



Case Report

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Role of virechana & ayurvedic herbal preparations in infertility - A case report

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ABSTRACT

Infertility primarily refers to the biological inability of a person to contribute to conception. In Ayurveda infertility may be correlated with Vandhyatva or with Vandhya Yonivyapada. Virechana Karma mainly indicated in the treatment of all the Yonirogas & also plays an important role in the management of various Stree Rogas. The present case report revealed Shodhan effect of Virechana Karma along with *Granthihara* properties of *Kanchanar Guggulu*, *Varunadi Kashaya* and *Artavajanana*, *Yonidoshahara*, properties of *Pushpadhanva* Rasa in a known case of secondary infertility. The trial drugs were procured from the local market. Virechana Karma along with this drugs found to be improved remarkably the functions of female reproductive system. After this treatment successful conception is achieved in that patient.

Keywords: Ayurveda, Infertility, Virechana Karma, *Granthihara*, *Artavajanana* drugs.

INTRODUCTION

Infertility is defined as failure to achieve a clinical pregnancy after 12 months (1 year) or more of regular unprotected sexual intercourse. Women who are able to get pregnant but then have repeated miscarriages are also said to be infertile. Infertility is of two types- Primary and secondary. Primary infertility: It denotes those couple who have never had a child. Secondary infertility is failure to conceive following a previous pregnancy. The causes of infertility can be divided into: Male factor-35 %, female factor-40 %, combined factors (male & female)- 10-15 %, unexplained- 10-15 %. Causes of female infertility are ovulatory factors (PCOD), luteal phase defect (LPD), tubal factors (tubal blockage, infection), uterine factors (fibroid, endometriosis), cervical factors (PID, polyp, infections, stenosis), vaginal factors (atresia, infections), advance maternal age, environmental factors (toxins, physical agents, smoking etc.) and unexplained.

Diagnosis of female infertility is done by laboratory tests such as Hormonal study (serum FSH, LH, Estradiol, SHBG (sex hormone binding globulin), Prolactin and Cortisol), Thyroid profile, Lipid profile, Glucose tolerance test and non laboratory tests such as ultrasound (pelvis), Hysterosalpingography (HSG), Hysteroscopy and Laparoscopy. The treatment of infertility is mainly done by Hormonal treatment (combined oral contraceptive pills), ovulation induction drugs (clomiphene citrate, Human menopausal gonadotropin (hMG), follicle stimulating hormone (FSH), Human chorionic gonadotropin (hCG), Metformin (anti-diabetic), Bromocriptine (anti-prolactin), life style modifications (exercise), surgical treatment (ovarian drilling, fimbrioplasty, salpingostomy and hydrotubation etc.) and also by assisted reproductive technology (ART) such as In-vitro fertilization (IVF), GIFT (gamete intra fallopian transfer), ZIFT (zygote intra fallopian transfer). Women who is taking infertility treatment have a higher risk of developing multiple pregnancies, ovarian hyper-stimulation syndrome, ectopic pregnancy, various psychological disorders (anxiety, depression) etc.

According to Ayurveda, important factors for conception are Rutu (fertile period), Kshetra (uterus & reproductive organs), Ambu (proper nutrient fluid), Bija (Shukra-Shonita) & normalcy of Hridaya (psychology). In Ayurveda, infertility can be correlated with Vandhyatva or with Vandhya Yonivyapada. Acharya Charaka describe Vandhyatva as Beejadoshaja Vyadhi (congenital malformations and deformity of female reproductive system) while Sushruta describe Vandhya in 20 Yonivyapada and considers aggravated Vata as a main responsible factor. Vandhya is described as women having lost her Artava (menstrual fluid) which results in loss of ovulation or sterility.

Chikitsa of infertility is done by Sanshodhana Karma (Vaman, Virechana adi Panchakarma) and Prayoga of various Artavajanana drugs such as Phal Ghrita, Phalkalyan Ghrita, Chandraprabha Vati, Shatpushpa,

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Shatavari and Lashuna Kapla etc. In present case study, virechana Karma is selected as Sanshodhana Chikitsa and *Kanchanar Guggulu*, *Varunadi Kashaya* and *Pushpadhanva Rasa* is used as *Shamana Yoga* for the management of infertility. Virechana Karma helps in Strotasa-Shudhi (cleaning or removing obstructions in the channels) along with this Shamana Yoga (*Kanchanar Guggulu*, *Varunadi Kashaya* and *Pushpadhanva Rasa*) is having *Granthihara*, *Bhedaneeya*, *Lekhaneeya*, *Vrushya*, and *Deepaniya* properties.

CASE REPORT

A female subject aged 26 years, married 5 years back, anxious to conceive, housewife, was examined in the hospital (OPD) on 2-12-2015 (OPD No.52312/15-16) for infertility. She had no previous history of secondary amenorrhoea, tuberculosis, mumps, syphilis, gonorrhoea, and exposure to radiation or any toxin or chemical agent. She had history of one spontaneous abortion of 14 weeks in March 2014, D & C done at hospital and from January 2016 she had history of PCOD for that she took Ayurvedic treatment for 9 months from the same institute. After this treatment her sonography reports on 26-10-2016 showed early intra uterine pregnancy with normal cardiac activity. On examination, the body proportion was found to be obese with normal secondary sexual characters, were belonging to *Kapha-Vata prakruti* and *Medasara*. There was no any abnormal finding seen in the physical and pelvic examination (per speculum & per vaginum).

Table 1: Medicines used for Virechan Karma

S. No	Name of the Drugs	Days	Dose
1	Snehapana with Bruhata Shatavari Ghrita & Phala Ghrita	6 days	Starting from 30 ml then increased gradually up to Samyak Sneha-Siddhi Lakshan (170 ml)
2	Abhyanga (with Mahanarayan Tail) followed by Sarvanga Swedan	3 days	-
3	Virechan (with Abhyadimodaka + Erenda Tail + Kutaki Churna + Trivruttha Churna		As per Koshta and Bala of Rugna

*Before Snehapana, Agnitundii Vati (2 tds) + Panchakola phanta (15ml bd) is given for three days (for improving Agni-Deepna & Pachana property of patient)

Table 2: Shamana Yoga

Name of the drugs	Dose	Anupana
<i>Kanchanar Guggulu</i>	250 mg	Jala
<i>Varunadi Kashya</i>	15 ml	Jala
<i>Pushpadhanva Rasa</i>	250 mg	Jala

*Twice daily

Treatment

The treatment was carried out with Virechan Karma along with following medicines (Table 1 and 2). During this period the patient was advised to take *Samayaka ahara* (nutritive diet like milk, fresh fruits and vegetables, almonds etc.) and avoid *Amla*, *Lavana*, *Vidahi* (Spicy) and *Snigdha* (oily) *ahara*.

After the treatment, the sonography report on 26-10-2016 showed early intra uterine pregnancy with normal cardiac activity.

OBSERVATION & RESULT

The patient had followed the *Ahara* & drug restriction strictly. The finding of sonography after treatment is:

Single regular gestation sac with good decidual reaction is seen in upper part of uterus, measuring 22×11mm, Yoke sac seen.

CRL -05mm, 6weeks 1day of gestation

Cardiac activity present

Foetal heart rate (FHR)-127/m

Internal or closed

Table 3: Results of Sonography (Pelvis)

Particulars	Before treatment (25-1-2016)
Uterus	Normal in size
Myometrium	Ecotexture is normal
Endometrium	Is normal, no mass see, thickness-8.5mm
Right ovary	Multiple small size follicles with prominent ovarian stroma
Left ovary	Multiple small size follicles with prominent ovarian stroma
Cul de sac	No free fluid is seen

Table 4: Results of Sonography (obstetrics)

Particulars	After treatment (26-10-2016)
Yolk sac	Present
Foetal pole	Present
Foetal cardiac activity (FCA)	Present
Foetal heart rate (FHR)	147 BPM
CRL	1.16cm
Gestational age	7 weeks 3 days

DISCUSSION & PROBABLE MODE OF ACTION

Infertility has been long standing problem since ancient period but it is most burning issue now a days because of improper lifestyle. This condition not only affects the couple physically but also disturbs them socially and emotionally. The disturbance in hormonal mechanism, obstructions, infections, psychological disorders etc. is the main cause of female infertility. Panchakarma and Ayurvedic herbal medicines acts at root level can bring back deviations of hormonal system back to normalcy. Virechana Karma has direct effect on Agnithana (hampered Agni is one of the initiating factors information of vitiated Raja). It pacifies the vitiated Kapha and Vatadosha and removes vitiated excessive Pitta & thus do Raktashodhan. It does the quality of Strotovishodhana, so it will help in destroying the disease from its root rather than temporary relief from Artava Vikaras (menstrual disorders). So Virechana therapy will be beneficial Shodhana therapy in menstrual disorders, for vanishing disease permanently and maintaining healthy menstrual cycle and we can counter the adverse effects over reproduction by avoiding menstrual disorders. *Granthihara* and *Bhedana* properties of *Kanchanar Guggulu* and *Varunadi Kashya* along with *Vrushya* and *Deepaniya* properties of *Pushpadhanva Rasa* act on reproductive system and improve the functions of ovary and *Artava*. (*antah-pushpa* (ovum) and *bahi-pushpa* (menstrual blood).

CONCLUSION

Virechana karma is the radical purification that eliminates waste products, toxins and aggravated Doshas from the body. As aggravated Doshas are the primary cause of disease, this method is the most direct for curative purposes. Along with purification Virechana Karma cleanse all the body tissues and to bring about the harmony of tridosha. *Bhedaneeya, Lekhaneeya, Arbuda, Garnthihara* properties of *Kanchanar Guggulu* and *Varunadi Kashya Vrushya & Deepaniya* properties of *Pushpadhanva Rasa* helps in improving the proper functions of Artavaagni which regulates the menstrual cycle and further helps in conception. The present study reveals the effective management of infertility by Shodhana and Shaman yoga.

Consent

Before starting treatment consent of the patient is taken along with proper advice and counselling.

USG Report

Scanned copies of USG (before & after treatment) as a supplement file.

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