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Review Article

A REVIEW ON FEMALE INFERTILITY.

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ABSTRACT:

Infertility means failure to achieve conception after at least 1 year having sex without using birth control methods. In men, infertility is because of low number or poor quality of sperm and occur in a women when she does not produce eggs regularly or because her fallopian tubes are damaged or blocked and sperm cannot reach her eggs. The quality of the ova & spontaneous pregnancy decreases steadily with age. In Ayurveda it is described under the heading of *vandhyatva*. Maharshi Harita explained 6 types of *vandhyatva* – *kakvandhya*, *anapatya*, *garbhastravi*, *mrutavsta*, *balakshaya*, *ajatarajasa*. According to bhela, infertility cause by *matruja* & *pitrujabeejavaigunya*. *Rutu*, *kshetra*, *ambu*, *beeja* are the important constituents of *garbha*. *Garbhadharana* is one of the *karma* of *prakrutavayu* according to *charaksamhita*. Its vikrutil eads to *vandhyatva*.

KEY WORDS: Primary Infertility, Ovulation, Clomiphene citrate, *Vandhyatva*, *Basti*.

INTRODUCTION:

Infertility is define as failure to conceive within one or more year of regular unprotected coitus. Causes of infertility in female are defect in union of sperm and ovum during fertile period. Other factors are ovarian factor , tubal factor , peritoneal factor , uterine factor , cervical factor , habitual abortion , unexplained causes. Some common factors in male and female are advance age , in proper knowledge about the coital technique and timing , apareunia , dyspareunia , anxiety , uses of lubricants during intercourse , immunological factors. The treatment of female infertility in modern science is done according to the cause of infertility.

Ayurvedic aspect :

According to *Ayurveda* infertility describes under the heading of *vandhyatva*. *Harita* mentioned 6types of *vandhya*.

- 1) *Kakvandhya*
- 2) *Anapatya*
- 3) *Garbhastravi*
- 4) *Mrutavastha*
- 5) *Balakshaya*
- 6) *Ajatarajaska*

Garbhasambhavsamagri is required for proper conception. It includes *rutu* , *kshetra* , *ambu* , *beeja*. And abnormality in any one of these leads to *vandhyatva*. Other causes according to different

samhitasare matruja or pitrujabeejvaigunya , suppression of natural urges and different types of *yonivyapadas* which are cause by *vata*.

Causes:

Ovarian factors

- 1) Anovulation or oligo-ovulation
- 2) Decrease ovarian reserve
- 3) Luteal phase defect
- 4) Luteinized unruptured follicle.

Tubal & peritoneal factors

Uterine factors

Cervical factors

Vaginal factors

Causes according to *Ayurveda*:

- 1) *Yonipradosh* or abnormalities of reproductive organs – *yonivyapad* or gynecological disorders, injury to *artavastrotas, yonyarsh, garbhakoshabhanga, bhagasankoch, sphalitamutratva*
- 2) Psychological abnormalities
- 3) Abnormalities of *shukra*
- 4) Abnormalities of *asrk*
- 5) Abnormalities of diet
- 6) Abnormalities of mode of life
- 7) *Akala yogacoitus* in improper time
- 8) Loss of *bala* or strength
- 9) Abnormalities of *atma & satva*
- 10) Affliction by *jataharinis*
- 11) Curses of god or fate

History:

Age, duration of marriage, history of previous marriage with proven fertile if any, are to be noted. General medical history, surgical history, menstrual history, previous obstetric history, contraceptive history, sexual problems. These points of history taking are important in infertility.

Lab Tests:

- 1) Hormone testing like FSH/LH, to measure levels of female hormones at certain times during a menstrual cycle.
- 2) Day 2 or 3 measures of FSH and estrogen, to assess ovarian reserve.
- 3) Measures of thyroid function.
- 4) Measures of progesterone in the second half of the cycle to help confirm ovulation.

Examination & imaging:

- 1) Pelvic exam, to look for abnormalities or infection
- 2) Pap smear, to check for signs of infection.
- 3) A postcoital test, which is done soon after intercourse to check for problem with sperm surviving in cervical mucus.(not commonly used now)
- 4) Laparoscopy
- 5) Hysterosalpingogram

Treatment:

Treatment depends on the causes of infertility. It may involve: simple education and counseling, medicines to treat infections or promote ovulation, highly sophisticated medical procedure such as IVF.

It is important for the couple to recognize & discuss the emotional impact that infertility has on them as individuals & together.

The most common medications used to treat infertility help stimulate ovulation. Clomiphene citrate, human chorionic gonadotropin (hCG) & cabergoline.

Surgical treatment:

If fallopian tubes is the causes of infertility, surgery can repair the tubes or remove blockages in the tubes. Surgery to remove patches of endometriosis has been found to double the chances for pregnancy. Surgery can also remove uterine fibroids, polyp, scarring, which can affect fertility.

In some cases IUI(intrauterine insemination), fallopian tube sperm perfusion, ART(assisted reproductive

According to *Ayurveda*:

According to *Ayurvedic samhita* the causes of infertility are *yonivyapadas*, abnormality in *garbhasambhava samagri, matruja or pitruja beejadhosha*.

As per the *samhitas* the main treatment of *vatic* disorder is *basti*. Here in *vandhyatwa* the *vataprakop* is in *tryavarta yoni* and reach the *tryavartvabasti* is given by the *uttarmarga* i.e. *yonimarga*.

Before *uttarbastitila tail matrabasti and dashoolkwaathniruhabasti* were given which does the *vatanuloman*.

Treatment of specific causes responsible for infertility such as treatment of all the gynecological

disorders including injury to the uterus or its prolapse etc.

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