, secondary and based on *Rutu*, *Kshetra*, *Ambu* and *Beeja* is beneficial for treating Infertility. Different *Acharya's* have explained that by following diet, sexual dharma (*Gramya Dharma*), herbs which cure and prevent infertility.

Rasayan therapy focuses on enhancing vitality, balancing hormones and strengthening the reproductive system through various therapies and herbal remedies. Infertility means the way for attaining excellent *Rasa* (*Dhatus*) and strengthening bodily tissue. It is a specialized procedure practiced in the form of rejuvenative therapies, dietary regimen and special health-promoting conduct and behaviour i.e. *Rasayana* modulate the neuro-endocrine-immune system which improve reproductive system and enhance hormonal functions. (4)

In essence, *Ayurveda* approach to infertility, guided by the principles of *Dosha and Dhātu* balance, utilizes *Rasayan dravyas* to rejuvenate, detoxify and strengthen the body, ultimately promoting reproductive health and enhancing the chances of conception.

CONCLUSION

Ayurveda has unique concept to address *Vandhyatva* (infertility) which is present since ancient period and increasing with the changing lifestyle. *Vandhyatva* is a condition where fertility of *shukra dhātu* is reduced due to factors like *Shukra dosha*, *Ativyayama* (over exercise), loss of bala, improper Ahara and vihara etc.

The *Beeja* (ovum and Sperm) gets defected which reduced fertility of *Shukradhātu*, in *Ayurveda* this condition is managed with various concepts of correcting the state of *Dhātu*, *Dosha*, *Mala*, *Agni*, *Ama*, *Ojas*. In which *Rasayana* can be considered as an alternative to conventional treatments to enhance the fertility in women. It maintain the internal balance by building all the *Dhātu*, *Ojas* and improving the overall health of the reproductive system and focuses on restoring the body's natural functions to improve fertility in women.

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