

A case study - infertility and Ayurveda

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ABSTRACT-

Infertility is the condition to unable to conceive after one year or more with regular unprotected coitus .It can arise from both partners. Primary and secondary infertility are the two types .Reasons for female infertility includes various factors like anatomical, physiological, environmental, immunological, social, bacterial& viral infections. TORCH infection is one of the major cause of bad obstetric outcome leading to Secondary Infertility. In modern medicine, antiviral drugs is the main treatment for TORCH, causing various side effects. *Ayurveda* as a preventive and curative medicinal branch, has good positive outcome in the treatment of TORCH induced BOH

and secondary infertility. In this paper a case study of Secondary infertility (BOH)patient is illustrated who has conceived with *Ayurvedic* regimen successfully.

KEYWORDS:

Infertility, TORCH, BOH, *Ayurveda*.

INTRODUCTION:

Ayurveda emphasized on four main essential factors for fertility i.e. *Ritu* (menstruation), *Kshetra* (functioning reproductive organs), *Ambu* (Digestive juices) and *Bija* (Healthy sperm and ovum)[1] .Abnormality in any one of this factors causes infertility. Infertility is a failure to conceive within one or more years of regular unprotected coitus. Primary infertility denotes who has never

conceived and secondary indicates previous pregnancy but failure to conceive subsequently.[2] Secondary Infertility with recurrent pregnancy loss because of Viral infections like TORCH is a worrisome issue for the reproductive couple. Majority of early missed abortions and spontaneous abortion are seen in current population of country. *Toxoplasmosis*, *cytomegaly virus*, *rubella* and *herpes simplex viruses* are responsible for manifestation of the maternal infections causing early pregnancy loss[3]. According to *Ayurveda* recurrent pregnancy loss is specified under *Putraghni yonivyapad* and specific treatment like *Uttarbasti* is described for the same[4]. As *yoniyapada* leads to infertility because of *vikrit Vata*, ultimately the treatment of *Vata* i.e. *bastichikitsa* is seen very beneficial in the treatment of Infertility.

CASE HISTORY:

Female age 26yrs professional software engineer came to opd in YMT *Ayurvedic* hospital for the treatment for secondary infertility with complaints of irregular and scanty menses since 6 months, married 3yrs back and had two abortions diagnosed with

TORCH infection. She had taken treatment from *allopathy* but could not able to conceive. Her menstrual irregularities had started after abortions. Her detail sexual and reproductive history was taken and asked for the lifestyle about food habits, sleep patterns and basic investigations advised. Husband's semen analysis and her follicular study and tubal patency were done and it was found that her menstrual cycles were *anovulatory*. HSG and semen analysis were normal. She was advised some lifestyle modification and *yoasanas*. After 2months of regular *Ayurvedic* treatment with *shaman* (oral medicines) and *shodhan (uttarbasti) chikitsa* patient conceived and gave birth of a healthy female child 3.3kg.

DISCUSSION:-

With proper case taking and investigations, case was diagnosed to be as secondary infertility with recurrent pregnancy loss due to TORCH. This infection can be fatal by causing *utero* infection and poor fetal growth and development leading to repeated pregnancy loss [3]. During intrauterine period the ability to prevent the infectious viral infection is lost by low immunity of fetus.[4] *Ayurvedic* treatment was started

with seven days *dipan pachan* therapy with *aam pachak* medicines. This is followed by *balya, jiwaniya aushadhis* for a 3months aimed to achieve proper follicular growth, ovulation, implantation, fetal development, immune modulation . Along with this *uttarbasti* with *kshartaila* and *phalghrita* for one cycle was given. Patients UPT came positive in the 3rd month of treatment which was assured by USG.

CONCLUSION:

As a conclusion recurrent abortions due to TORCH infection in this woman was managed with *Ayurvedic* treatment such as *shaman& shodhan chikitsa* like *uttarbasti*. In present case, patient became pregnant and delivered full-term healthy baby.

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