

Infertility – (*kakvandhya* - *ashwagandha* use)

Bhalgat Madhuri¹, Mane Deshmukh Shraddha Anandrao*²

1. HOD and Professor,
2. P.G. Scholar,

Stri Rog & Prasuti tantra Dept.,

S.V. N. H. T's Ayurved College, Rahuri, Maharashtra, India

*Corresponding author: sa.manedeshmukh@gmail.com

ABSTRACT :-

Female infertility is major disorder which has altered the mankind for lack of conception & reproducibly, stressful world, excess radiation, lack of biological food, genetically disorder, changing lifestyle, increased electronic discharge have resulted the female infertility. Infertility cause great personal suffering & distress. Most of this agony & misery is hidden form the public graze. Infertility is in approximately 90% of couple that is male related problems account for about 30%, female related problems account another 30% in next 30% both are responsible.

KEYWORD:-

Infertility, Secondary Infertility, *Kakvandhya*, *Ashwagandha* in Infertility

INTERODUCTION:-

Infertility is defined as a failure to conceive within one or more year of regular unprotected coitus. According to WHO, positive reproductive health of a woman is a state of complete physical,

mental & social well being & not merely absence of disease related to reproductive system & function.

It is observed that 50% of normal couple achieve conception within a year. Infertility is termed primary if conception has never occurred & secondary if the patient fails to conceive after having achieved a previous conception.

Harita has defined *vandhyatva* as failure to achieve a child rather than pregnancy, because he has included *Garbhastravi* (having repeated abortions) *Mritvatsa* (having repeated still births) also under the classification.

ETIOLOGY:-

Failure of any of following factors leads to *vadhyatva*.

- *Ritu* means fertile period.
- *Kshetra* means healthy yoni, uterus & passage (reproductive organs.)
- *Ambu* means proper nutrient fluid

- *Beeja* means *shuddha shukra* & *shonita*

If correlate to modern

Causes of infertility in female

1. Ovarian factors.
 - Anovulation/oligo-ovulation
 - Decreased ovarian reserve
 - Luteal Phase Defect (LPD)
 - Luteinised Unruptured Follicle (LUF)
2. Tubal factors
 - Peritubal adhesions
 - Endosalpiangeal damage
 - Previous tubal surgery
 - Tubal endometriosis
 - Polyts
3. Uterine factors
 - Uterine hypoplasia
 - Fibrod uterus
 - Endometritis
 - Congenital malformation of uterus
4. Cervical factors
 - Pinhole os
 - Cervical polyp
 - Chronic cervicitis
5. Vaginal factors
 - Septate vagina
 - Atresia vagina

CLASSIFICATION AND CLINICAL FEATURES :-

According to harita samhita -

Vandhya is six types

1. A woman never conceive during childhood, in case of injury to uterus or its prolapsed & lose of dhatus. Besides coitus with a girl

before menarche causes constriction of *bhaga* (perineum/vulva) & *garbha* (uterus) thus the woman never conceives.

2. *Kakvandhya* –
Infertility after birth of one child.
3. *Anaptya* –
Primary infertility.
4. *Garbhasravi* –
Repeated abortions
5. *Mritvatsa* –
Repeated still birth
6. *Balakshaya* –
Infertility due to loss of specific strength to conceive.

TREATMENT –

There are several causes of infertility in woman sometimes everything's is okay & all test reports are normal. In such cases, there is a possibility that egg released from the ovary may be incapable for fertilization or weakness of fallopian tubes to support fertilization or weakness of the uterine tissues especially *endometrium*.

Ashwagandha -

- *Rasa* –
Tikta, Kashay, Madhur
- *Virya* –
Ushna
- *Vipaka* –
Madhur

MATERIAL & METHOD -

- Ashwagandha powder - 10 gm
- Misri powder - 5 gm
- Water - 250 ml
- Milk - 250 ml

Take 10 gm *ashwagandha* powder, 250 ml milk & 250 ml water.

Mix these three ingredient & boil & then simmer the mixture until a half liquid remains.

Then leave it for a few minutes for cooling & drink it when it is warm on empty stomach in the morning.

Duration of treatment: Starts on 5th day of menstrual cycle it takes at least for 10 days.

Ashwagandha may help to support in fertilization embedment of the fertilized egg in the uterus & sustain pregnancy in cases of frequent miscarriages.

Ashwagandha improves sexual function in woman, *Rejuvenates* the reproductive organs, Regulates hormones, Boosts mood.

CONCLUSION:-

Ashwagandha's ability to reduce stress help in supporting women's reproductive system stress can play an important role in regulating female hormones, since the stress hormone *cortisol* can reduce progesterone level & negatively impact fertility & healthy menstruation cycles. By reducing cortisol levels, enhancing production & flow of blood & reducing body tension, *ashwagandha* has a positive effect on

reproductive system, libido & menstrual cycles

With all these benefits, it is not a surprise that studies have found *ashwagandha* to increase fertility in women.

REFERENCE -

1. DC Datta textbook of gynaecology 5th ed. New central book agency(p) Ltd. 2009-220
2. Howkins & Bourve, shaw's textbook of gynaecology 14th ed Noida reed elsevier Indiaprivate limited 2009-180
3. Premvai Tiwari, ayurvediya prasutitantra evam strirog part 2ndEd. Varanasi, chaukhamba orientalla 2007-273
4. Brahmanand Tripathi, charak samhita part-I varanasi chaukhamba prakashan 2000 -931
5. Sartha yogratnakar –Yonovyapad
6. Ramvalamba shastri Harita samhita varanasi, prachya prakashan 1985-394
7. Chhaya kulkarni, conceptual study of vandhyatva ejbps 2018, volume 5, 112-114
8. Gaurav Gaur, Suneel singa, female infertiliy, IAMJ
9. Bhandwalkar Ashwini, Mandakini Ghorpade, Infertility-ayurved view, ayurlog, 2014, 2(4) 1-7

Cite this article:

Infertility – (kavandhya - ashwagandha use)

Bhargat Madhuri, Mane Deshmukh Shraddha Anandrao

Ayurline: International Journal of Research In Indian Medicine 2019; 3(5) : 1 - 3