

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Management of Vandhyatva (Infertility) with respect to Ayurveda and Modern - Critical review**Mangesh C.Moule^[1]; C.J.Kulkarni^[2]

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Abstract:-

Ayurveda is a branch of medicine which has served huminity since ancient time by both prophylactic and curative.

According to *Ayurveda*, Childlessness is described as *Vandhyatva* and is termed as infertility in modern science. Among all health problems infertility is one of main in todays life. nearly 10-15 % of the individuals belonging to the reproductive age group are affected by infertility¹. The rate of infertility is steadily increasing due to change in life style, High pollution, socioeconomic cause, enormous amount of stress. In the present article we will see the overall management of *Vandhyatva* according to Modern science and *Ayurveda*.

Key words:-*Vandhyatva, Vandhya, Infertility***Introduction:-**

The God has blessed the female with most valuable Gift of motherhood .Mother is also called as “Janani” who gives birth to child. Motherhood is the cherished desire deep down in the heart of every women which adds new meaning to her life and existence.

Aacharyas has mentioned the union of *Shukra* and *Aartava*, *Jiva* inside *Kukshi* is known as *Garbha*.² In order to fulfill this achievement it is essential that both partners should be fertile. We ensure motherhood, when four fertility factors ie. *Rutu*, *Kshetra*, *Ambu*, *Beeja* are fulfilled.³

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In *sushrut Samhita*, *Vandhyatva* has been included in twenty *Yonivyapad*. *Charaka* and *Vagbhata* has referred *Vandhyatva* seen due to abnormality of *Beeja*. *Harita* has classified *Vandhyatva* in detail and six types of *Vandhyatva* has mentioned.

Vandhyatva Definition:-

According to *Sushruta*, *Vandhya* is a woman who has lost her *Artava* i.e. Menstruation. *Vagbhata* explains that the congenital under development or deformity of female genital tract is the cause of *Vandhya*. *Bhela* stated that *Vata* is responsible for *Vandhya*.⁴

Classification of Vandhya:-

It is only *Harita* who described the 6 types of *Vandhya*.⁵

1. *Balya*- Delayed puberty
2. *Kakavandhya*- One child sterility
3. *Anaptya*- Primary sterility
4. *Garbhasravi*- a cases of repeated abortion
5. *Mrutavatsa*- a case with still births
6. *Balakshaya*- Power of fertility is lost due to *Dhatukshaya*.

Etiology:-

According to *Ayurveda*⁶-

1. Disorders of factors of conception-related to i) *Rutukala*-eg. *Kaphapradhanya*, ii) *kshetra*-eg. *Vyapanna yoni Garbhashaya*, iii) *Ambu*-eg. *Garbhsravi*, iv) *Beeja*-eg. *Artava Dushti*
2. Disorders of Physiology of conception- eg. *Asamyaka Maithuna*
3. Other- *Rajodushti*, *Yonivyapad*, *Yoniarsha* etc.

Treatments:-**Ayurvedic management**⁷-

- I. *Bahya prayukt aushadhi* (*Nasya*, *Abhyang*, *Basti* etc.)
Eg. *Lakshana siddha Godugdh*, *Narayana Tail*, *Shatapushpa Taila*, *Lashuna Taila*, *Shatapaktaila Basti*, *Traivrutta Sneha Basti*, *Balataila Basti*
- II. *Aabhyantar prayukta aushadhi*
 - a. *Churna*, *Kalka*, *Swaras* etc.-
eg. *Shatapushpa kalka*, *Jivneeyagan aushadhi*, *Garbhashthapak dravya*.
 - b. *Gutika*- *Yograj Guggula*
 - c. *Kwath*- *Maharasnadi Kwath*
 - d. *Taila*- *Shatavari Taila*, *Bala Taila*, *Shatapushpa Taila*
 - e. *Ghrita*- *Laghuphal Ghrita*, *Phala Ghrita*, *Shatavari Ghrita*, *Lashuna Ghrita*, *Jivaniyagan siddha Ghrita*
 - f. *Arishta*- *Dashmularishta*

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved**g. Rasa- Khandkadya Lauha**h. Pak- Pugpak*

V. Other – management for PCOS, Endometriosis etc. according to causes of infertility

Comparative review with modern medicine:-

Classification according to Modern aspect:-

1. Primary infertility- denotes those patients who have never conceived.
2. Secondary infertility- indicates previous pregnancy but failure to conceive subsequently.

According to modern⁸-

Various factors eg. 1. Ovarian, 2. Uterine, 3. Cervical, 4. Tubal, are responsible for infertility.

Modern management⁹-

- I. For cervical factors-IUI, IVF
- II. For uterine factors-Surgical intervention eg. Lysis of uterine septae, uterine synechiae
- III. For tubal factors- eg. Microsurgery for tubal obstruction, Laparoscopy
- IV. For ovarian factors- Ovulation inducing drugs eg. Clomiphene Citrate

Conclusion:-

Modern science has given many treatments for infertility but it may cause side effects and costly. Whereas Aayurveda has mentioned many treatments like Basti and various drug combination with minimum side effects and are cost effective so can be used as first line of treatment.

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