A Clinical Successful Case Study on Infertility through Panchkarma

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Abstract
Infertility is a disease characterized by failure to establish a clinical pregnancy after 12 month of regular and unprotected sexual intercourse. Failure to conceive after one year of regular Sexual attempt without contraception. Any problem in any of these four factors is Ritu,Kshetra,Ambu,Bija. Primary conception has never occurred. Secondary –fail to conceive after having produced a child or had undoubted miscarriage. The Cause of female infertility is multifactorial. Ayurveda assure normal pregnancy by proper sodhana of sharira and balancing the Tridosha. In this case patient suffered infertility. She has a known case of diabetes mellitus and Hypothyroidism. She has taken allopather medicine but did not get a Result. After the Panchkarma next month she came with UPT Positive and after one week of Missed Period.

Keywords- Infertility, Factor of Fertility management, Panchkarma.

INTRODUCTION
Infertility is defined as trying to get pregnant (with frequents intercourse) at least a year with no success. Many of current treatments infertility are costly, have low success and have potential to negatively affect long term effect. In today era varies factor are affected to the fertility and produce leading to complication and difficulty conceiving child. Factors like who affect the fertility is Age, sex, smoking, weight, alcohol any deformity and Thyroid, Diabetes unovulatory cycle, etc. The risk of infertility increases per age.

Infertility is a serious health issue worldwide, affecting approximately 8%-10% of couples worldwide, 60-80 million couples suffering
from infertility every year worldwide, probably between 15 and 20 million (25%) are in India alone.

Dincharya (Daily regimen), Pathya- apathy(healthy or unhealthy Aahar) hitucharya ( seasonal regimen).due to Infertility is very burdening problem now days.Due to improper lifestyle and Dietary habits can lower the fertility rate. The factors that are of prime importance in the process of conception according to Ayurveda is not just healthy sperm and ovum. There is an equal or maybe more emphasis given on metabolic function, hormonal balance and mental.

Aacharya susruta said any deformity ritu, kshetra, Ambu and bija than also Produce infertility.Acharya Charaka has also quoted that ‘Saumanasyam’ (peaceful mind) is necessary for achieving conception¹ Proper functioning of Vata must be maintained for pregnancy and throughout the entire pregnancy period. According to Acharya Sushruta four essential factors are required for healthy conception, which are proper fertile period, physiologically adequate and healthy .Mainly ritu , khetra ,ambu and beeja should be must be healthy.²

CASE REPORT
A 28 year female patient attended the outpatient department, Presenting with the complained of infertility last 6 years. She have k/c/o –Hypothyroidism [Thyronom-25mg 10d] with Diabetes mellitus [Metformin hydrochloride 1000MG] since 7 years.

HISTORY OF PERSONAL ILLNESS
Patient have complained of infertility last 6 years.She have regular menstrual history. Her last LMP 1/4/20. Menstrual history revealed normal cycle duration 4-5 Days and interval 28days. No any complained of coital history or No one taken any Contraceptive pills. Pervious all reports are normal. Hysterosalpingography is normal no any blockage. Per speculum examination no any deformity found. Cervical and Vagal examination normal. She has visits various gynaecologist and medicine taken Allopath medicine last 4 years. But did not get conceive. The treatment was planned with samana treatment for 1 month but she have said me as early as possible she have conceiving. so I start dipana and pachana 1st 5days.

Asthavidhpariksha
Nad(pulse) : 84/min ( kaphavata)
Mala ( Stool): 1-2 times / Normal
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*Mutra* (urine): 5-7 times/ Normal  
*Drika* (eyes): Normal  
*Jihva* (Tounge): *Sama*  
*Agni*: *Samyaka*  
*Akruti*: *Madhyama*  
*Shabda* (SPEECH): Normal  
Blood pressure: 120/80 mm/hg.

**TREATMENT GIVEN**

**Oral medicine (Table -1)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Medicine</th>
<th>Dose</th>
<th>TIME</th>
<th>DURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/4/21 To 6/4/21</td>
<td><em>Chitrakadi vati</em></td>
<td>2 vati</td>
<td>Before food/3times</td>
<td>5days</td>
</tr>
<tr>
<td></td>
<td><em>Eranadabhrista haritaki</em></td>
<td>3 vati</td>
<td>Before sleep/1time</td>
<td>5days</td>
</tr>
</tbody>
</table>

**Panchkarma Therapy (Table -2)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Karma</th>
<th>Medicine</th>
<th>dose</th>
<th>Time</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/4/21</td>
<td>Snehapana</td>
<td><em>Panchatikta ghrita</em></td>
<td>40ml/before food</td>
<td>2 times</td>
<td>5Days</td>
</tr>
<tr>
<td>8/4/21</td>
<td>Snehapana</td>
<td><em>Panchatikta ghrita</em></td>
<td>55ml/before food</td>
<td>2 times</td>
<td></td>
</tr>
<tr>
<td>9/4/21</td>
<td>Snehapana</td>
<td><em>Panchatikta ghrita</em></td>
<td>70ml/before food</td>
<td>2 times</td>
<td></td>
</tr>
<tr>
<td>10/4/21</td>
<td>Snehapana</td>
<td><em>Panchatikta ghrita</em></td>
<td>85ml/before food</td>
<td>2 times</td>
<td></td>
</tr>
<tr>
<td>11/4/21</td>
<td>Snehapana</td>
<td><em>Panchatikta ghrita</em></td>
<td>100ml/before food</td>
<td>2 times</td>
<td></td>
</tr>
<tr>
<td>12/4/21</td>
<td>Abhyanga</td>
<td><em>Mahanarayana Taila</em></td>
<td>100ml</td>
<td>1times</td>
<td>3 DAYS</td>
</tr>
<tr>
<td>13/4/21</td>
<td>Swedana</td>
<td><em>Sarvang baspa swedana Nirgundipatrena</em></td>
<td>-</td>
<td>1times</td>
<td>3DAYS</td>
</tr>
<tr>
<td>14/4/21</td>
<td>Virechana karma</td>
<td><em>Dindayal chrna - &amp; Eranda sneha -</em></td>
<td>5gm 50ml</td>
<td>9 Am -</td>
<td>1 days</td>
</tr>
<tr>
<td>15/4/21 to 16/4/21</td>
<td>Gap days for 2 days.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17/4/21 to 30/4/21</td>
<td><em>Basti karma (Niruhbasti)</em></td>
<td><em>Dashmool kwath and Matra Basti</em></td>
<td>320ml/ Before food 60ml/After food</td>
<td>1 time 1 time</td>
<td>7 days 7 days</td>
</tr>
<tr>
<td></td>
<td></td>
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</table>

Note: Before *Niruha basti Abhyanga swedana* Compulsary. Here *Niruha basti* and *Matrabasti* given alternate for 14days.
THE CRITERIA FOR

**PANCHKARMA INFERTILITY**

The Female infertility in *Ayurveda* is majorly caused due to *vata* vitiation. The line of management focuses on removal of causative factors along with use of various panchakarma procedures that are prescribed for condition are *Abhyanga*, *Swedana*, *Virechana*, *Basti karma* (*Niruha basti*, *Anuvasana*, *Basti*, *Nasya*), etc. ³

In *Ayurveda panchkarma* treatment main benefits is all *sodhana* treatment are eliminate *Ama* thus corrects *Agni*. Healthy *Agni* will also contribute the make healthy ojas. Infertility main *dosha* is involved is *vata*. So irregular function of *vata dosha* leads to infertility. So *vatanulomana* (correcting the function of *vata*) is very important in the treatment of infertility.

**Dipana – Pachana**

*Dipana karma* are only enhance digestive power and *Pachana karma* is digestion of *Ama*. In all the text have opined the use of purva karma a must before any of the *Panchkarma*. In *Samshodhana* firstly *snehana swedana* prior to *vamana* & *virechana*.⁴

**SNEHAPANA**

The general properties of *snigdha Dravya* are *Dravya*, *sukshma*, *sara*, *snigdha*, *pichila*, *guru*, *sheeta*, *Manda*, *Mridu*. In *pitta* associated condition *ghrita* is best. The *sneha* which is given in Ananna (Empty stomach) and Akshudhakala (Not having hunger). When the meal is previous night is completely digested in medium dose is called as *sodhana sneha*. *sneha* uses in the *purvakarma* of *sodhana* is *shodhana sneha*.⁵ Here the medicated ghee are given in higher does as to causes saturation in the body. The dosage is increases everyday until all the cell of body get saturated or the symptoms of proper administration (*Samyaka* *snigdha lakshana*) are obtained or until the patient develop aversion towards the medicine. It is given for patient whom taken *vamana* or *virechana* has been planned.

**ABHYANGA**

*Abhyanga* means application of medicated on *sneha* body. *Abhyanga* is provides *Dridhata* (Tensile strength), *Sutwaka* (enhance quality of skin), *Prashanta* *Marutaabadha* (pacifies vata disorders). *Abhyanga karma* can be considered as superficial fluid technique of massage. The description of superficial fluid technique are those that effect
structure in the dermis and subcutaneous tissue. Superficial effleurage and superficial lymph drainage technique are in this category. In superficial effleurage also known as effleurage gliding stroking and deep stroking, gliding movement are used. In addition to producing reflex effect to those of superficial stroking technique these movement affect lymphatic and venous return in skin and deeper structure by mechanical compression.  

**SWEDANA**

Dosha which have been lubricated after snehana therapy, residing either in the alimentary tract, tissues or lurking in the channels of extremities, bones etc. are liquified by sudation therapy, brought into the alimentary canal to be eliminated out of the body completely by appropriate purificatory therapies.

**VIRECHNA**

Virechana karma is main for pitta dosha. In virechana procedure vitiated dosha are removed from adhobhaga through the anal route. It is eliminated pitta and kapha dosha it is beneficial in yonidosha. The virechna drugs are spread through out body of cellular levels ushna and tikshna properties of virechna medicine does chedana of dosha which are already softened due to oletion therapy. The medicine works as a adhobhagahara prabhava liqued dosha dranneged to the koshtha and expelled through the anal canal.  

Virechana karna equally effective pitta dosha and artava dosha its cures the artava dusti.

**NIRUHA BASTI**

Basti is considered to be the most powerful of the ayurvedic detoxification and rejuvenation procedure and introduces of medicated liquid in to colon. Basti through the general levels effect basti veerya spereds all over the body through the srotas. Its is pacifies the dosha vitiation and normalise apana vayu regulating agni beejosarga garbha haryet karyaksham beejvahini. Basti definitely acts on anovulation. Anovulation mainly due to vata dusti through the portal circulation and systemic circulation endogenous opioids realse GnRH Hormons. Its Regulation the Hynothalamus-pitutary ovarian axis. The ovarian cycle is regulated through the feedback of Hormones on neural tissue of CNS. Intestine richly supplied with nerves.
Hence the theory of ENS is closely resembles CNS.

**MATRABASTI**

Matra basti is a type of sneha basti. It is termed so because of the dose of sneha used in it very less as compared to the dose of sneha basti. It given nourishment and cures disease caused by aggravated vayu. Acharya charaka maintation that matra basti always useful for weak person and who are afflicted with vatika disease. Matra Basti promotes strength and can be administration easily.

Matra basti cures vatika disease and niruha basti cures diseases caused by kapha as well as pitta. Therefore, if appropriately administered one after the other, these two types of basti therapies cure disease causes by all three dosha.

**DISCUSSION**

Infertility due to Ovarian factor is imbalaning vata and kapha vyadhi. Apana vaty disturbing. Here patient have with Diabetes and Hypothyroidism. Due to imbalancing Hormone. Hence main line of Treatment is Agnideepana and pachaka and Vatanulomana. Due to dipana pacahana agni enhancing. Than Snehpana drinking progressively increasing amount of medicated ghee. The gastroinstinal tract is the most abortive organ in the body. Without snehapana the medicated ghee will not find its every cell in the body. without snehapana the medicated ghee will not bind with toxins in each cell. After snehapan, the toxin now bound to the ghee. ones the medicated ayurvedic ghee has made its way in to intestine much of it goes into every cell of the body and the leftover bind with slimy ama or endogenous toxins trapped in the villi and finger like structure of the intestinal wall. Virechana directly hampered Agni. It eliminated excessive pitta dosha and pacifying vata and kapha dosha. It does srotosodhana. So its destroy disease the disease from the Raja and relief in artava vikara. after treatment of virechana TSH Level reduced. Virechana stimulate liver which is source of metabolic function of the body. So that early stage of insulin resistance or decreased insulin secretion. It can drastic positive effect in the patient of diabetes mellitus. Basti is the vataharanam shresthsa here niruha basti acts as a shodhana purpose. Mahanarayana taila matra basti is effective treatment modality in
infertility due to anovulatory factor. As basti is pradhana chikitsa in vata vikara ot definitely acts on Anovolation. Matra basti is one of type of Anuvasana basti which is indicated in infertility\textsuperscript{11}. Abejostsarga (Anovulation) is mainly due to vata dusti. As the basti is pradhana chikitsa in vata vikara, it definitely acts on anovulation.

**CONCLUSION**

Hence in this case we can conclude that if we can all the medicine taken for infertility but outcome are not fruitful than in ayurveda panckarma therapy are very beneficial in this type of cases. Panchkarma therapy is highly beneficiary in infertility patient. Panchkarma Causes detoxification of the body, remove *Srotosanga*, balancing the *Tridosha*, especially *vata*. No Adverse effect was observed during and after treatment. This panchkarma treatment is safe, cost effective and easily available. Thus this total treatment may Regulate *Tridosha* in the body. It may be correlated with Regulates the Secretion of Hormones, Regulate Hypothalamus-pituitary-Ovarian Axis by Normalise *Tridosha. Ayurveda* is better Alternative to Hormonal therapy. *Ayurveda* is better Altenative to Hormonal Therapy and Surgery.

**References**

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