



Case Study

UNEXPLAINED INFERTILITY AND AYURVEDA - A CASE STUDY

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ABSTRACT

Case of infertility in which cause remains unknown or idiopathic is considered as an unexplained infertility. Literally the couple who fails to conceive within one year of unprotected coitus with normal investigations of both the partners is termed as Unexplained infertility. Globally about 10-30% of infertility cases are diagnosed as unexplained infertility. Day by day the prevalence rate is rising due to change in lifestyle, unhealthy food habits, drinking alcohol & smoking addiction and stress. In Ayurveda Acharyas have given detailed description of infertility and its line of treatment with many formulations. In present scenario a case of 30 years female was undertaken who had visited our OPD of DAMCH, Udgir with complaints of anxious to conceive and trying for that from last 3 years. The couple was examined and investigated after which diagnosed as unexplained infertility because all the investigations were absolutely normal. As Acharyas have given line of treatment for infertility we gave her *Shodhan chikitsa* first followed by *Shaman* and *Garbhasthapak chikitsa*, as a result we got positive pregnancy test indicating conception within 6 months with healthy pregnancy.

INTRODUCTION

God blessed woman with the capacity of reproduction which is decreasing day by day due to sedentary lifestyle and changing habits of women. If a couple fails to conceive within 1 year after regular unprotected coitus, then we call it as a infertility. Male and female factors both are equally responsible for the infertility but along with that many couples fails to conceive even with normal circumstances which is considered as unexplained infertility. 30% cases of infertility are remained unexplained due to unexplained cause. That inability to conceive often leads to feeling of anxiety, sadness, frustration, anger, guilt and inadequacy. Globally about 10-30% of couple have unexplained infertility [1].

In our classics also Acharyas have given the causes of *Yonivyapad* as *Mithyachar*, *Pradushta artava*, *Bijadosha* and *Daiva* which ultimately leads to infertility [2]. Here in above context the unrevealed or undiagnosed causes are included under the heading *Daiva* i.e. idiopathic cause. May be there is presence of abnormalities but are not detectable by current methods, this may happen but during further investigations and treatment 10% couple get conceived and further there is a chance of conception with personalised line of treatment for both partners. A single case study was carried out which was successfully treated with *Ayurveda* line of treatment and regular follow up of 6months resulting in Conception.

Case Background

In present study a case of unexplained infertility was undertaken and treated with line of treatment as our Acharyas have told in *Samhitas*. Patient had taken all modern line of treatment including hormonal therapy followed by ovulation induction and follicular study for 3 cycles which showed normal ovulatory cycle without any

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injectables. Further they are advised for the IUI but the male partner refused for the procedure and they took a gap of 6 months and later on approached to our OPD at Dhanwantari Ayurved Medical College & Hospital, Udgir. The patient was examined and evaluated and advised *Shodhana chikitsa* followed by *Uttar basti* and *Garbhasthapak chikitsa*. And on fifth follow up we got the case as 1 & half month amenorrhea and positive for pregnancy.

Case Report

30 years old married women with previous one girl child of 8 years old came to Prasuti Tantra and Stree Roga OPD on 22/3/2024 with complains of not getting conceived after a lot of treatment and trials, she was somewhat anxious due to stress of family for second child. History was taken thoroughly and examined properly, as investigations were already, she was carrying with her were observed which were absolutely within normal range. A proper counselling was done explaining her all about healthy conception and stress-free state of mind which is also an important factor for conception. The role of *Shodhan*

chikitsa and *Uttar basti* also explained to her and consent was obtained for treatment with *Shodhan chikitsa* followed by *Uttar basti*.

History: Occupation- Housewife

Married life- married since 9 yrs

History of present illness – the couple was trying for conception from last 3 years, they underwent many investigations which were mostly normal.

Follicular study was also done 2 times which showed ovulatory cycle,

Histosalphingeography was also done signifying patent fallopian tubes.

Menstrual history: 3-4 days/ 30-32 days regular with mild abdominal Pain

Past menstrual history: Regular, LMP- day 2 on Visitation date

Obstetrical history: One girl child of age 8 years by FTLSCS

Contraceptive history: not any

Findings: *Ashtavidha pareeksha*-

Table1: Ashtavidha parikshana

Nadi – 80 bpm	Shabda – Spashta
<i>Mala – Once a day</i>	<i>Sparsha – Sheeta</i>
<i>Mutra – 3-4 times a day</i>	<i>Drika – Raktabh</i>
<i>Jivha – Sama</i>	<i>Akriti – Madhyama</i>

Dashvidha Pareeksha

Table 2: Dashavidha Parikshana

Prakruti - Pitta Pradhan vata	Satmya – Madhyama
<i>Vikruti - Vata</i>	<i>Satva – Pravar</i>
<i>Sara – Madhyama</i>	<i>Aharshakti – Madhyama</i>
<i>Samhanana – Madhyama</i>	<i>Vyayam shakti – Madhyama</i>
<i>Praman – Madhyama</i>	<i>Vaya – Yuva aswastha</i>

Table 3: General examination

General examination	Systemic examination
Bp – 110/70mmhg	RS – AEBE
PR – 80/min	CVS – S1, S2 heard
RR – 20/min	CNS – conscious, oriented
Weight – 58 kg	P/A – soft
Nourishment – good	P/V - not done as menstruating

Investigations

Table 4: Investigations

Female	Male
Hb – 11.6 gm	Hb – 15.2
Blood group – ‘O’ positive	Blood group – ‘B’ positive
TSH – 2.4	HAS – count – 34.36 million/ml
PRL – 7 IU	motility – 70% motile sperms

Treatment Protocol:

At first visit – oral medicines given & counselling done with explaining her benefits of *Panchakarma* procedures.

- *Rasapachak vati* 2 bd for 20 days

- *Chandraprabha vati*^[3] 2 bd for 20 days
- Tab. Hyponid 1 bd for 20 days
- *Pushyanug churna*^[4] 1 tsf bd with honey
- Syp. Femitone 10ml bd with water

Follow Up**Table 5: Follow ups**

1 st	2 nd	3 rd	4 th
<ul style="list-style-type: none"> • <i>Yoga basti</i> planned • From 7th day of cycle 	<i>Uttar basti</i> was given in 3 settings	Oral medication, <i>Yoga</i> & meditation advised	Same medications repeated
<ul style="list-style-type: none"> • <i>Poorva karma</i> • <i>Sarvang snehan</i> f/b <i>swedan</i> 	<i>Phalaghrita</i> ^[5] for <i>Uttar basti</i> and <i>Yoni pichu</i>	<i>Pushpadhanva ras</i> ^[6] 2 bd for 10 days	
<ul style="list-style-type: none"> • <i>Anuvasan</i> with <i>Sahacharadi taila</i> 	<i>Yogaraj guggula</i> 2 bd for 20 days	<i>Phalaghrita</i> capsules 2 bd before food for 20 d	
<ul style="list-style-type: none"> • <i>Niruha basti</i> with <i>Dashamooladi</i> qwath 	<i>Chandraprabha vati</i> 2 bd for 20 days	<i>Brahmi vati</i> 2 bd for 10 days	
<ul style="list-style-type: none"> • Proper diet plan given 	<i>Dashamoolarishta</i> 15ml bd		

Outcome and Result

- In 5th follow up patient came with amenorrhea of 1 & half month and mild nausea
- UPT was done which was showing positive for pregnancy
- LMP – 20/07/2024

DISCUSSION

- In present scenario a proper line of treatment was followed to get positive results and some medications were prescribed which are *Agnideepak*, *Aampachak* and *Strotoshodhak*. Also, in first visit counselling was done as she was quite anxious for her pregnancy. Benefits of *Panchakarma* procedures were explained to her specially about *Basti* procedure and its role in conception was explained. Consent was given by her for further management with *Yoga basti* in next cycle. By performing proper *Poorva karma yoga basti* was given for 7 days in which *Sahacharadi taila* was used for *Anuvasan basti* & *Dashamuladi niruha basti*, *Pathyapathya* was given for 8 days. In subsequent cycle *Uttarbasti* was given with *Phalaghrita* along with oral medicines which was specially *Vata* pacifying. In 3rd & 4th follow up only oral medications were given and meditation & yoga was advised. In 5th follow up result came positive for pregnancy. In such a way unexplained cause was dealt with proper Ayurveda line of treatment.

- Action of *Chandraprabha vati*- It improves digestion related problems like indigestion & acidity. It is *Balya* (strengthening), *Rasayana* i.e. rejuvenating and *Vrishya* (aphrodisiac).
- Action of *Raspachak vati*- Acts as *Agnideepak* and *Aampachak* improving the digestion and removing the stagnant mala from body. It also clears the *Strotorodha* and removes toxins from body, mainly useful in *Raspradoshaj vikara*. As *Artava* is formed from *Ras dhatu* so it also helps in *Artava shodhan*.
- Action of Hyponid tablet- It helps in detoxification of body and maintains reproductive health in women. It also boosts the immune power.
- Action of *Pushpadhanva ras*- It helps in regulation of hormonal cycle and ovulation on time. It corrects the ovulation related problems in female.
- *Pushyanuga churna*- It is *Pitta* pacifying and corrects the menstruation related problems (gynaecological problems) in women.
- Action of Syp. Femitone- It improves the uterine health in women and corrects gynaecological disorders.
- Action of *Phala Ghrita*- It improves the reproductive health of women by correcting uterine and ovarian causes. Improves fertility in both male and female.
- Mode of action of *Yoga Basti*- Our Acharyas have given *Basti* as a half treatment of all diseases as it

removes toxins through the body also it is main treatment protocol for *Vata* dominant *Vyadhis*. Unexplained infertility or *Vandhyatwa* is also a *Vata* dominating disease so *Basti* helps in *Vata* pacification and removes toxins from body. It also corrects gut brain axis by which it activates the higher centres in body and regulates the hypothalamo-pituitary-ovarian axis. *Basti* administered through the rectum can stimulate the parasympathetic nervous system which helps to release the ovum from ovary. *Basti* also nourishes the body tissues. It also changes the diversity of gut microbiota which can affect neuroendocrine systems and brain chemistry.

- Mode of action of *Uttar basti*- *Uttar basti* strengthens and rejuvenates the endometrium by pacifying *Vata* and clearing the channels of *Artavavaha Strotas*. It improves the blood circulation of uterus and pelvic organs. *Phalaghrita* used for *Uttar Basti* has hormonal modulating properties and prepare the uterus for conception.

CONCLUSION

Unexplained infertility can be treated with minimal aids and proper line of treatment that patient can afford easily. Along with medicinal line of treatment proper counselling, dietary modification, meditation and yoga also play an important role in conception by reducing stress level of the patient.

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