



# Understanding Vandhyatva And It's Ayurvedic Management

Dr. Sneha Chandrashekhar Waghmode (PG Scholar)

Department - Streerog and Prasuti Tantra

HOD- Dr Anjali Jadhav

Guide - Dr Vinayak Shinde

College - College of Ayurved and Research Centre, Nigdi Pune.

● **Abstract** - Vandhyatva (infertility) is conditions when a female is unable to conceive within 1 year of regular unprotected intercourse. There are 2 types of infertility primary infertility refers to couple who have not become after at least 1 years having sex without using birth control method, And secondary infertility as couple who have been able to get pregnant at least once, but are now usable. Description of Vandhyatva (infertility) has been mentioned in Charaka Samhita, Sushruta Samhita, Harita Samhita, Kashyap Samhita, Ashtang Sangraha Madhava Nidana, Bhavprakasha Rasa ratna Samucchay. Beeja, artava, and pushpa can be correlation with ovum which is one of most important factor for conception and infertility. So this study describe leads to infertility it's causes, symptoms, pathology, and it's management.

● **Keywords** - Vandhyatva, infertility, Charaka Samhita, ovum, Beeja, pushpa etc.

● **Introduction** - As per Ayurveda, important factor for conception are considered as Rutucharya means fertile period, kshetra means uterus and reproductive organs, Ambu means proper nutrient fluid, beeja means Shukra Shonita. Abnormalities of properly functioning Vayu and Saptabhavas (matruja, pitruja, atma, satva, Satmya and rasa) any of this causes infertility (Vandhyatva). Among all health problems infertility is one of main in today's life. Nearly 10-20 % of the individual belonging to the reproductive age group are affected by infertility. The rate of infertility is steadily increasing due to change in life style, high pollution, socioeconomic cause, enormous amount of stress. In this review article we will see the overall treatment of infertility (Vandhyatva) according to Ayurveda and modern science.

- **Types of Vandhyatva -**

1. Raktavandya – It due to vitiation of Rakta Dhatus, disturbed Artava formation or impure menstrual bleeding.

2. Aadivandhya - it is Sahaj Vandhyatva, means infertility present since birth due to absence or malformation of reproductive organs. , congenital Infertility.

3. Vatavandhya - due to vitiation of Vata Dosha specially Apana vata.

It causes due to defective ovulation, irregular menstruation, and uterine dysfunction.

4. Kaphjavandhya - due to vitiation of Kapha dosha.

Leads to obstruction, anovulation, Sluggish metabolism, PCOD like condition.

5. Pittjavandhya -due to vitiation of pittta dosha. Due to artava kshaya, hormonal imbalance, Premature ovarian failure.

6. Trodoshaja Vandhya - infertility due to vitiation of Vata, Pitta and Kapha dosha.

7. Grahadosha janya Vandhya - adverse planetary influence management by Daivavyapashraya chikitsa.

8. Daiva bala janya Vandhya

Results of past life deeds(karmaja) or divine causation.

9. Guruadi Apachara janya Vandhya- Caused due to disrespect of guru, elders or violation of moral/spiritual practices.

- **Nidana (Causes)-**

Aahara - ati ruksha, kashayarasa dominant diet, agnidushti ( digestive dysfunction) .

Vihar ( lifestyle) - excess excercise, stress, depression, irregular sleep, suppression of natural urges.

Mental problems- Anger, depression, tension etc mental disorders.

Sexual habits- Excessive coitus intercourse during menstruation, with diabetes affected partner.

Beeja dushti - Defect in ovum or sperm ( congenital or acquired).

Artava dushti - Irregular menstruation. Obstruction of Vata dosha due to kapha, Meda, Raktaja dosha.

Garbhashay dushti - Uterine abnormalities.

- **Purvarupa (Prodromal symptoms)** - decreased libido, feeling of pelvic heaviness, anxiety and mental restlessness, white discharge etc.

- **Rupa (Cardinal symptoms)** - Inability to conceive after regular coitus.

Harmonal imbalance, kashtartav ( painful menstruation) .

Artava kshaya - ( irregular or absent menstruation).

Vata vitiation sign like dryness, cracking sound, fatigue .

- **Samprapti ( Pathogenesis) –**

Dosha - Primarily Vata dosha, associate with Kapha or pitta.

Dushya - Shukra, Artava, Rasa, Rakta, Meda.

Agni - Jatharagni and dhatvagni dushti. ( specially Rasa, Rakta, Shukra dhatu).

Udbhavasthana - Pakvashaya ( intestine).

Strotas - Artavavaha, Shukravaha, Rasavaha, Manovaha.

Sanchara sthana - Rasavaha, Shukravaha, artavavaha strotas.

Adhishtana - Garbhashay , Beeja, yoni.

Vyadhi swabhav- kashtasadhya or Asadhya depending on cause.

- **Management –**

- **Ayurveda management –**

1. Bahya procedure - Nasya, Abhyanga, Basti etc. Aushadhi Dravya - lakshadi siddha Godugdha, Narayana Tailam, Shatapushpi tailam, Lashuna Taila, Bala Tail basti.

2. Abhyantara Prayog Aushadhi –

Gutika - Yograj guggulu,

Kwatha - Maharasnadi kwatha,

Taila - Shatavari Taila, Bala tailam, Shatapushpa Tailam.

Ghrita - Laghuphal Ghrita, Phala Ghrita, lashuna Ghrita, Jivaniyas Gan Siddha Ghrita,

Arishta - Dashamularishta.

Rasa - Khandkadya Lauha

Pak - Pugpak

- **Modern management –**

Classification according to modern aspects –

1. Primary infertility- Denotes those Patients who have never conceived.
2. Secondary infertility - Indicates Previous pregnancy but failure to conceive subsequently.

**According to modern-**

Various factors example

1. Ovarian
2. Tubal
3. Uterine
4. Cervical

**Management –**

1. For Ovarian factors - ovulation inducing drugs example - Clomiphene citrate, Letrozole. etc
2. For Tubal factors - microsurgery for tubal obstruction, laparoscopy.
3. For Uterine factors – Surgical intervention example - Polypectomy, Myomectomy, Septum Resection, Uterine Synechiae (Asherman Syndrome)-Adhesiolysis
4. For Cervical factors- IUI, IVF.
5. Management for PCOS endometriosis etc. According to causes of infertility.

\* **Conclusion-** Vandhyatva due to ovarian factor is Vata - Kapha pradhana, impairment of Apana Vata leads to Artava dushti. Which results in to anartava . Vyana vayu is responsible for maturation and rupture of Graffian follicles. Ayurveda mentioned many treatments like Basti and various drug combination with minimum side effects and are cost effective so can be used as 1 st line treatment.

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