

## CLINICAL EVALUATION OF YOGAVASTI AND UTTARAVASTI IN VANDHYATWAM W.S.R. TO TUBAL BLOCK - A CONCEPTUAL STUDY

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### ABSTRACT :

Infertility is defined as inability to conceive even after one year, under normal marital conditions without contraception. The rate of infertility is increasing day by day with equal distribution of both male and female factors leading to unhappiness and psychosomatic illness. Besides genetic factors, changed life style, increased stress and strain and environmental pollution are identified as factors contributing to the rising rate of infertility.

In the present article the problem of female infertility w.s.r to tubal block (tubal factor) has been taken for conceptual study. In *Ayurveda*, infertility is termed as *Vandhyatwam*. *Vata* is the predominant *dosha* involved in it as mentioned in our classics. According to *Sushruta*, tubal block can be considered as the deformity of *Kshetra* i.e. the female reproductive system. Very few works have been done on tubal infertility. The present article is a conceptual study on the effect of *yogavasti* and *uttaravasti* in tubal block. *Erandamooladi kashayam* is used for *kashaya vasti* and *Mahanarayana tailam* for *matravasti* and *uttaravasti*. *Eranda* comes under *bhedaneeya*, *adhobhagahara*, *vatasamsamana gana*, is *vrushyam* and contains *teekshna* and *sukshma gunas* which are very much essential for removing blocks. *Mahanarayana tailam* has been selected for both *matravasti* and *uttaravasti*. Most of the drugs in *Mahanarayana tailam* are *laghu*, *ushna* and *teekshna in guna*. These *gunas* also may be useful in bringing *vata* to normalcy and removing the block.

**Keywords :** *infertility, Ayurveda, Sushruta, vandhyatwam, vata, erandamooladi kashayam, mahanarayana tailam*

### INTRODUCTION:

“*Dharmaarthou .....*” – *cha.chi 2/7*

Virtue and wealth, affluence and creation depend on women.

“*Styaayati .....*” – *shabda kalpa drumam*

Stree means one who possesses garbha or who has the capacity of reproducing a child.

“*Preetirbalam sukham ....*” - *cha.chi 2/21*

Love, strength, happiness, professional excellence, wide spread influence, vastness of kinsmen, fame, utility to the world, *sukhodarka* (which gives happiness at a later stage) and pleasure – all these are dependent upon children. *Vedaas* also gave woman a unique position in the society for her in-

herent *prakritidharma* of creation of the entire human race. There is detailed description of *Vandhyatwam* in *Atharvaveda*. Description of *shukra* and *aartava*, *garbhaadhaana vidhi*, protection of fetus by appropriate *aahaara* and *aushadha* and *mantra* is clearly mentioned.

Woman being the victim of this social stigma is more in need of both medical counseling and treatment. The greater incidence of female infertility may be due to the factors like nutritional deficiencies, hormonal imbalance and developmental anomalies of reproductive organs. In the present study the problem of female infer-

tility w.s.r to **tubal block** (tubal factor) has been taken.

Depending upon the site of blockage, modern methods are successful in 27% cases of fimbrial block and 50-60% cases of isthmic block. But these modalities have their own demerits. The chief among the adverse effects are anaesthetic complications, postoperative wound infection, chest infection and embolism, failure of surgery and high incidence of ectopic pregnancy in post treatment cases. The treatment is very expensive also. Moreover, these methods attempt to tackle only the anatomical aspect of the problem. It is the need of the time that a safer, more cost effective and complete cure of this sensitive problem should be developed. Very few works have been done on Tubal Infertility in Ayurveda. For the investigation of tubal blockage, hysterosalpingography (HSG) or Sonosalpingography are to be done. It was proved very useful and informative for investigating female infertility. It helps to diagnose several factors responsible for infertility other than tubal blockage also.

**Administration:** 2ml *Uttaravasti* with *Mahanarayana tailam* and *yogavasti* with *Erاندamuladi kashayam* (600 ml. of *kashaya vasti*)

#### SELECTION OF DRUGS

*Erاندamooladi kashayam* has been selected for *kashayavasti*.

***Eranda moolaatripalam .....*** – ***ashtanga hrudayam kalpa siddhi sthanam.4/7-10.***

• *Eranda* comes under *bhedaneeya*, *adhobhagahara*, *vatasamsamana gana* and contains *teekshna* and *sukshma gunas* which are very much essential for removing blocks.

• *Madanaphala* is another drug which belongs to *asthanopaga* and *anuvasanopaga gana* and has *laghu guna*.

Hence these drugs along with other drugs like *palasa* may be effective in removing the tubal block which is *apana vata sthana* and where *vasti* is the best treatment.

2. *Mahanarayana tailam* has been selected for both *matravasti* and *uttaravasti*. ***“Bilwaswagandha.....”***– ***Bhaishajya ratnavali 26 /343-354.***

• Most of the drugs are *laghu*, *ushna* and *teekshna in guna*. These *gunas* also may be useful in bringing *vata* to normalcy and removing the block.

• Among the factors of tubal block are pelvic infections which cause adhesions.

• Both *kashayavasti* and *matravasti* may also help to remove these adhesions in addition to remove tubal block.

• For the investigation of tubal blockage, hysterosalpingography (HSG) or Sonosalpingography are selected as scanning procedures. It was proved very useful and informative for investigating female infertility. It helps to diagnose several factors responsible for infertility other than tubal blockage also.

#### Concept of vasti:

• *Acharya Charaka* described that *vasti* is one of the important therapies amongst all the treatments of Ayurveda.

• *Vasti* can be administered in almost all diseases and conditions.

• Its properties are multi-dimensional.

• It acts as *rasayana*, *vrishya* and *brimhana* and is indicated in both *krisha* and *sthula* persons.

• As trees irrigated in its root level attains branches with beautiful leaves, flowers and fruits in time and grow, similarly *anuvastana vasti* or *matravasti* administered into rectum performs significant results from head to toe in human beings.

### Concept of *uttaravasti*:

• According to *Charaka uttaravasti* is a procedure in which the medicine in the form of *kashaya* or *taila* is made to pass through *medhra* in males & through *yoni* into the *garbhaashaya* & through *mootramaarga* into *mootraashaya* in females.

• As it is given through the *uttaramarga* & it gives *sreshta guna* (best effect) it is called *uttaravasti*.

### Time of administration of *uttaravasti*:

- Ideal time for *uttaravasti* in females is during 'Ritu kala'.
- During that period uterus & vagina will be opened so that the drug administered can pass easily & mitigates vitiated *vata* & so that chances of conception are more.
- After cessation of menstrual bleeding, i.e., from 6<sup>th</sup> day of the periods *uttaravasti* should be given.

### Indications for *uttaravasti*

- *Yonibhramsas*
- *Rajo dosha*
- *Yoni shoola*
- *Teevra yoni vyaapat*
- *Asrigdaram*
- *Yoni bhramsam*
- *Vasti vikaram*
- Along with these, 20 *yonivyapats* mentioned in *Charaka Chikitsa* 30<sup>th</sup> chapter are also indicated for *uttaravasti*.

**Action of *uttaravasti* :** The causative factor for *yonivyapat* is *vata dosha*. *Vasti* is highly beneficial in *vata* disorders. *Uttaravasti* plays an important role in the treatment of *yonivyapat*. *Uttaravasti* pacifies *vata* and helps in retention of *garbha* and in easy conception.

**CONCLUSION:** Hence it may be concluded that according to the principles of *Ayurveda*, *vasti* and *uttaravasti* may be

very effective not only in removing the blocks but also are much safer when compared to other invasive techniques.

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